



The poster features a green background with a faint image of a person in a green jersey. It is framed by a yellow border. The Meath GAA crest is in the top-left, top-right, and bottom-right corners. The text is centered and reads: 'MEATH COACHING & GAMES' in small white letters, followed by 'SPRING WEBINAR SERIES' in large white letters. Below this, three webinars are listed, each with a date in a yellow box on the left: '3RD MARCH' for 'FITNESS ROADSHOW - JUMPING: INJURY PREVENTION & PERFORMANCE' by Sarah Doran and Ian Quinn; '24TH MARCH' for 'FITNESS ROADSHOW - MONITORING & RECOVERY FOR YOUTH PLAYERS' by James Mitchell and Ian Malone; and '31ST MARCH' for 'CAPTAIN'S CORNER' featuring Meath Teams Captains and Special Guest Cora Staunton. An illustration of a notepad and pen is 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>