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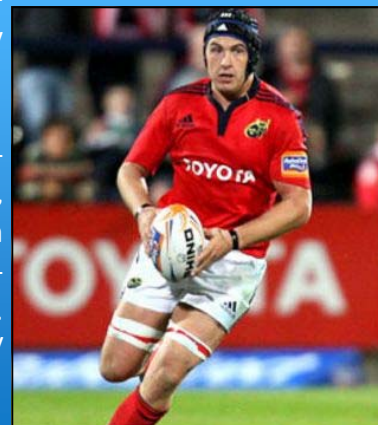
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Calendar of Courses and Events

Fitness Testing—A practical approach

Meath Local Sports Partnership wish to announce that former Irish and Munster rugby star Niall Ronan will be speaking, and delivering a practical workshop in Navan on Tuesday February 3rd.

This workshop will focus on how to conduct various fitness tests such as speed, endurance, strength, flexibility and more. Niall will explain how to analysis the measurements and then discuss how to design an appropriate training plan. This workshop is ideal for coaches and player/athletes from both team and individual sports



See page 5 for further details.



Spring Walk Series

Are you a walker, a social stroller or just looking for new locations to explore? Why not come along and join in the Meath Spring Walk Series 2015.

The walk series will be led out by walking tutors and is free of charge.

There are five walks which are suitable for families and leisure walkers, all you need is suitable shoes, a High Vis vest and a rain jacket just in case. So come along, bring your friends, bring your family. County Meath is yours to discover.

For further details and a timetable of events in the Spring Walk Series see page 2

Operation Transformation National Walk Day

Meath Local Sports Partnership and the ISC have linked up with RTE's Operation Transformation Programme to promote the national walk day on **Saturday 17th January**.

The walk will take place from Castle Street, Trim at

10am, distance 3.7km (along the Slí na Sláinte route), meet in front of the castle. We welcome all ages and abilities along on the day and particularly would like to see families getting involved. The event is ideal for beginners to come out and give it a go.

Why not make a day of it and remember no matter what age you are it is never too late to start exercising. Come on! Let's all show the nation what Meath can do. Slí na Sláinte, means "Path to Health", so get your New Year's Resolution moving on the right path by starting your own "physical activity transformation".

For more information contact Meath LSP on 046-9067337 or email mlsp@meathcoco.ie



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

Community Activity Programmes

Operation Motivation Returns to Meath!

Operation Motivation will return to Meath for a third year in 2015. In 2014 over 1500 people participated in walking, jogging and running programmes across the county.

Operation Motivation provides opportunities for all abilities to become more physically active in County Meath. Whether your starting point is walking or jogging or indeed running, Meath LSP will deliver a wide variety of physical activity programmes to get you up and moving for the New Year. Opportunities to kick start your programme include:

Operation Transformation Meet 'n' Walks

Following on from the Operation Transformation walk day on Saturday 17th January we will be rolling out Meet 'n' Walks in 3 areas around the county. The walks are FREE and open to all abilities and fitness levels. We will have walking experts on hand to offer advice so come along and get walking with a group on a weekly basis for 6 weeks. The Meet 'n' Walks are in the following areas:

Kiltale: Meet n' Walk commences Wednesday 21st January at Kiltale GAA club @ 7pm. All abilities welcome

Navan: Meet n' Walk commences Wednesday 21st January at the Old Barracks, Navan Town Council at 7pm. All abilities welcome. Please bring a Hi Vis Vest.

Laytown & Bettystown: Meet n' Walk commences Wednesday 21st January @ 8pm at the beach entrance in Bettystown beside Pats Supermarket. All abilities welcome. Please bring a Hi Vis Vest. For more details contact Susan Doorley 087 9299085.

