

THROWS MASTERCLASS



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

- Discus
- Rotational Shot Put
- Development of the Thrower



Technique

Training Drills

Physical Prep

Video Analysis

Success Pathway

Q & A

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

DCU & Morton Stadium, Dublin

€50 Registration Fee (for 2 days)

TO ATTEND

Sign up at Athletics Ireland website on the 'Fixtures' page.

The €50 Fee for athletes or coaches covers the 2 days.

Some athletes have been pre-selected to assist Coach Hafsteinsson during these clinics.

All throwers and coaches are welcome to register and ...SHOULD attend.

WHO TO CONTACT ?

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