

In this Issue

Community Programmes

- 5km Colour Fun Run
- Royal County 5km & 10km
- Meath Running Group
- Men on the Move
- Meath Heritage Cycle Tour
- Boyne Blueway
- Adventure Walking App
- Walk n Tone
- Community Sports Hub Navan

Training & Education

- Sports Leader Award
- Active Leadership
- Introduction to Coaching Basketball
- Introduction to Coaching Handball

Older Adult Programmes

- Games for Life

Schools Section

- Schools Indoor Hockey Programme
- Schools Cricket Programme
- The Daily Mile Challenge
- iRunforFun for Secondary Schools
- Active Parents Programme
- Active Girls Programme

Sports Ability

- Wheelchair Sports Camp
- Swim Ability Programme
- North East Inclusion Day
- Disability Inclusion Training
- Calendar of programmes

National News

Calendar of Courses/Events



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

5km Colour Fun Run returns to Navan!

Meath Comhairle na nÓg in association with Meath LSP are delighted to announce the return of the 5km Colour Fun Run on June 16th in Blackwater Park, Navan. All money raised in aid of Meath Comhairle na nÓg.

Comhairle na nÓg is the young people's council of County Meath. It gives young people the chance to have their voices heard in both local and national decision making and policy.



Organisers are inviting people of all ages, families, individuals, runners, walkers, joggers etc – to come along and participate in this fun event!

Online entries capped at 550! Cost is €5 per person. Online registration closes on Thursday 13th June at midnight online. Register NOW at: <https://eventmaster.ie/event/4oZU4rFEe>

You will be asked to show your registration passes at the gate whether you are travelling by car or by foot. You can show these passes on your phone or printed out.

The park is closed to the public for the event, however, family members who wish to accompany a participant will be accommodated in the spectator area.

Please do not bring dogs with you to the event as they will not be permitted to enter the park. All under 16's must be accompanied by an adult at all times!

Sign in time: 10am-10.50am

You will receive your packet of paint once signed in.



PLEASE REMEMBER TO WEAR SUNGLASSES AND WHITE T-SHIRT ON THE DAY!!

Community Activity Programmes



Kells plays host to the 9th annual Royal County 10k/5k event!

It isn't just the local councillors who are running at this time of year, but judging by the number of participants in the Royal County 10k/5k event in Kells on 6th May, everyone in the county both young and old seems to have taken up running!



With numbers massively increased in both distances from previous years and local athletes out in force – it was



always going to be a competitive field. Weather conditions were ideal for running and in particular for the young female athlete, Catherina Mullen from the Metro St Brigid's Club in Castleknock who demolished the 10k field by being the first runner past the finish line in an impressive time of 36 mins 51 secs. (Course record of 36:36 was set in 2016 by Maurice Looby of Mullingar). Catherina's time is a new course record for female athletes. 2nd home in the 10k was Nigel Smith from Virginia AC with a time of 37:25, with Kevin Prunty of Dunshaughlin AC finishing a close 3rd in 37:46.

Colm Reilly from Drogheda & District Club won the men's 5k event in a time of 18mins 12 secs. Claire Ludlow from Tri an Mhí finished 1st of the women in the 5k distance in a time of 21:08, with Eimear Dowling of Navan AC finishing very strongly to take 2nd in a time of 21:12.

Beaufort College in Navan were yet again the leading school with massive numbers participating on the day. Jack Boyle, student of Beaufort College finished 2nd in the 5km! Meath LSP not only would like to acknowledge the efforts of the students but also those of their P.E teacher Ger Murphy who actually hobbled her way around the 5k this year! Meath LSP wish to congratulate all the winners and expressed thanks to Brian and Paul of Club Active Kells for sponsoring each of the runner up and category prizes and offering their facilities for showers afterwards.



For some people participating on the day, this event was their very first 5k or 10k to complete. Congratulations to everyone who did so, it's a tough one to start with, but well worth it. If you can mange Kells, you can manage any route!

