

5 NEW WORKSHOPS

LUCOZADE SPORT EDUCATION PROGRAMME

The Ulster Sports Academy, in partnership with Coaching Ireland and Lucozade Sport have officially launched the Lucozade Sport Education Programme now available for delivery.

The objective of the programme is to disseminate relevant and up-to-date information to athletes, coaches, tutors and governing bodies.

Workshops are 2 hours in duration and are aimed at Level 2/3 coaches and regional standard athletes.

All Lucozade Sport Education Programme factsheets are available for download at:

www.science.ulster.ac.uk/sports/lucozade_factsheets/

These workshops will be delivered by highly skilled presenters and are of enormous benefit to coaches and athletes alike.

If you are interested in running some of these workshops in your area please contact:

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WORKSHOPS

Includes 5 new factsheets and presentations. The topics for delivery in this phase are:

- Lifestyle – getting the balance right
- Circuit Training – Development of Strength & Conditioning
- Nutrition – Feeding Performance
- Making Weight – Tipping the scales for success
- Hydration – you are what you drink.



LAST LONGER, FINISH STRONGER IN THE LAST 15MINS