

Cork Ladies Football Coaching Workshop

***Focusing on Injury Prevention,
Warm Up Implementation & Athletic Development***

Saturday 23rd March 2019

Mardyke Arena UCC

€40 per person

Schedule

09:30am	Registration and Refreshments
10:00am	Workshop Opening <i>James Peckitt - Clinical Lead Physiotherapist / Practice Manager, the arena clinic, Mardyke Arena UCC</i>
10:15am	An overview of ACL Injuries <i>Presented by Declan Bowler - Consultant Orthopaedic & Sports Surgeon, Bon Secours Cork</i>
10:45am	Injury Prevention & Player Welfare <ul style="list-style-type: none"> ▶ Injury Prevalence ▶ Warm Up Considerations ▶ The Female Athlete Triad ▶ LGFA Concussion Guidelines <i>Presented by Laura Harrington - Lead Physiotherapist Cork Senior Ladies Football Team and the arena clinic, Mardyke Arena UCC Practitioner</i>
11:35am	Athletic Development <i>Presented by Kevin Tattan - Strength and Conditioning Coach, Cork Senior Ladies Football Team and High Performance Coach, Cork City FC</i>
12:00pm	Lunch
12:30 – 1:15pm	Breakout Practical Session 1 (3 groups) <p>Group 1 – GAA Warm Up Protocol – Delivered by Laura Harrington - Lead Physiotherapist Cork Senior Ladies Football Team and the arena clinic, Mardyke Arena UCC Practitioner</p> <p>Group 2 – The Female Adolescent Gym User – Delivered by Kevin Healy, Strength & Conditioning Coach, Mardyke Arena UCC</p> <p>Group 3 – Pitch Side Development and Training Demonstration – Delivered by Kevin Tattan - Strength and Conditioning Coach, Cork Senior Ladies Football Team and High Performance Coach, Cork City FC</p>
1:15 – 2:00pm	Breakout Practical Session 2
2:00 – 2:45pm	Breakout Practical Session 3
2:45 – 3.30pm	A players and Coaches Perspective – Q & A <i>Led by Orlagh Farmer, Cork Senior Ladies Footballer</i>
3:30 pm	Closing

Book Online at
www.eventbrite.ie



Declan Bowler

*Consultant Orthopaedic & Sports Surgeon,
Bon Secours Cork*

Declan Bowler graduated from RCSI in 1994, completing his Irish Higher Surgical Training in 2005. His interest in arthroscopy and sports medicine led to his Orthopaedic Sports Medicine fellowship at the Hughston Clinic in Columbus, Georgia, USA. His interests in the young adult hip and hip arthroscopy led to further fellowships in Vail, Colorado and in Melbourne, Australia with leading pioneers in the field.

Since his return to Cork in 2007, his practice has grown to serve the local needs of the community for acute sports injuries and the painful young adult hip.

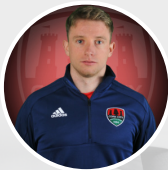


Laura Harrington

*Lead Physiotherapist Cork Senior Ladies Football Team
and the arena clinic, Mardyke Arena UCC Practitioner*

Laura graduated with a Bachelor of Science (Hons) in Athletic Therapy and Training from Dublin City University in 2012. She returned to University College Dublin and later completed a Master of Science in Physiotherapy. Since then, Laura has worked extensively with sports team at both local and county level. She currently is and has been for the last four years, the lead physiotherapist with the Cork Senior Ladies Football team. She also spent a period of time with the Cork Senior Camogie Team and several other GAA and rugby teams alike.

She continues to work as part of a multidisciplinary team in The Arena Clinic at the Mardyke Arena UCC where she specializes in sports and spinal injury/pain and tends to have a multimodal approach to patient care.



Kevin Tattan

*Strength and Conditioning Coach,
Cork Senior Ladies Football Team and High
Performance Coach, Cork City FC*

Kevin joined Cork City ahead of the 2016 season. Kevin, who is a Sports Science graduate from the University of Limerick, has also worked with the West Coast Eagles Australian rules football team and also worked with the Derby County first team while doing a Masters at the University of Derby. His research investigated the relationship between training load, neuromuscular fatigue and injury in elite soccer players.



Orlagh Farmer

Cork Senior Ladies Footballer

Orlagh Farmer is a member of the Cork Ladies Senior Football Squad. Orlagh is a holds a degree Physical Education & Irish Teacher (BED Sports Studies & Physical Education).

Orlagh is currently the lead Co-ordinate with "Gaelic4Girls" intervention programme nationwide and was the research assistant in a recent national study titled 'Children's Sport Participation & Physical Activity (CSPPA17-18)'.



Kevin Healy

*Strength & Conditioning Coach,
Mardyke Arena UCC*

Kevin Healy has been involved in athletic development with various sporting disciplines. Kevin has a degree in B.Sc Health & Leisure Sciences and is a UKSCA qualified Strength & Conditioning Coach.

Kevin is an employee at the Mardyke Arena UCC working mainly in the area of player development, fitness testing and screening. Kevin has experience working with local clubs and development squads from GAA, soccer and rugby. Kevin was the S&C Coach to both St Finbarrs (2018 Senior Football Champions) & Cill na Martra (2018 Intermediate County Champions).

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Limited Spaces Available**