



ANTRIM GAA COACHING CONFERENCE 2014

“Building Blocks for Strong GAA Players”

DATE: Saturday, 1st March 2014

TIME: Registration at 9.00am

VENUE: Tir na nOg GAC, Randalstown

COST: £10 per person (includes lunch)

TARGET GROUP: U6 to Senior Club Coaches

*Conference
kindly
sponsored
by South
West
Antrim
GAA*

Time	Workshop	Tutor	Position
9.00 - 9.30	Registration		
9.30 - 10.30	Addressing Physical Challenge of GAA players	Marty Loughran	Tyrone U21/Minor Physio & SINI
10.45 - 11.45	Incorporating S&C into a GAA sessions for U16-U18 players	Peter Donnelly	Cavan GAA S&C Coach
12 - 1pm	Incorporating S&C into a GAA sessions for Senior players	Kevin Ryan & Paul McKee	Antrim Senior Hurling Mgt Team
1- 1.30	Lunch		
1.30 - 2.30	Incorporating S&C into a GAA sessions for U6-U8 player	Eoghan Gribbin & James Darragh	Ulster KS1 Coaches
2.30—3.30	Incorporating S&C into a GAA sessions for U12-U14 players	Bryon Clarke, Jeff McNeill & Paul Doherty	Owners of X-cel fitness & Antrim GAA County Coach

Antrim's Coaching Conference, "Building Blocks for Strong GAA Players" will give Antrim's club coaches an insight in how to incorporate strength, speed, agility, balance, coordination & flexibility training into an everyday GAA training session. The tutor will discuss the importance of each aspect, how to spot poor movement patterns & give you mechanisms to correct these aspects. It also incorporates FUN!

For more information please contact:

Ciara Ferry, Antrim Games Development

Manager: ph - 028 90610318 or email:

Ciara.ferry.gamesmanager.antrim@gaa.ie

Or Paul Doherty, Antrim Games Adminis-

trator: ph—075 93132182 or email—

paul.doherty.gpo.antrim@gaa.ie

www.antrimgaagamesdevelopment.ie



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Tutor	Profile
Marty Loughran	Marty is the lead Physiotherapist at Elite Physiotherapy in Cookstown and also works with Sport Institute of Northern Ireland and UUJ GAA Academy. Marty also works with Tyrone GAA as head of athletic development for U14 right through to U21.
Peter Donnelly	Peter is Cavan GAA's Athlete Development and Skills Coach and a member of Terry Hyland's Backroom team. An accomplished footballer with his club Coalisland Na Fianna and was captain of Tyrone's All Ireland winning Minor team in 2001.
Kevin Ryan & Paul McKee	Waterford native Kevin Ryan took charge of the Antrim hurlers in 2012 leading the seniors to Ulster success and the U21s to the 2013 All Ireland Final. Paul McKee is a former 400m world indoor bronze medallist and puts Antrim hurlers through their paces in his role as squad fitness trainer.
Eoghan Gribbin & James Darragh	Eoghan is an Ulster GAA DENI schools coach and a Coach Education Tutor. He is also qualified as a Sports Massage Therapist. James Darragh is an Ulster GAA DENI schools coach and holds a Masters Degree in Strength and Conditioning.
Byron Clarke, Jeff McNeill & Paul Doherty	Byron Clarke & Jeff McNeill are Performance Enhancement Specialists and Co-owners of X-cel Fitness. They have previous experience in the Strength and Conditioning field with Antrim Hurlers and Camogs in addition to Loughgiel & Con Magees. Paul Doherty is a former Antrim senior footballer, current Games Development Officer with Antrim GAA, a fitness instructor and has a GAA S&C Qualification from UUJ.

Please complete the following details:

Full Name:							
Address:							
	<i>(including Post code)</i>						
Contact Number:	(mobile)			Club:			
Email Address:							
Age group Coach:	U6/8		U10/12		U14/16		U18+

Payment of cash or cheque to the value of £10 per person made payable to
Antrim GAA County Board.
Completed form and fee should be returned to the below address not later than
Monday, 24th February 2014:
Ciara Ferry, Antrim GAA, Unit 2 Social Economy Village,
1D Hannahstown Hill, Belfast, BT17 0XS.