

Galway Athletics

Galway Athletics Coaching Series 2021

Dear Clubs,

The Galway Co Board has recently approved an innovative new series of coaching workshops which will include a **timed and measured component** as part of the road back to competitive opportunities for your athletes.

These workshops encompass coaching the core athletics disciplines of running, jumping, throwing & walking and will be open to all AAI registered athletes in Galway as selected by the Co Board following applications from the clubs.

It is envisaged these workshops will take place in 2-hour short sharp meetings on weekday evenings and weekends to ensure full covid protocol compliance in a safe environment.

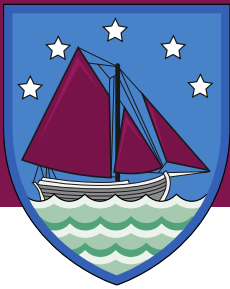
The coaching workshops will offer the following opportunities to athletes from early June:

U9 – 60m, Long Jump, Turbo Javelin, Relay
U10 – 60m, Long Jump, Turbo Javelin, Relay
U11 – 80m, 600m, Long Jump, Turbo Javelin, Relay
U12 – 80m, 600m, Long Jump, Shot Put, Relay

U13 – U19

Sprint Short & Long
Middle Distance x 2
Hurdles (sprint)
Jumps – High, Long & Triple
Throws – Shot, Discus & Javelin
Walks – 1500m Walk
Relay

Athletes will be required to wear numbers on their club vests to ensure identification and will be permitted to take part in a maximum 2 workshops/events plus relay.



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While times and distances will be recorded and published the workshops will be fully covid compliant in pods of 15 and will not offer competition medals or anything else competition related.

The basic cost for applications is €5 per event and there are options for all athletes to buy a Galway Athletics high quality T shirt for an additional €5 or branded hoody for €25.

Please visit <https://savvyprint.ie/product-category/clubwear/galway-athletics/> to order your branded merchandise before May 22.

The applications to be part of this series will close at midnight on Saturday May 22 and **MUST** be submitted one per club only using the official Galway Athletics excel sheets as provided.

Applications received after May 22 will not be included in any of these workshops due to the need for careful planning of all pods in covid compliant manner.

Information and dates will be communicated to the clubs one week later when the numbers of applications are clear and the workshop plans have been agreed.

Following a long 18 months with no competitive opportunities for your athletes, we feel this will provide fun, enjoyment and excitement for the athletes and clubs of Galway and we look forward to welcoming your athletes in a safe covid compliant manner at a track in early June.

If you have any questions, please email galwayentries@gmail.com and thank you for your ongoing efforts to promote Athletics in Galway.

Yours in sport
Siobhan Kelleher (South Galway)
Brian Bruton (Galway City Harriers)
Iain Shaw (Athenry)
Pierce O'Callaghan (Tuam)