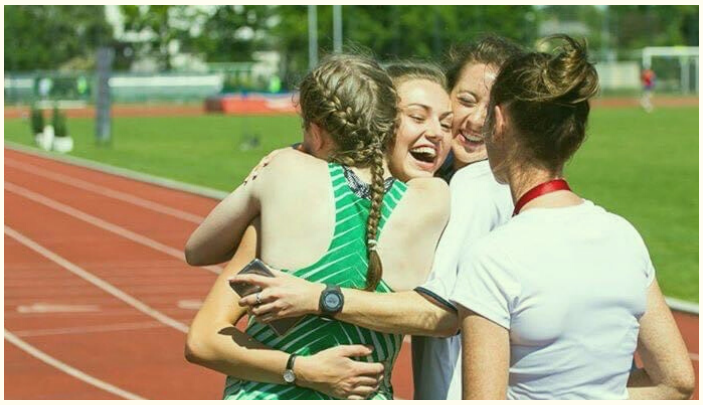

ATHLETICS IRELAND & ROWING IRELAND PRESENT

RETAINING GIRLS IN SPORT WORKSHOP

Date: 24th of November

Time: 7pm

Cost: FREE

Register : https://eventmaster.ie/event/46zKh4rFEe

Presented by : Dr. Orlagh Farmer

Aims of workshop:

- Assist clubs in creating strategies and structures for long term retainment of young girls.
- Create suitable club environments that are dynamic and inclusive of all young girls in athletics and rowing.

By the end of this workshop, coaches should have the ability to:

- Understand the motivations, values, and barriers that young girls experience in sport.
- Recognise best practices that have been applied from some of our clubs.
- Apply practical solutions and strategies to encourage retainment, and combat dropout.
- Plan and deliver sessions to meet the members motivations.

For more information, contact Claire Lambe at claire.lambe@rowingireland.ie or Lilly-Ann O'Hora at lillyannohora@athleticsireland.ie

Athletics Ireland COACHING & DEVELOPMENT

ROWING IRELAND

SPÓRT ÉIREANN SPORT IRELAND