**SPECIAL COACHING SESSION**

Our Club is very lucky to have a large number of National and International athletes on our books. Several of these athletes have agreed to give up their time on Good Friday 22nd April to pass on some of their expertise to their younger club mates. We have arranged use of the track from 11.30am to 2pm and a special coaching session will take place for athletes from 11 to 14 yrs old. (Born 1997 to 2000).

To allow athletes get the very best from this event, places will be limited and will be on a first come, first served basis. If you are interested, please fill in the form below and return asap with €5 to help cover costs for the day. Please mark choices in order of preference. We will do our best to give you your preferred events, but this may not be possible if too many apply for the same events.

Events covered are: Sprints (blocks & drills mostly), hurdles, high jump, long jump, javelin, discus, shot putt

This is a great chance for athletes to develope their skills or perhaps try something new!

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sprints \_\_\_\_\_ Hurdles \_\_\_\_\_

HJ \_\_\_\_\_ LJ \_\_\_\_\_

Javelin \_\_\_\_\_\_\_\_ Shot Putt \_\_\_\_\_\_ Discus \_\_\_\_\_\_\_\_