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View our website

<http://www.meathsports.ie>

## European Week of Sport 2021 (23rd-30th September)

**#BEACTIVE**  
23 - 30 September

Meath LSP will host a series of events and activities to celebrate European Week of Sport taking place on **23rd-30th September**.



Launched in 2015, the European Week of Sport was created in response to the worsening inactivity crisis. This year's theme highlights the power of physical activity to bring joy, build resilience and connect generations.



The week is for everyone, regardless of age, ability, background or fitness level. The aim is to inspire everyone to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more.

Activities will be spread throughout the county and will be delivered in line with the most up to date public health guidelines. The goal is to provide a comprehensive timetable of activities which will include **Canoeing, Volleyball, Cricket, Orienteering, Pilates and Archery**. See page 2 for timetable of events and locations.

Pre-registration is required as places are limited! Places will be offered on a first come basis.





## Community Activity Programmes



## European Week of Sport (23rd-30th Sept)



Pre-registration is required as places are limited! Places will be offered on a first come, first served basis. Please email relevant person below to book.

Date	Activity	Time	Location	Description	Contact	Cost
Thursday 23rd September	Walk & Tone	11am-12pm	Navan	Adults 50+	Luke Condie <a href="mailto:Luke.condie@meathcoco.ie">Luke.condie@meathcoco.ie</a>	Free
Friday 24 <sup>th</sup> September	Adventure Walk (family treasure hunt)	5pm-6pm	Porchfields, Trim	Adventure walking app suitable for families	Luke Condie <a href="mailto:Luke.condie@meathcoco.ie">Luke.condie@meathcoco.ie</a>	Free
Saturday 25 <sup>th</sup> September	Yoga & Dip	9am-10am	Bettystown Beach	Adults aged 18 years +	Una Pearson <a href="mailto:upearson@meathcoco.ie">upearson@meathcoco.ie</a>	Free
Saturday 25 <sup>th</sup> September	Inclusive Fun Games	10am-11am	Bettystown Beach	For children with a disability	Terry Donegan <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>	Free
Saturday 25 <sup>th</sup> September	Beach Volleyball & Beach Cricket	11am-1pm	Bettystown Beach	Children aged 6-18 years	Lisa O Dowd <a href="mailto:lodowd@meathcoco.ie">lodowd@meathcoco.ie</a>	Free
Sunday 26 <sup>th</sup> September	Orienteering	11am-1pm	Blackwater Park Navan	Orienteering event suitable for families	Lisa O Dowd <a href="mailto:lodowd@meathcoco.ie">lodowd@meathcoco.ie</a>	Free
Sunday 26 <sup>th</sup> September	Adult Canoeing	TBC	Trim Canoe Club	Adults aged 50+	Ruairi Murphy <a href="mailto:rmurphy@meathcoco.ie">rmurphy@meathcoco.ie</a>	€5
Monday 27 <sup>th</sup> September	Line Dancing	11am-12pm	Eureka House Kells	Adults 50+	Luke Condie <a href="mailto:Luke.condie@meathcoco.ie">Luke.condie@meathcoco.ie</a>	Free
Wednesday 29 <sup>th</sup> September	Inclusive Canoeing	5.30pm-6.30pm	Ribbontail Canoe Club, Longwood	For children with a disability	Terry Donegan <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>	Free
Thursday 30 <sup>th</sup> September	Pilates	11am-12pm	Eureka House Kells	Women aged 18+	Lisa O Dowd <a href="mailto:lodowd@meathcoco.ie">lodowd@meathcoco.ie</a>	Free
Thursday 30 <sup>th</sup> September	Run Jump Throw	4:30pm-5:30pm	Dunshaughlin GAA	For children with a Disability	Terry Donegan <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>	Free
Thursday September 30 <sup>th</sup>	Archery	6pm-7pm	Athboy Community Centre	Archery session suitable for families	Una Pearson <a href="mailto:upearson@meathcoco.ie">upearson@meathcoco.ie</a>	Free
Thursday September 30 <sup>th</sup>	Mature Movers	7pm-8pm	Ashbourne Community Centre	Adults 50+	Luke Condie <a href="mailto:Luke.condie@meathcoco.ie">Luke.condie@meathcoco.ie</a>	Free



## Community Activity Programmes

### Bike Week 2021 (12<sup>th</sup>-18<sup>th</sup> September)

Bike Week is a celebration and promotion of all that's great about bikes and cycling. Meath LSP in conjunction with the department of transport offered funding for support of this year's events.



The overall aim of Bike Week fund is to provide support to clubs, schools, voluntary groups or communities who wish to deliver events during Bike Week 2021. Please see timetable on next page for a list of events happening in County Meath during Bike Week.

For more information please contact Una at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie) or call 046-9067337.

### Cycle Routes

Route/ Greenway Name	Length in Km	Terrain	Skill Level (All, Beginner, In- termediate, Advanced)	Web link
<b>Blackwater Park, Navan</b>	Looped route, 1.4km	Flat, tarmac	<b>All</b>	<a href="https://www.parkrun.ie/navan/course/">https://www.parkrun.ie/navan/course/</a>
<b>Deer Park, Carlanstown, Kells</b>	Looped route, 1.5km	Compacted gravel, flat	<b>All</b>	<a href="https://www.parkrun.ie/deerparkcarlanstown/">https://www.parkrun.ie/deerparkcarlanstown/</a>
<b>Nobber Walkway</b>	3.4km, looped route	Tarmac / Compacted gravel	<b>All</b>	<a href="https://www.relive.cc/view/vPOpEprQrR6">https://www.relive.cc/view/vPOpEprQrR6</a>
<b>Boyne Ramparts Walk (2 routes)</b>	2.5km looped route (Navan); 8km linear route to Stackallen; (16km return)	Compacted gravel	<b>All</b>	<a href="https://www.discoverboynevalley.ie/plan-your-visit/things-to-do/boyne-ramparts-walk">https://www.discoverboynevalley.ie/plan-your-visit/things-to-do/boyne-ramparts-walk</a>
<b>Enfield - Longwood Canal Walkway</b>	10km, Linear	Generally level and surfaced / some parts grass	<b>All</b>	<a href="https://www.discoverboynevalley.ie/plan-your-visit/things-to-do/royal-canal-greenway">https://www.discoverboynevalley.ie/plan-your-visit/things-to-do/royal-canal-greenway</a>
<b>Castletown KP</b>	3.4km looped route, flat route	Tarmac / Compacted gravel	<b>All</b>	<a href="https://www.facebook.com/BoyneValley-ToLakesCountyGreenway/">https://www.facebook.com/BoyneValley-ToLakesCountyGreenway/</a>
<b>Kells Walkway</b>	Looped Route, 3.2km	Public footpath/ Walkway	<b>All</b>	53.72911136515589, -6.881204772838254



## Community Activity Programmes

### Bike Week 2021 (12<sup>th</sup>-18<sup>th</sup> September)

Please see timetable below for a list of events happening in County Meath during Bike Week. For more information please contact Una at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie) or call 046 -9067337.



