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420 Coaching dates and events:

Open Training

February 10th – 13th, Schull, pre Munsters.

March 17th & 18th, MYC.

April 2nd & 3rd, LDYC, pre ISA Youth Nationals.

June, Dates and venue TBC.

July 4th 5th GBSC. Pre Connachts.

August 7th 8th 9th RCYC. Pre Nationals.

Above dates are correct at the time of writing but may be subject to change at a later date.

Academy dates, training and supported events:

May 8th, Academy announcement date.

May $11^{th} - 14^{th}$, Schull. First meeting and training sessions with academy. Fitness Test.

June $22^{nd} - 30^{th}$, Kiel Week. Germany.

July $22^{nd} - 30^{th}$, Mens and Ladies World Championships, Valencia. Spain.

 $August\ 14^{th}-22^{nd},\ Junior\ Europeans,\ Pwhelli,\ Wales.$

September: Academy reviews. Lifestyle Support session, Fitness Test

October – December: Training and regattas in Europe, France or Spain. Venues TBC.