





***UPCOMING WEBINAR* - Coaching the Female Athlete**
How to get the best out of your athletes/players

Wednesday 23rd September, 16.00 – 17.15

Sport Ireland Coaching is delighted to bring you their first 'Coaching the Female Athlete' webinar as part of European Week of Sport. The webinar is aimed at anyone who coaches female athletes/teams from adolescent to adult level, club to representative focused, but may also be of interest to all coaches or anyone interested in Women in Sport. Hayley Harrison will host the conversation with three excellent coaches discussing their coaching philosophy and styles when coaching female athletes/teams. Topics will include:

- A player centred approach to coaching females
- The importance of leadership and communication when building a positive team culture
- Psychology and considerations for coaching practice
- Coaching styles for athletes or players of different levels or ability
- The difference between coaching females and males
- Developing a positive coach-athlete relationship

All participants must register to attend this webinar. Places are limited and interested participants are advised to register as soon as possible by clicking [HERE](#).

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|  | <p>Hayley Harrison</p> <p>Hayley is a High Performance athletics coach with athletes who competed at all major athletics championships including Worlds & Olympics. She currently works as a Coach Education Officer for Sport Ireland Coaching, with responsibility for the Coach Developer and Trainer of Coach Developer programmes along with the High Performance Coach Support programmes across all sports.</p> |
|  | <p>Sue Ronan</p> <p>Sue Ronan has a distinguished career in women's football in Ireland as a player, administrator and coach. She has over 25 years' experience coaching the Irish Women's national squads including the U16, U18, U19 squads, University Games squad and Senior Women's International squad. She is currently Head of Women's Football with the FAI.</p> |
|  | <p>Jon Mackey</p> <p>Jon is currently the High Performance Director for Canoeing Ireland but has 16 years' experience coaching female Kickboxing athletes of all levels. Jon was the national team coach for Kickboxing Ireland from 2014 – 2019 and has trained national, European and world gold medalists in both Taekwondo and Kickboxing. He is also Kicking Boxing Ireland National Director of Coaching.</p> |
|  | <p>Fran Rooney</p> <p>Fran has over 30 years' experience as a Swimming Coach. She has coached athletes and swimmers at all levels from participation to Olympian. She recently completed her Masters in Waterford IT in applied exercise and sport psychology and is currently employed by Wexford LSP as their Principal Sports Officer.</p> |