Date	Event Name/Details	Time	Target participants	Location(s)
<b>Sunday 12/9</b>	Navan Cycling initiative, Navan Bike Fest Family Day & Family Cycle	10:00	Families	Coláiste na Mí, Navan
	Oldcastle Cycling Club—Couch to 50k	10:00	Beginners, 16yrs +	Medical Centre, Oldcastle
<b>Monday 13/9</b>	Rathregan NS- School Duathlon – cycling skills, handling & safety	10:00	Pupils	Rathregan NS
	Gaeilscoil na Cille—Seachtain na Rothar Primary school safety awareness & bike handling workshop	09:20	Pupils	Gaeilscoil ns Cille
<b>Tuesday 14/9</b>	Navan Cycling initiative, Navan's Cycle Network and Greenways	19:00	Everyone	Online/Zoom
	Scoil Naomh Pio-Primary school safety awareness and maintenance workshop	09:45	Pupils	Scoil Naomh Pio
	East Coast Family Resource Centre Cycling safety awareness and cycling skills workshop	16:00	After school partic- ipants	East Coast FRC Bettystown
<b>Wednesday 15/9</b>	Gaeilscoil na Rithe—Cycle to school day Cycling safety awareness and skills work- shop	08.50	Pupils	Gaeilscoil na Rithe
	St Marys NS—Cycling on Wednesdays - Family cycle and Bikers Breakfast	08:30	Pupils of school and their families	St Marys NS, Trim
<b>Thursday 16/9</b>	Navan Cycling initiative, Ultra-Cycling with Navan's Alan Heary	19:00	Athletes / Every- one	Online/Zoom
	Navan Road Club Sprocket Rocket – cycling programme for children and young people aged 7-16 yrs comprising of safety awareness, skills, han- dling etc.	18:00	Children	Coláiste na Mhí, Navan
	Bohermeen Cycling club- Bike skills & maintenance workshop for youth members	18:45	Youth members of club	Bohermeen Community Centre
<b>Saturday 18/9</b>	Navan Cycling initiative, Leisure Cycle to a nearby point of interest	10:00	Leisure Cyclists	TBC
	Navan Cycling initiative, Movie Night: A selection of uplifting and inspiring films about cycling	20:00	Everyone	Solstice Arts Centre, Navan
	Moynalty 'Why nots' Cycling Club Club Leisure spin Cycle safety & maintenance workshop	10:30	Club members	Moynalty
<b>Sunday 19/9</b>	Navan Road Club Cycle cross event	10:00	Families	Blackwater Park, Navan



## Community Activity Programmes

### Club Grants

This year, Meath Local Sports Partnership are offering 3 grants to clubs under our Club Supports Scheme.

#### 1. Return to Participation Grant (Max €1,000).

This Return to participation grant is designed to support clubs to increase participation in physical activity, particularly amongst the target groups listed below.

- Older adults
- Women and Girls
- Men 35yrs+
- People with disabilities
- Disadvantaged communities
- Ethnic minorities
- Young people



#### 2. Equipment Grant (Max €500)

This equipment grant is designed to support clubs in purchasing additional equipment required for their regular club activity or to assist in increasing participation in physical activity.

#### 3. Volunteer Support Grant (Max €1,000)

This Volunteer Support grant is designed to support clubs in upskilling new and existing coaches and volunteers. This will be achieved through the delivery of training and education courses to support volunteers in their development as community leaders/coaches of sport and physical activity.

For more information or to request an application form please contact Una Pearson at 0469067337 or email [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie)

## Walktober Challenge

Meath LSP and Meath County Council are delighted to announce our Walktober Challenge for the month of October!



There will be two challenges over the month of October; a **30km walking challenge & 80km walking challenge**. This will include a monthly plan to help you achieve these targets.

- Walktober is a challenge EVERYONE can participate in
- Helps improve overall health & wellbeing
- Boosts your overall mood

To register contact Luke @ [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)



**comhairle chontae na mí**  
meath county council



## Community Activity Programmes

### 0-3k & 3-5k Walk Jog Run Programmes

This 6 week walk to jog programme is suited for walkers who would like to increase to jogging fitness or for those returning to running after an absence.

This programme will guide you step by step for 6 weeks making the transition from walking to jogging easy and fun.

It is available to anyone who wants to increase their daily activity and is suitable for both **MEN and WOMEN** over 16yrs+ and all fitness levels.

We are collaborating with local athletic clubs and the training is led by qualified coaches. Past participants and

those returning to running after an absence are also welcome. Cost is €20 for 6 weeks.



In the past, most participants continue to keep up recreational running and many have gone on to join clubs and competed in 5k and 10k road races. Booking is essential. To book please email Lisa at lodowd@meathcoco.ie or see <https://www.meathsports.ie/women-in-sport/0-3km-walk-to-jog-programme/>

#### 0-3k/3-5k Walk Jog Run Programmes

Venue	Start Date	Time
Tara AC (meeting at Ross Cross)	Monday 4 <sup>th</sup> October	6.30pm
Na Fianna AC Enfield (0-3k only) meeting at Enfield GAA	Monday 4 <sup>th</sup> October	7pm
Navan AC (meeting at Claremont Stadium)	Monday 4 <sup>th</sup> October	7pm
Kells AC (meeting at Fair Green, Kells)	Wednesday 6 <sup>th</sup> October	7pm
Trim AC (meeting at Supermacs, Trim)	Wednesday 6 <sup>th</sup> October	7pm

## Community Activity Programmes

### Open Water Swimming

Can you currently swim but want to improve your level of swimming in an open water setting?

