

## I.R.F.U. / Connacht Rugby Open Fitness Seminar



The I.R.F.U. and Connacht Rugby are delighted to announce that the third annual Fitness Seminar will be held in the Galway Sportsgrounds, the home of Connacht Rugby on the 14th of March. This seminar will be aimed at rugby coaches working at all levels but is open to coaches from all sports. The seminar will be held in the Connacht Rugby gym one of the best strength and conditioning facilities in Ireland. Last year's seminar was very successful and was attended by over 90 coaches. This year more presenters and different topics have been added to the lineup. The topics that will be covered are as follows –

Topic 1 – How to Develop Functional Competence in our Players.  
Presenter – Antoine Mobian (Connacht Rugby Academy Fitness Coach)

Topic 2 – How to Assess and Develop Movement Skills in our Players.  
Presenters – Des Ryan (IRFU Fitness Education Manager) & Johnny O'Connor (Connacht Senior Rugby Player and Certified Fitness Coach)

Topic 3 – Return to Play Strategies for the Injured Player.  
Presenters – Jim Molony (Connacht Rugby Senior Team Strength and Conditioning Coach)

Topic 4 – Managing the Loads of a Professional Rugby Squad.  
– Tom McLaughlin (Connacht Rugby Senior Team Head Strength and Conditioning Coach)



The seminar will be both theory and practical based using some of the young players from Connacht Rugby as subjects and anyone who is willing to give it a go. The seminar will be of great use to coaches who would like to know what is the most appropriate and practical method to develop their players. Also the seminar is ideal for coaches who would like to introduce something new and challenging to their training. The seminar is open to any coaches especially from Connacht and the surrounding area. Similar seminars will be run in the Munster, Leinster and Ulster areas. Information on these seminars and other courses during the year will be found on [www.irishrugby.ie](http://www.irishrugby.ie) as soon as details are available.

The Details for the workshop are as follows –

- Date – 14<sup>th</sup> March 2012  
Time – 7.00pm registration (Tea & Coffee provided) Seminar starts at 7.30pm to 9.45pm  
Venue – Connacht Rugby Gym  
Galway Sportsgrounds  
College Road  
Galway  
Cost - € 10  
Registration - Places are limited and coaches must register with Niamh Nash to reserve a place – [niamh.nash@irfu.ie](mailto:niamh.nash@irfu.ie)



Photo 1 – 2011 IRFU/Connacht Fitness Seminar

Presenters –

Antoine Mobian (Connacht Rugby Academy Fitness Coach)



Antoine Mobian has been the Connacht Rugby Academy Fitness Coach since 2006. He has an undergraduate degree in Sports Performance and Training and a Masters of Science in Strength and Fitness Conditioning. Before his move to Ireland, Antoine held positions at several academies and sport's clubs across France including U.S. Colomiers Rugby and he worked in England as Fitness advisor for the sports department of Cambridge University. He also completed the IRFU Certified Conditioning Coach Course and the IRB strength and conditioning educator course. Antoine is responsible for the development of the Academy players in the areas of speed, strength and fitness. He is also responsible for the fitness of the Connacht underage into provincial winning teams.

Des Ryan (IRFU Fitness Education Manager)



Des Ryan is the fitness education manager for the I.R.F.U. Part of his role is to run the I.R.F.U. certified conditioning coach course and other fitness education courses. Des also manages the continued professional development programme for IRFU Fitness Coaches. His role includes managing the fitness development structures for rugby players Under 19 years of age and below. Part of his role includes managing the fitness staff with the age grade international teams, Ireland women's, club and A team. Before Des started his position with the IRFU he worked for Connacht rugby for 10 years, working as the head fitness advisor for the Connacht Rugby Senior team from 2000 to 2008. During this time Des has worked with the Ireland A rugby team for 3 years and assisted with the Ireland senior team. Des has presented at many conferences over the past few years in Ireland and abroad including conferences run by the International Rugby Board and the GAA's national coaching development conference.

Johnny O'Connor (Connacht Rugby Senior Team Player & Certified Strength and Conditioning Coach)



Johnny has a Higher Cert. in Physical Fitness and Conditioning for sport and is in the process of completing his Degree in Strength and Conditioning. Johnny has 12 caps for Ireland and as well as playing numerous times for Connacht he has also played for London Wasps. He has a keen interest in the area of strength and conditioning for the youth and adult player. Johnny completed his weight lifting level 1 cert and is also studying for his certification in the Gary Cook Functional Movement Screening System.

Jim Molony (Connacht Rugby Senior Team Strength and Conditioning Coach)



Jim Molony has a BSc (Hons) in Sports Rehabilitation from the University of Salford. Jim spent the past two seasons working with Munster and moved to Connacht in June 2011. He has spent time with Strength and Conditioning coaches in Australia, Europe and USA.

Tom McLaughlin (Connacht Rugby Senior Team Head Strength and Conditioning Coach)



I have 8 years experience in coaching elite rugby union. Having worked with Bristol Rugby Club for over 6 years and most recently with Connacht Rugby. I have also travelled extensively to clubs in both Europe and in Australia to observe current trends. I have a BSc (Hons) in Sport & Exercise Science and numerous professional qualifications.



Photo 2 – Des Ryan presenting on developing speed in our players.