

Upcoming Women in Sport Initiatives



Royal County 5km

New to the activity calendar for 2011. Walk, jog or run your way to the finish line of our exciting 5km event.

The Royal County 5km is taking place this May Bank Holiday—Monday 2nd May.

This fun filled family event is open to all abilities and we are encouraging everyone to take part. Venue to be decided, please check our website www.meathsports.ie for further updates.

Meath Running Group 2011

Every step, a victory!
Interested in completing your first 10km, 10 miles, half marathon or full marathon in 2011? In 2010, Meath Running Group helped over 60 joggers & runners to either complete a 10km, 10 miles, half or full marathon.

This year that person could be you!

Block 1 is commencing on **2nd March for 9 weeks**. Venue: Claremont Stadium at 7pm. Cost: €45

Application forms can be downloaded on www.meathsports.ie.



Meath 'n Train

Ladies – would you like to be able to walk/jog or run 5km?

Well here's your opportunity: Meath Local Sports Partnership is offering a 10 week programme suitable to walkers and joggers of all abilities.

Navan—Commencing Wednesday 23rd February @ 7pm in Claremont Stadium .

East Meath—Commencing Wednesday 9th March @ 7pm meeting at the car park opposite Pat's Supermarket, Laytown.

The cost is €30 for 10 weeks/€25 for 8 weeks for employed or €25 for 10 weeks/€20 for 8 weeks if unemployed. Places are limited to register in advance please contact Meath LSP @ (046)9067337.

New areas to commence soon:
Enfield and Kells.

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DATE FOR YOUR DIARY

An Post Meath Heritage Cycle Tour

Get on your bike! July 24th 2011



An Post
Cycle Series

Operation Transformation Walk

Saturday 15th January saw over 570 participants descend on to the Hill of Tara to support Enfield's Sinead Heffernan who is one of this year's Operation Transformation leaders.

This event was hosted by Meath Sports Partnership in association with the Irish Sports Council and was part of nationwide walks held in every county around Ireland.

With high winds and showers Sinead led her merry troop along the 4.5km Sli na Slainte route. Thanks must be extended Frank Fahey from Go For Life for keeping the crowds entertained and warmed-up; to Flexibus, the Lismullen Conference Centre for facilitating the overflow of cars from the Hill of Tara, LIDL Navan for providing the goody bags FOC, to Maguire's Cafe for providing much needed hot drinks for all the participants and to the Gardai & Civil Defence for their assistance.



Sinead Heffernan leads the way

BoxSmart



*Next stop...
the Olympics 2012!*

This is a new and innovative joint initiative between the Local Sports Partnerships, School Completion Programme and Rapid in both Meath and Cavan. 12 youths from Navan School Completion programme participated in this 6 week initiative.

The aim of the programme is:

- To provide youths from the RAPID estates with opportunities to participate in physical activities and sport.
- To provide a social outlet for youths in a safe, controlled and structured environment.

To provide a competitive outlet with similar initiative in Cavan at interclub event.

Following on from the success of this venture, Meath LSP, Navan Boxing Club, Rapid Navan and Navan School Completion Programme hope to develop an outreach programme within the schools and also to increase the number of girls participating in

GAP Programme (Get Active Parents)



GAP is a physical activity programme which targets parents of school going children. The aim of the GAP programme is to provide physical activity and educational workshops for parents in a safe, fun and structured environment. The long term aim of the GAP programme is for parents to recognise the importance of physical activity in their children's lives and for them to become instigators of that activity. In September 2010, the Gap Programme was successfully introduced into 5 primary schools. 70 parents participated in activities such as Pilates, Yoga and Aerobics.

GAP will be delivered in 10 schools in 2011.

Mature Movers

"Mature Movers" Activity Programme for Older Adults recommenced on Monday 14th February 2011 at 11am in the Pitch and Putt Club, Navan. This hugely popular 8 week programme aims to get as many older adults as possible more physically active from the community. Mature Movers is also a great social outlet as participants get a chance to relax, have a chat after their workout and enjoy the refreshments. For more information contact Meath Local Sports Partnership on 046-9067337.

Games for Life

Games for Life Boccia League commenced on Monday the 17th of January in Simonstown GFC. 37 teams over 2 days participated in the first league meeting with teams registered from active retirement groups and disability groups. The teams have been training hard for the last few month's and this was evident in this first league meeting as there was some great skill and accuracy shown by all.

Games for Life Bowls League in association with Meath Zone Bowls will commence on **March 7th**. This new league will give groups the opportunity to play against other teams in their area on a regular basis. 14 active retirement groups will participate in the league.

Meath Local Sports Partnership is now looking for new groups to participate in the Games for Life Programme.

To facilitate this delivery MLSP will host an information session in **Simonstown on Tuesday 15th of March at 10am** for all those interested in participating in the programme.

If your group is interested in the Games for Life Initiative please contact Ruairi at 046-9067337. Activities included in Games for Life are Kurling, Boccia & Bowls.

FitLine

Over 50? Need to get active? FITLINE is the answer.

Sign up and our volunteer FitLine mentors will call you. FitLine is a FREE service operating all over Meath. For more information contact Meath Local Sports Partnership on 046 906 7337 – places are limited!

New Initiative For Meath To Benefit Those Currently Unemployed!



Being unemployed is a very frustrating experience. We all know the importance of keeping our mind & body active but in a time of emotional & financial stress the cost of doing this can be a barrier.

Meath LSP in conjunction with the local facilities in Meath is developing the *Linked2BActive* programme to provide opportunities for people who are unemployed to avail of leisure facilities at much reduced rates. Please keep an eye on our website and local advertising for further details.



