THROWS MASTERCLASS



Athletics Ireland present a 2-Day masterclass with world renowned coach VÉSTEINN HAFSTEINSSON on..

- Discus
- Rotational Shot Put
- Development of the Thrower

A 'SPECIAL OPPORTUNITY' for the Irish Athletics Community to learn from one of the world's foremost authorities on throwing.

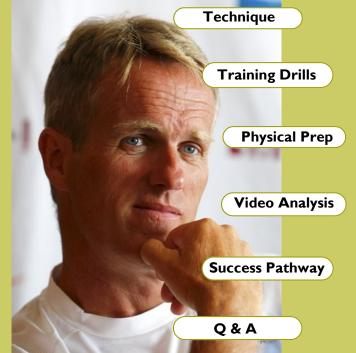
Listen to how Coach Hafsteinsson has been instrumental to the Olympic Gold Medal of Gerd Kanter and numerous other world class discus throwers and shot putters.

Watch him coach some of Ireland's best throwers and take these lessons back to develop Ireland's next generation of champions.

DECEMBER 12-13th, 2015

BLACKROCK COLLEGE, BLACKROCK, CO DUBLIN

€50 Registration Fee (for 2 days)



SATURDAY	
9 .30	Register
10.00	Introduction
10.30	Discus — Technique & Theory
12.30	Break
1.30	Rotational Shot — Technique & Theory
3.15	Break
3.30	Throwing—Strength, Conditioning, Preparation
SUNDAY	
9.30	Register
9.45	Discus — Technique & Training Drills
11.15	Break
11.30	Rot. Shot — Technique & Training Drills
1.00	Break
1.45	Question & Answer session
2.45	Finish
WHO TO CONTACT ?	
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