

In this Issue

- Men on the Move
- An Post Meath Heritage Cycle Tour
- Community Programmes
- Fit Walk
- Bikeweek 2014

Club Section

- Meath Running Group
- Get Ireland Active
- 2014 Sports Capital Funding
- Jigsaw Workshop
- Sport Matters in Meath Workshop
- Cycling Foundation Coaching Course
- Go for Life Grant Scheme
- 11th National Coaching Forum
- Disability Inclusion Training
- Code of Ethics
- Sports Injuries First Aid

Schools Section

- Be Active ASAP
- Sportshall Athletics
- Cycle Safety
- Play Rugby
- Secondary Schools Seminar
- First Tee Golf

Older Adult Programmes

- Games for Life 2014
- Fitness Made Easy
- Mature Movers

Disability Sport

- Football 4 All
- Learn 2 Cycle
- Kick Start to Recovery
- Summer Camp
- Rugby 4 All
- Special Needs Schoolhall Athletics
- Winter Activities Programmes

An Post Meath Heritage Cycle Tour— STATS

An Post Meath Heritage Cycle Tour— Pictures

Calendar of Courses and Events

Men on the Move

In August 2014 Meath Local Sports Partnership in association with the HSE launched the Men on the Move Project. The aim of the Men on the Move project is to get men (aged 30+) more physically active and improve their fitness levels in a fun environment)



We kick started this new initiative with information nights in the 3 selected areas – Laytown/Bettystown, Dunshaughlin and Kiltale. The information nights were a great success, with men availing of the opportunity to do their Waist to Hip measurements. The men also received information on heart health and tips on healthy eating.

This is a free 8 week programme which commenced in the St. Colmcilles clubhouse in Laytown. To date 90 men across the 3 areas have joined this new exciting programme.



The first target the group have set is the completion of the 5k in October. Participants are encouraged to walk/jog or run this event, family members are welcome to join in and support them on the day.

If you would like to join the Men on the Move project in Laytown, Dunshaughlin or Kiltale block 2 will start the week beginning 20th October 2014, please see our calendar on [page 22](#) for details. For more information about Men on the Move contact Ruairi Murphy, Meath LSP on 046-9067373 or email rmurphy@meathcoco.ie

SPORT MATTERS IN MEATH

Local workshop tailored to suit coaches, players, athletes & managers interested in the development of Fitness Testing and Youth Player/Athlete development.

Speakers include Niall Ronan (former Munster & Ireland rugby player) and Eddie Smith (Athletic Development Ireland).

See [page 7](#) for further details.



View our website

<http://www.meathsports.ie>

An Post Meath Heritage Cycle Tour 2014

Tour de Meath – out in force!

Over 4000 cyclists took to the roads of County Meath on the last weekend of July to participate in the sixth An Post Meath Heritage Cycle tour.

With the future of Irish Cycling looking very bright, 600 budding Olympic cyclists along with their families took part in the 11k event. Special mention to the Gardai and the Civil Defence who were on hand to support the group, in addition to the Moynalty Cycling club's coaches who cycled with the group offering support, guidance and assistance along the route. Having stopped for refreshments in Jack Quinns, the young cyclists made their way back to Trim where they enjoyed an evening of free activities.



Sunday commenced with the 160k Royal Challenge. 750 cyclists took on the Hills of Tara and Skryne before starting the climb in Milltown which for some didn't appear to end until they got to the food stop in Cormeen Community centre 22km away! They tackled the climb of Loughanlea with great gusto only for some to run out of steam on the approach into the food stop. 1750 cyclists conquered the 3 Hills of Tara, Skryne and Slane on the 100k route, with 850 enjoying the spin on the 50k.

Cycle tour Ambassador (PJ Gallagher, comedian) even though he was grounded from an injury and didn't participate in this year's tour, visited the stewards out along the routes at road junctions and food and water stops.



Local Ambassador, General Manager of Trim Castle Hotel Patrick Reilly (pictured left) joined Olympians John Treacy (CEO of the Irish Sports Council) and Phillip Cassidy at the start of the 100km tour. Patrick lost 10 stone since July 2013 in preparation for this year's tour.

The nominated charity for the event was the Friends of St. Joseph's Hospital in Trim who reported that they were very happy with the funding they received from the day.

Meath is one of five counties to participate in this year's An Post Cycle Series.

The An Post Cycle Series is run in association with the Irish Sports Council, An Post and 5 Local Sports Partnerships.

See [page 19](#) for Statistics and photos from the tour!

Community Activity Programmes



Smarter Travel Fitwalk



The Smarter Travel Workplaces Pedometer

Challenge 2014 kicked off on Monday September 8th, and as part of this national event the staff of Meath County Council signed up for a four week **FitWALK** programme which is led out by Meath LSP.

The Pedometer Challenge is an event to promote walking, participants steps are logged using a pedometer on a daily basis over the four week period. The challenge for participants is to log up to 10,000 steps per day.



Some MCC staff members taking part on Meath LSP's **FitWALK** programme

Meath LSP's **FitWALK** programme (3.5km weekly walk) will help the participants to achieve this target. Aside from the steps taken, this programme also aims to encourage better posture while also learning the different walking techniques such as stride walking and power walking.

More information about Smarter Travel programmes contact Lara Fagan at Meath County Council Transport Section 046-9097165.

An Post Meath Heritage Cycle Tour 2014 - Massive Thanks!