Many thanks to photographer Bernard Hand of Kells Photography Club and Meath Daily TV for giving of their time. Thanks to all who supported the event in particular to St. Brigid's AC; Kells Gardai; Civil Defence; Meath County Council and local volunteers. Special acknowledgement to Vincent and Olivia Duff and staff of the Headfort Arms Hotel who kindly opened their facilities for registration and provided refreshments afterwards.



Community Activity Programmes

Meath Running Group

For over 10 years now Meath Running Group has been helping people achieve their goals of completing 10km's, half marathons & full marathons.



Training sessions are tailored to individual ability & level – from beginner to seasoned running pro.

30 participants have just completed block 1 which focused on core strength and preparing the body for running and reducing the chance of injury.

Block 2 Speed and middle distance training (11weeks) started on **Wednesday 5th June**, registration is open until **Wednesday 19th June**. This block will focus on preparation for 5 mile, 10km and 10 mile distances.

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



Men on the Move

Meath LSP are delivering a MEN ONLY, 12 week physical activity programme this August 2019!

Want to start exercising?

Want to feel fitter and have more energy?

Drop into our information nights to see what it's all about! Meetings will be held in the following areas in August:

- Ashbourne
- Navan
- Oldcastle

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



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



Community Activity Programmes

Meath Heritage Cycle Tour

The Meath Heritage Cycle tour which has been organised by Meath LSP for the past 10 years will not be taking place in 2019. We would like to thank all the people who supported Meath LSP in making the event happen over the years including our organising committee, partner agencies, sponsors, community groups/clubs, volunteers and the many cyclists who took part, a sincere thank you to all.



A legacy of the Meath Heritage Cycle tour will be the development of a permanently signed 50k cycle route. Funding for this cycle route has been provided by Meath County Council under the Outdoor Recreational Infrastructure Scheme and is linked to the Blueway development in Trim. It will be known as the Meath Heritage 50k Cycle route & will start and finish under the watchful eye of St John's Castle in Trim.

The development of this route not only for local leisure cyclists but for active tourists visiting Meath is anticipated as being hugely beneficial to the local economy. Cycling's popularity as a recreational pursuit, coupled with a growing interest in sustainable tourism, health and the environment is making cycling an increasingly popular holiday activity which in turn generates economic impacts from visitor spending and employment.

We fully anticipate to officially open this route by mid June 2019. Our plan is to hold a cycle event to coincide with this launch. Keep an eye on our website for more information – www.meathsports.ie

Exciting new development for Meath!

Meath LSP is delighted to be involved with the development of the Boyne Blueway which is due to be opened later in June. The Boyne Blueway celebrates a mix of recreational activities for paddlers & dabblers alike whilst also offering walkers and cyclists opportunities to explore the surrounding scenic countryside.



The Boyne Blueway is centred around the picturesque heritage town of Trim and stretches from Inchamore Bridge, Longwood to Bective Mill. Within this stretch there are 2 trail heads which allow paddlers to choose from 2 distances. For the experienced paddler, Inchamore Bridge to Trim is 27km and offers more of a challenge. For the recreational paddler, the option is to travel from Trim to Bective Mill (approx 8km).

The Boyne Blueway is suitable to paddlers from beginners to experienced level. The route is generally slow moving, easily manageable with little or no weirs & obstructions. It is classified as Grade II.



The Cycle trail offering is provided under the Meath Heritage Cycle tour route. Our walking offerings include the 90 minute Trim Town Heritage walk and the 30min Trim River walk.

Keep an eye on our website for details regarding the launch of the Blueway project – www.meathsports.ie



Community Activity Programmes

Adventure Walking App

Meath LSP is leading a new innovative programme which integrates modern technology, physical activity and having fun! It is a new and exciting programme to encourage families to get out and exercise together. Funding for this new programme has been provided under the Healthy Ireland measure.

The Adventure Walks app is a collection of 1 and 2 km treasure hunts. All treasure hunts are designed for families with

children from ages 4 - 15. Families can get out and about exploring somewhere new, or seeing somewhere they have lived all their life.

Meath LSP is currently trialling the app in Blackwater Park in Navan – our aim is to develop this app in as many parks and towns in Meath as feasibly possible over the coming year.

There are 8 treasure hunts mapped in Blackwater Park – most of which are both buggy and wheelchair inclusive.