SPRING WALK SERIES

Date	Name of Walk	Meeting Time	Trail Details
Saturday February 7 th	East Meath Coastal Walk	10.30am Centra Car Park Bettystown	Distance 5km Walk the coastal road from Bettystown
Saturday February 7 th	Canal Walk Enfield	10.30am Bridge House Car Park	Stroll along the canal banks to a distance of 5km
Saturday March 7 th	Hill of Tara Walk	10.30am Maguire's Café Car Park	Walk the Tara loop approx 4.8km.
Saturday April 11 th	Mullaghmeen Forest Walk	10.30am Mullaghmeen Forest Car Park	Trek the forest lanes with a 5k circuit
Saturday April 11 th	Oldbridge Estate Walk	10.30am Oldbridge Estate Car Park	Stroll the 5k surrounds of Oldbridge Estate

Learn 2 Run to 5k

Struggling with your New Year's exercise resolution? Why not train in a group?

Learn 2 Run to 5k is a beginner jogging group suited for both Men & Women of all abilities. Learn 2 Run to 5k is ideal for those who are walkers and wish to become joggers or joggers who wish to become runners. An experienced running coach will be in attendance each night to provide running advice and support. The Learn 2 Run to 5K programme will prepare participants for the Royal County 5k on 26th April 2015 in Kells.

Venues for training include:

Kells	Monday 2 nd March, meeting at Kells Swimming Pool. Contact Meath LSP at 046-9067337
Navan	Wednesday 3 rd March at 7pm Claremont Stadium - Contact Meath LSP 046-9067337
Dunshaughlin	For details please contact Paddy Mangan 087-2597731
Ashbourne	For further details contact Jim Kavanagh 087-6691559
Trim	Every Tuesday & Thursday @ 7.30pm meeting in Castle St, Trim. Contact Ciaran Tobin 086-3445903
Athboy	Commencing early March, contact David Ivers 086-0842109
Tara	Group meet at Tara Sports Grounds further details please contact Lisa O'Dowd 085-1416041
Dunboyne	Couch to 5k. Commences in early January at Dunboyne AC Track . Contact Paul Gorey 087-6181206
Laytown	Couch to 5k starts early January@Cilles AC. Further details contact Lorraine Hyland 087-2033803

Community Activity Programmes



Meath Running Group

Every step - a victory.....

Meath Running Group is not an elite club but rather a gathering for those interested in jogging, 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, so whatever your 2015 goal is, Meath Running Group can help you get there!

This training group is coordinated by Meath Local Sports Partnership and the training delivered by local athletic coaches.

In 2014, the majority of members took part in middle distance events particularly the Meath events throughout the year. The more experienced went on to take part in the half and full marathon.

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

Block 1 - Wednesday March 11th 7pm Claremont Stadium, Navan

This block centres on strengthening the core and improving flexibility. These sessions are delivered indoors concentrating on body weight exercises and stretching.

Block 2 – Wednesday May 20th 7pm Claremont Stadium, Navan

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 – Wednesday August 19th 7pm Claremont Stadium, Navan

The final block of training continues to work on stamina and speed training and is good preparation training for the longer distance events.

To download a registration form please visit our website www.meathsports.ie or for further details please contact David at Meath LSP on 046-9067337 or email at dmccaffrey@meathcoco.ie.

You can also follow us on [facebook/MeathRunningGroup](https://www.facebook.com/MeathRunningGroup).



Some members of the Running Group that took part in a Marathon Challenge

For all events listed above, please arrive at least 10 minutes before scheduled start time.

All of the above events are organised by Meath Local Sports Partnership. For details of other events, activities and programmes please contact 046 9067337 or visit www.meathsports.ie. To make sure you are up to date with all of our activities please follow us on facebook and twitter.

Follow link:



<http://www.facebook.com/meathsportspartnership>



Follow link:

<http://www.twitter.com/MeathLocalSport>

DATES FOR YOUR DIARY 2015:

Royal County 5k Fun Run/Walk in Kells—Sun Apr 26 at 2pm

An Post Meath Heritage Cycle Tour 2015

Saturday July 25th and Sunday July 26th

Community Activity Programmes

Men on the Move

The aim of the Men on the Move Project is to increase the level of physical activity amongst men over 30 years of age. The emphasis in the project is to create awareness and understanding of the importance of physical activity and the health benefits not just on physical health but on mental health and well-being. Other components of the programme include fitness testing, healthy eating, maintaining lifestyle changes and stress management.



Meath Local Sports Partnership's Men on the Move project funded by the HSE was a huge success in 2014. 93 men aged 30 years plus signed up to the programme which was run in 3 areas; Laytown/Bettystown, Kiltale and Dunshaughlin.

