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Bank Holiday Monday May 7th.....on the run in Kells!!!



The 8th Royal County 5km/10km Run/Walk returns to Kells on Bank Holiday Monday 7th May in Kells. The event is organised by Meath Local Sports Partnership with the support of the Club Active Kells; Headfort Arms Hotel; St. Brigid's AC; Kells Gardaí; Kells Swimming Pool, Kells Municipal District, Civil Defence and local volunteers. The Royal County 5k/10k event is licensed by the Athletics Association of Ireland and is open to runners, joggers and walkers of all abilities. Whereas participants under the age of 16 years are welcome, they must be accompanied at all times by an adult. The 10km event will start at 10.30am, with the 5km starting at 11am.

Registration is now open online. Early bird registration is €15 for 10km event and €10 for the 5km event. Cost includes t shirt, refreshments and chip timing. There will be cash prizes for 1st Male and Female home and category prizes for runner up places.



Book now to ensure you receive your limited edition t-shirt. Anyone interested in participating in the 2018 Royal County 5km/10km should contact Meath LSP at 046 9067337 or log onto www.meathsports.ie to register. School entries encouraged—See details on page 18.



DATE FOR YOUR DIARY!

Sport Ireland Meath Heritage Cycle Tour 28th & 29th July 2018

The Sport Ireland Meath Heritage Cycle Tour includes 3 different routes this year: 11km, 50km & 100km. Family spin (11km) will take place on 28th July. The 50km & 100km will take place on the 29th July.

Registration will be available on our website at the end of April: <http://www.meathsports.ie/cycle-tour/how-to-enter/>



View our website
<http://www.meathsports.ie>

Community Activity Programmes



Move More....FitBit Challenge 2018

Meath LSP in association with Healthy Ireland and Meath County Council invited adults from around Meath to participate in our new **12 week Move More fitbit challenge**.

The **Move More** programme aims to increase & track activity levels amongst participants with the aid of a FitBit wristwatch. (Fitbits were provided to all participants for the programme).

80 people from around Meath signed up for the new and exciting programme!



Following information nights in Kells and Navan, all participants were set up with their Fitbit watch. Progress is tracked by Meath LSP with targets set in three 4 weekly blocks.

We are currently on week 4 of the challenge with participants already reporting significant changes in their activity levels.

Let's Get Walking!

Check out our Community walks in Meath in April/May 2018!



There will be more walks coming soon, log on to our website to see the updated walking timetable.

Area	Leader Name	Contact No.	Start Date	Meeting Point
Ashbourne	Marian & Theresa	087-8598781/087-2376175	Mondays @ 7pm	Ashbourne Garda Station
Castletown	Nichola Smith	086-8617289	Saturdays @ 10am	Community Centre (Pitch & Putt Club)
Duleek	Carol Saurin	0895-7538995	Saturdays @ 10am	Village Green Duleek
Kells	Ann Smith	087-9781474	Wednesdays @ 8pm	Gael Colmcille GAA Centre
Navan	Michael Murray	086-0757434	Tuesdays @ 7pm	Old Town Hall
Stamullen	Linda Dungan	087-6503124	Mondays @ 7pm	St Patricks GAA Club
Tara	Pauline Donnelly	087-2704016	Sundays @ 9am	Hill of Tara car park

If you would like to get a community walk going in your area, please contact Ruairi on 046-9067337 for details about support and advice provided by Meath LSP.

Community Activity Programmes

Women's Only Tag Rugby Navan Rugby Club Thursday 3rd May at 7.30pm

FREE 6 week
programme

Non
competitive



Suitable for
Beginners

Relaxed
and Fun

Great way to get fit!



**MORE INFORMATION
CONTACT;
RUAIRI MURPHY
MEATH LSP
046-9067337
RMURPHY@MEATHCOCO.IE**



Community Activity Programmes



Meath Running Group

Ever thought of completing a 10km, half marathon or a full marathon, but don't know where to start, how to train for it or simply keep to a regime on your own? Meath Running Group can help you do just that!

Training sessions are tailored to individual abilities & levels – from beginner to seasoned running pro. We provide a 30 week programme/3 blocks – depending on your target (each block can be stand alone).

Block 1 Core Conditioning commenced Wednesday 14th March in Claremont Stadium with 25 participants. The focus for this block is core strength, improve flexibility, posture and balance with our coach Cailín McDonagh.

Block 2 Speed and middle distance training (11weeks) will start on **Wednesday 23rd May**, this block will focus on preparation for 5 mile, 10km and 10 mile distances.

For more information on Meath Running Group contact Ruairí on 046-9067337 or email rmurphy@meathcoco.ie



GAELIC FOR MEN 40+

GET YOUR 40+ TEAM UP AND GOING IN YOUR CLUB!

FREE



NON-CONTACT



FUN

SUITABLE FOR ALL FITNESS LEVELS+PLAYING ABILITIES

For more information or to get a team started
contact Ruairí Murphy on 046-9067337 or email
rmurphy@meathcoco.ie

PosterMyWall.com



Community Activity Programmes

MEN ON THE MOVE

FOR MEN 35+

**Whether you exercise or not
isn't important - Men on the
Move will help you get started!**

**6 week
programme**

**Join a men
only group**



**Lose
weight**

**Have
the craic**

**For more info OR to get Men on the Move
in your area contact Ruairi on
046-9067337 or email
rmurphy@meathcoco.ie**

Community Activity Programmes

Club representatives complete Community Sports Coaching Programme!

