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Get your running shoes on...the Royal County 5km & 10km returns to Kells!

The 9th annual Royal County 5km & 10km event returns to Kells on May 6th Bank Holiday Monday.

This well run event starts and finishes at the historical landmark of the Round Tower on Canon street in Kells. The Royal County event is open to club runners, joggers & walkers alike – whether it's your first 5km distance or you are trying to break the course record, a warm welcome awaits you in Kells.



Registration is currently open – see www.meathsports.ie; early bird registration is €10 for 5k distance & €15 for the 10k. Cost of entry includes t-shirt, refreshments and chip timing. **Early bird registration closes Thursday 2nd May!** After this date, registration will only be available on the day at full price.



Cash prizes on the day for 5k & 10k male/female winners & category prizes for runner-up places – make sure your club is represented. Keep an eye on the website for sneak pre-view of the limited edition t-shirt!!!

The annual Royal County event is organised by Meath Local Sports Partnership with the support of St Brigid's AC, Club Active Kells; Headfort Arms Hotel; Kells Garda; Kells Swimming Pool; Meath county Council; Civil Defence and local volunteers. The Royal County 5k/10k run/walk is a licensed event by the Athletic Association of Ireland.

We are encouraging Secondary Schools to get involved this year! We are offering schools a rate of €5 per student to participate in the 5k. For school entries please contact Lisa in Meath LSP for more information.

Anyone interested in participating in the Royal County 5km/10km should contact Meath LSP @ 046 9067337 or log onto www.meathsports.ie.



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

Community Activity Programmes

Move More....FitBit Challenge 2019



Meath LSP in association with Meath County Council have commenced roll out of the 2nd year of the *Move More* Fitbit Challenge. Funding for this initiative was provided through the Healthy Ireland LCDC fund strand 2.

In total 60 participants are partaking in the 12 week programme representing a cross section of the community.

The programme is aimed at people who presented with low levels of activity. The target for all participants at the end of the 12 week programme is that all will be achieving 10,000 steps on a daily basis.



Participants from Meath County Council getting set up with their Fitbits



Participant—Philip with Craig (Move More Leader 2019)

Blackwater Park—NEW Outdoor Gym Area!

Meath LSP in association Meath County Council are delighted to announce that Blackwater Park now has a new outdoor gym area!

The equipment is now in place and available to use anytime. The machines are very easy to operate and will appeal to young and old. They are a fantastic addition to our community park.

The machines are positioned at the back of the car park with 9 stations. The machines are placed on a soft play surface for easy and inclusive access.



Meath LSP are hosting a "Come and Try" taster session on **Wednesday 8th May** at **10am**. The session is suitable for all adults including wheelchair users. Learn how to use the gym equipment and how to incorporate this equipment into your daily exercise activity. For more information please call Meath LSP on 046-9067337.



Community Activity Programmes

Let's Get Walking!

Check out our Community walks in Meath in April/May 2019!



Details of additional walks in other areas will be available soon, keep an eye on our website www.meathsports.ie for further information. If you would like to get a community walk going in your area, please contact Luke on 046-9067337 for details about support and advice provided by Meath LSP.

Area	Walk leader	Contact	Start date	Start time	Meeting point
Ratoath	Brian Hayes Adrianne McGill	085 1745082 086 6010253	April 8th Mondays	8pm	Ratoath GAA
Ashbourne	Treasa Byrne	087 2376175	April 10th Mondays Thursdays Saturdays	7pm 7pm 10am	Ashbourne Garda Station
Navan	Evelyn Keating Paul McGee	087 9760824	April 10th Wednesdays	7pm	Blackwater Park
Carlanstown	Kay Brogan Thomas McQuaid Tony Walsh	087 2350317 087 7921402 087 9211308	April 10th Wednesdays	7.00pm- 8.00pm	Centra, Carlanstown Deerpark, Carlanstown
Stamullen	Linda Dungan	087 6503124	April 15th Mondays	7pm	St. Patrick's GAA Stamullen (top pitch)
Ballivor	Dolores Hannon	086 1647243	April 15th Mondays Thursdays	7.30pm 7.30pm	Ballivor GAA
Ballinacree	Noel Walmsley Norman Coyle	087 7611767	April 18th Thursdays Sundays	7:30pm 11am	St. Brigid's walking track Ballinacree
Duleek	Carol Saurin	085 7538995	April 20th Saturdays	10am	Duleek village green
Nobber	Gerarda Bradley Eithne Condra	087 2469416 087 6325240	April 20th Saturdays	9.30am	National School
Castletown	Nicola Smith	086 8617289	April 20th Saturdays	10am	Castletown Pitch & Putt
Fordstown	Aisling Clarke	087 9006119	April 21st Saturdays	11am	Girley Hall



