



Leaders Training

DATE: Wednesday 3rd October 2012

TIME: 6.30pm – 10pm

VENUE: Finn Valley Sports Centre, Stranorlar

The Athletics Ireland Fit for Life Programme is a national programme designed to increase participation amongst recreational runners in communities and has been hugely responsible for the increase in participation in fitness programmes all across Ireland.

This course will help Leaders to:

- Identify the roles and responsibilities as a Leader.
- Identify different leadership styles and further develop the attributes of an individual-centred coach.
- Describe the skills involved in coaching and the key factors to help you develop them
- Plan and programme a group of sessions for a recreational athlete.
- Adapt activities to suit individual needs.
- Describe the components of a session including, warm ups, stretching, training schedules, hydration and nutrition tips, preparing for running events.
- *Describe leadership and organisational skills.*
- Give individuals a positive, enjoyable and relevant fitness experience.
- Gain enjoyment from your early leadership experiences.

PLACES LIMITED: Booking essential – **RSVP: Monday 1st October**



Further information contact:

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