The tour would not be a success without the hard work of the 350 volunteers who give their time to marshal junctions, give directions, provide refreshments and most of all give much needed encouragement to cyclists along the route. Particular praise must go to the community areas that open up their facilities to cater for the cyclists: Ryan's of Gormanlough; Maguire's Café, Hill of Tara; Jack Quinn's, Scurlogstown; Senchalstown GAA club; Bohermeen Community Centre; Bawn Inn Athboy & Cormeen Community centre and Kiltale GAA.

Special thanks were extended by Mary Murphy, Event Coordinator, to the Gardai; Meath Civil Defence; HSE Ambulance service; Slane Motorbike marshals and the many volunteers, organisations and support staff who gave of their time to ensure that the 2014 cycle tour was a success. The An Post Meath Heritage Cycle tour is fast becoming one of the main calendar events in the cycling calendar.

Mary Murphy attributed the popularity of the tour to the countless hours of preparatory work undertaken by a dedicated team of people all intent on providing professional and expert service to all who participate in the An Post Meath Heritage Cycle Tour.

Further thanks was paid to An Post, the Irish Sports Council, Trim Town Council, Meath County Council, Meath Tourism, OPW, Trim Castle Hotel, Dunnes Stores, Trim, Dunboyne, Moyalty & Bohermeen Cycling clubs, Cycleways, TC Racing, Aura Centre, Physios, the Meath Heritage Cycle Tour committee & the Board and staff of Meath LSP for working together to ensure that the An Post Meath Heritage Cycle Tour of 2014 was truly a memorable event.

Particular thanks to the remarkable and entertaining MC – the legend that is Eamonn Duffy.



Volunteers at the Hill of Tara

Community Activity Programmes

National Bike Week 2014

National Bikeweek took place from the 14th to 22nd June 2014. Over 960 people, young and old benefitted directly from the funding provided through the Bike Week funding. Meath LSP works with cycling clubs,

schools, Gardai and other local organisations in delivering a wide ranging programme of activities for Bike Week.



New to the programme this year was the Involve Youth Project in Navan & Trim. This group works with young traveller children and their parents. The programme for Bike Week was modified to suit the literacy and linguistic age of the children attending.

Activities included:

Bike Safety Quiz & Indoor related cycle safety activities

Safe cycling workshop led by local Gardai

Dr. Bike Clinic – practical demonstrations on how to do basic bike maintenance

Slow bike racing event with balancing skills.

The Family Fun evening was hosted with Bohermeen CC who assisted in organising an 11k cycle for families with both young and old members. 192 people attended on the evening.

For the children too young to brave the roads, they were encouraged to do laps of the track, learn about safe stopping/take off and basic road safety. In addition to the family cycle, Bohermeen also ran a bike maintenance and mechanical advice workshop with a section on bike handling skills – this year almost 35 women participated in this skills based workshop.



Some of the other activities during Bikeweek included:

Moynalty Cycling Club

Activities delivered: Sprocket Rocket skills for 5th Meath Kells Scouts, circuits of .5m track, basic skills and bike handling workshops.

Athboy Fair Green High Nellie Club

Activities delivered: Family Fun cycle 10km; Vintage style cycling; Mechanical advice and bike handling skills workshop.



Club Section



Meath Running Group

Every step - a victory.....

Meath Running Group now on the home straight

Just over 70 members joined Meath Running Group in 2014, making this the biggest year since the group started in 2009. This training group is coordinated by Meath Local Sports Partnership and the training delivered by local athletic coaches.

The majority of members take part in the middle distance events throughout the year particularly events organised in Meath. Now as the group members prepare for the upcoming Dublin City Marathon it would be fair to say that they are approaching the home straight in their preparations and the countdown is on.

Meath Running Group is not an elite club but rather a gathering for those interested in jogging and providing training for events such as 5 mile, 10k, 10 mile and for those more experienced the half and full marathon. Each session is coach led and tailored to suit all abilities.



The running group sessions are divided into 3 blocks, each run over a 10 week period.

Block 1 centre on strengthening the core and improving flexibility. These sessions are delivered indoor concentrating on body weight exercises and stretching.

Block 2 training moves out on to the track and focuses on improving both technique and endurance. This training block is ideal for those wishing to take part in middle distance events.

Block 3 training continues to work on stamina and speed training and is good preparation training for the longer distance events.

Meath Running Group training will finish on Wednesday October 22nd and recommence in February 2015. New members always welcome.



GET IRELAND ACTIVE WEBSITE

A one stop shop for:

getting active and staying

Sports Clubs & leisure Facilities
promote your events and activities here.

To advertise your event log on to
www.getirelandactive.ie and simply click on
'Submit Event' on the home page

Is your Club or facility listed?

We have a comprehensive

CLUB & FACILITIES LISTING

<http://www.meathsports.ie/clubs-and-facilities.html>

Please check to make sure your club is listed
and the contact details are correct
Please advise us of any changes or new listings
by email to mlsp@meathcoco.ie.

Thanks for your assistance.

Club Section

2014 Sports Capital Funding

In July 2014 the Government's commitment to sport and local communities was underpinned when Minister of State for Tourism & Sport Michael Ring announced grants of €40.5 million for 880 sports projects across the country. The €40.5 million allocated is a 30% increase in funding over the €31 million allocated in the last Sports Capital Programme in 2012. The Sports Capital Programme is the Government's main vehicle for supporting the development of sports facilities and the purchase of non-personal sports equipment.

A total of 821 of the successful allocations are towards local sports clubs and organisations, with the remaining 59 allocated to regional or national projects. The facilities being funded today range from small-scale equipment grants, to regionally significant centres of sporting excellence.

