



5 NEW WORKSHOPS

LUCOZADE SPORT EDUCATION PROGRAMME

“Coaching Ireland, in partnership with Lucozade Sport, are delighted to announce that the workshops for the second phase of the Lucozade Sport Education Programme are now available for delivery”

The objective of the programme is to disseminate relevant and up-to-date information to athletes, coaches, tutors and governing bodies.

On 21st & 22nd of February, 28 new presenters were trained for the Lucozade Sport Education Programme. This training took place in the Lucozade Sport offices in Dublin.

The tutors were trained to deliver all 10 modules in the Lucozade Sport Education Programme. This is the first time that this programme will be delivered on an all island basis.

Phase 2 workshops are 2 hours in duration and are aimed at Level 2/3 coaches and regional standard athletes.

All Lucozade Sport Education Programme factsheets are available for download at:

www.coachingireland.com/lucozade_factsheets

These workshops will be delivered by highly skilled presenters and are of enormous benefit to coaches and athletes alike.

If you are interested in running some of these workshops in your area please contact Pat Quigley

t 061 202895 or patrick.quigley@coachingireland.com

Phase 1

During the first phase of this project, 853 workshops were delivered throughout the country. The topics delivered in this phase were:

*Fluid For Sport
Nutrition For Sport
The Female Athlete
Get Fit for Sport
Planning For success*

Phase 2

*Includes 5 new factsheets and presentations.
The topics for delivery in this phase are:*

- | | |
|-------------------------|--|
| <i>Lifestyle</i> | - Getting the balance right |
| <i>Circuit Training</i> | - Development of Strength & Conditioning |
| <i>Nutrition</i> | - Feeding Performance |
| <i>Making Weight</i> | - Tipping the scales for success |
| <i>Hydration</i> | - You are what you drink |

