



TIPPERARY ATHLETICS

will hold a Hammer Workshop on

**“Recommended/Suggested Indoor Winter Training for
Young Female and Male Hammer Throwers seeking
improvement for the 2018 Season**

Coach on the day will be Phil Conway

The Workshop will take place on Thursday 2nd November in Templemore Track from 10am to 2.30pm (registration from 9.30am onwards). The workshop will be split into two sessions – 10am to 12 noon and 12.30pm to 2.30pm with half an hour for lunch.

**The Workshop is open to Parents, Coaches & Athletes from 13 years upwards
Cost is 10 euro per athlete/coach. A special family rate will also be available.**

Please bring your own hammers on the day

**For further information, please see www.tipperaryathletics.com or contact
Tricha Blackburn, County Development Officer at
trichablackburn9@gmail.com or Aisling Hoey at aislinghoey@eircom.net**