Community Activity Programmes

2020
CHAMPIONING WOMEN IN SPORT

0 to 3k Walk to Jog Programme

0 to 3k Walk to Jog Programme is a new 6 week programme designed to equip complete beginners to increase

walking fitness and progress to jogging with relative ease. It is a simple progressive programme that begins with more walking than jogging, and gradually evolves into more jogging than walking.

We are delighted to launch two 0 to 3k Programmes taking place in Meath starting in April in **Kells** and **Bettystown**.



Participants from 0 to 3k Kells

- **Kells** 0 to 3k Walk to Jog will continue for its 2nd week on **Monday 15th April** at **7pm** meeting at **Kells People Resource Centre**, Lord Edward St, Townparks, Kells. Cost is €15 for 6 weeks.
- **Bettystown** 0 to 3k Walk to Jog will continue for its 2nd week on **Wednesday 17th April** at **7pm** meeting at **Bettystown Square** (Boy Flying the Kite statue). Cost is €20 for 6 weeks.

No fitness level required. For more information please contact Lisa on 046-9067337/ lodowd@meathcoco.ie

Slane Castle 5km Trail Run/Walk

In aid of St. Patrick's National School, Slane

Fun For All The Family!

New Scenic Route

All Abilities Welcome

No Pets Admitted in the Castle Grounds

Sunday 12th May 10.00am

Register online

@eventmaster.ie

Main Sponsor



The Slane Castle 5km Trail Run/walk event is organised by The Parents Association of St. Patrick's National School Slane, Meath Local Sports Partnership, Slane Castle & Civil Defence. The 5km route itself is completely within the majestic grounds of the Castle & includes the scenic forest trail along the River Boyne.

Early bird registration is €15 for over 16yrs – includes technical running t-shirt & refreshments. €20 on the day. Under 16's €5 on the day only. T-shirts for first 200 adults and first 200 under 16's. To mark the 5th year of the event there will be medals for all participants!

Click link to enter: <https://eventmaster.ie/event/nmbfplH0v>

Community Activity Programmes

Meath Running Group

On your marks, get set, GO!.. Meath Running Group is off and running, Block 1 started Wednesday 3rd April at 7pm in Claremont Stadium. Registration is open until **Wednesday 17th April.**



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 3rd April in Claremont Stadium with __ 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 5th June**, this block will focus on preparation for 5 mile, 10km and 10 mile distances.

"The focus of the core conditioning class will be mainly on conditioning the muscle groups which are needed during running which include hamstring, glutes, back and core". Cailin McDonagh.



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



Community Activity Programmes



Community Sports Hub Navan – What's On! All programmes are FREE!

Our aim is to get the local community of Navan more active, more often!



The hub operates within the existing structures of the Local Sports Partnership and provides information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved and engage in a more active and healthier lifestyle.

3 hotspot areas have been identified in Navan for phase programme roll out—

- ◆ Blackwater Park
- ◆ Johnstown
- ◆ Claremont Stadium

The last 6 weeks have been busy in the Community Hub. Check out the photos of some of the activity programmes that the community could avail of in February/March!



Keep an eye on our Community Sports Hub Navan Facebook page for upcoming activities in May/June.



For further information on Community Sports Hub Navan, please contact Meath LSP on 046-9067337 or email mlsp@meathcoco.ie



Education & Training

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

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

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 2019.