This Government has now allocated over €85 million under the Sports Capital Programme since it came into office. Much of this funding has been allocated with the assistance of national governing bodies or local authorities. In the context of the tight budgetary situation, this level of funding shows a phenomenal commitment to sport and to local communities.

Local allocations in Meath (Non local project funding - MDL only) € 1,850,931.00

Ashbourne Cricket Club € 5,000.00	Louth Meath Education Training Board € 65,000.00
Ashbourne United Association FC € 150,000.00	Meath Local Sports Partnership € 5,600.00
Athboy Celtic Football Club € 75,000.00	Meath District League € 250,000.00
Boyerstown Community Development Association € 10,000.00	OMP United € 12,000.00
Boyne Hockey Club € 600.00	Park Celtic Summerhill FC € 23,731.00
Castletown GFC € 75,000.00	Rathmore Handball Club € 12,000.00
Comhlacht Oibre An tSeanbhaile € 10,000.00	Ratoath Harps AFC € 150,000.00
Cormeen Community Development Ltd € 14,000.00	Ratoath Tennis Club Ltd € 7,000.00
Duleek & District AC € 12,000.00	Ribbontail Paddlers Canoe Club € 25,000.00
Dunboyne Amateur Boxing Club € 12,000.00	Scoil Mhuire € 18,000.00
Dunboyne Athletic Club € 90,000.00	St Oliver's Community Centre € 150,000.00
Dunderry GAA Club € 70,000.00	St Ultans Gaelic Football Club € 35,000.00
Dunshaughlin Community Centre Ltd € 12,000.00	St Vincents GFC € 75,000.00
East Meath United Limited € 100,000.00	Summerhill Community Centre € 60,000.00
Kells Handball Club € 50,000.00	Syddan GAA Club € 27,000.00
Kilmainham GFC € 15,000.00	Tara Athletics Club € 20,000.00
Kiltale Hurling & Camogie Club € 50,000.00	Trim Celtic A.F.C. € 70,000.00
Laytown United Football Club € 5,000.00	Wolfe Tones GFC € 90,000.00



As part of the programme to build capacity in frontline staff and volunteers to promote and support young people's mental health, Jigsaw Meath is pleased to invite you to:

"Understanding Youth Mental Health"

This 1 day workshop is designed for those who work or volunteer with young people. The workshop has been developed by Headstrong, The National Centre for Youth Mental Health and is Stage 1 of the Headstrong and Jigsaw training for building capacity within the community. The workshop has been very well received by participants from a wide range of organisations who have previously attended in Meath and others who have attended the workshop in other Jigsaw Projects around the country.

The workshop will run on: 22nd October, from 9.30am to 4.30pm at Louth Meath Education and Training Board (LMETB – formerly County Meath VEC), Abbey Road, Navan. Places are limited to 18 on each day. If you would like to book a place or need more information please contact Cassie or Róisín on 046-9071702 or email meath@jigsaw.ie.

Club Section

SPORT MATTERS in MEATH

A workshop for those interested in sports performance and development

Who should attend: Coaches, managers, parents, players and athletes

When: Sat 29th November

What: 2 workshops: A. 12pm – 2pm Fitness Testing Made Easy

Speaker: Niall Ronan (Former Munster & Ireland Rugby Player)

B. 2.30pm – 4.30pm Youth Player/Athlete Development

Speaker: Eddie Smith (Athletic Development Ireland)

Where: Simonstown GAA Centre, Navan.

How much: €15 per workshop or €25 for both workshops (€25 includes lunch)

How do I book a place: Download registration forms from www.meathsports.ie

Contact David @ Meath LSP 046 9067337

Workshops will have both practical and theoretical elements, please wear suitable footwear and clothing.

What is Fitness testing? Fitness testing is commonly viewed as the starting point for designing an appropriate exercise program. The tests usually consist of a series of measurements that help determine the health status and physical fitness of an individual or team. This workshop aims to demonstrate that fitness testing can be made simple and does not require “scientific knowledge or specialised equipment”

What is the workshop Youth Player/Athlete development about? This workshop aims to give coaches a background in the fundamental areas of youth player and athlete development, including but not limited to:

Resistance training/
Strength training When & How?
Agility
Balance
Speed

Injury prevention
Dynamic Warm-up
Flexibility and stretching
Long term athlete development
Player/Athlete “Burnout”

Profile of the speakers:

Niall Ronan, a native to Meath is a former Irish and Munster rugby union player. Retired through injury, Niall is currently studying in the area of injury prevention.



Eddie Smith Physiotherapist (MSc), Sport Scientist (BSc), Strength & Conditioning specialist (CSCS) and founder of Athletic Development Ireland. He works in private practice in London and is currently working with Southampton FC youth academy and Crystal Palace elite youth diving team.

Book your place now! 046 9067337 or download form from www.meathsports.ie

Club Section

CYCLING FOUNDATION COACHING COURSE NOVEMBER 2014 TBC



About the Course

The Foundation Level Coaching Award is the first level of the Cycling Ireland Coaching Pathway. This course is aimed at people new to coaching and those wishing to start on the cycling coaching ladder. The course covers all the basics of cycling coaching and provides you with a good introduction to the principles of coaching and training.

Course Programme

This is a one day course covering a wide variety of subjects aimed at assisting you to begin coaching. The course is made up of both theory and practical elements aimed at heightening your learning experience. You will deliver practical elements of the course to other participants to further develop your knowledge on what and how to coach through various different activities.