The aim of the Community Sports Coaching Programme is to develop the skills of community leaders, coaches and club representatives through the provision of education and training inclusive of the following qualifications:

- National Governing Body (NGB) of Sport awards (GAA dual foundation, FAI Kick start 1& 2, Athletics leaders award, Spikeball introductory award).
- Community awards (Irish Heart Foundation Community Walking leader, Sport Ireland Active Leadership, Safeguarding 1 & 2, Sports Injury First Aid, Disability Inclusion training)
- Career preparation (QQI Level 3 Career Preparation & Internet skills)

This is the 3rd year to roll out the Community Sports Coaching Programme in Meath. Past participants of the programme have progressed as coaches within their clubs while others used the qualifications to gain access to further education (3rd level) which was previously inaccessible to them. Some participants gained employment within the Local Sports Partnership network with NGB's and with community groups.

The programme provides opportunities for participants to gain employment and avail of coaching, volunteering and further education opportunities in the sports sector.

The programme runs for 2 days per week for 14 weeks. Meath LSP intends to roll out a 4th Community Sports Coaching Programme commencing in October/November 2018 and finishing in February 2019. For more information contact Paul Friel on 046-9067337 or email paul.friel@meathcoco.ie

Participants from 2017/2018 programme



Back row from L/R - Colin O' Connor, Janice Nolan, Linda Hegarty, Brian Doyle, David Davis.
Front row - Patricia Smith (LMETB), Dorenda McGee, Ollie Bowe, Dolores Hannon, Gemma Tighe & David McCaffrey (Meath LSP).

Missing from the photo is Lesley Constance and Linda Smith.

Community Activity Programmes




ciste na
gcuntas díomhaoín
the dormant
accounts fund

Community Sports Hub Navan – our aim is to get the local community of Navan more active, more often!

Check out our Facebook page – Community Sports Hub Navan for latest updates on new and exciting opportunities to get involved in sport and physical activity or take a look at our ‘What’s On’ list of programmes. Spaces are limited and will be on a first come basis! **Registration is required for the FUNdamentals of Movement programme.*

If you would like more information on Community Sports Hub Navan, please contact Margo Finnegan on 046-9067337 or email margo.finnegan@meathcoco.ie



Community Sports Hub Navan – What's On!

All programmes are FREE!



Programme	About	Time	Venue	Age	Date
MONDAY					
Fitsteps	Fun Fitness that is 'Strictly' dance - bring together Latin and ballroom styles into a fun fitness class.	8-9pm	Unity Centre, Windtown	Over 18yrs	6 weeks starting 9th April
TUESDAY					
Buggy Buddies	Walking group open to parents and carers of babies and toddlers in buggies, prams or carriers!	10-11am	Blackwater Park, Ratholden Rd	Over 18yrs	4 weeks starting 24th April
Cheer Dance	This class will focus on the basic fundamentals of cheer-leading, such as motion technique, dance, jumps, cheers and stunt technique and basic tumbling.	4.30-5.30pm	Unity Centre, Windtown	6-12yrs	6 weeks starting 10th April
Mature Movers - Sit Fit	Seated exercise to music - gentle and easy to follow exercise focusing on strength, mobility and balance.	5.30-6.30pm	Unity Centre, Windtown	Adults +50	6 weeks starting 10th April
Run4Fitness	A mix of running and fitness training including mobility / flexibility and strength work.	8-9pm	Blackwater Park, Ratholden Rd	Over 18yrs	6 weeks starting 10th April
THURSDAY					
Couch to 5k	A beginner's programme for anyone interested in reaching the 5k target whether it be by walking or jogging.	9-10am	Blackwater Park, Ratholden Rd	Over 18yrs	4 weeks starting 5th April
FUNDamentals of Movement <i>*registration required please contact Kate Feeney 046-9067337</i>	This inclusive programme is aimed at children with disabilities and their siblings. Come along to join the fun and improve your running, jumping and throwing skills.	5-6pm	Scoil Naomh Eoin, Clonmagadden	All Welcome	3 weeks starting 3rd May
Basketball	Come and try Basketball sessions with qualified coaches.	6-7pm	Scoil Naomh Eoin, Clonmagadden	6-12yrs	5 weeks starting 12th April
Basketball	Come and try Basketball sessions with qualified coaches	7-8pm	Scoil Naomh Eoin, Clonmagadden	12-17yrs	5 weeks starting 12th April
Zumba	A Latin-inspired dance workout. Classes are fun, energetic, and make you feel amazing!	7-8pm	Unity Centre, Windtown	12-17yrs	5 weeks starting 12th April
5-a-side soccer	Come as a group or individually. Everybody gets a game!	8-9pm	Scoil Naomh Eoin, Clonmagadden	Over 18yrs	5 weeks starting 12th April
FRIDAY					
Late Night League - Futsal	Open to teams and/or individuals, all welcome to attend.	8-10pm	Claremont Stadium, Commons Rd	12-15yrs 16-18yrs	4 weeks starting 20th April
SATURDAY					
Multi Sport Activities	Come and try a range of different sports and activities.	10.30-12.00pm	Bailis Downs - Johnstown	6-12yrs	Once a month starting 14th April
Multi Sport Activities	Come and try a range of different sports and activities.	10.30-12.00pm	Blackwater Park, Ratholden Rd	6-12yrs	Once a month starting 28th April

For further information on Community Sports Hub Navan, please contact Margo Finnegan on 046-9067337 or email margo.finnegan@meathcoco.ie

Community Activity Programmes

Meath GAA leading the way in Leinster!

According to Jim Bolger, Chairman of the GAA Leinster Council – Meath GAA Health & Wellbeing committee are leading the way in terms of delivery of initiatives back to local clubs. He was speaking at the launch of the Meath GAA Health & Wellbeing Mental Health information boards in the Centre of Excellence, Dunganny on Monday 19th February.



The information boards represent the work of the Meath Health & Wellbeing committee, Meath Local Sports Partnership and the HSE.

Jim Bolger (Chairperson of Leinster GAA Council); Fiona Murphy (HSE Lead Health & Wellbeing); Cllr Gerry O Connor (Cathaoirleach Meath Co Co); along with Mary Murphy (Co-ordinator Meath LSP) and members of the Meath GAA Health & Wellbeing committee.