Meath LSP are starting 4 week swimming programmes for improvers in **Laytown**.



- Cost is €20. Goggles and a swimming hat are also included in the fee
- 1 x 45 minute session a week per week
- Gain confidence in the water and improve your swimming in Open Water
- Two different groups – beginner and intermediate
- Please note you must be able to swim 50m to join the beginners group & 200m to join the intermediate group
- Sessions led by qualified and experienced swim instructors

**Sessions will commence in late September and will take place on Wednesday evenings.**

⇒ **Beginner group: 6pm-6.45pm**

⇒ **Intermediate group: 7pm-7.45pm**

For more information or to register your interest in this programme contact Una Pearson at 0469067337 or email [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie)

### Canoeing for Men & Women

#### 50+

Meath LSP in association with **Trim Canoe Club** are hosting a **FREE Come n Try canoeing session for men and women 50+** at Trim Canoe Club in mid October. This session is suitable for complete beginners!



Trim Canoe Club is perfectly situated on the banks of the river Boyne. The clubhouse is directly on the Boyne Blueway which runs to Bective Abbey.

Come and give it a go!

Places will be limited and booking is essential. To register your interest please contact Ruairi on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)





## Community Activity Programmes

### Community Sports Hub Navan



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



**All activities will be delivered in line with public health guidelines at the time.**

Allocation of Dormant Account funding was secured through Meath LSP and Sport Ireland towards the development of a Community Sports Hub in Navan.

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

#### Plan 2021

The hub is managed from the office of Meath LSP based in Town Hall, Navan which acts as a central physical base for the programme.

3 hotspot areas had been previously identified in Navan for phase programme roll out, these were —

- Blackwater Park
- Johnstown
- Claremont Stadium

Check out our Facebook page – [Community Sports Hub Navan](#) for opportunities to get involved in sport and physical activity or take a look at our 'What's On' list of programmes.

If you would like more information on Community Sports Hub Navan, please contact Una Pearson at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie)



PIC•COLLAGE





## Community Activity Programmes



# HALLOWEEN MULTI-SPORT CAMP

**TUESDAY 26TH - THURSDAY  
28TH OCTOBER**

**BLACKWATER PARK  
NAVAN**

**10AM-12PM**

**SOCCER, GAA, CRICKET,  
RUGBY**

FOR MORE INFORMATION OR TO  
BOOK A PLACE PLEASE CONTACT  
UNA AT  
[UPEARSON@MEATHCOCO.IE](mailto:UPEARSON@MEATHCOCO.IE)





## Community Activity Programmes



### FREE Summer Community Activity Programmes!



Programme	Coaches	Time	Venue	Age	Cost
<b>MONDAY</b>					
<b>Basketball</b>	Come & try Basketball	4:30-5:30pm & 5:45-6:45pm	Scoil Naomh Eoin Scoil Naomh Eoin	6-9yrs 12-17yrs	<b>FREE</b>
<b>TUESDAY</b>					
<b>Multi-Sport</b>	Fun sports activities and games to come and try	4-5pm & 5-6pm	St. Stephen's NS St. Stephen's NS	6-9yrs 9-12yrs	<b>FREE</b>
<b>WEDNESDAY</b>					
<b>Dance</b>	A fun dance class for children and teenagers. Different dances will be covered each week.	4:30-5:30pm & 5:45-6:45pm	Scoil Naomh Eoin Scoil Naomh Eoin	6-12yrs 12-17yrs	<b>FREE</b>
<b>Buggy Buddies</b>	Exercise group open to parents and carers of babies and toddlers in buggies or prams. A variety of exercises including walking, toning, circuits etc	9:30am- 10:30am	Blackwater Park	Over 18 yrs	<b>FREE</b>
<b>Active Women</b>	Exercise based activity for women, a mixture of circuits and different exercises along with some light walking and jogging	7-8pm	Claremont Stadium	Over 18 yrs	<b>FREE</b>
<b>THURSDAY</b>					
<b>Tag Rugby</b>	Come and try Tag Rugby sessions.	4pm-5pm & 5pm-6pm	St. Stephen's NS	9-12yrs 12-17yrs	<b>FREE</b>
<b>Athletics/Fun Games</b>	Back to basics with these fun games that encourage a range of different movements.	6-7pm	Claremont Stadium	4-8yrs	<b>FREE</b>
<b>SATURDAY</b>					
<b>Soccer on the Greens</b>	Fun based non – contact soccer drills and skills	10-11am	Clogherboy	6-12yrs	<b>FREE</b>
<b>Family Activities</b>	Children can participate in fun games and get to try a variety of sports.  While children are playing fun games, parents can take part in an exercise based activity including walking, toning and circuit type classes.	11am -12pm	Blackwater Park	Parent & children	<b>FREE</b>

**Check out our Facebook page – [Community Sports Hub Navan](#) for updates! Spaces are LIMITED and will be on a first come basis! Participants must register in advance. Waiting lists will be in operation for all programmes. To book email Una at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie) or call 046-9067337.**

## Community Activity Programmes

### Walking Football for Men 40+

This taster session is designed to encourage men aged 40+ of all fitness levels to keep active and enjoy playing football.

The game is played on a smaller pitch at walking pace. The session will involve a warm up consisting of different movements and stretches followed by approximately 40 minutes of game time.

Walking Football is a great way for people to get back into sport and get involved in physical activity. Come down and give it a go!



**Date: Wednesday 6th October**

**Venue: 7-8pm**

**Time: MDL Navan**

To book please email Luke at [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie) or call 046-9067337.

### Meath Running Group

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



Training sessions are tailored to individual abilities & levels – from beginner to seasoned running pro.

Track training which is delivered by our coach Cailin McDonagh starts on **Wednesday 22<sup>nd</sup> September at 8pm on the track at Claremont Stadium, Navan for 6 weeks!**

This block will focus on preparation for 5 mile, 10km and 10 mile distances. Cost is €30 for 6 weeks.

To book please contact Ruairí on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)





## Community Activity Programmes



### 'Dads and Lads'

Meath GAA in association with Meath LSP will be delivering Dads and Lads around the county in **September/October 2021**.