Eligibility

Participants on the Foundation Course are required to be 16 years of age.

Course Cost

€20 (Please make cheques payable to Meath LSP)

**For further information contact
Meath LSP on 046 9067337.**

Course Content

- Cycling Events and Disciplines
- Role of the Coach
- Coaching Principles
- Planning for Coaching
- Practical Coaching
- Cycling Safety
- Coaching Cyclists with Disabilities

11TH NATIONAL COACHING FORUM

The 11th National Coaching Forum will take place at Institute of Technology Sligo, 26th-27th of September 2014.

This Forum promises to be the biggest and most extensive gathering of professionals and volunteers involved in Sport Coaching. The Forum will attract coaches, physical education teachers, sports scientists, National Governing Body personnel and policy makers. Leading National and International presenters will take part in this event titled "Fun to Full Potential - Coaching the whole Athlete"

The Forum will combine Keynote speakers, with practical and applied sessions, with opportunities to network with coaches from different sports.

Previous National Coaching Forum has welcomed up to 800 coaches, both National and international. The Forum has become a "can't be missed" event on the sporting calendar, involving coaches at all levels from up to 48 different sports.

**See the exciting programme and register
NOW- Places are limited**

<http://www.coachingforum2014.com/>

NATIONAL GRANT SCHEME TO HELP OLDER PEOPLE TO GET ACTIVE – NOW OPEN!

The Go for Life Small Grant Scheme for Sport and Physical Activity for older people is now open. The scheme is aimed at encouraging older people to get active and is used by groups and clubs all over Ireland to buy equipment, run sports events or try new activities.

Last year over 1,000 groups and organisations availed of this opportunity. Each grant awarded this year will be between €250 and €700. Locally Mayo Sports Partnership assists groups in preparing applications or in just dealing with their queries. If your group needs assistance please contact Meath LSP at 046-9067337 email mlsp@meathcoco.ie or log on to its website at www.meathsports.ie



The closing date for applications is Friday, 26 September 2014. Application forms are available on Go For Life Grant Scheme page <http://www.ageandopportunity.ie/what-we-do/physical-activity-sport/go-for-life-grant-scheme>

Education and Training

Disability Inclusion Training

The Disability Inclusion Training Workshop is a six hour training workshop aimed towards sports coaches, tutors, instructors, leaders, teachers, parents, volunteers and anyone interested or involved in the provision of sports and physical activity for people with a disability.



The National Disability Inclusion Training course was developed by CARA Adapted Physical Activity Centre at the Institute of Technology, Tralee. The course is designed to assist participants with the ideas and inspiration to adapt sports to make them more accessible for participants with a disability. It is both a theoretical and practical programme that covers terminology and barriers to participation, offers guidance, gives an introduction to disability sports and ways of adapting activities to make them inclusive.

Meath LSP plans on running a Disability Inclusion Training workshop in November 2014. Further Information can be obtained from: Aine Coogan, Sports Inclusion Disability Officer by email to acoogan@meathcoco.ie or phone (046)9067337.

Code of Ethics

This course looks at best practice for all regarding child protection, with clubs now being asked to utilise and implement the relevant NGB Code of Ethics.



The course maintains an essential component of coach education for all who are involved in coaching children. See the full list of upcoming Training and Education Courses, please see our calendar on [page 22](#)

Is your club interested in hosting its own Child Protection Training?

Should your club be interested in hosting its own Code of Ethics (Good Practice for Children's Sport) basic awareness workshop for your own sport club trainers/leaders and volunteers, you can now do so by contacting Meath LSP office on 046 9067337.

Children's Officer Training

Meath LSP offers the 6 hour training course for Children's Officer within sports clubs/organisations. Children's Officer Training is aimed at the nominated 'Children's Officer' and will concentrate on examining various scenarios that can occur in a sports club setting. For dates of upcoming courses, please see our calendar on [page 22](#).

Sports First Aid

Meath LSP offers training to sports clubs/organisation in Sports Injuries First Aid. The course is aimed at coaches, mentors, teachers, supervisors, players, athletes and volunteers. Anyone wishing to be able to deal with minor sports injuries.

This course covers a comprehensive range of topics to prepare participants to administer First Aid care. Participants will learn practical skills so that they can deal competently with situations that may arise.

Course Content

This course has an emphasis on dealing with minor Sports Injuries.

- | | |
|-----------------------|-------------------------------------------|
| • Scene Management | • Fractures |
| • Bleeding and Wounds | • Sprains & Strains |
| • Treatment for Shock | • Unconsciousness & the Recovery Position |
| • Heart Conditions | |

This workshop run over one evening is proving very popular for sports club volunteers in the county, please check out our calendar on [page 22](#) for upcoming workshop dates.

Older Adult Programmes

Meath Mature Movers

The summer may be over but Mature Movers is back!

If you are over 50 and would like to get active this autumn please come along to one of the sessions in the following areas:

- **Navan** on Mondays in the Pitch n Putt Club Navan from 11am-1pm until Monday 3rd November.
- **Athboy** on Wednesdays in St. James Hall, Main St. Athboy from 11am-12pm until Wednesday 29th October.
- **Dunshaughlin** on Wednesdays from 15th October in the Pastoral Centre from 11am-12pm .
- **Trim** on Mondays in Knightsbridge Nursing Home, Trim from 11am-12.30pm until Monday 10th November.