This app is **FREE** to download (see image) and requires minimum personal information. For more information on how to download and use the app, check out our website.



Students from Scoil Naomh Eoin trying out the app in Blackwater Park!



Walk 'n' Tone

The good weather is here (hopefully!), it's time to get out of the gym and exercise in the fresh air!

Meath LSP are hosting a Walk 'n' Tone session on **Monday 1st July at 7pm in Blackwater Park, Navan.**

Under supervision, participants will get the opportunity to try out the new outdoor gym. This includes aerobic and resistance exercise stations.

The session is suitable for all adults including wheelchair users. The tutor will give advice on how to incorporate the outdoor gym machines into a workout in the park.

If you want to tone up, lose weight or improve your fitness (energy levels), come down to this FREE information. Programmes will be tailored for beginners and regular park users.

For more information call Meath LSP on 046-9067337.



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 Meath LSP and provides activity programmes and support on a wide range of sports and physical activities. The focus of the hub is to utilise local resources to best effect and deliver activities across the lifespan to all local residents.

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

- ♦ Blackwater Park
- ♦ Johnstown
- ♦ Claremont Stadium

Keep an eye on our Community Sports Hub Navan Facebook page for upcoming activities! See photos below for a taste of some of the programmes that took place over the last 6 weeks!





Community Activity Programmes



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



Programme	About	Time	Venue	Age	Date
TUESDAY					
Buggy Buddies	Walking group open to parents and carers of babies and toddlers in buggies, prams or carriers!	9.30am-10.30am	Blackwater Park, Ratholdren Rd	Over 18yrs	6 weeks starting 21 st May
Fun Games	Taster of different sports that encourages a range of different movements.	5pm-6pm	Scoil Naomh Eoin, Clonmagadden Valley	6-8yrs	6 weeks starting 21 st May
Basketball	Come and try Basketball sessions, focusing on dribbling, passing and shooting skills.	6pm-7pm	Scoil Naomh Eoin, Clonmagadden Valley	9-12yrs	6 weeks starting 21 st May
Indoor Football	Indoor football games	7pm-8pm	Scoil Naomh Eoin, Clonmagadden Valley	13-17yrs	6 weeks starting 21 st May
THURSDAY					
Couch to 5 K	A beginner's programme for anyone starting to exercise for the first time or just getting back into exercise after a long break.	9:15am - 10:15am	Blackwater Park, Ratholdren Rd	Over 18yrs	6 weeks starting 16 th May
Cheer Dance	This class will focus on the basic fundamentals of cheer-leading, such as motion technique, dance, and jumps.	5pm-6pm	St. Stephen's NS, Johnstown	9-12yrs	6 weeks starting 6 th June
Run, Jump, Throw *pre-registration required please contact Terry Donegan 046-9067337	This inclusive programme is aimed at children with disabilities and their siblings. Come along to join the fun and improve your fundamental movement skills.	6pm-7pm	St. Stephen's NS, Johnstown	All Welcome	6 weeks starting 6 th June
Futsal	Indoor football with small ball.	7pm-8pm	St. Stephen's NS, Johnstown	9-12yrs	6 weeks starting 6 th June
FRIDAY					
Fun Games	Back to basics with these fun games that encourages a range of different movements.	5pm-6pm	Sports Hall, Claremont Stadium, Commons Road	6-8yrs	6 weeks starting 24 th May
Unihoc/Futsal	Come and try Unihoc (Hockey) and Futsal (indoor football)	6pm-7pm	Sports Hall, Claremont Stadium, Commons Road	9-12yrs	6 weeks starting 24 th May

Spaces are limited and are on a first come, first come basis!

Registration forms need to be completed by a parent/guardian for all participants over 18 years.

Waiting lists will be in operation for all programmes.

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



Sports Leader Award has been available to secondary schools and education centres in Meath for the past five years. The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to lead others in simple sports/activity. It is a successful learning initiative offering a comprehensive skill set to young learners in a fun and practical way. During the 3 day course young people learn to demonstrate important life skills such as Communication, Teamwork, Self Management, Problem Solving and Self Belief.