'GAA for Dads & Lads' is a social hurling or football programme for those keen to enjoy Gaelic Games outside the traditional competitive structures of the GAA.



With an emphasis on the social interaction and enjoyment that only team sports can provide, GAA for Dads & Lads is about keeping fun and participation to the fore of hurling football regardless of age or experience.

The games allow minimum contact only (to reduce risk of injury) so skills are prioritised over physicality. Regardless of whether you are a recently retired great, a lapsed player looking to reconnect with the game you once loved, or completely new to Gaelic Games and looking to try your hand at a bit of hurling or football, 'GAA for Dads & Lads' could be for you.

If your club would like to roll out a Dads and Lads programme, please contact Ruairi on 046-9067337.

## Men on the Move – the Best Move You Will Ever Make!

### Men Only activity sessions!!

- \* **Are you Male aged 30+?**
- \* **Would like to shed a few pounds & feel fitter?**
- \* **Want to improve your overall health and wellbeing? Well here's your opportunity!**



Men on the Move is a 6 week beginners physical activity programme aimed at adult men to become more active, have fun and improve their fitness levels. No fitness level required... just a willingness to try! Activity sessions commence on dates below – come along and bring a friend!

**Johnstown:** Tuesday 21<sup>st</sup> September at 7pm, meeting at Supervalu, Johnstown.

**Navan:** Thursday 23<sup>rd</sup> September at 7pm on Claremont Stadium track.

**Ashbourne:** Wednesday 22<sup>nd</sup> September at 7.30pm in Industrial Park, Ashbourne.

**Bettystown:** Wednesday 22<sup>nd</sup> September at 8pm, meeting at Colaiste na Hinse.



**Coming Soon...NEW programmes in Oldcastle, Summerhill and Carnaross!**

For more information please call Ruairi on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)

## Women in Sport

### Pregnancy Pilates (Online via Zoom)

Staying active during pregnancy leads to an easier delivery and helps Mums to recover more quickly after the birth of your baby. Our Pregnancy Pilates class will focus on a wide range of exercises to maintain and improve your fitness throughout your pregnancy as well as preparing your body for labour.



This online Zoom class allows you to take part from the comfort of your own home while receiving the full engagement from our qualified tutor. The structured programme incorporates exercises to strengthen muscles which help maintain flexibility, improve posture and stabilise the pelvis and lower back, therefore reducing pain. This all-inclusive class also preventing incontinence during and after pregnancy.

So why not take this opportunity to focus on your health and physical fitness during this most important life stage and promote self-care and relaxation from within?

6 week programme starts **Wednesday 29th September at 10-11am on Zoom**. Cost is €20 for 6 weeks. For more details or if you are interested in taking part in this 6 week programme please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) or call 046-9067337.

### Midlife Yoga (Online via Zoom)

As we age it is beneficial to become aware that our bodies change and that there are some conditions e.g., Menopause, which may impact on our health at this time in our lives.

Regular physical activity is a lifeline for women during midlife and especially those experiencing Pre-menopausal symptoms.



Meath LSP are proud to introduce its first **Midlife Yoga Online Class** that incorporates an inclusive range of yoga movements and breathing exercises to help manage symptoms and regain control of the body and mind.

This online ZOOM class allows you to take part from the comfort of your own home while receiving the full engagement from our qualified tutor. The designated class uses gentle stretches, supported postures, relaxation and meditation to provide the support for positive ageing.

6 week programme starts Tuesday 20th September at 7-8pm. Cost is €20 for 6 weeks. To book or for more details contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) or see <https://eventmaster.ie/event/1voGCwDHeM>

## Women in Sport



### HER Outdoors Week



Well done to all the girls and ladies who took part in the recent HER Outdoors Week! In total, 163 women and girls took part in a variety of events that took place from 9<sup>th</sup> – 15<sup>th</sup> August.

The week began with over 50's canoeing which took place in collaboration with Ribbontail Canoe Club in Longwood. A spectacular setting for women to take to the water for the first time. Navan Rugby Club also hosted a Ladies Social Tag night with over 18 women taking part

in this popular event.

On Tuesday, we had two events with Walk n'Tone for over 50's taking place in Oldcastle, which will continue through the Autumn months and Rounders for Women in collaboration with Skryne GAA Rounders Club. This Come & Try Rounders for ladies proved so popular that a new junior ladies team was established and still continues to train each week.



On Wednesday, Royal Rockets Wheelchair Basketball Club held a Multi-Sport Camp for wheelchair users in Navan with fun games for children and young people from 6yrs–16 yrs. We also hosted a Social Basketball night in collaboration with East Coast Cavaliers Basketball Club in Bettystown. Social Basketball for women has been a very popular programme over the summer months and will continue to take place in a number of venues this Autumn.

Mosney Brownies held a multi-sport event for all their members to kick start their new season. We also saw the return of the ever popular Women on Water in conjunction with Trim Canoe Club. 13 ladies took part in this fun filled 3-hour canoe/kayaking programme.



Netball made a return to Meath as part of HER Outdoors Week. This programme will return on a full-time basis in Mornington and is due to start towards the end of September. To finish the week, we saw the introduction of Yoga & Dip on Bettystown beach with over 28 ladies taking to the water after a 30-minute yoga class. We would like to thank everyone who took part and made the first HER Outdoors Week a great success!



## Women in Sport



### Netball for Women 16+

Looking to try Netball for the first time?

Meath LSP are linking with Netball Ireland to deliver a Women's Netball programme for 6 weeks taking place in Drogheda Grammar School in Mornington. This new programme is ideal for complete beginners or those who have previous netball experience.

If you female and aged 16+ please come along and enjoy what Netball has to offer! Learn the skills without the pressure of competition and fall in love with the game of Netball while keeping fit and making new friends along the way!

⇒ 6 week programme starts **Monday 27th September** at **7-8pm** in **Drogheda Grammar School, Mornington**.

For more details or to book please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) or see <https://www.meathsports.ie/women-in-sport/netball/>



## Social Basketball

Meath LSP and Basketball Ireland are working together to establish a new basketball initiative for women with the main emphasis on participation, fun and fitness.