The 8 week activity programme includes activities such as movement for life, resistance training with resistance bands, core stability, balance, fall prevention, seated Pilates and bowls. Mature Movers is a great social outlet as participants get a chance to relax, have a chat after their workout and enjoy refreshments.

Participants receive a specially designed exercise booklet which includes chair based exercises with teaching points and colourful illustrations.

If you would like to participate on the Mature Movers Activity Programme in your area please contact Ruairi Murphy at Meath Local Sports Partnership on 046-9067337.



FITNESS MADE EASY!

"Fitness Made Easy" is a 5 week gym based programme for over 50's will commence on Tuesday 4th November at 11am in Club Active, Navan.

The programme will introduce you to

the new Easyline equipment in Club Active with experienced tutors.

Easyline makes exercise fun, simple and achievable for all abilities.

So come along and bring your neighbours and friends
€20 for 5 weeks (that's just €4 a session!)

To book your place contact Ruairi at Meath Local Sports Partnership on **046-9067337**.



Older Adult Programmes

Games for Life

The aim of the Games for Life programme to provide Bowls, Kurling and Boccia equipment at a reduced cost and training to older people, community groups, and disability groups.

Kurling League

The Kurling League will start on Tuesday 23rd September in Simonstown GFC. 25 older adults and disability groups are training weekly in preparation for their opening league games.

Moynalty Active Retirement group took this title last year and will be hoping to retain it this year.



Last year's bowls leagues winners Dunshaughlin

Active Retirement Bowls League

After a great summer of outdoor bowls the active retirement groups are now turning their attention to the new indoor bowls season in association with Meath Zone Bowls which will start Monday 6th October.

This is the 4th year of the league and there will be more competition for groups this year with 2 new teams entering division 1 and division 2.

Box Hockey

In May 2014 at the Games for Life activity morning groups had their first opportunity to play the much anticipated Box Hockey.

There is great excitement around this new equipment and groups now have the opportunity to purchase their own Box Hockey set. Moynalty Men's Shed is now taking orders for Box Hockey sets so get in early and order your set today. Orders should be placed with Ruairi in Meath LSP.

Training is included in that cost. Once teams have availed of training and purchased the equipment—a league will be held in 2015.



Flisk

A NEW Flisk League will commence in 2015. Flisk is a target game played with plastic discs.

Since the games introduction in the Go for Life Games; Active retirement groups have really enjoyed playing it. 15 active retirement groups have purchased the Flisk equipment and are practising their skills for the new league in February 2015.

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:

- Buntús Programme
- Cycle Safety Programme
- Sports Hall Athletics
- Be Active ASAP
- Girls in Action
- Play Rugby Programme
- School sports day training workshops
- 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 if there is any other way that Meath LSP can assist your school contact us at 046 9067337 or email mlsp@meathcoco.ie

Sports Hall Athletics

Sports Hall Athletics is an indoor athletics programme focussed on running, jumping, and throwing activities which support agility, balance and co-ordination development. In Meath over 250 children from 3rd through to 6th class are trained annually. Through Sports hall Athletics the children get the opportunity to compete in a County final following on from a 4 to 5 week training period within their school. From here a team of 50 are then selected to represent Meath in the National Sportshall Athletics Championship.

The programme is delivered jointly between Meath Local Sports Partnership and Meath Athletics.



The training is provided free of charge and is therefore offered to schools which can provide the following:

- A medium to large sized PE or Sports Hall
- Each school to provide a teacher or teachers who will co-ordinate the programme within their school.
- A commitment from the school to undertake teacher training in order to continue the roll out of Sports Hall Athletics
- Preference will be given to schools which have sports hall equipment or any indoor athletic equipment.

The programme is limited to 6 schools this school year 2014-2015. It is hoped that with more teacher training that up to 2 new

schools will be added each year from September 2015.

Schools on this years programme are:

St Paul's N.S Navan, Carnaross N.S Kells, St Oliver Plunkett's N.S Navan, St Andrews Curragha, Scoil Eanna, Navan, Kilbride N.S Trim.

For more information on this programme or for an expression of interest from please email dmccaffrey@meathcoco.ie



Schools Section



Primary School Cycle Safety Programme

The Cycle Safety programme for primary schools in County Meath continues to be hugely popular, so much so that the calendar year 2014 is fully booked.. 1300 children will receive training by year end.

This programme provides safe cycle training for classes from 3rd through to 6th class. Schools can opt for annual training, bi annual or every 3 to 4 years depending on the number of children to be trained. Bicycles and helmets are provided for up to a limit of 30 children per class.

Cycle Safety is co-ordinated by Meath LSP and rolled out with the support



of the Road Safety Authority and sponsors Eurolink.

Should you wish your school to take part on this programme from next January 2015, an expression of interest form must be completed. To receive this form please contact Meath LSP at 046 9067337 or email dmccaffrey@meathcoco.ie

Play Rugby Programme

Meath Local Sports Partnership continues its partnership with the IRFU and Leinster Rugby in rolling out the Play Rugby Initiative to Primary Schools in Meath.



The goal of Play Rugby is to introduce rugby to as many children as possible. The initiative is aimed at 3rd, 4th, 5th & 6th classes and consists of training sessions with a local Community Rugby Officer (CRO) working on behalf of Leinster Rugby.



These sessions are designed to have full participation by pupils in a fun, safe environment. They are suitable for both boys & girls and are non-contact.

As part of the initiative schools will also receive a Play Rugby pack. The Play Rugby pack contains Rugby balls, cones, bibs, game cards & certificates. The Community Rugby Officer (CRO) will deliver one session per week for a minimum of 4 weeks in the school. Currently there is no cost to the school for the Play Rugby initiative.

