



ACCELERATE YOUR JOURNEY



...PREPARATION AS A MINOR COUNTY PLAYER

Webinars open to all Minor County Players



HOSTED BY:

Former All Star
& Armagh Captain
Caoimhe Morgan

INTERACT WITH AND LEARN FROM CURRENT STARS OF THE GAME

- 8th DECEMBER SESSION 1** Emotional and Physical Preparation as a County Player with Emma Duggan (Meath) & Laura Ahearne (Galway)
- 10th JANUARY SESSION 2** Communication and Creating a Support Network with Laurie Ryan (Clare) & Éabha Rutledge (Dublin)
- 6th FEBRUARY SESSION 3** Your Lifestyle as a County Player with Tiarna Grimes (Armagh) and Mary Hulgraine (Kildare)

TO REGISTER GO TO:

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