



The poster features a green background with a faint image of a person in a GAA jersey. It is framed by a yellow border. The Meath GAA crest is visible in the four corners. The text is centered and reads: 'MEATH COACHING & GAMES' followed by 'SPRING WEBINAR SERIES' in large white letters. Below this, three events are listed, each with a date in a yellow box on the left and the event title in bold black text. The first event is on 3rd March, the second on 24th March, and the third on 31st March. The third event is titled 'CAPTAIN'S CORNER' and includes a description of an open evening with team captains and a special guest. There is also an illustration of a notepad and pen in the bottom right corner.

MEATH COACHING & GAMES
SPRING WEBINAR SERIES

3RD MARCH **FITNESS ROADSHOW - JUMPING: INJURY PREVENTION & PERFORMANCE**
Sarah Doran and Ian Quinn

24TH MARCH **FITNESS ROADSHOW - MONITORING & RECOVERY FOR YOUTH PLAYERS**
James Mitchell and Ian Malone

31ST MARCH **CAPTAIN'S CORNER**
An open evening with Meath Teams Captains and Special Guest Cora Staunton talking around the challenges and pressures on players

Meath GAA Coaching and games are delighted to announce a Spring Webinar Series. The series includes 2 additional Fitness Roadshow Webinars and 1 webinar that will feature some special guests.

For more details and for registration, please visit <https://bit.ly/3bvpG2d>