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



Participants from Trim Youthreach

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

Sports Leader Level 2 Award

Sports Leader Level 2 Award is now available to secondary schools and centres. The Level 2 Award uses sport to deliver fun and engaging physical activities with other students and within the community. Students will plan, lead and evaluate sports/physical activity sessions over a number of tutored hours and then demonstrate at least 10 hours leadership skills as part of their assessment.

We are now seeking interest from secondary schools, educational centres, youth clubs and sporting organisations for the Sports Leader Level 2 Award. For more details please contact Lisa at lodowd@meathcoco.ie.



Education & Training

Active Leadership Training for Community and Youth Groups

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 a Certificate and resources that include a Leadership Manual and Activity Manual.



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

Introduction to Basketball Course— Express your interest!

Meath LSP in association with Basketball Ireland are organising an Introduction to Coaching Basketball Course on a Saturday in October (Date TBC).



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.

Attendees must be over 16 years of age. To register your interest please contact Lisa O Dowd at 046-9067337 or email lodowd@meathcoco.ie.

IOHA Level 0 Introduction to Handball Coaching Course

The annual IOHA Level 0 introduction to handball coaching course will take place in **Ashbourne Community School** on **Sunday June 16th** from **10am-5pm**.

The course will be delivered by the association's Technical Director, Andrea Ongaro and the 2018 M18 National team coach, Alexander Markovic.



The course is aimed at Primary and Secondary school teachers, youth club leaders, multi sport coaches, parents or anyone with an interest in becoming a handball coach. Previous experience of handball is not necessary.

Participants will receive a Sport Ireland recognised coaching award and will be eligible to enrol in the IOHA's Level 1 Coaching Course.

The cost is €50 which covers all materials. Online registration is available [here](#). For further information email ioha@olympichandball.org

Older Adult Programmes

Games for Life

Activities for adults 50+

Boccia League

15 teams participated in our annual Boccia league over the last 2 months. Teams from across the county met fortnightly in Simonstown GAA Centre to compete in the Boccia League.

The finals took place on Tuesday 14th May, where the top 8 teams battled it out to be crowned Meath Boccia League winners 2019. Dunboyne Rehabcare and Athboy Active Retirement contested the final with both teams showing great levels of skill.

Dunboyne Rehabcare triumphed with a convincing victory. This was their 3rd time to win the annual Boccia league which has been running for 9 years! Well done to all who participated in the league, congratulations to Dunboyne Rehabcare on their success!



Kurling League

The Kurling league returns this September! The league is open to community, active retirement and disability groups.

Kurling is fully accessible for all abilities and is ideally suited to anyone who wishes to maintain and build their range of motion whilst enjoying the fun.



To book a team please contact Ruairí on 046-9067337 or email rmurphy@meathcoco.ie

National Go for Life Games

Congratulations to our Meath team who participated in the National Go for Life Games on **Saturday 8th June** in DCU.

The team is representative of the groups who participate regularly in our Older Adult programmes.

24 Counties were represented with Meath taking part in the Cornhole, Flisk and Scidil competition. A great day out was had by all!



Go Team Meath!

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

Schools Section

What we offer schools

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

Programmes include:

- Cycle Right Programme
- 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

School Indoor Hockey Programme 2019



Meath LSP and Hockey Ireland have teamed up to roll out the 2019 School Indoor Hockey Programme. The programme will operate for a limited number of Meath post primary schools between March and May.

The aim of the programme is to introduce 1st and 2nd year students to Hockey in a social, structured, supportive and enjoyable environment. Sessions will take place in the school sports hall at a suitable time by arrangement with school and respective PE teachers and will be delivered by a Hockey Ireland coach. Sticks and balls will be provided by the Hockey Ireland coach. Teacher training will also be provided.

At the end of the 6 week period a number of blitzes will be arranged by Meath LSP and Hockey Ireland at a suitable venue.



Students from Beaufort College

The six secondary schools who participated in the Indoor Hockey Programme are:

- Beaufort College, Navan
- Athboy Community School
- Ratoath College
- Ashbourne Community School
- Colaiste na hInse, Bettystown
- Colaiste Pobail, Rathcairn

If you would like to avail of this free programme, please contact Lisa at lodowd@meathcoco.ie

Schools Section

Meath invests in Cricket!