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
- ◆ Beaufort College
- ◆ Mercy Convent Secondary School
- ◆ Loreto Secondary School
- ◆ St Patrick's Classical School
- ◆ Involve Meath
- ◆ Youthreach Kells, Navan, Trim & Laytown
- ◆ Colaiste na Mí
- ◆ Athboy Community School



Laytown Youthreach in action!

To book the Sport Leader level 1 Award or to find out more information, please contact Lisa on 046-9067337 or email lodowd@meathcoco.ie



Education & Training

Active Leadership

Active Leadership course equips community leaders and volunteers to organise sport and physical activity programmes within their community and youth groups.

The training is very practical with no previous sporting skills required. It offers a fun and enjoyable approach to introducing physical activities to children and young people in a non competitive environment. It takes place over one day with each participant receiving resources that include a Leadership Manual and Activity Manual.

Community Groups and Organisations that have availed of this course this year are:

- Kells People Resource Centre
- Trim Family Resource Centre
- Youth Work Ireland
- Involve Trim
- Laytown Youthreach

If your club, group or organisation would like to avail of this course please contact Lisa O' Dowd at 046 9067337 or email lo-dowd@meathcoco.ie



Participants from Involve Trim with Trim Family Resource Centre and Level Up programme



Introduction to Basketball Course

Date: Wednesday 8th May

Venue: Aura Leisure Centre, Trim

Cost: €40 per person



Meath LSP in association with Basketball Ireland are organising an Introduction to Coaching Basketball Course. This course is ideal for any coach or teacher currently working in schools or youth clubs and wish to add basketball to their CV of sports. Coaches will experience all aspects of a coaching session from planning, organisation, running the session plus feedback and evaluation.

The Course will include the following elements:

- Introduction to Coaching
- Basketball Fundamentals Skills - Teaching 3 on 3 - Mini Games and Drills - Offensive and Defensive
- The Role of a Coach, Planning and Organisation, The Coaches Charter
- Communication and Coaching Session Planner
- Basketball Terminology
- Safety and Sport

There will be light activity throughout the course so please wear comfortable tracksuit and runners. Attendees must be over 16 years of age. To book please contact Lisa O Dowd at 046-9067337 or email lo-dowd@meathcoco.ie



Older Adult Programmes

Mature Movers

Strength
Fun
Mobility
Functional
Friendly

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.

Balance

Mature Movers is ideally suited to older adults as it provides for enjoyable social interaction, fun and activities (Cost: €30 for 6 weeks).

Find a venue near you!

Area	Day	Time	Venue
Trim	Mondays	10am	Village Hall, Knightsbridge Nursing Home
Navan	Mondays	11am	Navan Pitch and Putt Club
Donore	Mondays	2pm	Parish Hall
Ashbourne	Wednesdays	7pm	Sports Hall, Community School
Cormeen	Wednesdays	11am	Cormeen Sports Complex
Athboy	Wednesdays	11am	St. James Hall
Kells	Thursdays	10am	Kells Resource Centre
Stamullen	Wednesdays	12.30pm	St. Patrick's GAA
Dunboyne	Fridays	10.30am	Old School
Laytown	Fridays	11am	St. Colmcille's GAA

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



PARKINSONS
Disease

Exercise Class for people with Parkinson's Disease

Meath LSP together with Parkinson's Association Ireland will once again support the delivery of an exercise class for people with Parkinson's Disease (PD). Exercise for people with Parkinson's can improve gait, balance, tremor, flexibility, grip strength and motor co-ordination.

"We found it extremely beneficial and I could actually see the difference in my husband after the class".

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 on 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 classes will start on Friday 26th April at 2.30pm in Teach Na Teamhrach, Trim Road, Navan.

Fitness Made Easy

This FREE 5 week gym introductory programme in association with Club Active has been a huge success over the last 2 years. 2019 was no different, 24 people took part on the programme which included:



- Tutor lead warm up and cool downs
- An introduction and weekly instruction on the Easyline equipment in the gym
- Instruction on the cardiovascular machines e.g. bike, cross-trainer and rower
- Mobility, balance and stretching exercises

If you are over 50 you can now avail of the new monthly membership offer from Club Active:

You will get the following for €20 a month:

- A schedule strength and mobility class every Wednesday at 11am with an experienced instructor
- Use of the gym 7 days a week for that month.