The 3 organisations worked together in designing the boards which will be displayed prominently within all GAA clubs in Meath.



Jim Bolger (Chairperson of Leinster GAA Council); Linda Dungan & Gavin Kirby (St. Patrick's GAA Stamullen) & Peter O'Halloran (Meath GAA County Chairperson).

The boards are designed to provide local communities and club health & wellbeing officers with the tools to be able to signpost people to a range of services which may provide them with the immediate assistance they require.

In addition to the 120 club representatives in attendance, speakers on the night included Chairperson of Meath Health & Wellbeing committee, Andy Fahy; Mary Murphy, Coordinator of Meath LSP; Jim Bolger (Chairman of the Comhairle na Laighean); Fiona Murphy (HSE Lead Health & Wellbeing in Meath, Louth & Midlands) and Meath GAA County Chairperson Peter O Halloran.

Meath LSP plan to work with other sporting organisations in developing similar boards for their grounds and clubhouses. If your county association is interested in developing information boards, please contact Kate @ 046 90673337 or kfeeney@meathcoco.ie

Education & Training

Is your Club or Facility listed? And up to date?

We have a comprehensive Facilities Listing of sport and leisure facilities in Meath on our website.

See <http://www.meathsports.ie/clubs-facilities/facilities-directory/>

Please check to make sure your facility is listed and the contact details are correct. Please advise us of any changes, or if you have a new facility that is not on the directory please complete the following survey on our website here <http://www.meathsports.ie/facilities-directory-update/>



Youth Sports Leadership – An Accredited Award for Secondary School Students and Community Youth Groups



Meath LSP in association with Sport Ireland and Dormant Accounts will continue to deliver the Youth Sports Leadership Award. We are now inviting expression of interest from secondary schools and youth organisations in Meath for roll out in 2018

The Award in Sports Leadership is accredited by Sport Ireland partners - Sports Leader UK. For students wishing to pursue a career in sports management or leadership this is their opportunity to get ahead in terms of their own career pathway. The Level 1 Award in Sports Leadership is ideally suited to transition year students or youth/community groups with a collective of similarly aged learners.

The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to lead others in simple sport/activity. The award consists of 2 Units of work (22 guided hours) delivered over a number of sessions.

Each course is designed for 20 (max) learners per tutor. Schools or youth groups may opt to work with 20 learners on one course or we can provide 2 tutors and deliver to 40 learners simultaneously.

Secondary schools and youth groups in Meath who have completed the Sports Leader Award include - Ashbourne Community School, Loreto Secondary School, St Patricks Classical School and Involve Meath.



Tutor Mags Bellew with Involve Meath Group

To book the Sport Leader level 1 Award or to find out more information, please contact Paul Friel, Meath LSP at 046-9067337 or email: paul.friel@meathcoco.ie.

Education & Training

“Amazing things can be achieved when no one gets the credit” according to former Meath manager Mick O’Dowd

Former Meath Manager and current Skryne underage girls football coach Mick O’ Dowd joined Liam Moggan (Sport Psychologist and former Coaching Ireland Coach educator) and Sheelagh Quinn (Manager of the Coaching Ireland, Coaching Children in Sport programme) on stage at the Meath LSP’s **Coaching Children in Sport workshop** held in the Ardboyne hotel on

The evening began with Sheelagh Quinn from Coaching Ireland setting the scene as to the current challenges in children’s sport in Ireland today.

Mick O’Dowd, who is currently coaching with the under 8’s and 10’s girls football in his local Skryne GAA club spoke about the importance of using language appropriate to the child’s age when instructing or coaching.



Back: Ruairi Murphy & Kate Feeney (Meath LSP), Mick O’Dowd, Sheelagh Quinn, Liam Moggan, Margo Finnegan & Paul Friel (Meath LSP). Front: Coaches Rosabelle Welsh and Nora Maguire (Kentsown/Beauparc Community Games), Aisling Clarke & Roisin Clarke (St. Ultan’s GAA), Murt Donnelly (Castletown GAA) & Lizzie Broderick (Donoughmore/Ashbourne GAA).



The key note Speaker, Liam Moggan (pictured left), is the current Sport Psychologist with the Kildare footballers and has extensive experience with countless teams and individuals both nationally and internationally over a long career. Liam believes that as coaches, “we should all get to know the children we coach, know their story, know their background – learn their personality. It’s this personality which makes that child different from all others”.

He went on to say that “coaching is difficult, it’s hard from day 1 but we do it for the love of the sport and the children”.

Follow on Workshops

As a continuance of this seminar, Meath LSP will be rolling out Coaching Children in Sport workshops in 2018. There are 4 workshops - each 3 hours in duration & will focus on the fundamentals of movement and fundamentals of games in Children’s Sport. These workshops will better enable coaches to identify individual children’s needs in a sporting context and how to improve performance based on these needs. For further details please contact Paul on 046-9067337 or email paul.friel@meathcoco.ie

Education & Training

Saturday 19th May | 9am to 3pm | Claremont Stadium, Navan



Disability Inclusion Training



This is an introduction level course designed to give participants **ideas and inspiration** on how to adapt their Sport, Physical Activity or Physical Education sessions to make them more **accessible and inclusive** for children and adults with a **disability**

Course aimed at:

- Coaches, sports leaders, teachers, special needs assistants, third level students, development officers, volunteers, parents or anyone who has an interest in making their sessions more accessible and inclusive

Course Completion:

- All participants receive a Sport Ireland/ CARA Centre certificate of attendance

Course Resources:

- All participants receive a resource manual and a booklet full of fun inclusive activities and games

Cost:

- €45 per person

Co-ordinated by:



Supported by:



NEW
THINKING.
NEW
POSSIBILITIES.



