

TRAINING 2011/2012

Training for this season finishes on Thursday 28th July and will resume on Wednesday 7th September at 7.00pm on the Athletic Track

All membership due in September

Primary School Athletes

Primary School (Ages 7-13) will have training as follows:

- i) Mondays, Wednesdays and Fridays from 7.00pm to 8.00pm in Templemore on the floodlit athletic track in the Town Park
- ii) In the Hurling/Soccer Pitch in Borrisoleigh at 7.00pm on Thursday nights beginning 22nd September (and as the weather permits each subsequent Thursday)

Secondary School Athletes/Seniors/Masters

Training is as above (@ 7pm Mondays, Wednesdays and Fridays with the option of additional training on Tuesdays & Thursdays at 7.30pm.

The Thursday night sessions is geared towards 'conditioning', strength and agility with special emphasis on the 28years + category (male & female).

Fit-for-Life



This section of the club will resume on Tuesday 27th September for new members @ 8.00pm. Walkers & Joggers welcome. Details from 0504-31697

Training 'Break' at Christmas etc

The club will close on Wednesday 21st December after training and re-open on Tuesday 3rd January 2012.

The club will also close for all Bank Holidays except Monday 4th June 2012, when training will take place as usual at 7pm. The reason for this is that the juvenile Munster Track & Field championship will take place the following weekend.

Training details from Martin Leyden 087-2096356 or from Seamus Hartigan 083-3600583

All Athletic events coached to the highest possible standard