

Dear Athlete,

Congratulations on your selection for the National Throws Squad for the coming year. As the National throws co-ordinator, it is my responsibility to oversee the development of the throwing events in Ireland.

2008 was an exciting year for the throws in Ireland with many of last year's squad members really showing promise and improvement. There were a range of records broken at provincial and national levels by the group, with a number of you gaining acceptance on the high performance programme. In addition, personal bests were achieved by many of you and you performed well at all levels both nationally and internationally. We saw Eileen O' Keefe participate at the highest level in August and hopefully many more of you will follow in her footsteps.

The squads for each event group have been identified and being part of a squad means that you and your coach are invited to attend the national squad events. These events are not only training sessions but will also include some educational and testing opportunities to help you develop. For the throws in Ireland to progress it is important for the best athletes and their coaches to get together more often to learn, train and share experience. I have used the following criteria for selection to the squad: Hammer (40m women, 46m men), Javelin (33m women, 43m men), Discus (30m women, 40m men) and shot (10.90m women, 13m men). I have invited those athletes who achieved these figures and who are in the U/15 category (or junior schools) and over. As the standard for some events is higher (for example, the hammer) the figures selected reflect this.

The first National Throws Squad will both be held in Santry on the last Sunday in September (the 28th) from 10am to 4pm.

We hope you will attend, as this is an important step in trying to develop you and the throwing events in Ireland. A strong throws squad will improve standards and enable us to develop our expertise across the events.

If you are attending or not please contact Ailish O'Brien on 085/7268849 or 051562593 or write to Ailish O'Brien, Rathimney, Gusserane, New Ross, Co. Wexford, or e-mail ailish.obrien@itcarlow.ie with the following information

1. If you are attending or not. If I do not hear from you by September 20th, I will assume you are not interested in being involved in the national squad and will offer your place to other throwers.
2. Your coaches name and their contact details
3. All of your contact details, i.e. address, phone, e-mail

On the 28th of September, the session will run from 10am till 4 pm, Lunch will be provided. There will be a workshop on planning your season's training, a practical session on strength and conditioning (Dennis Roscoe from the UK will give this session) and some technical work. I also intend to run a session for coaches the previous day on the area of strength and conditioning and you are welcome to attend this (please let me know if you/your coach intend to attend). If there is sufficient interest among shot putters, I will hold a rotational shot clinic on the Saturday evening (27th September). Again, please let me know if you or your coach are interested.

Please bring, bring throwing equipment and towels and a change of gear or two!!

Congratulations on this achievement, we look forward to seeing you at this event and hope we can help you develop as an athlete to fulfil your potential

Regards

Ailish O'Brien, AAI National Event Coordinator for Throws

Gary Ryan, AAI Director of Coaching