

DSD COACHING SESSIONS WINTER, 2015-2016.

(Development squad = age 14 – 19; Senior = 20 – 34; Masters = 35+)

Day/Time	Age Group	Events	Location	Coach(s)
MONDAY <u>7-8.30am</u>	Seniors (by arrangement)	Sprints/jumps weight training	Simply Fitness, Miltown.	Lucy Moore
MONDAY 6.30-7.30pm	Development Squad (by arrangement)	Weight training	CBC Monkstown	Aoife MacNeill & Sami Dowling
TUESDAY 6.30 – 8 p.m.	Development Squad, Seniors & Masters	Sprints/Jumps & Hurdles	BCS hall	Lucy Moore
TUESDAY 6 – 7.30 p.m.	Development Squad	Sprints	BCS hall	Liz McDonagh
TUESDAY 6 – 7pm	9 – 13 yrs	All events	BCS hall	Gerry McGrath (Lead Coach)
TUESDAY 6 - 8 p.m.	Development squad & seniors	Middle/long distance	BCS hall	Eddie McDonagh (Sen), Donal Hennegan (Dev)
TUESDAY 6-8pm	Adult Meet & Train	Distance running	BCS hall	Declan Ryan, Denise O'Mahony
WEDNESDAY 6 - 7.30 p.m.	Development Squad & Senior	Middle & long distance	Hills (Mt. Merrion)	Eddie McDonagh (Snr), Donal Hennigan (Dev)
WEDNESDAY 4pm - 5.15 pm	Development Squad	Sprints	Belfield	Liz McDonagh
WEDNESDAY 7 – 8 p.m.	Development Squad	Throws	Irishtown Stadium	Lindie Naughton
WEDNESDAY 7-8.30 pm	Development squad	Jumps	Irishtown Stadium	Lucy Moore & Peter Magee
WEDNESDAY 7 -8.30 pm	Development Squad	Hurdles	Irishtown Stadium	Mary Gowing
WEDNESDAY 7 - 8pm	9 - 13 yrs.	All events	Irishtown Track	Rosanna Baker (Lead Coach)
WEDNESDAY 6-7pm	Senior	Sprints & hurdles	Irishtown Track	David Connolly
THURSDAY <u>7 - 8.30 a.m.</u>	Senior ONLY (by arrangement)	Weights	Simply Fitness, Miltown	Lucy Moore
THURSDAY 9 - 10pm	Senior (by arrangement)	Hammer & Discus	Greystones Track	Lucy Moore
THURSDAY 6 - 8 p.m.	Development Squad & Senior	Middle/long distance	BCS hall	Eddie McDonagh (Snr) & Donal Hennegan (Dev)
THURSDAY 6 – 7pm	10 - 13 yrs	All events	BCS hall	Gerry McGrath

				(Lead Coach)
THURSDAY 6-7pm	7 – 9 yrs	Little Athletics	BCS hall	Fiona McGrath (Lead Coach)
THURSDAY 6 - 7.30p.m.	Development Squad	Sprints/Jumps & Hurdles	BCS hall	Liz McDonagh
THURSDAY 6 – 8pm	Adult Meet & Train	Distance running	BCS hall	Declan Ryan, Denise O'Mahony
SATURDAY 12 - 1.30pm	Juveniles (9 – 13 yrs)	All events	Irishtown Track	Rosanna Baker (Lead Coach) & others
SATURDAY 12 - 1.30 pm	Development Squad & Seniors	Throws	Irishtown Track	Lindie Naughton
SATURDAY 12-1pm	7 – 9 yrs	Little Athletics	Irishtown Track	Fiona McGrath (Lead Coach)
SATURDAY 11 -12.30 pm	Seniors	Sprints/Jumps & Hurdles	Santry Track	David Connolly
SATURDAY 12 - 1pm	Development Squad	Jumps	Irishtown Track	Lucy Moore & Peter Magee
SATURDAY 12 – 1pm	Development Squad	Hurdles	Irishtown Track	Mary Gowing
SATURDAY 11 - 12.30 p.m.	Development Squad	Sprints	Marlay Park	Liz McDonagh
SATURDAY 11 - 12.30 p.m.	Development Squad & Seniors	Middle/long distance	Marlay Park	Eddie McDonagh (Snr) & Donal Hennigan (Dev) & David Bradshaw (age 11-14)
SATURDAY 11-12.30pm	Adult Meet & Train	Distance running	Marlay Park	Declan Ryan, Denise O'Mahony
SUNDAY 11 - 12.30 pm	Seniors	Sprints/Jumps & Hurdles	Hills (Cabinteely)	David Connolly
SUNDAY 11 – 12.30 p.m.	Development Squad	Sprints / Hurdles	Irishtown Track	Liz McDonagh & Shireen McDonagh
SUNDAY 11 - 12.30 p.m.	Development squad & Senior	Middle/long distance	Marlay Park	Eddie McDonagh (Snr) Donal Hennigan (Dev)
SUNDAY 10.30-12:30pm	Adult Meet & Train	Distance running	Marlay Park	Declan Ryan, Denise O'Mahony

Training times/locations will change during the year especially when competitions are on, so keep updated on the website, or email/text your coach for further details.

TRAINING VENUES – details

**MARLAY PARK - meet at the changing rooms beside the tennis courts at the back entrance to Marlay. BELFIELD – meet at the old track car park, near the Stillorgan Gate entrance to U.C.D.
IRISHTOWN TRACK – at Ringsend, near the East Link Toll Bridge.
BALLINTEER COMMUNITY SCHOOL – Broadford Road., Dublin 16.**

The following charges are made for the facilities we use:-

Irishtown Stadium	Eur2.50 child; Eur5.50 adult (payable at the desk) or included in club sub when DSD have the track booked.
Simply Fitness, Milltown	See Simply Fitness website for details of charges.
Marlay Park	No charge
Ballinteer Community School	Included in club sub
Shoreline, Greystones	Included in club sub when DSD have the facility booked)

You MUST be a paid up member of DSD AC in order to take part in a club training session. Please contact Lucy at lucy.moore@sioq.ie for more details.

We ALWAYS need new coaches or parents who are willing to help out at sessions. Please contact the club or just come down to a session. We will fund you to do a coaching course and to get registered as an AAI accredited coach.

Please note new members MUST be aged 7 yrs. or older at time of joining. Our 7 – 8 year olds attend our “Little Athletics” programme on Thursdays and Saturdays.

Lucy M. Moore (D.S.D. Head Coach).