COURSE OUTLINE

- Section 1: Perceptions and Experiences
- Section 2: Understanding Inclusion
- Section 3: TREE Adaptation Tool
- Section 4: Participation and Competition Pathways
- Section 5: Overcoming Barriers
- Section 6: Understanding Disability
- Section 7: Language and Etiquette
- Section 8: Working with People with Disabilities
- Section 9: Practical and Debrief
 - Inclusion Continuum Approach to games and activities

**TO AVAIL OF A €10 DISCOUNT USE
PROMOTIONAL CODE
'COMMUNITYSPORTSHUB'**

**TO BOOK CLICK [HERE](http://www.caracentre.ie/disability-inclusion-training) OR VISIT CARACEN-
TRE.IE/DISABILITY INCLUSION TRAINING**



Basketball Ireland – Introduction to Coaching Course

**Saturday 2nd June
9am-5pm**

Claremont Stadium, Navan



Introduction to Coaching course is aimed at individuals who are interested in coaching Basketball. Coaches will experience all aspects of a coaching session from planning, organisation, running the session, provision of feedback and evaluation.

There will be light activity throughout the course so please wear comfortable tracksuit and runners. Attendees must be over 16 years of age. Tea & coffee will be provided. Cost is €40 per person.

To book please see <http://www.meathsports.ie/event/basketball-ireland-introduction-to-coaching-course/>

Older Adult Programmes

Mature Movers

Strength

Fun

Mobility

Functional

The 6 week programme for adults (50+) includes activities such as seated exercise to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises. Mature Movers is ideally suited to older adults as it provides for enjoyable social interaction, fun and activities.

Friendly



Balance

Area	Day	Time	Venue
Trim	Monday	10am	Village Hall, Knightsbridge Nursing Home.
Navan	Monday	11am	Navan Pitch and Putt Club
Kells	Thursday	10am	Kells Resource Centre
Dunboyne	Friday	10.30am	Old School
Athboy	Wednesday	11am	St. James Hall
Laytown	Friday	11am	St. Colmcille's GAA
Stamullen	Wednesday	12.30pm	St. Patricks GAA
Simonstown	Friday	11am	Simonstown GAA Centre
Donore	Monday	2pm	Parish Hall
Ashbourne	Wednesday	7pm	Sports Hall, Community School
Navan	Tuesday	5.30pm-6.30pm	Windtown Unity Centre

If you would like to participate on the Mature Movers Activity Programme in your area please contact Ruairi Murphy on 046-9067337 or email rmurphy@meathcoco.ie

Older Adult Programmes

Ballroom Dance for Adults 50+

Our first 6 week programme has been a real success with 15 participants learning Ballroom through gradual steps each week. The group had great fun learning new steps and dance routines with our experienced tutor Gwen Sherry.

Ballroom Dancing will continue on Wednesdays at 10am in Simonstown GAA Centre.

- Cost is €30 for 6 weeks.
- First session is free so come along and try it out!
- Suitable for beginners, individuals and partners.



Coming to Kells and Trim in May 2018!

NEW Aqua Class for Beginners Adults 50+

Expression of Interest

In association with Swim Ireland Meath LSP will roll out a water confidence building programme for adults 50+.

Would you like to:

- ♦ Be happy and confident in the water?
- ♦ Try gentle exercise in the water that improves mobility and strength?
- ♦ Take part in a class with qualified swim teachers?

The programme is suitable to anyone over the age of 50+ who lacks confidence in the water. It is ideal for people with reduced joint movement and mobility.

If you are interested in take part in this programme contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie



Older Adult Programmes

NEW Exercise Class for people with Parkinson's



Meath LSP together with Parkinson's Association Ireland are piloting a new exercise class for people with Parkinson's. Exercise for people with Parkinson's can improve gait, balance, tremor, flexibility, grip strength and motor coordination.

Parkinson's Foundation states how one study showed that people with PD who exercised regularly for 2hrs a week had a smaller decline in mobility and quality of life over two years. Exercise may also improve cognition, depression and fatigue.

The group meet the last Friday of every month. The programme is open to people with Parkinson's and their family members. This is a great opportunity to maintain quality of life, participate in regular activity and receive support from other group members with similar experiences.

The next class is Friday 27th April at 12pm in the Ardboyne Hotel, Navan.



Go For Life Physical Activity Leaders (PALs) Workshops



In conjunction with Go for Life, Meath LSP are holding a series of workshops for older people who are interested in leading physical activities with members of their groups/clubs/organisations. Participants do not need to have any background or formal experience in leading physical activities.

2-3 people from your group can attend who are interested in organising and leading physical activity sessions. The nominees from your group must be available to attend all workshop days. Workshops are free of charge and refreshments will be provided on the day.

All workshops have a physical activity element, so casual leisurewear and flat, comfortable shoes should be worn. The objective of this training is to enable members of your group to carry out a leadership role in the planning and managing of physical activities with your group as Go for Life PALs.

Venue: Simonstown GAA Centre, Navan

Duration: 10am – 3pm daily with lunch included

Dates: Tuesday 24th April, Tuesday 1st May, Tuesday 15th May, Tuesday 22nd May.

Remaining 4 days will take place after the Summer break. If you wish to secure a place, please confirm your attendance by Tuesday 17th April. Please call Ciara at Go for Life on 01 8057733 or email gfl@ageandopportunity.ie

Older Adult Programmes

Games for Life

Activities for adults 50+



Boccia

30 teams
Home & Away Basis
1st Round starting 16th April!



Bowls League

Active Retirement Bowls League
Final takes place 25th April in
Showhall, Oldcastle!
Come along! Good fun!

Older Adult Programmes

Games for Life

Activities for adults 50+

Charity Bowls

After the success of our charity event in 2017 we will be organising the Charity Bowls again on Tuesday 1st May in Skryne. Adults 50+ can enter as an individual. The nominated charity for the event is Whistlemount Day Care Centre. This was a very enjoyable day last year, get registered early as places are limited.