To avail of this offer please contact Luke Condie at 046-9067337.

**MEMBERSHIP
OFFER!**



Older Adult Programmes

Games for Life

Activities for adults 50+

Games for Life provide adapted games and training to older people and disability groups. Your group can avail of the following activities:

- Boccia
- Kurling
- Cornhole
- Box Hockey
- Bowls



Dance class as part of Older People focus group in Simonstown

See schedule of activities below:

- **Tuesday 9th April at 11am—Boccia League in Simonstown GAA Centre.**
- **Thursday 18th April Bowls Finals (Division 1 and 2).**
- **Monday 27th May—Go for Life Games County Event in Simonstown GAA Centre at 11am.**

You don't have to be part of a group to take part. If you are interested in any of the leagues, you are welcome to come along and try it out!

Coming Soon – National Chair Volleyball Finals 2019



The first ever Chair Volleyball Finals will take place on **Thursday 27th June** in the **National Sports Campus, Abbotstown.**

Meath LSP will be organising a County Tournament in May 2019 prior to the finals.

If your active retirement or disability group are interested in taking part contact Ruairí on 046-9067337.

If you are interested in any of the programmes above, please call Ruairí 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
- Daily Mile Challenge
- Play Rugby Programme
- School Sports Day Training
- Sports Leader UK
- Badminton School Programme
- Indoor Hockey School Programme
- Cricket School Programme
- 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

Active Parents

Active Parents is a new initiative for parents of school-going children. Parents get to choose new and exciting ways of achieving physical activity, which normally takes place just after school drop off and on the school grounds.

Meath Local Sports Partnership and Beaufort College introduced a six week Zumba Class in late March which is proving very popular with over 25 parents taking part each week.

If your school would like to be a part of this new initiative please contact Lisa O Dowd @ 046 9067337 or lo-dowd@meathcoco.ie





Schools Section

New programmes for schools!

Badminton

Meath Local Sports Partnership and Badminton Ireland have teamed up to roll out the inaugural Meath School Badminton Programme 2019.



Recent Badminton teacher training!

Thirteen primary schools participated in this joint initiative with each school receiving teacher training, Badminton kitbags with 30 rackets, shuttles and nets along with lesson plans and resources.

A Badminton School blitz will take place for all schools towards the end of the academic year.

Cricket

Meath Local Sports Partnership and Cricket Leinster are working together to increase participation rates in the sport of Cricket and also to increase opportunities for children to experience new activities.



The School Cricket Programme 2019 is providing coaching to 4th class students by a Cricket Leinster coach in 20 primary schools in Meath. Each school also receives teacher training at Knockharley Cricket club and 2 bags of school cricket equipment. A school blitz will take place on **29th May** with all participating schools taking part.

Indoor Hockey

Meath Local Sports Partnership and Hockey Ireland are providing a 6 week training programme introducing Indoor Hockey to six Post Primary Schools.



Each school will receive coaching sessions to 1st and 2nd year students by a qualified Hockey Ireland coach.

Teacher training will also be provided and students can then participate in a School Blitz towards the end of the academic year.

If your school would be interested in participating in this programme please contact Lisa O Dowd on 046 9067337 or email lodowd@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



Pupils from Ratoath Senior NS

Meath currently has the highest number of participating schools nationwide with 51% of schools taking part in the County!

If you are interested in starting The Daily Mile with your whole school or one of the classes in your school, please contact Lisa at lo-dowd@meathcoco.ie



Pupils from Cannistown NS



Schools Section

iRunForFun for Secondary Schools.

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.



Students at Loreto Secondary School, Navan

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
- ♦ Eureka Secondary School, Kells
- ♦ Beaufort College, Navan
- ♦ Loreto Secondary School, Navan
- ♦ Youthreach Kells, Trim and Laytown

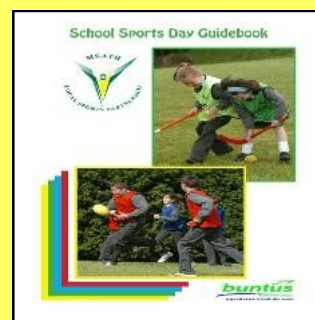
If your school is interested in participating in the *iRunForFun* programme, please contact Lisa on 046 9067337 or email lodowd@meathcoco.ie

School Sports Day Training

Tuesday 21st May | 3.30pm-6.30pm | St. Stephen's NS, Johnstown, 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.