In a fun and social setting, women will have the opportunity to learn the key basketball skills and play in a supportive environment without the pressure of competition. The 6-week programme is aimed at complete beginners and those with previous experience. It is inclusive of all ages (over 16) and fitness levels and will be delivered by qualified coaches.

This is an ideal opportunity to try a new sport or revisit a sport that you previously enjoyed! Why not come and try basketball in this non-competitive setting whilst having the expert knowledge of a qualified coach/tutor.

New initiatives will be taking place in a number of areas including: Navan, Bettystown and Ashbourne.



If you are interested and would like to know more about this initiative, please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) or call 046-9067337.

## Over 55's Programmes

### Keep Well

Meath LSP in association with Meath County Council, Age Friendly Meath and Sport Ireland have produced an exercise DVD for older people and people with a disability!

The resource includes 4 dance and 4 seated Pilates classes which can all be completed from your home. The resource is also available on USB so it can be used on a laptop, tablet or Smart TV! Taking part in these classes will help improve flexibility, agility, strength and balance, while reducing the risk of injuries!

To avail of a copy, contact Luke on 046-9067337 or [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)



### Mature Movers

The 6 week programme for adults (50+) includes activities such as seated exercise to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises.

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



As government restrictions are allowing us to part take activity indoors from 20<sup>th</sup> September, Mature Movers will move indoors starting from this date.

If you would like to participate in the Mature Movers Activity programme in your area please contact Luke Condie on 046-9067337.

Area	Start Date	Time	Venue
Navan	Monday 13th September	10am	Claremont Stadium (track)
Piltown	Monday 13th September	12pm	St. Colmcille's GAA
Donore	Monday 13th September	2pm	Donore Parish Hall Carpark
Trim	Wednesday 15th September	10am	Trim GAA
Kells	Wednesday 15th September	12pm	Eureka House (outside)

## Over 55's Programmes

### Walk n Tone - Gentle exercises for over 55's

Meath LSP are starting back our 6 week Walk n' Tone programme for adults 55yrs+ from 23rd September in Navan.

Under supervision, participants will get the opportunity to try 30 minutes of outdoor gentle exercises incorporated with walking. This will help you improve your strength, balance and cardiovascular system.

All programmes are delivered whilst adhering to current HSE guidelines. Don't miss out on a space as numbers are limited. To register or more information contact Luke at [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie) or call 046-9067337.



Area	Date	Time	Meeting Point
Navan	Wednesday 23rd September	10am-11am	Claremont Stadium

### Dance for Life 50+ Kells

Meath LSP is delighted to announce that Dance for life 50+ is back! This is a 6 week programme for all adults 50+.

This will include in various types of line dances such as slow waltz, cajun skip and many more!



This programme is ideally suited for older adults as it provides social interaction whilst improving many health benefits. It will help improve balance, agility, strength and flexibility. Cost is €30 for 6 week programme. 9067337. Spaces are limited so make sure you don't miss out!

**Start date:** Monday 20th September

**Time:** 11am

**Venue:** Eureka House, Kells

If you would like to take part, please contact Luke @ [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie) or call 0469067337.



## Over 55's Programmes



### Beginners Swimming for adults 55+

Meath LSP is taking expressions of interest from adults 55+ for beginners swimming! This is a 6 week beginners class to swimming that will help bring back participants confidence in the water.

Swimming also improves your cardiovascular health and endurance. It is gentle on the joints and improves muscle strength.

If you are interested in joining, please contact Luke at [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie) or call 046-9067337.

## Games for Life—Outdoor Bowls

Meath LSP would like to congratulate all the older adults and active retirements who took part in our outdoor bowls taster sessions!

For a lot of the participants, it was their first try at outdoor bowls and it was great to see them enjoying themselves while bringing back the social interaction that is so was missed over the past year.



Due to the success of the taster sessions, we are hosting an Outdoor Bowls League that will start on **Monday 4<sup>th</sup> October.** The league will take place over 5/6 weeks and teams will play on Mondays.

We are inviting all adults 55yrs+ and active retirements to come and play! Teams will play in trips (3 members per team)

To book a place in the tournament please complete the following:

- ⇒ Contact Luke on 046-9067337 or email [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)
- ⇒ Give the list of player's names from your group.
- ⇒ Grade each player – is the player experienced or a beginner.

**Please note: all player names must be booked in before Friday 17<sup>th</sup> September to participate.** If you have any queries please contact Luke at 046-9067337 or email [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)

## School Programmes

### What we offer schools

Meath Local Sports Partnership offers a variety of programmes to schools in support of physical education.

**Programmes include:**

- Cycle Right Programme
- Daily Mile Challenge
- Play Rugby Programme
- School Sports Day Training
- Sports Leadership
- Sports Specific Programmes e.g Cricket, Badminton, Hockey, Orienteering, Basketball, Olympic Handball
- 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](http://www.meathsports.ie) or contact us at 046-9067337 or email [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)

### The Daily Mile Challenge

Meath LSP would like to invite your pre-school or primary school to sign up for The Daily Mile Challenge. This is a free and simple initiative and aims to improve the physical, social, and emotional wellbeing of young children in pre-schools.



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

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

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



Please register your interest with Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) to take part in this programme for 2021/2022 and you will receive a start up pack from Athletics Ireland.

## School Programmes



### ***iRunForFun*** for Secondary Schools and Youthreach Centres!

***iRunForFun*** is an excellent 6 week programme that is designed to encourage students to get out and active by jogging or running 10 minutes each day during or after school hours. This inclusive programme helps to build fitness and enables participants to complete a 3k or 5k within a 6 week period.

Each training week provides a specific training module that takes no longer than 10-15 minutes each day to complete. Training should take place around a fixed loop e.g. basketball court, large hall, or half a GAA/Soccer.



The ***iRunForFun*** programme is FREE of charge and comes with training bibs and a training diary. The diary provides training tips, exercises, goal setting and advice on nutrition.

If your school or training centre is interested in participating in the ***iRunForFun*** programme, please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)



## Active Parents - 'Active Parents make Active Children'

Active Parents is a new initiative for parents of school-going children. This is a three-way initiative between schools (parents committee), parents and Meath LSP. The aim is to provide active programmes for parents just after school drop-off in the school grounds.

A variety of activities will take place for 6 weeks. Activities include zumba, yoga and circuit training.

