

Try Sport & Nutrition – Timetable

Please arrive at SETU Arena for 9am on Friday 18th October where you will be greeted and guided to your base room and activities.

Time	Topic – Lecturer <i>(Location)</i>
9.30 – 10.30	Biomechanics – Dr Richie Bolger <i>(High Performance Gym)</i>
10.30 – 11.00	Break Time <i>Scones, Cordial, Tea & Coffee</i>
11.00 – 11.45	Sports Management – Dr Noel Connors <i>(Training Room 3)</i>
11.45 – 12.30	Coaching – Dr John Murphy <i>(Sports Hall)</i>
12.30 – 1.15	Sports Psychology – Dr Ciara Losty <i>(Training Room 3)</i>
1.15 – 2.00	Lunch <i>Dinner – Dietary Requirements Catered For</i>
2.00 – 3.00	Nutrition – Dr Arthur Dunne <i>(Training Room 3)</i>
3.00 – 4.00	Talk With Parents – Dr Paddy Delaney <i>Tea & Coffee supplied</i>

Any questions, please email john.p.murphy@wit.ie