Cricket Leinster in association with Meath Local Sports Partnership has been working together in promoting the sport of Cricket into the National Schools in Meath. This new programme – Kwik Cricket aims to provide more young cricketers with exciting, challenging & enjoyable cricket experiences.



There are currently 119 primary schools and 2 Cricket Clubs in Meath. Inward migration and the arrival of Non Irish nationals into new communities have given rise to the demand for new sporting opportunities outside of our national games. One of those activities in demand is Cricket.

Meath LSP & Cricket Leinster has entered an agreement whereby they deliver “Kwik Cricket” to 40 National Schools in Meath over a 2 year period. This is a tremendous resource for National Schools and offers children the opportunity to experience a different activity. As part of year 1 of the roll out, 20 schools have been actively engaging on the programme.

The programme sees schools committing to teacher training, 4-6 weeks of coaching and participation in school blitz days. 2 sets of Kwik Cricket are provided to the schools with continual support from Cricket Leinster coaches and Meath LSP. The structure of Kwik Cricket – shorter games, modified rules, lighter equipment ensures that children are placed front-and-centre in terms of experience and that their enjoyment of learning the game of cricket is first-and-foremost.



Speaking at the blitz day, Brían O Rourke (Development Officer, Cricket Leinster) complimented Meath LSP on their commitment to offering new opportunities for children in sport and for creating supported pathways into different activities. He went on to say how delighted Cricket Leinster were to be involved in this innovative roll out which sees a 3 way partnership between themselves in Cricket Leinster, Meath LSP and the National Schools in Meath. It is a model that they hope to replicate around the region.

Mary Murphy (Coordinator of Meath LSP) thanked Cricket Leinster for their participation in the programme and in particular their coach in Meath – Anne O Meara who continues to do tremendous work in the schools; Rony & Brian also from Cricket Leinster and Lisa O Dowd Meath LSP Sports Development Officer.

If schools are interested in learning more about the Kwik Cricket programme, they should contact Lisa @ 046 9067337 or email lodowd@meathcoco.ie



Teachers who attended the training day

Schools Section



The Daily Mile Challenge

Well done to all the schools that came out and completed the Mile@Midday on a wet and windy Wednesday 8th May. Students and Teachers ran a mile in the wind and rain to help us celebrate Active School Week.

Frank Greally from Athletics Ireland who is Irish Ambassador for The Daily Mile Challenge joined St Patricks NS, Slane and Gaelscoil na Cille, Ashbourne and spoke of the importance of daily exercise and saying "A little a lot is better than a lot a little".

Schools that braved the elements were:

- Cannistown NS
- Ratoath Senior NS
- Kildalkey NS
- St. Peter's Dunboyne
- St. Patrick's NS Trim
- Bunscoil Buachaillí Réalt na Mara, Donacarney
- Flowerfield NS
- Scoil an Spioraid Naoimh Laytown
- Rathmolyon NS
- Knockcommon NS
- St. Patricks NS Slane
- Gaelscoil na Cille, Ashbourne

If your school is interested in participating in the Daily Mile Challenge please call Lisa on 046 -9067337 or email lodowd@meathcoco.ie



School Badminton Programme

Thirteen schools were presented with school badminton equipment after teaching staff received training from Badminton Ireland. Schools will come together in September to participate in the School Badminton Blitz.



A new school badminton programme is planned for 2019/2020 academic year, for more details contact Lisa at lodowd@meathcoco.ie.

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.



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

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

On completion of the 6 weeks, the school will then facilitate a school challenge at a distance suited to those who participated on the training programme for example -1 mile, 3k or 5k.

Schools currently on the programme include:

- ♦ St Ciaran's Community School
- ♦ Eureka Secondary School, Kells
- ♦ Beaufort College, Navan
- ♦ Loreto Secondary School, Navan
- ♦ Youthreach Kells, Trim and Laytown



Students from Beaufort College



Students & teachers of Beaufort College who completed the Royal County 5km

Beaufort College used the *iRunForFun* programme to prepare for the Royal County 5km (see photo).

