

Try Sport & Nutrition – Timetable

Please arrive at SETU Arena for 9am on Friday 12th April where you will be greeted and assigned to your group.

Time	Group 1 – Leinster Schools	Group 2 – Munster Schools
9.30 – 10.30	Nutrition – Dr Arthur Dunne <i>(Training Room 3)</i>	Biomechanics – Dr Richie Bolger <i>(High Performance Gym)</i>
10.30 – 11.00	Break Time <i>Fruit & Granola Pots, Cordial, Tea & Coffee</i>	
11.00 – 12.00	Biomechanics – Dr Richie Bolger <i>(High Performance Gym)</i>	Nutrition – Dr Arthur Dunne <i>(Training Room 3)</i>
12.00 – 1.00	Sports Management – Dr Noel Connors <i>(Training Room 3)</i>	Coaching/Sport Psych – Dr Emma Saunders <i>(Sports Hall)</i>
1.00 – 2.00	Lunch <i>Dinner – Dietary Requirements Catered For</i>	
2.00 – 3.00	Coaching/Sport Psych – Dr Emma Saunders <i>(Sports Hall)</i>	Sports Management – Dr Noel Connors <i>(Training Room 3)</i>
3.00 – 4.00	Talk With Parents – Dr Paddy Delaney (Head of Department) <i>Tea & Coffee supplied</i>	

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