



## Transition Year Programme

The I.T.O.W.A are running a 2 stage TY coaching course program. In the 1st phase, one of our coaches would deliver this half day course to transition year students in a school and give them all a basic skills & manual. The students would then be given a number of weeks to practice what they have learned during their P.E time. The Coach would then return and run a competition amongst the students to exam and reinforce the skills they have learned and present them with their certificates.

In the 2nd phase of the program, the students who successfully complete the course in stage 1, would then work with either a local national school, or the 1st year students in their own school, to train teams over a number of weeks and to organise a blitz of the teams in conjunction with the Coach and the partner LSP.

### Benefits for School affiliation to the Irish tug of war association:

- Schools will be required to pay €100 affiliation fee to take part in the programme.
- Students will pay a further €2 each for their involvement in the programme.
- **IN RETURN**
- Affiliation to ITOWA 2019 (€100 per school club)
- TY Training (20 tys @€10 = €200)
- Ropes( 2 x €200=€400)
- T-Shirts (20 x€10= €200)
- Event at the end of programme (€400)
- Invitation to All Ireland Championships (See fixtures page)
- Potential opportunity to represent region at youth tournament with I.T.O.W & TWIF