If your school is interested in taking part in this new initiative to promote physical activity for parents please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) or call 046-9067337.





## School Programmes

### Sports Leadership

The Sports Leadership Award is accredited by Sport Ireland partners – Sports Leader SLQ. For students wishing to pursue a career in sports, management, or leadership, this is their opportunity to get ahead in terms of their career pathway.

**Sports Leader Level 1 Award** in Sports Leadership is ideally suited to students aged 15yrs upwards. It is specifically aimed towards TY students to develop and enhance their leadership skills through a multi-sport workshop.

This is a comprehensive training initiative for young people, to empower them with the confidence and self-esteem to become more active within their class and school setting. It is also a practical workshop that is fun and interactive which introduces a wide range of sporting activities to suit students of all fitness levels.

It appeals equally to both sporty and non-sporty students, equipping them with the knowledge and skills to become leaders. Topics include communication, teamwork, problem-solving and programme planning. The programme provides young learners with the confidence to plan, develop and lead physical activities to teams and groups.

On completion each student receives a certificate and a Sports Leader Manual. The Sports Leader programme can be used to build relationships among teams/classmates and also create a pathway for young people to become more involved in school and team initiatives.

**Course description:** 3 days (18 hours) and can be delivered consecutively or spread over weeks. The cost of the programme is €10 per student.

If your school is interested in taking part, please email Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) or call 046-9067337.



## School Programmes



### Cycle Safety Programme

Cycle safety in Primary Schools delivered by **CYCLE RIGHT**. The Cycle Right programme has been implemented within primary schools nationwide. The goal of **CYCLE RIGHT** is to provide the national standard of cycle safety and skills training to all participants.

**CYCLE RIGHT**, offers

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

In Meath, we are delighted to continue our partnership with the team in the Cycle Safety School. If you require further information please contact Una Pearson at 0469067337. Further details will be sent directly to schools in the coming weeks.



## Sports Ability Programme

### Run Jump Throw

Run Jump Throw is a 6 week multi activity programme suitable for children with Autism or an Intellectual Disability aged 5-12 years.

The sessions will include a variety of sports. Fun Games and obstacle challenges are all adapted to the participants needs.

The programme aims to improve the participants' fundamental movement skills and increase their confidence in participating in regular physical activity.



Family involvement is key to the programmes success and siblings are encouraged to take part! Parents are also asked to remain at the venue for the duration of the session.

Activity	Date	Time	Location	Age	Cost
<b>Run Jump Throw Navan</b>	<b>Mondays</b> September 20 <sup>th</sup> – 25 <sup>th</sup> October	4:30pm-5:30pm	Meath & District League Grounds Navan	5-12 years old	€10 per family
<b>Run Jump Throw Kells</b>	<b>Tuesdays</b> September 21 <sup>st</sup> – October 26 <sup>th</sup>	4:30pm-5:30pm	Eureka House Kells	5-12 years old	€10 per family
<b>Run Jump Throw Bettystown</b>	<b>Wednesdays</b> October 6 <sup>th</sup> - November 10 <sup>th</sup>	5pm-6pm	Coláiste Na Hinse Bettystown	5-12 years old	€10 per family
<b>Run Jump Throw Dunshaughlin</b>	<b>Thursdays</b> October 7 <sup>th</sup> – November 11 <sup>th</sup>	4:30pm-5:30pm	Dunshaughlin GAA	5-12 years old	€10 per family

Spaces are limited. All activities will be delivered in line with HSE guidelines. To book a place, please contact Terry at [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie) or call 046-9067337.



## Sports Ability Programme

### Learn 2 Cycle Ashbourne

Learn 2 Cycle aims to assist children with a disability to cycle independently.

This programme which is held over 6 weeks outdoors focuses on empowering parents and giving them the tools to support their child in learning to cycle.

Participants will be guided by our experienced tutor from the Cycling Safety School.

Spaces are limited. All activities will be delivered in line with HSE guidelines. Please note children will need their own bike to participate in this programme.

**Date:** Thursdays October 7<sup>th</sup> – November 10<sup>th</sup>

**Time:** 4:30pm-5:30pm

**Venue:** Ashbourne Community School

**Cost:** €15

To book a place, please contact Terry on 046-9067337 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)



## Inclusive Halloween Camp

Inclusive Multi-Sport Halloween Camp is suitable for children with Autism or an Intellectual Disability aged 6-12 years old.

The camp will take place outdoors over two days and will see a variety of sports and activities delivered. We encourage participants' siblings to join in the activities also. Parents will be asked to remain for the duration of each day.

Spaces are limited. All activities will be delivered in line with HSE guidelines.

**Date:** Tuesday October 26<sup>th</sup> – Wednesday October 27<sup>th</sup>

**Time:** 11am- 1pm

**Venue:** Meath & District League Grounds, Navan

**Cost:** €10 per family



To book a place, please contact Terry on 046-9067337 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

## Sports Ability Programme

### Inclusive Canoeing

During the Summer, Meath LSP linked up with Ribbontail Paddlers Canoe Club in Longwood to hold a 3-week taster programme.

This programme was aimed at children with an intellectual disability and their families. The programme was facilitated by the Ribbontail Club Coaches. 10 families took part over the 3 weeks.

The support of the club coaches was critical to the programme success. The children were allowed to engage with the activities at their own pace under the guidance of the coaches.

The relaxed atmosphere coupled with the calming effect of the water led to a positive experiences for all participants.



For more information on this initiative please contact Sports Inclusion Disability Officer Terry Donegan on 046-9067337 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

### Royal Rockets Wheelchair Sports Club



Meath LSP teamed up with the Royal Rockets Multi-Sport club for children with a physical disability aged 6-16 to hold a 2-day Summer camp!

The aim of the camp was to help restart the Royal Rockets who have had limited activities over the past 18 months. The activities over the 2 days were delivered by Basketball Ireland & IWA-Sport. The camp gave the

club members the opportunity to meet again and also let some new families take part! This involvement of potential new club members was a really positive outcome of the camp.



