

CALENDAR OF TRAINING Autumn - Winter 2009

Workshop	Date	Time	Venue
<i>Adapted Go For Life Workshop</i>	15 th September 22 nd September 29 th September	10.30am – 1.30pm 1.30pm – 5.30pm 1.30pm – 5.30pm	Seven Oaks Hotel
<i>Buntus Start – Pre School Facilitators</i>	19 th September	2pm - 6pm	Carlow Tennis Club
<i>Fitwalk Clinic</i>	22 nd September	7pm – 9pm	Ballinkillen Community Centre
<i>Fitwalk Clinic</i>	23 rd September	7pm – 9pm	Myshall Community Hall
<i>FAI Kick Start 1 (Intro to coaching part 1)</i>	2 nd October 3 rd October	7pm - 10pm	Venue TBC Contact Garry 086 7954468
<i>FAI Volunteer Education Workshop</i>	5 th October 12 th October	7pm – 10pm	Seven Oaks Hotel Contact Garry 086 7954468
<i>Child Protection – Basic Awareness Course</i>	13 th & 20 th October	7pm – 9pm	New Oak Community Centre
<i>Defibrillator Course</i>	14 th October	6.30pm – 10.30pm	Carlow Town Hurling Club
<i>Swim Helper Course</i>	17 th October	9.30am – 5.00pm	Seven Oaks Hotel Registration Required
<i>Pitch Management Workshop (In conjunction with Ballinabranna GFC)</i>	17 th October	9.30am – 1.00pm	Ballinabranna GAA Club
<i>Fitwalk Clinic (In conjunction with Tinryland GFC)</i>	20 th October	7pm – 9.30pm	Tinryland GAA Club
<i>Fitwalk Clinic (In conjunction with IT Carlow)</i>	21 st October	7pm – 9.30pm	IT Carlow
<i>SAQ Foundation Course</i>	23 rd October	4pm – 10pm	Presentation College Askea
<i>Fitwalk Clinic (In conjunction with Eire Óg CLG)</i>	28 th October	7pm – 9.30pm	Eire Óg GAA Club
<i>Buntus Start – Follow Up</i>	3 rd November	7pm – 9pm	Gaelscoil Eoghan Úi Thuairisc NS
<i>Sports First Aid</i>	4 th & 11 th November	6.30pm – 10.30pm	St. Catherine's Community Centre
<i>Hydration – You are what you drink (In conjunction with Carlow Rugby Club)</i>	4 th November	7pm – 9pm	Carlow Rugby Club
<i>Disability Awareness for Coaches (Accredited to Coaching Ireland)</i>	9 th November	7pm – 10pm	TBA
<i>Swim Helper Course</i>	14 th November	9.30am – 5.00pm	Seven Oaks Hotel Registration Required
<i>Child Protection – Children's Officer Training</i>	18 th & 19 th November	6.30pm – 9.30pm	Cathedral Parish Centre
<i>Circuit Training – Development of Strength & Conditioning (In conjunction with Carlow Muay Thai Boxing Club)</i>	25 th November	7pm – 9pm	Bagenalstown Youth Centre

Please contact Martha or Sandra @ 059 9172451 for further info and to book your place on a workshop. Places are limited and will be allocated on a first come first served basis. There will be a participation fee, however, each workshop is subsidised by County Carlow Sports Partnership.