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

Schools Section

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.



Parents enjoying a Zumba class

Meath LSP plans to link with primary or secondary schools in September to deliver activities for parents of children in their school.

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

Active Girls

The Active Girls programme is targeted at teenage girls in secondary schools who do not normally participate in sports or physical activity. The aim of the programme is to introduce girls to alternative fun ways to exercise in order to maximise participation and increase a sustainable healthy lifestyle.

2020
CHAMPIONING WOMEN IN SPORT

Elements of the programme will provide educational background that creates awareness of the impact exercise and fitness has on physical and mental health. This programme is designed to encourage girls to participate in a range of activities that are fun and socially interactive and also try out small team games in a non-competitive environment to encourage confidence, teamwork and skill development. The aim of the programme is to increase confidence and self esteem and empower girls to take part in more sporting activities and team games.



The year long programme will consist of three six week blocks with qualified instructors delivering an hour long programme each week. Each block will introduce a new guided activity as an extracurricular activity during lunchtime or after school.

1. Block 1 -- Girls will choose one group activity from: Hip Hop, Zumba or Cheer Dance.
2. Block 2 - Educational material that covers Nutrition, Well Being and Leadership Skills.
3. Block 3 - Girls will choose 2-3 taster sessions from: Boxercise, Yoga, Aerobics, Futsal, Volleyball, Badminton and Olympic Handball.

The programme will end with all participating schools coming together for a Dance Festival and Blitz which will take place at the end of the academic year. On completion of the programme students will be encouraged to get more involved in extracurricular physical activity, establish new sporting organisations within their school and join local clubs. For more information please contact Lisa at lodowd@meathcoco.ie



Sports Ability Programmes

Wheelchair Sports Camp

Meath LSP in conjunction with the HSE hosted a two day wheelchair camp in Claremont stadium Navan. The camp gave wheelchair users along with their siblings and parents the opportunity to take part in a number of sports and activities. IWA Ardee provided extra wheelchairs and this proved a highlight of the camp as it allowed wheelchair users to participate alongside their siblings and parents!



Participants enjoyed various activities including:

- Zumba
- Yoga
- Cricket
- Tennis
- Athletics
- Fun Games

Thanks to IWA Sports Development Officer Mark Barry who assisted in the delivery of fun games. This is the third wheelchair camp coordinated by Meath LSP and Meath HSE Occupational Therapists and the numbers have grown year on year.



Due to the success and interest in the camps, Meath LSP in conjunction with IWA sport are in the planning stage of establishing a Junior IWA sport club for children with a physical disability. For more information please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie





Sports Ability Programmes

SWIMMING LESSONS

FOR CHILDREN WITH A DISABILITY

*TO ASSIST CHILDREN
IN BECOMING MORE
CONFIDENT IN THE WATER.*

START DATE:	SUNDAY JUNE 23RD
TIME:	1:30-2:15PM
COST:	€45
DURATION:	6 WEEKS
LOCATION:	KELLS SWIMMING POOL

To register for the programme please contact our Sports Inclusion Disability Officer:
tdonegan@meathcoco.ie or call 046-9067337



comhairle chontae na mí
meath county council



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



Sports Ability Programmes



North East Inclusion Day

The third and final North East Inclusion Day took place in Claremont Stadium, Navan on Wednesday 1st May. This was a 3 part initiative where adult service groups from across the North East region participated in a variety of sports and activities.

In total, over 200 participants attended over the 3 days. The final day in Navan saw 70 people sample activities including Yoga, Badminton, Boccia, Athletics and Soccer. The two main aims of this initiative were to increase participation opportunities and provide a social environment for people with a disability.

Meath LSP would like to thank all the tutors, National Governing Bodies and volunteers who assisted in any way. Special mention to the National Learning Network group in Navan who attended all 3 days. Meath LSP along with our colleagues in Louth, Monaghan and Cavan plan to collaborate on further initiatives due to the success of these North East inclusion days.