**Best of luck to TEAM MEATH
in the Go for Life Games in
Dundalk on Thursday 19th
April!**

Coming Soon—Box Hockey!!

**Box Hockey Tournament is coming
up on the Tuesday 15th May in
Simonstown GAA Centre.**



Team Meath 2017

If you are interested in any of the programmes above, please call Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

Schools Section

What we offer schools

Meath Local Sports Partnership offers a variety of programmes to schools in support of physical education and in particular the Active Schools Flag.

Programmes include:

- Cycle Right Programme
- Sports Hall Athletics
- Daily Mile Challenge
- Sports Leader UK
- Be Active ASAP Programme
- Play Rugby Programme
- School Sports Day Training
- iRun for Fun for Secondary Schools
- National initiatives such as Bikeweek, National Recreation Week and National Playday.

If you would like further information on any of the above programmes see www.meathsports.ie or contact us at 046-9067337 or email mlsp@meathcoco.ie

Royal County 5km/10km—Secondary School Challenge

Meath LSP in partnership with St. Brigid's Athletics club is holding the annual Royal County 5k & 10k in Kells on Bank Holiday Monday 7th May. This year, we want to increase the number of Secondary Schools taking part in the event.

Statistics show us that 12% of post primary school children are not reaching the national physical activity guidelines of 60 minutes of moderate to vigorous intensity physical activity per day. This should include muscle-strengthening, flexibility and bone-strengthening exercises 3 times a week. In addition, one in four children are classed as unfit, overweight or obese and have elevated blood pressure (CSPPA, 2010).

We want your school to take on the Couch to 5k challenge between now and May 7th. Meath LSP can support you in the design of 3-4 week plan to get you prepared to walk, jog or run the 5km route, regardless of ability level.

The school that brings the most students to the start line will receive a set of 4 Indoor Athletics turning boards worth over €800. These turning boards are a very useful tool in PE and can help in the reduction of injury due to stopping suddenly when nearing a wall or turning around cones. Please have a look at this video clip for a better flavour of their use: <https://www.youtube.com/watch?v=3ovIOkWXeBc>.



Students from Beaufort College

To register your interest in the initiative and the avail of the discounted entry fee or to receive your free Couch to 5k plan, please contact Paul Friel on 046 9067337 or email paul.friel@meathcoco.ie

Schools Section



The Daily Mile Challenge

Meath LSP would like to invite your school to take part in **The Daily Mile Challenge**. A free and simple initiative; **The Daily Mile Challenge** aims to improve the physical, social, and emotional wellbeing of the children in your school.

It is not PE, sport or cross-country but a physical activity which can help children to focus and concentrate in the classroom and raise their attainment.

The Daily Mile is successful because it is simple and free:

- ♦ It takes place over just 15 minutes, with children averaging a mile each day.
- ♦ Children run outside in the fresh air – and the weather is a benefit, not a barrier.
- ♦ There's no set up, tidy up, or equipment required.
- ♦ Children run in their uniforms so no kit or changing time is needed.
- ♦ It's social, non-competitive and fun.
- ♦ It's fully inclusive; every child succeeds, whatever their circumstances, age or ability

If you are interested in starting The Daily Mile with your whole school or one of the classes in your school, please contact Meath LSP for an expression of interest form or email paul.friel@meathcoco.ie

Be Active After School Activity Programme (ASAP)

Expressions of Interest

All primary schools nationwide are invited to for express their interest in Be Active after School Activity Programme (ASAP) teacher training or re-training for 2018. To date, there are 850 schools trained to deliver Be-Active ASAP.



Be Active ASAP is offered **FREE** of charge to schools. Teacher training lasts approx 2.5 hours and is a one off session. Some schools have integrated the teacher training into their Croke Park hours. Upon completion of the training, schools will receive a resource folder with 30 weeks of session plans that echo the PE curriculum for 1st and 2nd class.

If you are working towards your Active School Flag, Be Active ASAP can help contribute by incorporating the following Active School Flag review areas:

1. **Physical Activity** – extra-curricular activities,
2. **Community Links** – working with parents and Community links – working with outside agencies.

Please express your interest in the programme on our website [here](http://www.beactiveasap.ie) and we will be in touch in May to schedule training. For further information on the programme please visit the Be Active ASAP – www.beactiveasap.ie or contact (046) 9067337.

Schools Section

iRunForFun for Secondary Schools.

Meath LSP has teamed up with Athletics Ireland to offer an athletic based activity for secondary schools.



Students at Eureka Secondary School, Kells

Meath LSP has teamed up with Athletics Ireland to offer an athletic based activity for secondary schools. **iRunForFun** is a 6 week programme that has been designed to encourage engagement in physical activity in secondary schools.



The **iRunForFun** programme is FREE of charge, comes with a training diary and is suited to all abilities. The diary provides training tips, advice, and there are also articles on goal setting and nutrition.

Each week there is a compulsory session that is outlined in the **iRunForFun** diary. Each session will take no longer than 10-15 minutes to complete and should take place during physical education (PE) class each week for a period of 6 weeks. The training should take place around a fixed loop of approximately 150-250 meters. A basketball court, large hall, or half a GAA/Soccer pitch is perfect for this.