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.



There is a 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-4/>



Schools Section



Cycle Right Programme



The **CYCLE RIGHT** programme in conjunction with Meath LSP continues to be rolled out in 2019. 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.

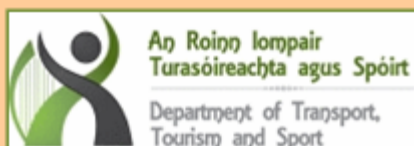


Programme cost:

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.





Sports Ability Programmes



Wheelchair Easter Camp Claremont Stadium, Navan



Tuesday 23rd April
9.30am - 1pm

**Wheelchair Skills
Workshop with**

Go Kids Go!
Independence through mobility

www.go-kids-go.org.uk



**Wednesday 24th +
Thursday 25th April**
10am - 1.30pm

Wheelchair Sports
Meath Local Sports Partnership

- Try out new sports/games
- Link with local clubs
- Make new friends



The Wheelchair Sports Camp is delivered in partnership with HSE Occupational Therapy Team. The camp will be filled with fun sports and activities allowing participants, parents and siblings to get involved.

There is a fee of €10 per family. Siblings and parents are asked to stay for the duration and join in the fun with spare wheelchairs for anyone who wants to partake in the games.

The Wheelchair Skills workshop is delivered by UK based group 'Go-Kids-Go' who aim to promote independence through mobility. The aim of the workshop is to develop skills which will improve participants' confidence in their wheelchairs.

To book a place on the camp or for more information please contact Terry on 0469067337/ tdonegan@meathcoco.ie



Sports Ability Programmes

Learn 2 Cycle

Our most recent Learn 2 Cycle took place in St. Ciaran's Community School, Kells (see picture below).

Learn 2 Cycle is a 6 week programme aimed at assisting children with a disability to cycle independently. 15 children were guided and assisted by our experienced cycle instructor Noel Connelly from the Cycle Safety School.

Well done to all the participants on their progress over the 6 weeks and a special thanks to Noel and also St. Ciaran's Community School in Kells for the use of their fantastic facilities.



We plan to hold more Learn 2 Cycle programmes in the coming months, if you would like more information or to express your interest, please contact Terry by email tdonegan@meathcoco.ie or call 046-9067337.

Autism in Sport Workshop

Meath LSP in conjunction with CARA held a Autism In Sport workshop in February. Parents, coaches and teachers from a variety of clubs and organisations attended the 3 hour workshop.



The workshop incorporated both a practical and theory element along with group discussion. The workshop provided the participants with an understanding of Autism and focused on the delivery of sport. The course also helped participants to recognise the key areas of consideration in order to include people with Autism in sport.



Thanks to Navan O'Mahony's GAA for the use of their clubrooms.

If you are interested in attending a Autism in Sport workshop in the future please call Terry on 046-9067337 or email tdonegan@meathcoco.ie



Sports Ability Programmes

North East Inclusion Day

The first North East Inclusion Taster Day took place last month in Dundalk Sports Centre in association with Louth Local Sports Partnership, Monaghan Sports Partnership and Cavan Sports Partnership.

The North East Inclusion Day was created to bring adult service users from Meath, Louth, Monaghan and Cavan together. The aim of the event is to promote inclusion as well as incorporate a social element.

Well done to all the groups who participated including National Learning Network Navan. Attendees took part in activities such as wheelchair basketball, athletics and zumba. Navan will host the third and final inclusion day on 1st May.

For more information please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie



TY Initiative—Coláiste de Lacy & Prosper Ashbourne

This initiative between Coláiste De Lacy and Prosper Ashbourne facilitated by Meath LSP will see the Transition Year (TY) students assist in the delivery of various sports sessions over the coming weeks.

