



PRE SEASON Strength & Conditioning Workshop

REGISTRATION FORM

Name:	Club:		
Mobile:	Email:		
Address:			
Please circle which of the following applies to you:			
Player/athlete	Club official	Coach/mentor	Other
Which sport(s) are you representing?			

	Monday February 4th	7.00pm -9.00pm	Knowth Suite –Newgrange Hotel Navan
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**Pre Season Strength &
Conditioning Workshop**
€15

Participants must be over 16 years of age

Please return completed form and payment before Friday February 1st

**Meath Local Sports Partnership
Navan Enterprise Centre
Trim Road
Navan
Co. Meath**

Phone: 046 9067337 Email: mlsp@meathcoco.ie Web: www.meathsports.ie

(Cheques should be made payable to Meath Local Sports Partnership)