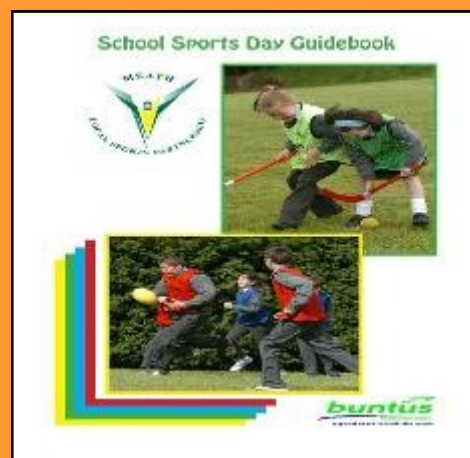
On completion of the 6 weeks, the school will then facilitate a school challenge at a distance suited to those who participated on the training programme for example -1 mile, 3k or 5k. Schools currently on the programme include – St Ciaran's Community School and Eureka Secondary School in Kells and Beaufort College in Navan. If your school is interested in participating in the **iRunForFun** programme, please contact Paul on 046 9067337 or email paul.friel@meathcoco.ie

School Sports Day Training

Wednesday 30th May | 3.30pm-6.30pm | St. Paul's NS, Navan

Meath LSP organises school sports day training workshops for primary schools in the county. A common issue many schools encounter is in relation to organising the school sports day. To assist schools in this regard, we have developed a school sports day training pack that consists of a guidebook, training workshop and treasure hunt cards.

The training and accompanying guidebook is designed to equip the participant with the knowledge and skills required to deliver a sports day that is more accessible, easily organised, safe, successful and most importantly fun. Training is open to teachers, special needs assistants and parents from primary schools in Meath.



Training will take place on Wednesday 30th May in Navan. There is a workshop fee of €10 per person. **To book a place, please call Lynn on 046-9067337 or see <http://www.meathsports.ie/event/school-sports-day-training-3/>**

Schools Section



Cycle Right Programme



The **CYCLE RIGHT** programme in conjunction with Meath LSP continues to be rolled out in 2018. Since 2017, the **CYCLE RIGHT** programme has been implemented within primary schools nationwide. The goal of **CYCLE RIGHT** is to provide the national standard of cycle safety and skills training to all participants.

CYCLE RIGHT, offers

- Best-practice in cycle training, derived specifically for our unique environment
- Quality of delivery and an on-going quality assurance system to ensure consistency
- Guaranteed ratio of qualified, registered trainers to work with your groups
- A goal of on-road training as a core part of the programme
- Resources for schools, teachers and parents/guardians to facilitate follow up and support to training

At present, Stage 1 is being delivered in Primary schools countrywide. At Stage 1, trainees undertake trainer-directed bicycle and road skills training mixed with theoretical and Rules of the Road instruction based at classroom and off-road locations. Stage 1 also aims to include on-road training in a local environment appropriate for novice riders.

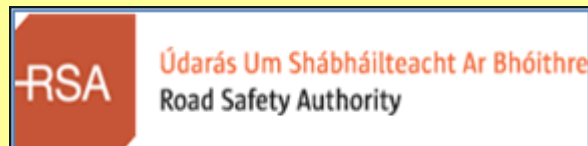
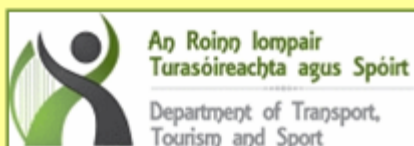


Programme cost:

This cost is heavily subsidised by the Road Safety Authority (Dept of Transport, Tourism and Sport) and by Meath LSP. The approximate cost of programme delivery is €50 per child, cost after subsidy applied is **€13 per child**. If your school is working with An Taisce on the Green Schools programme and on the 4th Green Flag, please check with your travel officer as to the possibility of accessing further support funding.

Meath LSP would like to thank Eurolink M3 for their continued sponsorship of this programme and investment in safe cycling practices in Meath.

In Meath, we are delighted to continue our partnership with Barbara and the team in the Cycle Safety School. If you wish to avail of the **CYCLE RIGHT** training or wish to continue to use the services of the Cycle Safety School, please email cyclingsafetyschool@gmail.com to register your interest or contact Ruth on 086 2292013.



Schools Section

Active school week 'Run around Europe' Challenge

Active School Week takes place 23rd-27th April Nationwide!

Meath LSP would like to invite ALL SCHOOLS that actively participate in the Daily Mile or actively use any walking route on school grounds to log your km's over Active School Week using the #BeActive 'Run around Europe' map.

Schools/teachers should log their students' progress using the chart below in an attempt to visit as many capital cities in Europe during Active school week.

We ask that all participating schools to contact us by email or on twitter where we will share your progress with all our followers nationwide for the duration of Active School Week.

For more information and to let us know you will be participating in the challenge, please contact Paul Friel on 046-9067337 or email paul.friel@meathcoco.ie. Twitter: @MeathLocalSport

RUN around EUROPE CHALLENGE

#BeActive

RUN, have FUN and LEARN about
the capital cities of Europe.

How many cities can you visit?

Country	Capital	Distance from Dublin (km)	Country	Capital	Distance from Dublin (km)
Albania	Tirana	3090	Liechtenstein	Vaduz	1726
Andorra	Andorra la Vella	1921	Lithuania	Vilnius	2691
Armenia	Yerevan	5501	Luxembourg	Luxembourg	1168
Austria	Vienna	2083	Macedonia	Skopje	3135
Azerbaijan	Baku	5267	Malta	Valletta	3497
Belarus	Minsk	2775	Moldova	Chişinău	3189
Belgium	Brussels	976	Monaco	Monaco	2026
Bosnia Herzegovina	Sarajevo	2700	Montenegro	Podgorica	2931
Bulgaria	Sofia	3092	Netherlands	Amsterdam	1146
Croatia	Zagreb	2300	Norway	Oslo	2335
Cyprus	Nicosia	4692	Poland	Warsaw	2242
Czech Republic	Prague	1882	Portugal	Lisbon	2792
Denmark	Copenhagen	1861	Romania	Bucharest	3159
Estonia	Tallinn	3202	Russia	Moscow	3484
Finland	Helsinki	2985	San Marino	San Marino	2252
France	Paris	1073	Serbia	Belgrade	2701
Georgia	Tbilisi	4874	Slovakia	Bratislava	2169
Germany	Berlin	1705	Slovenia	Ljubljana	2160
Greece	Athens	3806	Spain	Madrid	2333
Hungary	Budapest	2331	Sweden	Stockholm	2504
Iceland	Reykjavík	4282	Switzerland	Berne	1630
Ireland	Dublin	HOME	Turkey	Ankara	4100
Italy	Rome	2477	Ukraine	Kiev	3015
Kosovo	Pristina	3223	United Kingdom	London	597
Latvia	Riga	2895	Vatican City	Vatican City	2482

How many capital cities will YOUR school visit?

