

'Optimising your Performance'

Developing Specific Programmes To Improve Athletes Endurance

Day and Time: Wednesday March 5th 2014, 7.30-9.30pm
Venue: Sligo Park Hotel
Cost: €5
Speaker: Chris Jones, National Endurance Coach with Athletics Ireland
Open to: Coaches, Instructors, Athletes & Players in Sport

Chris Jones is one of Europe's leading sports coaches. He works with sports professionals on performance strategy, management, planning and performance-limiting factors. He is currently the National Endurance Coach with Athletics Ireland, and was previously Performance Director with Triathlon Ireland, London Olympic Games, Head Coach for British Triathlon, National Event Coach for Welsh Athletics, and a private coach and consultant. As a speaker, his style is straightforward and practical, delivered with real enthusiasm for his work and with slides and video to illustrate his speech. His experience of working in a high performance environment, alongside athletes such as Fionnuala Britton and support staff has not only furthered his experience and understanding of effective leadership and coaching techniques, but his own leadership, people management and organisational skills, all of which are essential in the high-pressure environment of top-level sport.

Registration Form:

Name: _____

Address: _____

Email: _____

Contact Number: _____

Club/Organisation: _____

Fee enclosed: €5 Y_____ or N _____

Please return form and fee to Community Sport Development Officer,
Sligo Sport and Recreation Partnership, VEC Offices, Riverside, Sligo,
by **Thursday 27th February 2014.**