For more information, please contact Terry at tdonegan@meathcoco.ie





Sports Ability Programmes



disability inclusion training

This is a six hour introductory level workshop, designed to give participants ideas and inspiration to adapt their sport and physical activity sessions, to make them more accessible and inclusive for children and adults with a disability.



caracentre.ie

Date: Saturday 20th July at 10am–4pm

Venue: Navan Rugby Club,
Navan,
Co. Meath

Cost: €40 per person

For further information please contact: Terry Donegan
046-9067337/
tdonegan@meathcoco.ie

This workshop is facilitated by:



SPORT
IRELAND

cara
sport • inclusion • ireland



Sports Ability Programme Schedule June—August

Activity	Day	Time	Location	Age	Contact
Leinster Rugby Inclusive Rugby Camp	July 23 rd - 25 th	10:30am - 12:30pm	Navan RFC (Cost €50)	6-15 years	Gerry Sweeney - 086-7865007 Evan Dixon- navancro@leinsterrugby.ie
Inclusive Cycling Festival	Thursday June 27 th	4pm-6pm	Claremont Stadium Navan	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
Football 4 All	Saturdays	3pm-4pm	East Meath United	4-12 years	Lara Synnott football4all@eastmeathunited.ie
Inclusive Rugby	Sundays	10am-11am	Navan Rugby Club	4-16 years	Gerry Sweeney 086-7865007 Evan Dixon- navancro@leinsterrugby.ie
GAA For All	Saturday	10:30am - 11:30am	St Colmcille's GAA Club Laytown	4-12 Years	Ken McHutcheon- 087-6349162
VI Tennis	Sundays	12pm-1pm	Kells Tennis Club	4-16 years	Richard Turner 086-8524410 / Richard.turner3@gmail.com
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
Swim Ability	Sunday June 23 rd – 6 week programme	1:30pm-2:15pm	Kells Swimming Pool	5-18 years	Terry Donegan 046-9067337 / tdonegan@meathcoco.ie
Disability Inclusion Training	Saturday July 20 th	10am – 4pm	Navan Rugby Club	Over 18's	Terry Donegan 046-9067337 / tdonegan@meathcoco.ie

'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**](mailto:tdonegan@meathcoco.ie)

National News

Sport Ireland takes over Governance Code for sporting organisations

Sport Ireland has announced that it is taking over the Governance Code for Community, Voluntary and Charitable Organisations as a Governance Code for Sport.

The Government's National Sports Policy, published in July 2018, tasks Sport Ireland with overseeing a process whereby all National Governing Bodies for Sport and Local Sports Partnerships adopt the code by the end of 2021 (Action 31). In taking over the code, Sport Ireland can ensure that this objective is delivered and that all funded organisations have appropriate governance structures in place.

Child Centred Coaching Conference 2019

The European Children's Coaching Conference comes to University of Limerick on June 14th & 15th.



The conference, titled 'Child Centred Coaching', will look at the important shift in children's coaching globally and help shape the future of sport for children, shifting the model to a children-centred approach. During the two-day event, an international line-up of renowned children and youth sport experts will deliver eight key-note sessions.

The attending coaches will have an opportunity to learn how to keep children involved, understand child centred coaching, session planning, physical literacy, ethics in children's sport, holistic coaching, the pedagogical and motivational sport climate and the role of parents in sport. Places at the 3rd iCoachKids Conference in the University of Limerick can be reserved here: <https://www.ickinternationalconference.com/>

Irish Wheelchair Association launch the Great Outdoors— A guide for accessibility!

The 'Great Outdoors, A guide for Accessibility' produced by the Irish Wheelchair Association (IWA) Sports and Access departments with the support of Sport Ireland and the Dormant Accounts Fund has been launched by Minister of State for Tourism and Sport, Brendan Griffin TD at the Sport Ireland National Sports Campus.

The 'Great Outdoors, A guide for Accessibility' highlights the importance of accessibility across Ireland. People with disabilities want to lead fully independent lives and rightfully expect to be able to participate in a range of outdoor activities, sporting pursuits and family trips in the same manner as their family, neighbours and friends. You can download the guide here: https://www.sportireland.ie/Media/Latest_News/Great%20Outdoors%20-%20A%20Guide%20for%20Accessibility.pdf





National News

Sport Ireland publishes NEW Safeguarding guidance for children and young people in sport!