Block 1 culminated with a 5k jog/walk in the Blackwater Park in Navan. 53 men along with 10 friends, daughters and wives walked/jogged or ran the 5k. In the final 2 blocks the men improved their fitness levels and also participated in local 5k events.

The pilot programme will conclude at the end of January and an evaluation will then take place. The aim will be to expand the Men on the Move Project to 5 areas in 2015.

If you would like more information about Men on the Move, please contact Ruairi Murphy at 046 9067337 or email rmurphy@meathcoco.ie



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

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.
Details can be updated on the website
Thanks for your assistance.

Club Section

Niall Ronan to deliver at Meath Sports Workshop

Meath Local Sports Partnership wish to announce that former Irish and Munster rugby star Niall Ronan will be speaking, and delivering a practical workshop in Navan on Tuesday February 3rd.

Niall Ronan a native to Meath played Gaelic Games and represented his county at minor level before embarking on a great rugby career that saw him win 100 caps for Munster and play for Ireland. Retired through injury, Niall now has a BA in strength and conditioning and will deliver the **"Fitness Testing – A Practical Approach"** workshop

This workshop will focus on how to conduct various fitness tests such as speed, endurance, strength, flexibility and more. Niall will explain how to analysis the measurements and then discuss how to design an appropriate training plan. This workshop is ideal for coaches and player/athletes from both team and individual sports. The workshop is suitable for coaches, managers, parents and players over 16, and will have a theory and practical element so please wear suitable clothing.

When: Tuesday February 3rd

Where: Simonstown GAA Centre, Navan

Time: 7pm -9pm

Cost: €15 (club discount for 2 or more members attending)

Booking: You can book online at www.meathsports.ie or alternatively download and return the registration form

Places limited. Registration closes Monday February 2nd.

For more information please contact David McCaffrey, Meath Local Sports Partnership on 046-9067337 or email dmccaffrey@meathcoco.ie



Calling: Players/Athletes,
Coaches/Mentors & Club Officials

Fitness Testing - A Practical Approach

Practical & Theory Workshop

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



Tuesday February 3rd @ 7pm -9pm
Venue: Simonstown GAA Centre, Navan

Price: €15

You can book online at www.meathsports.ie or
Download and return form

For further details please phone Meath LSP at 046 9067337
Email: mlsp@meathcoco.ie

Places are limited – Please register by Monday February 2nd

Sports First Aid

Meath LSP offers training to sports clubs/organisation in Sports Injuries First Aid.

This course covers a comprehensive range of topics to prepare participants to administer First Aid care and has an emphasis on dealing with minor Sports Injuries.

Content includes Scene Management, Bleeding and Wounds, Treatment for Shock, Heart Conditions, Fractures, Sprains & Strains, Unconsciousness & the Recovery Position.

The next workshop is scheduled for the 12th March 2015.

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 last page.



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, you can now do so by contacting Meath LSP office on 046 9067337.

Designated Person—Children's Officer Training

A new format 3 hour workshop is being rolled out from 2015. Meath LSP will host will 3 hour workshop on the 23rd of March. For further info contact MLSP office on 046-9067337.

Club Section

Garda Vetting – what clubs need to know and do NOW!

In 2015, new legislation regarding Garda Vetting will come into force (this was expected to be enacted in 2014). Anyone who has on-going contact with children, in the field of leisure or sport (paid or voluntary), other than those who assist 'occasionally' or in the event of a family or personal relationship, must be vetted. * *Child means a person under the age of 18 years. It is up to clubs to assess whether a persons contact is 'occasional' or not. *Occasional Contact is "now and then" or a once off event, such as a sports day.*

What this means for clubs?

If you have children involved in your club, all staff and volunteers who have direct contact with children must be vetted. It is not necessary for all committee members to be Garda Vetted but it is essential if they have direct contact with children.

Additional persons e.g. a caretaker - The club will have to make the assessment themselves. For example, in one club the caretaker may only be responsible for outdoor facilities and may not have any role working with children. In another club the caretaker may be responsible for supervision of changing and shower areas. The legislation only requires vetting of persons working with children. If the caretaker does not have such a role, a club is not committing any offence by not having them vetted.

