

## AAI Regional Development Squad u13-u15

### Overall Structure:

For all AAI registered club/school athletes u13 (1999)-u15 (1997) in 2011 ages

- Day 1 (Testing Day & Guest Speaker)
- Day 2 (Speed & Throws)
- Day 3 (Jumps & Endurance/Walks)
- Day 4 (Speed, Throws, Jumps, Endurance)
- Day 5 (Testing Day & Guest Speaker)

### Dates:

- Saturday December 3<sup>rd</sup> Cork IT
- Sunday February 5<sup>th</sup> Nenagh
- Saturday March 10<sup>th</sup> UL
- Saturday April 7<sup>th</sup> Castleisland
- Saturday April 21<sup>st</sup> Cork IT

### Daily Timetable 1:

- 9.30am Registration
- 10am Introduction Talk (Plan for all 5 sessions, introduction of coaches)
- 10.15am Dynamic Warm Up
- 10.45am Start of testing (Standing LJ, 30m sprint, Med Ball Overhead, 800m Test, Vertical Jump, Med Ball Chest Pass, Sit & Reach)
- 12.00-12.15pm Guest Speaker
- 12.15pm Finish

### Daily Timetable 2:

- 9.30am Registration
- 10am Dynamic Warm Up
- 10.30am (Group A- Speed and Group B- Throws)
- 11.15am (Group B- Speed and Group A- Throws)
- 12.00-12.15pm Finish

### Daily Timetable 3:

- 9.30am Registration
- 10am Dynamic Warm Up
- 10.30am (Group A- Jumps and Group B- Endurance)
- 11.15am (Group B- Jumps and Group A- Endurance)

- 12.00-12.15pm Finish

#### **Daily Timetable 4:**

- 9.30am Registration
- 10am Dynamic Warm Up
- 10.30am (Group A- Jumps, Group B- Endurance, Group C- Throws, Group D- Speed)
- 12.00-12.15pm Finish

#### **Daily Timetable 5:**

- 9.30am Registration
- 10am Introduction Talk (Plan for all 5 sessions, introduction of coaches)
- 10.15am Dynamic Warm Up
- 10.45am Start of testing (As per day 1)
- 12.00 Guest Speaker
- 12.15pm Finish

#### **Coaching:**

- There will be an experienced Head Coach for each event with support from some assistant coaches and personal coaches. Personal coaches and any coaches in Munster coaching kids aged u13-u15 are very welcome to attend all sessions and sit in and ask questions etc.

#### **Entry Guidelines:**

- Open to all AAI registered club/school athletes aged u13 (1999)-u15 (1997) in 2011 ages, NO younger!!!

#### **Application Process:**

- Simply come along on the day and pay €5 per session