The club meets every week at **6.30pm-7.30pm** in **Scoil Naomh Eoin Navan** and new members are always welcome. For more information contact Terry on 046-9067337 or [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)



## Sports Ability Programme

### Inclusive Summer Camps

Meath LSP hosted two inclusive multi-sport summer camps aimed at children with Autism/ Intellectual Disability. The first camp was for primary school aged children 6-12 years with the second aimed at teenagers 13-18 years.



The camps were both held over 3 days in the Meath & District League grounds Navan and included a variety of sports and activities. The camp was supported by a number of National Governing bodies who provided inclusive sessions for the participants including Basketball, GAA, FAI, Hockey & Badminton.



### GAA National Inclusive Day

GAA invites all clubs to open their doors to the wider community during European Week of Sport (23rd –30th September), and support GAA National Inclusive Fitness Day on Thursday 23rd September!

If your GAA club is interested in hosting an event for GAA National Inclusive Fitness Day or would like to find out more information on starting an Inclusive group in their club, please contact Sports Inclusion Disability officer Terry Donegan on 046-9067337 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)





## Sports Ability Programme

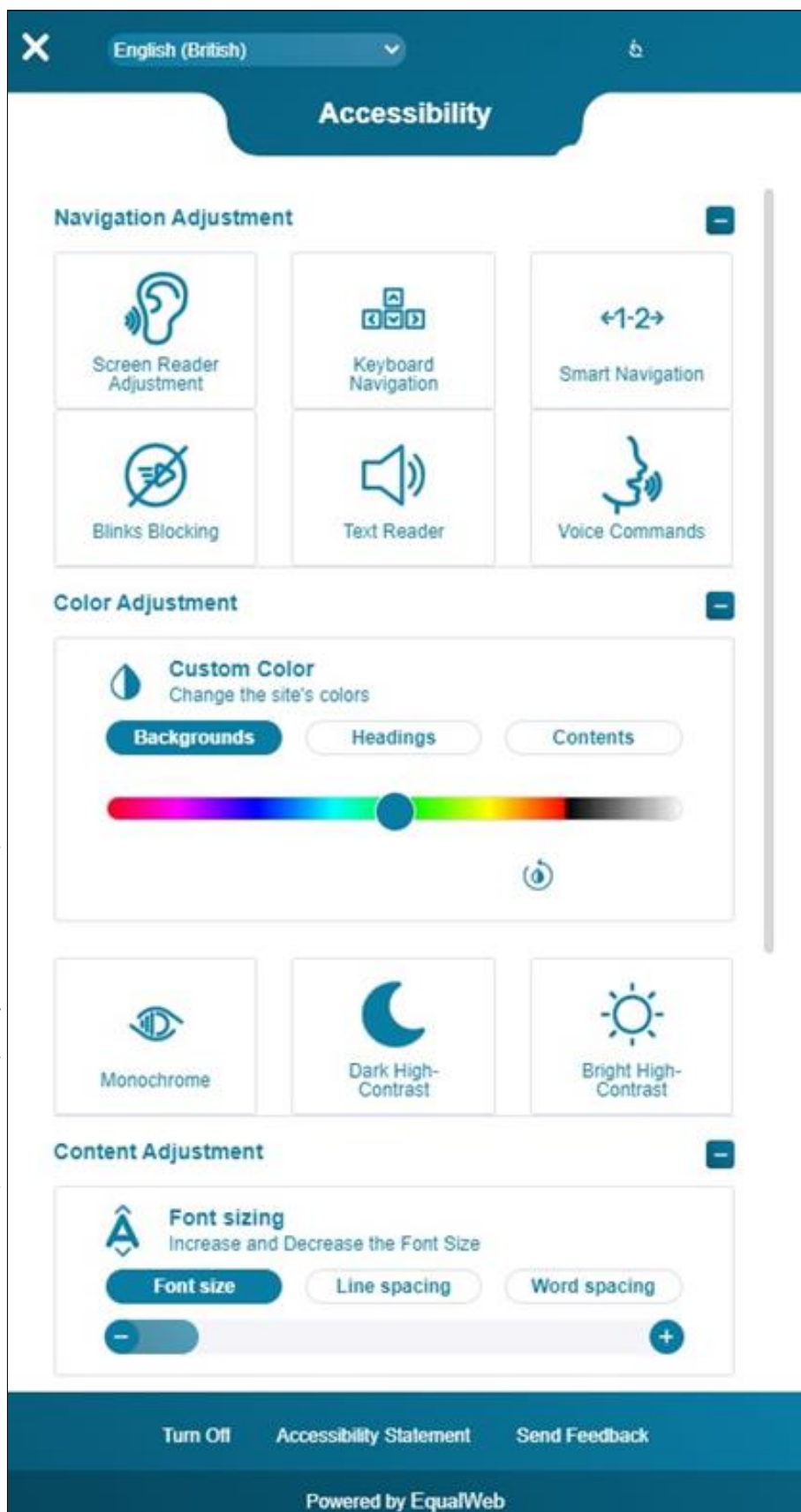
### Xcessible Initiative – Meath LSP Inclusive Website

Meath LSP along with a number of other Sports Partnerships have commenced the CARA Xcessible initiative. This initiative was developed by CARA, the national pan-disability sport organisation which provides a collaborative and partnership platform to increase sport and physical activity opportunities for people with a disability.

The Xcessible initiative has been developed using the Sport Inclusion Disability Charter as a guiding tool. The primary focus of Xcessible is to enable organisations to function inclusively providing high quality participation, education and training opportunities.

Meath LSP has enlisted the help of EqualWeb, a development company that specializes in accessibility and advanced internet applications. EqualWeb has added an inclusive tool to our website which will assist people with a disability in finding information and navigating our website.

Directions on how to use the software effectively are highlighted in a simple tutorial video which can also be found on the home page of our website or you can view here: [https://www.youtube.com/watch?v=039aClvVa\\_w&t=5s](https://www.youtube.com/watch?v=039aClvVa_w&t=5s)



## Sports Ability Programme

  
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# Autism in Sport



## Online Workshop

 SPÓRT ÉIREANN  
SPORT IRELAND

Meath LSP in partnership with CARA Centre will host an online Autism in Sport Workshop in October. This online workshop will provide attendees with an understanding of Autism focusing on the delivery of sport.

This workshop is suitable for Sports leaders, coaches, volunteers, teachers, principals, special needs assistants (SNAs), parents or anyone who has an interest in making their sport accessible and inclusive for people with Autism.