Schools interested in availing of the Play Rugby training can contact Steve Coy, Leinster Rugby at 086 8599774 or Meath Local Sports Partnership @ 046 9067337.

Schools Section

Be Active After School Activity Programme (ASAP)

The Be Active after School Activity Programme is an exciting initiative aiming to improve the physical activity patterns of school children by introducing them to a wide variety of activities in a fun, supportive, positive environment where everyone is involved. It is available to all primary schools in Meath.



The programme is funded by the HSE in association with the Irish Sports Council and St. Patrick's College of Education, Drumcondra.

Takes place after school on school grounds.

This offers a safe, familiar, convenient setting for an age-appropriate introduction to after-school physical activity.

Designed for 7-8 year olds.

This is an age at which children begin to make decisions regarding their likes/dislikes or abilities regarding physical activity.

Led by trained teacher leaders.

Teachers were chosen to lead the programme as they have the knowledge to adjust activities to challenge children appropriately, irrespective of ability.

Involves parents in their children's physical activity.

Parental support is crucial to the programme to improve the adult: child ratio, to support the teacher and to set a good example for the children.

Gives children the chance to succeed.

This programme concentrates on building confidence across a broad range of activities echoing the Physical Education Curriculum for Primary Schools experienced by children during the school day.

- The programme is **Free** of Charge to Schools
- The programme offers **Free** training for teachers
- The programme includes **Free** resources, including a comprehensive folder of resource cards and a teacher handbook
- Schools also benefit from ongoing advice and support visits

Active school Flag

The *Be Active ASAP* can help your school achieve the Active School Flag. In order to receive the flag, schools must complete a series of review areas. *Be Active ASAP* complements a number of these review areas enabling schools to attain the flag through participating in the programme within the school.

Website & DVD

Please visit our new website www.beactiveasap.ie for information on the programme and video demonstrations of *Be Active ASAP* within schools in County Meath.

Expression of Interest & Contact Details

If your school is interested in taking part in the Be Active programme you can complete an online expression of interest form. **The expression of interest form can be completed here** <http://bit.ly/1dIP7Hd>

For more details please contact Jennifer McAloon – Project Facilitator on 046 9067346 or jmcaloon@meathcoco.ie or see <http://www.beactiveasap.ie>

Schools Section

Secondary Schools Seminar:

Supporting Physical Education/ Physical Activity in our Schools

Kildare, Fingal, Dublin City, South Dublin, Wicklow and Dún Laoghaire Rathdown Sports Partnerships are delighted to invite you to the above short seminar, which takes place on

Wednesday 8th October from 2pm to 5pm

Citywest Hotel, Saggart, Co. Dublin

The focus of this seminar will be on encouraging secondary school pupils to participate in sport and physical activity, particularly those currently inactive or hard to engage. Through a range of presentations and teacher's own case studies, this seminar will look at a number of key issues surrounding the involvement of young people in sport.

Key speakers will include Dr. Pete Lunn of the ESRI and Dr Catherine Woods of DCU.

Presentations will include:

- Supports LSPs can provide in driving & increasing participation within the school setting
- A look at the latest research in the area of participation through the life cycle focusing on Second Level pathways & influences
- Understanding physical activity motivation in young people. Why young people may be less willing to participate and how we can tap into this mindset to change behaviour.
- An example of how the Urban Schools Group have used self reflection in breaking down barriers to participation among pupils.
- Ways to utilise mobile Apps & technology to inspire young people to participate in a form and manner that is attractive to them.

How one school is addressing mental & emotional health issues through physical activity.

The seminar aims to be informative and practical with lots of ideas and initiatives that you will be able to bring back and implement in your school. There will also be plenty of opportunity for networking, with information stands from relevant projects and organisations such as the HSE, Active Schools Flag, An Taisce, sports development officers etc.

Attendance is FREE, but must be booked in advance by clicking onto (<http://lsp-schools-seminar-2014.eventbrite.ie>).

First Tee Golf

Primary Days is a primary school based Introduction course to the basic skills of golf using the child friendly SNAG golf equipment. Sessions are approx. 1.5hrs in duration and are delivered over the course of 1 day to students from 3rd class upwards.

Course content includes:

- Communication Activities
- Team building activities
- Basic golf instruction
- Golf activities
- Relative life skills application reinforcing how the values in golf can be used in everyday life.
- Introduction to the Good-Better- How (G-B-H) theory on feedback.

Schools interested in participating should contact John Warren of First Tee Ireland at 051 34654 or 08 8251610.



Eoin Ryan, PGA Golf Professional advises the children of St. Oliver's N.S. in Navan on their golf technique.

Disability Sport

Football 4 All Programme

The central aim of the Football 4 All club programme is to provide regular weekly training sessions for children with disabilities at a local level and is open to all children with a disability aged between 6 to 14 years old. This programme ensures the inclusion of children of all abilities into the soccer community.

The Football for All programme in Ratoath Celtic FC is breaking down barriers by allowing the club to becoming more inclusive, guaranteeing that all children regardless of ability will in the future have the same opportunity to play football in their local club.

Details of Ratoath Celtic FC Football for All Programme:

Date: Every Saturday

Venue: Ratoath Secondary School

Registration of this programme is essential.

To register please contact Aine Coogan, Meath LSP on (046)9067337.