Clubs should also look at their current recruitment policies and procedures to ensure that they are properly managed, enforced and comply with the new legalisation. Club members should attend Code of Ethics and Good Practice for Children's Sport workshops with their Local Sports Partnership.

When the legislation is enacted:

It will be illegal for an individual to start working with children or vulnerable adults before successfully completing the Garda Vetting process.

Individuals who are registered with a Club and have been vetted successfully prior to the commencement of the legislation are eligible to continue work within the club.



Recommendations

Start the Garda Vetting process immediately for all un-vetted and new volunteers.

Prior to enactment of the legislation, current staff and volunteers can continue their role within the club while their application is being processed.

Once legislation is enacted (expected early 2015), current and new staff and volunteers cannot have access to vulnerable adults and children as it will be illegal to do so. Please note the application process may take some time so it is critical that all staff and volunteers are vetted immediately to avoid any disruption to club activities.

Most clubs will be affiliated to a national Governing Body eg. GAA, FAI and clubs should contact their own NGB for support and further information. Clubs that are not affiliated to an NGB or whose NGB does not provide a vetting service can apply to be garda vetted through the Federation of Irish Sport (FIS).

The FIS facility will provide access for FIS member organisations and other non-member sporting organisations to Garda Vetting where such organisations do not have access to an Authorised Signatory within their own organisation or through another group facility.

Organisations wishing to access the service should contact Conn McCluskey (conn.mccluskey@irishsport.ie or 01-6251155/083-1285169) for details of how to apply for access to the service and how the facility will be administered.

Club Section

Older people in Meath benefit from grant scheme

A total of 1,023 groups of older people across Ireland are celebrating the awarding of grants to support physical activity and sport. The Go for Life Small Grant Scheme from Age & Opportunity and the Irish Sports Council is awarding almost €300,000 in total. The aim of the grant scheme is to increase participation among older people in recreational sport activities.



Karen Smyth, CEO of Age & Opportunity, sees a new confidence in older people around sport and physical activity: “It’s interesting to see the variety of activities people are doing. There were grants for activities like yoga, bowling and swimming but we were also seeing grants awarded for dragon-boat racing, boxercise, salsa dancing and weightlifting. For me, this variety really shows how older people are no longer confined by the stereotypes of what they should and shouldn’t do. People are keeping fit and healthy on their own terms and in their own way.

Mary Murphy, Coordinator of Meath Local Sports Partnership welcomed the funding of €9670 for older people’s groups in Meath and in doing so acknowledged the good work which is being done by local clubs & groups and nationally by the Irish Sports Council and Age and Opportunity.

34 groups benefited in Meath – 15 of who were Active Retirement Groups

Meath Local Sports Partnership	900	Oldcastle ARA	270
Kells ARA	270	Bective ICA	250
Ratoath ICA	270	Young at Heart Tierworker ARA	250
Athboy ARA	250	Skane ARA	250
Lismullen ICA	250	Scurlogstown ICA	250
Bohermeen ARA	270	Third Age Foundation	270
Dunboyne ARA	270	Carnaross ARA	270
Slane ARA	250	Clonmellon/Killallon ARA	270
Ashbourne and District Senior Citizens Association	250	Trim Adult Learning and Leisure Programme ALPS	250
Nobber Friendship Club ARA	270	Clonard ARA	270
Duleek Women's Forum	250	Navan Probus Club	250
Longwood ICA	250	Athboy ICA	250
Carlanstown Community Development	300	Kingscourt ARA	270
Horace Plunkett ICA	270	Kiltale ICA	250
The Aisling Group	270	Mens Shed Oldcastle	200
Ballivor ARA	270	Oldcastle GFC Club	200
Irish Wheelchair Association, Navan	270	Dunshaughlin ICA	250
Crossakiel Young at Heart ARA	270	TOTAL	€9670

Meath LSP runs a number of physical activity programmes for older adults across the county. Anyone interested in learning more about these activities, should contact Ruairi Murphy @ 046 9067337

Older Adult Programmes

Meath Mature Movers

If you are over 50 and want to kick start the New Year with the Mature Movers Activity Programme please come along and try it out in any of the areas listed below:

Navan starting Monday 2nd February in the Pitch n Putt Club Navan from 11am-1pm.

