

Couch to 5k Leader Training

Course:	Couch to 5k leader training
Venue:	Mercy College Sports Centre, Sligo
Date:	Monday 16 th Feb and Monday 23 rd Feb
Time:	7- 10 pm
Course Provider:	Sligo Sport and Recreation Partnership
Cost:	€10

COURSE DETAILS:

The course is designed to provide community leaders who have a **background/interest in athletics** with the knowledge and skills needed to deliver a couch to 5k programme in a range of locations including sports clubs, community centres and with various community groups.

The intended outcome is that the course participant will be competent and confident in taking charge of a group, **with initial mentoring support from an experienced couch to 5k coach**, for the duration of a couch to 5k programme. Specifically, the successful leader will be equipped with the necessary knowledge and skills to plan organise and lead beginner running sessions within their own group setting.

Couch to 5k Leader Training 16th and 23rd February 2015

Application Form

Name: _____

Address: _____

Telephone No: _____

Email: _____

Club/Organisation: _____

Fee enclosed: € _____ €10

(Please make cheques payable to: 'Sligo Sport and Recreation Partnership')

Please complete and return with appropriate fee to:

Community Sport Development Officer,
Sligo Sport and Recreation Partnership,
Riverside, Sligo.

Enquiries to:

Tele: 071 91 61511

Email: smcmanus@sligosportandrecreation.ie

Closing date for completed application forms is Friday 20th February