

**IRFU Performance Coach Course 2023**

From 2019 onwards the IRFU Stage 4 Head and Assistant Coaching Course has been replaced by the IRFU Performance Coaching Award.

**PLEASE SUBMIT THIS EXPRESSION OF INTEREST TO YOUR LISTED PROVINCIAL CONTACT**

**Return emails with subject: “Performance Coach Award” before Friday 19th May 2023**

***DO NOT submit any payment until your place and the course details are confirmed by official invitation***

**Confirmed dates and course schedule will be communicated upon acceptance to the course, this course will be delivered through a blended approach with both online and in person workshops. The course modules will be delivered through July/August/September 2023. Full course attendance and submission of all course work is required to complete the award.**

**Your Details - (***please ensure any written responses can be clearly read)*

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| --- | --- | --- | --- | --- | --- |
| **Contact Details** | | **Coaching Experience** | | | |
| **Name** |  | **Year** | **Club/School** | **Team** | **Coaching Role**  **(Head / Assistant)** |
| **Date of Birth** |  | **2023/24** |  |  |  |
| **Email address** |  | **2022/23** |  |  |  |
| **Phone Number** |  | **2021/22** |  |  |  |
|  |  | **2020/21** |  |  |  |

**Please submit your expression of interest to the relevant provincial contact below:**

|  |  |
| --- | --- |
| **Province** | **Return Email address** |
| **Connacht** | [zoe.langsdale@connachtrugby.ie](mailto:zoe.langsdale@connachtrugby.ie) |
| **Leinster** | [Declan.obrien@leinsterrugby.ie](mailto:Declan.obrien@leinsterrugby.ie) |
| **Munster** | [education@munsterrugby.ie](mailto:education@munsterrugby.ie) |
| **Ulster** | [budge.pountney@ulsterrugby.com](mailto:budge.pountney@ulsterrugby.com) |