Athletics Ireland

SPRINT COACH MENTORING PROGRAMME

Athletics Ireland's Sprint Coach Mentoring Programme aims to support the learning and development of Irish sprint coaches over an initial two season period up to Tokyo 2020.

The programme will provide strong guidance and support by internationally successful and experienced coach mentors through the provision of theory and practical workshops, group discussion forums together with one to one mentor sessions. Coach mentors will also lead group coaching sessions for coaches and their athletes.

In the 2018/19 season alone coaches will have the opportunity to participate in six programme sessions including three programme weekends and three mid-week evening workshops, strategically placed throughout the season.

It is envisaged that on completion of the programme, coaches will be better equipped to continue to guide the positive progress of our country's leading sprinters.

As the Sprints Coach Mentoring programme is Athletics Ireland's investment in the future development of the Irish sprints community, this programme is being offered free to a limited number of Irish based sprint coaches.

PROGRAMME SCHEDULE 2018/19
***Schedule for 2019/2020 season TBC*

Session 1 - Programme Weekend
My Coaching Philosophy
- Jacques Borlee
- December 8th & 9th 2018

Session 2 – Mid-week Evening Workshop
Looking After Yourself When your Job Is To Look After Others - Self Care Strategies for Coaches
- Dr. Kate Kirby
- January 23rd 2019

Session 3 - Programme Weekend
Developing Acceleration & Max Velocity Post Indoor Season
- Ralph Mouchbahani
- March 23rd & 24th 2019

Session 4 – Mid-week Evening Workshop
Strength Diagnostics & the Application to Programming
- Martina McCarthy
- April 10th 2019

Session 5 - Programme Weekend
Tapering & Peaking for Championship
- Ralph Mouchbahani
- June 8th & 9th 2019

Session 6 – Mid-week Evening Workshop
Injury Prevention during the Competition Phase
- Paul Carragher & Ciara McCallion
- June 19th 2019

Mentoring Sessions
One To One Mentoring Sessions
- 2 x Sessions Per Coach With Programme Mentor via Phone/Skype

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PROGRAMME SELECTION CRITERIA
To be eligible for a place on the Sprint Coach Mentoring Programme coaches must:

- Currently coach athlete/s tracking towards individual qualification for the 2020/2024 Olympics Games.

- Currently coach athlete/s tracking towards relay team qualification for the 2020/2024 Olympics Games.

- Have a proven track record of coaching athletes to major championships along the athlete pathway.

- Currently be predominantly based in Ireland.

- Ideally coach a number of Ireland's high performing Irish based sprint athletes.

- Have a proven commitment to performance coaching in the sprint events in Ireland.

- Be committed to their own continued development as a performance sprints coach.

- Have a proven ability to foster positive relationships with key stakeholders within the Irish athletics community.

- Remain in "good standing" with Athletics Ireland.

- **Please Note**: Coaches initially not selected for the programme may be added / considered following the completion of the 2019 Athletics Ireland Athlete Carding Scheme selection process.

SELECTED COACHES
The following coaches were offered and accepted their place on the programme:

- **Kay Bannon** - Raheny Shamrocks AC
- **Nicola Barron** - Kilkenny City Harriers AC
- **Terrie Cahill** - Cushinstown AC
- **Drew Harrison** - Emerald AC
- **Hayley Harrison** - Emerald AC
- **Maria Hetherington** - Crusaders AC
- **Daniel Kilgallon** - Tallaght AC
- **Patricia Lawler** - St Laurence O'Toole AC
- **Jeremy Lyons** - Raheny Shamrocks AC
- **Peter Lyons** - Kilkenny City Harriers AC
- **Alan Mahoney** -Leevale AC
- **Shane McCormack** - Menapians AC
- **Noelle Morrissey** - Emerald AC
- **Ian Neely** - Ballymena & Antrim AC
- **Paul O' Gorman** - Carrick On Suir AC
- **Paul Opperman** - DSD AC
- **Deirdre Scott** - St Laurence O'Toole AC
- **John Shields** - Clonliffe Harriers AC