Sports Ability Programmes

Learn 2 Cycle



Luke and Devin at Learn 2 Cycle in Trim with tutor Noel!

This 6 week programme runs for 1 hour per week and aims to assist children with disabilities to learn 2 cycle independently.

"I am absolutely thrilled with my son's progress. He was afraid to even sit on the bike before he started the course".

Parents receive support and advice on how best to assist their children in learning to cycle.

Trim marked the first location of 2018, with 15 children registered and an average of 10 children attending each week. 60% of the

"Excellent programme, he now loves cycling. He has increased confidence and is now eager to get out cycling".

children whom attended learned to cycle independently with 40% noticing significant improvements in their cycling ability and skills. Thank you to Trim GAA Grounds and Aura Trim for supporting the programme.

Well done to all involved! For more information on the Learn 2 Cycle Programme, please contact Kate at kfeeney@meathcoco.ie or call 046-9067337.

Inclusive School Programme



The Inclusive School programmes aims to deliver training to educate students on disability awareness and promotes the strengths and abilities of people with disabilities through physical activity. It creates school community links with disability services and promotes community engagement and inclusiveness.

Loreto Secondary School, Navan and Prosper Meath Disability Service recently participated in this programme across two school terms. 55 students in Loreto Secondary School Navan received Disability Awareness Training and delivered a physical activity programme to 10 adults in Prosper Meath. The programme offered a range of activities from parachute games to basketball. In addition many friends were made along the way.

'It was a brilliant programme, I am really happy I got the chance to do it. It was great for my exercise'.

Participant from Prosper Meath.

Special thanks to Orla Houlihan, service user from Prosper Meath who spoke in advance to all the students to help them deliver a valuable and fun programme. Thank you to all the students who participated, to Joanne Moore (PE Teacher) Loreto Secondary School and John Brennan, Prosper Meath for supporting the programme.

If your disability service or school would like to learn more about this programme, please contact kfeeney@meathcoco.ie or call 046-9067337.

Sports Ability Programmes



Football for All kicks off in East Meath United FC!



The FAI Football For All (FFA) programme is a national led programme which gives players with a disability the opportunity to receive regular football training and competition through a local club community environment.

FFA clubs provide opportunities for children with specific needs who may need additional supports to develop as footballers to join a club, train and compete in FAI FFA club festivals.

Effort, respect, ambition, teamwork and humility, they're all qualities that are important to East Meath United (EMU) Soccer Club. It was in the spirit of all of these qualities that EMU took a major stride forward, Saturday 7th April, with the launch of their *Football-For-All Programme*.

The club have developed the programme with the support and guidance of Oisín Jordan, the FAI Football for All National Coordinator, Kate Feeney Sports Inclusion Disability Officer, Meath Local Sports Partnership and Barry Ferguson, Football Development Officer Meath.

What does Football-for-All' mean for the children? "The programme is for primary school age children. Players can expect to have fun, make friends and develop their football skills in a safe and supportive environment with the help of a dedicated team of coaches and assistants."



Kate complimented East Meath United at the launch stating, "how committed and thorough the club had been with their approach to this inclusive development". She noted the planning and preparation which led to setting up a quality programme; having a designated Football For All committee, recruiting coaches and volunteers, training and education, taster session held for players and engaging the wider community. Kate was enthused with the "commitment of the club to ensure the success and long-term sustainability of the programme and wishes it every success."

East Meath United Chairwoman, Sharon Tolan, added "it is the club's desire to include all the community in our future plans while making our facilities available and accessible for all children who want to enjoy sport in the area."

"Sometimes we can lose sight of what's important in grassroots football and get caught up in the competitive side" he said. "Football for All reminds us of what's really important namely, providing kids of all abilities the opportunity to play the beautiful game in a fun and safe environment." Head coach, Stephen Reilly

Director of Football Dave Gaffrey added: "this is a great development not just for the club but for the community as a whole. Every child, regardless of ability, should have this option. That's what Football for All is about". Deirdre McBride explained "this programme means a massive amount to us as a family; to have an area safe where Kieron can feel equal, accepted and where he can participate without being judged, a place where he can be himself with his own identity and be part of his own team."

The weekly sessions will run every Saturday from 3-4pm on the all weather pitch in East Meath United. For more information on this programme please email football4all@eastmeathunited.ie

Sports Ability Programmes



Inclusion in the GAA

Donaghmore Ashbourne and St. Colmchilles GAA club coaches were amongst many coaches whom participated in Disability Inclusion Training in the GAA Centre of Excellence, Abbotstown on March 28th.

This is part of a national initiative led by the National Games Development Centre to pilot an inclusive GAA programme and deliver the game of Fun & Run for children with disabilities. In conjunction with Meath LSP and Meath GAA, Donaghmore Ashbourne and St. Colmchille's GAA will be taking

a lead role in Meath to enhance the quality opportunities for children with disabilities to play Gaelic Games in their community.

Sessions are taking place in: St. Colmchille's GAA Club on Saturday 10.30-11.30am & Donaghmore Ashbourne GAA Club on Wednesday 6.30-7.30pm.

Should your club or school wish to learn more about this initiative or how to get involved, please contact Damien Sheridan, (Meath GAA GPO) damien.sheridan.gpo.meath@gaa.ie or Kate Feeney kfeeney@meathcoco.ie or 046-9067337.

MULTI ACTIVITY SPORTS CLUB FOR PEOPLE WITH A DISABILITY

Meath LSP wish to invite people to shape the design and set up of an inclusive MULTI ACTIVITY SPORTS CLUB for children with disabilities!