John Delaney (CEO OF FAI) pictured with participants and coaches of the Football for All programme in Ratoath

Learn2Cycle Programme

Meath LSP recognises the importance of cycling for the inclusion of children with disabilities in recreational activities.

To address this concern Meath LSP has commenced an outdoor 'Learn to Cycle' programme.

The six week programme commenced on Thursday 11th September in Ratoath from 6pm - 7pm. The aim of the programme is to teach each child to cycle independently. This is achieved by concentrating on the participants balance and coordination skills before introducing the skill of pedalling. This is the 8th Learn2Cycle programme that Meath LSP has organised. To date this programme has been hugely successful with approximately 80% of participants learning to cycle independently.

Due to high demand for the Learn 2 Cycle programme two programmes have already been organised for 2015. Booking is essential.

For further details contact Aine Coogan, Meath LSP at (046) 9067337.

Tag-Rugby 4All Programme

Meath LSP in conjunction with Leinster Rugby ran a 6 week Tag Rugby summer programme in Navan Rugby club for children with disabilities in July.

The tag rugby programme focused on ball handling, spatial awareness and fitness of the children. 12 children successfully completed the programme.

Arising out of the success of this programme Meath LSP is currently working on developing a regular Tag Rugby 4 All programme.

Keep an eye on our website www.meathsports.ie or facebook page www.facebook.com/meathsportspartnership

Disability Sport

Special Needs School Hall Athletics Programme

Meath LSP in association with the CARA National Adapted Physical Activity Centre ran a 6 week Sportshall Athletics training programme in St. Ultan's Special School, Navan and St. Mary's special school, Johnstown.

The Special Schools Sportshall Athletics initiative provided children with the opportunity to participate in athletic events in an indoor setting with the emphasis very much on teamwork and fun. In total 54 students completed the programme. Throughout the coaching sessions children developed the fundamental movement skills of agility, balance and coordination in a fun environment where they can participate at their own level. As the weeks progressed the students became confident and competent in each event.

One teacher commented that *"one of my students would never release a ball when playing with others or if asked to throw it. We were all delighted to see she is now not only releasing the ball but aiming at a target while concentrating on getting the soft ball within the hoop"*.

The Xcessible Youth Sport Initiative is funded by the Department of Justice, Equality and Law Reform.

Quote from a coach:

"I would love if this programme could be continued as I find it both challenging, rewarding and an educational. The Special Schools Sportshall programme is in fact teaching me to look more closely at the abilities of each athlete I meet. This will hopefully make me a better coach".

Quote from teacher:

"The integration of fine and gross motor skills, coupled with the coaches' ability to adapt and more importantly progress the activities when needed is absolutely brilliant. I can't praise this programme enough. I want to see the programme integrated into the schools PE timetable".



Summer Camp

Meath LSP in conjunction with the Irish Wheelchair Association Navan, Muscular Dystrophy Ireland and The Meadows Respite Centre ran a 3 day activity summer camps for children with disabilities. The camp ran from Monday 11th August to Wednesday 13th August from 10am-2pm.

Due to the success of the summer camp a Halloween Camp is currently being organised. For further information please contact Aine Coogan, Meath LSP at (046)9067337

Places on the camp are limited and booking is essential.

Disability Sport

Kick Start to Recovery Programme

Meath LSP in conjunction with the FAI and the HSE South Meath Community Mental Health Services has commenced the Kick Start to Recovery Programme.

The aim of the programme is to provide clients with mental illness with the opportunity to participate in football.

The programme is in its early stages and is currently being run in one venue, Ashbourne. At present positive feedback is being received from everyone involved; the clients, the Occupational Therapists and the coach.

An evaluation of the pilot programme will take place in the coming weeks with the hope of expanding the programme within County Meath over the coming months.

Meath Player represents Ireland at the European Powerchair Soccer Tournament

Meath LSP wishes to congratulate Thomas Winters on his outstanding performance in the recent European Powerchair Soccer Tournament.



Thomas has been playing powerchair soccer for Meath Powerchair Football team for the past four years and is proving himself to be a key player in the local and national senior squad.

Well Done Thomas!

Winter Activities Programme 2014

<u>Activity</u>	<u>Venue</u>	<u>Time</u>	<u>Date</u>	<u>Age</u>	<u>Cost</u>
Football4All Programme	Ratoath FC**	11am	Every Saturday	6-16 years	n/a
Hockey4All Programme	Aura Leisure Link, Navan	7pm-8pm	Every Thursday	8- 18years	n/a
Wheelchair Basketball Club	Gormanstown College	6pm-7.30pm	Every Tuesday	Adults	n/a
Powerchair Football Club	Navan	5.-00pm-6pm	Various Dates	Adults & children	€5 per session
Horse Riding (4 week programme)	Brookfield Stables, Navan	3.30pm-4.00	Various Dates and Times	6yrs -16 years	€50 for 4 weeks
Club Ash Special Olympics Club	Ashbourne Comm. Centre	10am-11am	Every Saturday	6 years +	On registration
Royal Rover Special Olympics Ladies Soccer Club	MDL Navan	6pm-7pm	Every Tuesday	16 years +	On registration
Special Olympics Club Navan (Basketball & Athletics)	Claremont Stadium, Navan	7pm-8pm	Every Friday	6 years +	On registration

