Try Sport & Nutrition 2026 – Timetable

Please arrive at SETU Arena for 9am on Friday, 6 November where you will be greeted and guided to your base room and activities.

Time	**Topic –** Lecturer *(Location)*
9.15 – 10.10	**Sports Management** – Dr Noel Connors *(Training Room 3)*
10.10 – 10.40	**Break Time** *Scones, Cordial, Tea & Coffee*
10.40 – 11.40	**Strength & Conditioning** – Mairead Liston (*High Performance Gym*)
11.35 – 12.30	**Nutrition** – Dr Arthur Dunne (*Training Room 3*)
12.30 – 1.20	**Sports Psychology** – Dr Ciara Losty *(Training Room 3)*
1.20 – 2.00	**Lunch** *Dinner – Dietary Requirements Catered For*
2.00 – 3.00	**Coaching** – Chris McDermott (*Sports Hall)*
3.00 – 4.00	**Talk With Parents** – Dr Paddy Delaney *Tea & Coffee supplied*

Any questions, please email john.p.murphy@setu.ie