Sport Ireland has launched the new Safeguarding Guidance for Children and Young People in Sport. The new guidance specifically builds on the core principles of safeguarding originally set out in the Code of Ethics and Good Practice for Children in Sport, providing alignment with current legislation and Children First Guidance 2017.

The new Safeguarding Guidance addresses issues facing sports leaders involved in children and young people's sport by providing guidance relating directly to their roles and responsibilities within their clubs. The document outlines principles of good practice and child protection legislation, policy and procedures.

The new guidance document can be downloaded here: [https://www.sportireland.ie/Participation/Code of Ethics/Safeguarding%20Guidance/Safeguarding%20Guidance%20for%20Children%20and%20Young%20People%20in%20Sport.pdf](https://www.sportireland.ie/Participation/Code%20of%20Ethics/Safeguarding%20Guidance/Safeguarding%20Guidance%20for%20Children%20and%20Young%20People%20in%20Sport.pdf)

Minister Griffin announces €6.07m investment for Local Sports Partnership Network!

A total of €6,074,333 will be allocated by Sport Ireland to support the core work of the 29 LSPs; including the delivery of national programmes, Education & Training initiatives, Strategic Development, Community Sports Development Officers, the Sports Inclusion Disability programme, Women in Sport Programmes and general participation programmes.

Through this investment Sport Ireland will continue its work to increase participation across the country through a range of programmes and initiatives implemented by the Local Sports Partnerships. Sport Ireland warmly welcomes the support and contributions given to the Local Sports Partnership Network by statutory, community and voluntary groups right across the country.



SPORT IRELAND

2019 LSP FUNDING HIGHLIGHTS

↑ **20%**

INCREASE IN
TOTAL LSP FUNDING
2019: €7,291,509 2018: €6,074,333



SAFEGUARDING 1
Child Welfare & Protection
Basic Awareness Course
€62,898 FUNDING

SAFEGUARDING 2
Club Children's Officer
€16,997 FUNDING

SAFEGUARDING 3
Designated Liaison Person
€9,335 FUNDING



CSDO FUNDING

↑ **33%**

INCREASE IN FUNDING

2019: €1,015,000
2018: €762,357

**29 LSPs WILL HAVE
A CSDO IN 2019**

SIDO FUNDING

↑ **194%**

INCREASE IN FUNDING

2019: €1,015,000
2018: €345,715

**29 LSPs WILL HAVE
A SIDO IN 2019**

WOMEN IN SPORT

↑ **130%**

INCREASE IN FUNDING

2019: €265,000
2018: €115,000

**2019 FUNDING:
€265,000**



5 LSPs

are being supported to
commence a new strategic
planning process in 2019



Calendar of Courses and Events 2019

Activity	Date	Time	Venue
June 2019			
Meath Running Group Block 2 (Speed & Middle Distance Training)	5th June	7pm	Claremont Stadium, Navan
5km Colour Fun Run	16th June	11am	Blackwater Park, Navan
National Bike Week	22nd-30th June	Various	Various
July 2019			
Disability Inclusion Training	20th July	10am-4pm	Navan Rugby Club
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
September 2019			
0-3km Walk to Jog Programme	September (Dates TBC)	7pm-8pm	Ashbourne & Navan
Safeguarding 1 Basic Awareness in Child Protection Course	5th September	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 2 CCO Workshop	19th September	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection Course	24th September	6.30pm-9.30pm	Claremont Stadium, Navan
October 2019			
Safeguarding 3 DLP Workshop	2nd October	6.30pm-9.30pm	Windtown Unity Centre, Navan
Sports Injuries First Aid Workshop	9th October	6.30pm-10pm	Claremont Stadium, Navan
Safeguarding 1 Basic Awareness in Child Protection Course	10th October	6.30pm-9.30pm	Claremont Stadium, Navan
Safeguarding 2 CCO Workshop	14th October	6.30pm-9.30pm	Claremont Stadium, Navan
Safeguarding 1 Basic Awareness in Child Protection Course	22nd October	6.30pm-9.30pm	Trim

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