An Post Meath Heritage Cycle Tour 2014



Statistics—An Post Meath Heritage Cycle Tour 2014

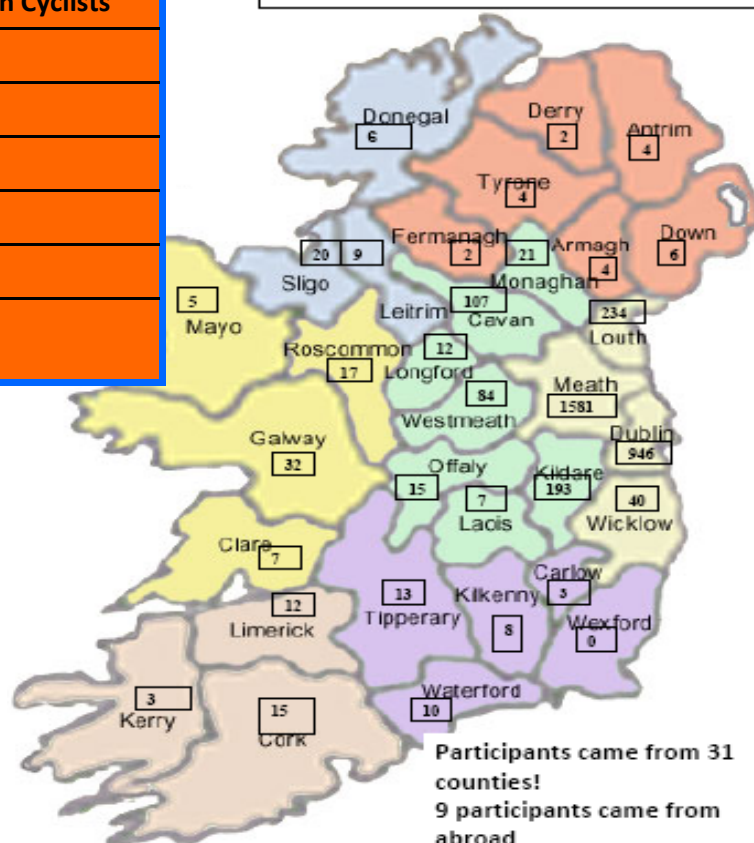
Meath Local Sports Partnership is delighted with the growing number of participants in the An Post Meath Heritage Cycle Tour and in particular the number of Meath participants taking part year on year.

This year 1581 Meath people took part across the four distances which represents 46% of the total participants.

Route	2009	2009— Meath Participants	2010	2010— Meath Participants	2011	2011— Meath Participants	2012	2012— Meath Partici- pants	2013	2013— Meath Par- ticipants
10k/11k/12k	-	-	109	99	239	197	404	337	426	356
40k/50k	92	59	270	136	413	228	735	361	755	379
100k	127	52	512	178	786	265	1275	502	337	502
160k	84	33	340	65	380	108	575	175	640	164
Total	303	144	1255	475	1818	798	2989	1375	3158	1401
% increase on previous year			314 %		45%		64%		5.7%	

2014 Cycle Tour Routes	Total Cyclists	Meath Cyclists
11k	502	383
50k	803	421
100k	1496	587
160k	630	190
TOTAL	3449	1581
% increase on previous year	9.2%	

Meath Heritage Cycle Tour 2014 Participants per County



Date for your diary

An Post Meath Heritage Cycle Tour 2015 will take place on the weekend of the 25th & 26th July 2015 so mark your calendar now!

Visit the Cycle Tour Photo Gallery for lots more great pictures and videos from the day.

<http://www.meathsports.ie/cycle-tour/photo-gallery.html>

An Post Meath Heritage Cycle Tour 2014—In Pictures



An Post Meath Heritage Cycle Tour 2014—In Pictures



Calendar of Courses and Events 2014

Activity	Date	Time	Venue
October 2014			
Games for Life Bowling League	Starting 6th October	11am	Varies
Sports Injuries Workshop	9th October	6.30pm to 10pm	Windtown Unity Centre, Navan
Children's Officer Training	8th & 9th October	6.30pm to 9.30pm	Windtown Unity Centre, Navan
Child Welfare & Protection Awareness Workshop	22nd October	6.30pm to 9.45pm	Trim GAA Complex
Mature Movers—activity programme			
Navan	Mondays until 3rd Nov	11am to 1pm	Navan Pitch and Putt Club
Trim	Mondays until 10th Nov	11am to 12.30pm	Knightsbridge Nursing Home, Trim
Dunshaughlin	Wednesdays from 15th Oct	11am to 12pm	Pastoral Centre, Dunshaughlin
Athboy	Wednesdays until 29th Oct.	1am to 12pm	St. James' Hall, Athboy
Men on the Move—Block 2			
Laytown	20th October	7.30pm	St. Colmcille's GFC
Dunshaughlin	21st October	7.30pm	Dunshaughlin Community Centre
Kiltale	22nd October	8.30pm	Kiltale GAA
November 2014			
Fitness Made Easy—5 week programme	Starting 4th November	11am	Club Active, Navan
Child Welfare & Protection Awareness Workshop	12th November	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Sport Matters in Meath Workshops	29th November	12pm to 2pm & 2.30pm to 4.30pm	Simonstown GFC, Navan
Child Welfare & Protection Awareness Workshop	20th November	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Cycling Foundation Coaching Course	November TBC	TBC	TBC
Disability Inclusion Training	November TBC	TBC	TBC

If you are interested in other workshop such as ACTIVE LEADERSHIP TRAINING please contact the Meath LSP office on 046067337

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

Meath Local Sports Partnership, Enterprise Centre, Trim Rd, Navan. Tel: 046-9067337 Email: mlsp@meathcoco.ie