



**Mardyke Arena**

UNIVERSITY COLLEGE CORK



# Mark Jarvis Workshop

“Strength & Conditioning: Practical Lessons  
from the Elite Environment”

Friday 29th November 2013

Mardyke Arena, University College Cork



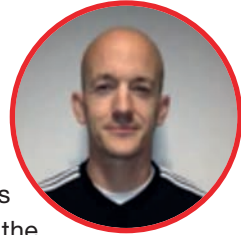
[www.mardykearena.com](http://www.mardykearena.com)



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## About Mark Jarvis

Mark has been working as an elite strength and conditioning coach since 2002. Through his work as the Senior Strength & Conditioning Coach for English Institute of Sport across the Midlands he has worked with a vast array of GB athletes across the Olympic sports. This has included medallists at the Beijing 2008 & London 2012 Olympic and Paralympic Games.



Mark has also applied his knowledge in professional sport through work in both the Scottish and English Premier Leagues, working with the first team squads of Hearts FC and West Bromwich Albion FC respectively.

He is currently Performance Lead for Speed & Power and Technical Sports within the EIS Performance Solutions Team and is developing his expertise in Plyometric training through research towards a PhD.

## Workshop Overview

The Workshop aims to attract all strength & conditioning coaches working in the Sports & Leisure Industry in Ireland. The Workshop will be a mix of both practical and theory sessions.



## Workshop Outcomes

- i. Develop a broader understanding of how to effectively apply plyometric exercise.
- ii. Develop coaching skills in key jumping exercises.
- iii. Explore the practicalities of corrective exercise and how the S&C coach can add value to the process.
- iv. An opportunity to discuss with Mark and other coaches the practical factors which limit our effectiveness in helping athletes improve.

**Inspiring Excellence**



## Workshop Itinerary

08:15 – 09:00	Registration
09:00 – 09:15	Introduction & Background
09:15 – 12:00	<b>Session 1:</b> The Integration of Plyometrics in a Periodised Plan Theory & Practical
12:00 – 12:45	Lunch
12:45 – 15:15	<b>Session 2:</b> Screening and Implementation of Corrective Exercise Theory & Practical
15:15 – 15:45	<b>Questions &amp; Answers</b>  Opportunity for participants to ask general questions on strength & Conditioning
15:45 – 16:00	Conclusion of Workshop





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## Workshop Fees

### Category

Delegate

All fees include a light lunch.

### Rate

€95 per delegate

## How to Book

Book by Telephone: Contact Emma or Grace on +353 (0)21 490 4764 / 4763 (09:00 – 17:00, Mon – Fri)

## Booking Information

1. All payments must be made in full at time of booking.
2. Numbers are limited so early booking is advised.
3. The workshop organisers reserve the right to alter the programme at any time if necessary.

For further information or assistance, contact:

**Wayne Falvey,**

Mardyke Arena UCC

Tel: +353 (0)21 490 4790

Email: [w.falvey@ucc.ie](mailto:w.falvey@ucc.ie)

## Preferred Accommodation Provider

**River Lee Hotel, Western Road, Cork**

The River Lee Hotel is located on the banks of the River Lee and is one of the most luxurious Cork City hotels. The River Lee Hotel is the perfect vantage point from which to savour Cork City and everything that Cork has to offer.

**Distance to venue:**

Within ten minutes' walk

**Special rates for delegates:**

Tel: +353 (0) 21 425 2700

Email: [riverlee@doylecollection.com](mailto:riverlee@doylecollection.com) Web: [www.doylecollection.com](http://www.doylecollection.com)