Athboy starting Wednesday 4th February in St. James Hall, Main St. Athboy from 11am-12pm

Carlanstown starting on Wednesday 4th February in St. Michaels GFC from 11am-12 noon.

Dunshaughlin starting on Wednesday 11th February in the Pastoral Centre from 11am-12pm.

Trim starting on Monday 9th February in Knightsbridge Nursing Home, Trim from 11am-12.30pm.

Mature Movers is an 8 week activity programme which includes the following activities, movement for life, resistance training with resistance bands, core stability, balance, fall prevention, seated Pilates and bowls. Mature Movers is a great social outlet for participants as they get a chance to relax, have a chat after their workout and enjoy a well earned cup of tea.



Participants on the recent Mature Movers Programme in Navan

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

Mature Movers will also commence in Ashbourne, Kells and Bettystown in 2015.

So if you would like to participate in 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 which will commence on **Tuesday 20th January at 11am** in Club Active, Navan.

The programme will introduce older adults to the new Easyline equipment in Club Active under the watchful eye of experienced tutors.

This is the 3rd year of the programme and so far 17 participants have progressed to full gym membership. Fitness Made Easy provides older adults with the opportunity of trying out the gym equipment in a safe structure and fun manner which in turn increases their confidence and self esteem.



Other benefits include:

- Increased strength and mobility
- Better mood and general wellness
- Improved flexibility & balance
- Improved ability to perform everyday tasks

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

So come along, 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

Boccia League

The Boccia League will recommence on **Monday 23rd February 2015** in Simonstown GAA, 45 teams made up of active retirement and disability groups will come together to participate in the league on a monthly basis. All are already looking forward to the new year and meet up with the familiar faces..

Best of luck to all teams in 2015!

Active Retirement Bowls League

The Active Retirement Bowls League in association with Meath Zone Bowls will restart on Monday 16th February. This is the 4th year of the league with 14 teams participating. The league season is split into 2 blocks from October to December 2014 and February to April 2015. Teams play weekly on a home and away basis against teams in their area. The league will conclude with a one day playoff tournament on Thursday 15th April. The top 4 teams play for the league cup and the rest of the teams play in for the league shield.

The question on everyone's lips will be. Can Dunshaughlin and Oldcastle regain their respective titles in 2015 for the third year in succession or will the winners come from the chasing pack???



Last year's kurling league winners Dunboyne

What's next for Games for Life

The Games for Life programme will consist of 2 NEW elements to the programme in 2015: box hockey and Flisk.

Box Hockey

We have linked with Meath Partnership and the Moynalty Men's Shed to design and construct box hockey equipment. Box hockey is a hugely popular and active game played by up to 6 older adults with hockey sticks, a puck and a compartmented box. The box hockey equipment will be showcased at a Taster morning on Thursday 12th February in Navan where active retirement and disability groups will have the opportunity to try out the activity.

Flisk

Flisk is a target game played with plastic discs. The game was introduced to active retirement groups at the National Go for Life Games in 2013.

In May 2014, 80 participants from active retirement and disability groups in Meath attended a Flisk tournament in Simonstown GAA. The tournament was a great success and from that 12 groups purchased the Flisk equipment so they could play the game on a regular basis.

If your older adult or disability group is interested in participating in any of the Games for Life Activities please contact Ruairi Murphy, Meath Local Sports Partnership 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:

- Buntús Programme
- Cycle Safety Programme
- Sports Hall Athletics
- Be Active ASAP
- Girls in Action
- Play Rugby Programme
- First Tee Golf
- 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

Primary School Cycle Safety Programme

The Cycle Safety training programme for primary schools in County Meath continues to grow each year, in 2014, a total of 1400 children received training in Co. Meath. 46 secondary schools are presently on the programme.



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.

