



## CIT SPORTS SEMINAR SERIES (NOV 2018 – APRIL 2019)

### Sharon Madigan – Sports Nutrition

Sharon is a Performance nutritionist who works with all types of athletes including some of Ireland's top international teams and athletes. Since 2010 Sharon has worked as the Head of Nutrition for the Irish Institute of Sport, she is responsible for the co-ordination of nutrition support services to elite athletes and lead service delivery to a number of national governing bodies. Sharon brings her ever popular sports nutrition seminar to Cork Institute of Technology on the 21<sup>st</sup> of November.

**Date: Wednesday 21<sup>st</sup> November**

**Time: 19:30**



### Lizzie Lee – Time Management



On December 6<sup>th</sup> Cork's very own Olympic athlete Lizzie Lee will talk about the importance of time management at any level of sport. Whether you are a student athlete looking to find a balance between sport and study or a full time worker this talk could be perfect for you. Lizzie is a full time mother, athlete and mother of 2 so there is no better person to talk about the importance of time management. Lizzie's speciality is the marathon which she has represented Ireland in on numerous occasions over the past 5 years. It is also probably the most time consuming sports event to train for!

**Date: Thursday 6<sup>th</sup> December**

**Time: 19:30**

### Joe O Connor – Strength & Conditioning

Joe is most known for his role in Ireland's fittest family and his role with All-Ireland Hurling Champions Limerick. He is the head of athletics performance for Limerick GAA. What people may not know is Joe is also an Exercise Physiology & Performance Nutrition Lecturer at Institute of Technology Tralee. Joe is the founder of Nisus Fitness which is one of the leading strength and conditioning facilities in the country. He has made strength and conditioning programmes for elite Olympic athlete's as well as some of the best teams in the country. On January 23<sup>rd</sup> Joe will bring his strength and conditioning seminar to Cork Institute of Technology. This talk will benefit coaches and athletes of all levels.

**Date: Wednesday 23<sup>rd</sup> January**

**Time: 19:30**



## Canice Kennedy – Sports Psychology



Canice has provided Sport Psychology services to individual athletes and teams across a number of different sports including Gaelic football, Basketball, Athletics, Soccer, TableTennis, Hockey, eventing, sailing, boxing, clay pigeon shooting, tennis and golf. He is an accredited Sport Psychologist and Professional Member of the Irish Institute of Sport. His mission is to assist sports people (athletes, players and coaches) attain the mental tools to enhance sporting performance, achieve their sporting goals and increase the enjoyment of their sports participation. Canice has been running very successful seminars for a number of years and February 6<sup>th</sup> will be no exception!

**Date: Wednesday 6<sup>th</sup> February**

**Time: 19:30**

## Paul Byrne - The transition from a Junior to Senior Athlete

Athletics Ireland regional development officer and European championship athlete Paul Byrne will speak about one of the most important topics of modern day Irish sport. The transition from a being a junior athlete to a senior one. Paul has come through the schools and colleges system in Ireland and kept improving both academically and also on the track so there is no better man to run this seminar. Across every sport in Ireland the transition from school to college results in a major drop off in sportsmen. On March 12<sup>th</sup> this seminar will go a long way to addressing some of the challenges that face this age group.



**Date: Tuesday 12<sup>th</sup> March**

**Time: 19:30**

## Peter Francis - 'Running from Injury: Why Do Runners Get Injured and How Do We Stop It?'



Dr Peter Francis is the Head of the Musculoskeletal Research Group at Leeds Beckett University. He has a background in sport and exercise science from the University of Limerick, and is an accredited performance physiologist with the Irish Institute of Sport, twice working there before the Beijing and London Olympics. Peter has been involved in the treatment and rehabilitation of a number of European, World and Olympic athletes in the sport of athletics. Peter is an IAAF level 4 endurance coach and ran the endurance program at the University of Limerick for a period of 3 years (2010 - 2013).

Peter's work in relation to muscle injury focuses on footballers and endurance athletes. Muscle injury is the most prevalent injury in football and contributes to the greatest amount of time missed from training and matches. On April 3<sup>rd</sup> Peter will bring his injury prevention talk to Cork Institute of Technology which will benefit all sportspeople.

**Date: Wednesday 3<sup>rd</sup> April**

**Time: 19:30**

### More Information:

To Register: <http://events.cit.ie/index.cfm?page=events&eventId=358>

Contact: **Craig Harrington** [charrington@corksports.ie](mailto:charrington@corksports.ie)