Vision: To create a club for children with disabilities to have fun, make friends and be active together.

If you are interested in helping to design the set up of this club as a participant, parent or family member, volunteer, sports leader, community organisation, club or other, we want to hear from you!

**Please contact Sports Inclusion Disability Officer,
Kate Feeney, kfeeney@meathcoco.ie or call
046-9067337**

Sports Ability Programmes

VI Tennis

5 junior players and their families have participated in a 10week programme, one session per week with Tennis Coach Richard Turner (Kells Tennis Club). Players have made new friends and each week practised their skills and enjoyed the game of tennis in a fun and supportive environment.



VI Tennis is a programme offered to players who are blind or have a vision impairment wishing to play Tennis. This programme is offered as part of Tennis Ireland's Enjoy Tennis programme in conjunction with Vision Sport Ireland. Thank you to both organisations for their support.

Sessions take place every Sunday 12-1pm in Claremont Stadium, Navan, cost €5 per session.

"When our son was diagnosed with OCA we were told he'd never do things like play tennis.... So great to see him doing it and enjoying it so much!"

If you are interested in joining VI Tennis please contact kfeeney@meathcoco.ie or call 046 9067337.

SAVE THE DATE!

**Saturday 21st April
Trim GAA Sports Hall
10:30-12:30**

Powerchair Football Taster Session



This action-packed team sport combines the skill of the

wheelchair user with the speed and power of the chair itself, to participate in an extremely challenging game.



Powerchair Football is the first competitive team sport designed and developed specifically for power wheelchair users. Teams can be made up of male and female participants.

If you would like to attend this taster session or for more information, please call Kate on 046-9067337 or email kfeeney@meathcoco.ie

Sports Ability Programmes

MEATH SPORTS ABILITY

TENNIS

PLAYERS WITH A VISION
IMPAIRMENT

**SUNDAY
12-1PM
NAVAN**

€5 PER SESSION

CYCLING

LEARN 2 CYCLE

**ASHBOURNE /
RATOATH
MAY - JUNE**

€35 FOR 6 WEEKS

PITCH AND PUTT

ALL ABILITIES
WELCOME

**WEDNESDAY
5-6PM
KELLS**

€20 FOR 6 WEEKS

YOGA

ALL ABILITIES
WELCOME

**THURSDAY
4-5PM
TRIM**

€25 FOR 5 WEEKS

**FOR BOOKING ANY OF THE ABOVE ACTIVITIES PLEASE CONTACT
KFEENEY@MEATHCOCO.IE OR CALL 046-9067337**



FOOTBALL FOR ALL

PRIMARY SCHOOL
AGED CHILDREN

**SATURDAY
3-4PM
EAST MEATH
UNITED FC**

EMAIL: [football4all@
eastmeathunited.ie](mailto:football4all@eastmeathunited.ie)

RUGBY

NAVAN INCLUSIVE
RUGBY TEAM

**SUNDAY
10-11AM**

NAVAN RFC

EMAIL: [navancro@
leinsterrugby.ie](mailto:navancro@leinsterrugby.ie)

GYMNASTICS

GymABLE
PROGRAMME

**TUESDAY
5-6PM
COOLMINE G.C.
ASHBOURNE**

EMAIL: coolminegymnastics@yahoo.co.uk

HORSE RIDING

**TUESDAY
FROM 2PM
BROOKFIELD
STABLES, NAVAN**

CONTACT: Jacinta 087-1381716

GAA

ALL ABILITIES
WELCOME

**WEDNESDAY
6.30-7.30PM
DONAGHMORE
ASHBOURNE GAA**

Contact: Lizzy 087-6239454

GAA

ALL ABILITIES
WELCOME

**SATURDAY
10.30-11.30AM
ST. COLMCILLES
GAA**

Contact: Ken 087-6349162

Calendar of Courses and Events 2018

Activity	Date	Time	Venue
April 2018			
Mature Movers	10th April	Various	Various (see page 13)
Safeguarding 2 Club Children's Officer Workshop	24th April	6.30pm-9.30pm	Windtown Unity Centre, Navan
Sports Injuries First Aid	26th April	6.30pm-10pm	Windtown Unity Centre, Navan
May 2018			
Safeguarding 1— Child Protection Awareness Workshop	3rd May	6.30pm-9.30pm	Windtown Unity Centre, Navan
Royal County 5km/10km	7th May	10km: 10.30am 5km: 11am	Kells
Disability Inclusion Training	19th May	9am-3pm	Claremont Stadium, Navan
Meath Running Group Block 2 (Speed & Middle Distance Training)	23rd May	7pm	Claremont Stadium, Navan
Safeguarding 1— Child Protection Awareness Workshop	28th May	6.30pm-9.30pm	Windtown Unity Centre, Navan
School Sports Day Training	30th May	3.30pm-6.30pm	Navan
Safeguarding 3—Designated Liaison Person Workshop	31st May	6.30pm-9.30pm	Windtown Unity Centre, Navan
June 2018			
Basketball Ireland – Introduction to Coaching Course	2nd June	9am-5pm	Claremont Stadium, Navan
Safeguarding 2 Club Children's Officer Workshop	5th June	6.30pm-9.30pm	Windtown Unity Centre, Navan
National Bike Week	9th-17th June	Varies	Varies
July 2018			
Sport Ireland Meath Heritage Cycle Tour	Saturday 28th & 29th July	Varies	Trim
August 2018			
Meath Running Group Block 3 (Middle to Long Distance Training)	22nd August	7pm	Claremont Stadium, Navan

PLEASE CHECK OUT OUR WEBSITE www.meathsports.ie OR CONTACT THE OFFICE FOR INFORMATION

Meath Local Sports Partnership, Town Hall, Watergate Street, Navan, Co. Meath. Tel: 046-9067337