If you are interested in participating on this programme from 2015, 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 Section

First Tee Golf

Primary Days (a primary school based introduction course to the basic skills of golf) is being expanded to 20 primary schools in 2015. The programme is designed for 3rd, 4th & 5th class pupils. Duration of course is 1.5hrs approx and is delivered over the course of 1 day to individual schools.

Target Outreach programme is the follow on programme to Primary Days. 2015 will see this programme delivered to 4 schools. The duration of the course is 6 weeks with a 1 hour weekly session.

Course content on both programmes include:

- 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 086 8251610.



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

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 450 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 3 to 4 week training period within their school. From here a team of 50 are then selected to represent Meath in the National Sports-hall Athletics Festival.



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.

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.

If your school matches the criteria above and would like to take part in the Sports-Hall programme in 2015, please contact David on 046-9067337 or email



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.

New Schools

Congratulations to the 4 latest schools that completed *Be Active ASAP* training in October.

- Scoil Naomh Pío, Knockcommon
- Scoil Naomh Barra, Wilkinstown
- St. Peter & Paul's NS, Drumconrath
- Kentstown NS.

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 Paul Friel– Project Facilitator on 046 9067346 or paul.friel@meathcoco.ie or see <http://www.beactiveasap.ie>

Disability Sport

Football 4 All Programme

The aim of the Football 4 All programme is to provide regular weekly training sessions for children with disabilities. This programme is open to all children with a disability aged between 6 to 14 years old.

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

Two Football 4 All programmes are currently running in Meath:

Ratoath Celtic FC every Saturday at 11.30am in Ratoath College .

Athboy every 2nd Saturday at 4pm.

Registration for this programme is essential.

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

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 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. To date this programme has been hugely successfully with approximately 80% of participants learning to cycle independently.

Cycling programme commencing week of the 9th March in Navan. Venue TBC. Booking is essential.

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

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, 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.



Powerchair Football Players Wanted!

Are you a powerchair user and interested in played soccer on a regular basis? Meath Powerchair Football is looking for new players. This action-packed team sport combines the skill of the wheel-chair user with the speed and power of the chair itself, to participate in an extremely challenging game of soccer. Powerchair Football is the first competitive team sport designed and developed specifically for power wheelchair users.

For further information on the programme please contact Aine at (046)9067337.

Calendar of Courses and Events 2015

Activity	Date	Time	Venue
Operation Transformation Walk	Saturday 17th January	10am	Castle Street, Trim
Fitness Made Easy—5 week programme	Starting 20th January	11am	Club Active, Navan
Child Welfare & Protection Awareness Workshop	2nd February	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Fitness Testing— A practical approach	3rd February	7pm	Simonstown GFC
Operation Motivation 2015 (See pages 2 & 3)	Varies	Varies	Varies
Mature Movers Activity Programme			
Navan	Mondays from 2nd February	11am	Navan Pitch and Putt Club
Trim	Mondays from 9th February	11am	Knightsbridge Nursing Home, Trim
Dunshaughlin	Wednesdays from 11th Feb	11am	Pastoral Centre, Dunshaughlin
Athboy	Wednesdays from 4th Feb	11am	St. James' Hall, Athboy
Laytown/Bettystown	Wednesdays from 25th Feb	11am	St. Colmcille's GFC or Parish Hall
Kells	Thursdays from 16th April	11am	Gaeil Colmcille GAA
Carlanstown	Thursdays from 5th Feb	11am	St. Michael's GFC
Games for Life Boccia League	Starting 17th February	11am	Simonstown GFC
Child Welfare & Protection Awareness Workshop	26th February	6.30pm to 9.30pm	Windtown Unity Centre, Navan
Sports Injuries Workshop	12th March	6.30pm to 10pm	Windtown Unity Centre, Navan
Child Welfare & Protection Awareness Workshop	19th March	6.30pm to 9.45pm	Trim GAA Complex
Designated Person—Children's Officer Training	23rd March	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Child Welfare & Protection Awareness Workshop	15th April	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Royal County 5k Fun Run/Walk	Sunday 26th April	2pm	Kells
Child Welfare & Protection Awareness Workshop	11th May	6.30pm to 9.45pm	Windtown Unity Centre, Navan
An Post Meath Heritage Cycle Tour	Saturday 25th & Sunday 26th July		Trim

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