**Date:** Wednesday 10th November

**Time:** 7pm-9:30pm

**Venue:** Zoom

**Cost:** €10 per participant

For more information please contact Sports Inclusion Disability Officer Terry Donegan on 0469067337 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

## Sports Ability Programme

Meath LSP in conjunction with Cavan Sports Partnership are delighted to announce we will be hosting a **Sports Inclusion and Disability Awareness Webinar**.

This FREE webinar will be delivered online and is aimed at people who are interested in taking the first step in making their activities inclusive.

**Date:** Wednesday 20th October

**Time:** 7pm-8:30pm

**Venue:** Zoom

**Cost:** Free

For more information please contact Terry Donegan on 0469067337 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

  
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# Sport Inclusion

&

# Disability Awareness

Online  
Workshop

Free





## Sports Ability Programme

### Meath Sports Ability

***‘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—

Follow our Facebook page [\*\*Meath Sports Ability\*\*](#).

Below is a list of activities taking place across the county over the coming months to help engage people with a disability in sport and physical activity!

Activity	Day	Time	Location	Age	Contact
<b>Inclusive Halloween Camp</b>	Tuesday October 26 <sup>th</sup> – Wednesday October 27 <sup>th</sup>	11am-1pm	Meath & District League Grounds Navan	5-12 Years	Terry Donegan 046-9067337/ <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>
<b>Learn 2 Cycle</b>	Thursdays October 7 <sup>th</sup> – November 10 <sup>th</sup> (6 weeks)	4:30pm-5:30pm	Ashbourne Community School	4-18 Years	Terry Donegan 046-9067337/ <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>
<b>Run Jump Throw</b>	Various (see page 22)	Various (see page 22)	Various (see page 22)	5-12 Years	Terry Donegan 046-9067337/ <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>
<b>Inclusive Canoeing</b>	Wednesday September 29 <sup>th</sup>	5:30pm-6:30pm	Ribbontail Canoe Club Longwood	6-18 Years	Terry Donegan 046-9067337/ <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>
<b>Inclusive Beach Fun Games</b>	Saturday September 25 <sup>th</sup>	10am-11am	Bettystown Beach	6-18 Years	Terry Donegan 046-9067337/ <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>
<b>Football For All</b>	Wednesdays	6pm-7pm	Balrath FC – Kentstown Community Park	6-16 Years	Anne- 0863287643
<b>Football For All</b>	Saturdays	3pm-4pm	East Meath United	4-12 Years	Janet Johnson- 0851289477
<b>Inclusive Rugby</b>	Saturdays	10am-11am	Navan Rugby Club	4-16 Years	Gerry Sweeney - 0867865007
<b>GAA For All</b>	Saturdays	10:30am-11:30am	St Colmcille’s GAA	4-12 Years	Ken McHutcheon- 0876349162
<b>GAA For All</b>	Saturdays	9:20am-9:50am	Navan O’Mahonys GAA	5-15 Years	Eunice Murtagh - 0860888028
<b>GAA For All</b>	Thursdays	7:10pm-7:50pm	Navan O’Mahonys GAA	16 Years plus	Eunice Murtagh - 0860888028
<b>Royal Rockets wheelchair Sports Club</b>	Wednesdays	6.30pm-7.30pm	Scoil Naomh Eoin Navan	6-16 Years	Lindsey Ward - 0872779634



## Calendar of Courses and Events 2021

Activity	Date	Time	Venue
<b>September</b>			
Safeguarding 1 Basic Awareness in Child Protection <b>(FULL)</b>	7th September	6.30pm-9.30pm	Online
Safeguarding 2 Club Children's Officer Training <b>(FULL)</b>	14th September	6.30pm-9.30pm	Online
Safeguarding 3 DLP Workshop <b>(FULL)</b>	16th September	6.30pm-9.30pm	Online
Safeguarding 1 Basic Awareness in Child Protection <b>(FULL)</b>	21st September	6.30pm-9.30pm	Online
Safeguarding 2 Club Children's Officer Training	22nd September	6.30pm-9.30pm	Online
Sports Injuries First Aid Workshop <b>(FULL)</b>	23rd September	6.30pm-10pm	Online
Safeguarding 1 Basic Awareness in Child Protection <b>(FULL)</b>	27th September	6.30pm-9.30pm	Online
<b>October</b>			
Safeguarding 1 Basic Awareness in Child Protection	19th October	6.30pm-9.30pm	Online
Sports Inclusion & Disability Awareness Course	20th October	7pm-8.30pm	Online
Safeguarding 2 Club Children's Officer Workshop	21st October	6.30pm-9.30pm	Online
Safeguarding 1 Basic Awareness in Child Protection	27th October	6.30pm-9.30pm	Online
<b>November</b>			
Safeguarding 3 DLP Workshop	3rd November	6.30pm-9.30pm	Online
Autism in Sport Workshop	10th November	7pm-9.30pm	Online
Safeguarding 1 Basic Awareness in Child Protection	11th November	6.30pm-9.30pm	Online
Safeguarding 2 Club Children's Officer Workshop	16th November	6.30pm-9.30pm	Online
Safeguarding 1 Basic Awareness in Child Protection	24th November	6.30pm-9.30pm	Online
<b>December</b>			
Safeguarding 1 Basic Awareness in Child Protection	2nd December	6.30pm-9.30pm	Online

To book a course please email [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie) or call our office on 046-9067337

## Congratulations to Meath Ladies—All Ireland Senior Champions 2021!



## Meath women lead the way in Tokyo!

Congratulations to Kerrie Leonard who represented Ireland in Archery at the Tokyo 2020 Paralympic Games!

Kerrie made it to the last 16 and finished in 9<sup>th</sup> place overall! She is the first Irish Archer at the Paralympic Games in 13 years and the first female Irish Archer in 25 years!

Congratulations to Pentathlete Natalya Coyle who competed in her 3<sup>rd</sup> Olympic Games!



After 12 years of competing in the Modern Pentathlon, Natalya has represented Ireland in nine World Cup finals and three Olympic games. Whereas her personal best times have been achieved in the Olympics, she medalled in Sophia in 2018, and took silver in Egypt the following year.

Well done to all!