Session 1&2 of a joint initiative between the TY Students from Coláiste De Lacy Ashbourne and Prosper Ashbourne took place last month.

Thanks to Badminton Ireland and Tennis Ireland for delivering the sessions to the Prosper group assisted by the students who have recently attended Disability training. The group will hold 4 more sessions over the coming months.

For more information on this initiative please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie





Sports Ability Programme Schedule April—June

Activity	Day	Time	Location	Age	Contact
Wheelchair Sports Camp	April 23 rd -25 th	10am - 1:30pm	Claremont Stadium, Navan	4-18 years	Terry Donegan 046-9067337/ tdonegan@meathcoco.ie
Learn 2 Cycle	Thursday (Starting May 2 nd)	5pm-6pm	East Meath (Venue TBC)	4-18 years	Terry Donegan 046-9067337/ tdonegan@meathcoco.ie
Yoga	Mondays & Thursdays	5pm-6pm	Yoga Loft Navan	5-12 years	Sheila Garvey - 086-8304747
Trim Brickx Lego Club	Thursdays	4pm-5pm	Diocesan Hall Trim	3-12 years	Kathy- 086-1700215
Athboy Brickx Lego Club	Thursdays	6pm-7pm	Convent Community Centre Athboy	3-12 years	Kathy- 086-1700215
Football 4 All	Saturdays	3pm-4pm	East Meath United	4-12 years	Lara Synnott football4all@eastmeathunited.ie
GAA For All	Saturdays—starting 27th April	10:30am - 11:30am	St Colmcilles GAA Club Laytown	4-12 years	Ken McHutcheon- 087-6349162
Inclusive Rugby	Sundays	10am-11am	Navan Rugby Club	4-16 years	Gerry Sweeney - 086-7865007 Evan Dixon- navancro@leinsterrugby.ie
Inclusive Rugby	Sundays	10:30am-11:30am	Balbriggan Rugby Club	12-18 years plus	info@balbrigganrfc.com
VI Tennis	Sundays	12pm-1pm	Claremont Stadium, Navan	4-16 years	Richard Turner- 086-8524410 / Rich-ard.turner3@gmail.com

‘Creating participation opportunities for ALL in sport and physical activity’

To keep up to date with the latest programmes and activities taking place across the county by following our Facebook page [Meath Sports Ability](#).

If you would like more information on Meath Sports Ability, please contact Terry Donegan on 046-9067337 or email tdonegan@meathcoco.ie



Calendar of Courses and Events 2019

Activity	Date	Time	Venue
April 2019			
Meath Running Group—Block 1 (Core Conditioning)	3rd April	7-8pm	Claremont Stadium, Navan
0 to 3k Walk to Jog programme Kells	8th April	7pm	Kells People's Resource Centre
0 to 3k Walk to Jog programme Bettystown	10th April	7pm	Bettystown Square, Bettystown
Sports Injuries First Aid	10th April	6.30pm-10pm	Windtown Unity Centre, Navan
Safeguarding 3 DLP Course	11th April	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection Course	17th April	6.30pm-9.30pm	Windtown Unity Centre, Navan
May 2019			
Royal County 5km/10km	6th May	10km: 10.30am 5km: 11am	Kells
Come and Try Taster Session—New outdoor gym equipment	8th May	10am	Blackwater Park, Navan
Slane Castle 5km	12th May	10am	Slane Castle
Safeguarding 1—Basic Awareness in Child Protection Workshop	16th May	6.30pm-9.30pm	Windtown Unity Centre, Navan
School Sports Day Training	21st May	3.30pm-6.30pm	Navan
Safeguarding 1—Basic Awareness in Child Protection Workshop	28th May	6.30pm-9.30pm	Windtown Unity Centre, Navan
June 2019			
Meath Running Group Block 2 (Speed & Middle Distance Training)	5th June	7pm	Claremont Stadium, Navan
National Bike Week	22nd-30th June	Various	Various
July 2019			
Inclusive Summer Camp	Dates TBC	Time TBC	Venue TBC
August 2019			
Meath Running Group Block 3 (Middle to Long Distance Training)	21st 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