*St. Claire's participating
in the Games for Life
Boccia League*

Disability Sport

Wheelchair Sports Programme

Are you a wheelchair user and interested in participating in sport?? Come and Give it a Go!!! The sports programme is commencing on the 22nd Feb in Claremont Stadium, Navan. Training will take place every Tuesday at 7.30pm-8.30pm. The programme is open to all ages and abilities welcome.

Powersoccer

Are you a powerchair user and interested in playing soccer?? Meath Sports Partnership in conjunction with the Irish Wheelchair Association is commencing Powersoccer training sessions in Navan. Open to all ages and abilities.

Archery Programme

Meath Sports Partnership in conjunction with Club Ash in Ashbourne have developed a weekly pan disability archery programme. The training takes place Saturday mornings from 9.30am-11am in Ashbourne Community Centre, €7 per session.

To register for any of the disability sports programmes please contact Aine @ 046-9067337.



Congratulations to the 10 players from St.. Ultans Navan who made the North Leinster Team. They won bronze in the Special Schools Interprovincial Tournament

Meath Sports Person of the Year 2010 – Youth Award

Trim student Eleanor Murphy scooped the 2010 Meath Chronicle/Cusack hotels Youth award. Eleanor was one of three nominees and held off the strong challenge of Navan Road Club cyclist Ryan Mullen and Dunshaughlin jockey Keith Donoghue. The three nominees were selected on their achievements during 2010. Eleanor scooped the top prize after she won gold in the 50m freestyle and bronze in the 100m butterfly event at the Down Syndrome Down Syndrome International and World Swimming Championships in Taiwan in October. In addition, Eleanor also won gold, silver and bronze medals in the National Championships in April. With such great achievements Eleanor was a deserving winner of the Youth Award.

Meath LSP acknowledges the innovative role which the Meath Chronicle/Cusack Hotel Group has shown in recognising disability sport. We hope that Eleanor's great success will encourage more people with a disability to get involved in sport or physical activity. If you require further information on getting involved in a sport of your choice please contact Aine Coogan Sports Inclusion Disability Officer @ (046)9067337.



Meath Chronicle editor Ken Davis, presented the 2010 Youth award to Eleanor Murray with Marie Cusack and Alan McEntee of the Cusack Hotel Group.

School Hall Athletics

Meath LSP in conjunction with Meath Athletics Board has teamed up to deliver a new primary school indoor athletics programme for 2011 targeting children in 3rd class and upwards. School Hall Athletics centres on the fundamentals of running, jumping and throwing.

A typical session would see a class practice long jump, hurdle jumps, bouncing at speed, relay runs and javelin throwing.

The programme was successfully piloted in Drumbaragh N.S with huge success. Drumbaragh N.S will now go on to represent Meath in the first National Sports Hall Inter County Competition in Athlone I.T in March.

Meath LSP/Meath Athletics Board will aim to roll school hall athletics out to more schools in Meath in 2011. Meath LSP would welcome interest from any local athletics club willing to get involved in the delivery of this programme to schools in their locality.

If interested please contact David at 046-9067337.

Upcoming Disability Sports Programme

MLSP has secured funding from the Irish Sports Council and the HSE for the development of two new programmes, a Mental Health Taster Programme and a Play group for children with a disability under 6 years old. If you are interested in either of these initiatives please contact Aine at 046 9067337.

Sport & Recreation Studies (FETAC level 5 Award)

Meath VEC in association with Meath LSP are currently developing a FETAC course for those interested in sport and recreation.

Learners who successfully complete this course will:

- Gain the skills and knowledge to develop their personal health and fitness
- Learn how to devise safe, effective personal health related fitness programmes for themselves and others
- Learn how to plan, implement and evaluate a safe and effective health related fitness programme

- Complete training in Code of Ethics and Good Practice in Children's Sport
- Complete Active Leadership award

The course is aimed at those in receipt of Social Welfare payments and early school leavers. Estimated start date is April 2011.

Please contact Imelda Prunty at Meath VEC (046 9068284) for further information.



CODE OF ETHICS

3hr Basic Awareness Workshop

The Code of Ethics and Good Practice for Children's Sport Basic Awareness workshop is rolled out by Meath LSP in the interest of the welfare and protection of children in sport. Following a review by the Irish Sports Council (ISC) in 2010 the workshop has been reduced to 3 hours. Tutors are ISC trained, and participants receive a Certificate of Attendance on completion of the course.

The workshop will highlight the main principles of the Code and look at measures that clubs can take to create and maintain the safest possible environment for sport for young people.

As well as undertaking child protection training, all clubs are encouraged to adopt child protection policies and procedures as outlined in the Code of Ethics and Good Practice for Children's Sport.

It is recommended that all coaches and volunteers within a sport club attend the training.

Children's Officer Workshop

Children's Officer training is the next stage in this module and is six hours in duration. Recommendations from the Irish Sports Council are that every club involved with children and young people should appoint a Children's Officer.

The Children's Officer should be child centred in focus and should have as their primary aim the establishment of a child centred ethos within the club. They are the link between the children and the adults in the club and also take responsibility for monitoring and reporting to the Club Management Committee on how club policy etc. impacts on children and their Sports Leaders.

See the calendar of Upcoming Courses/Events for a list of upcoming workshops.



Sport Matters in Meath

A Series of workshops for those interested in sports performance and sports development in Meath with Billy Walsh, Head Coach Irish Boxing team at the Ardboyne Hotel, Navan. Shin Athletes Laura and Susan Cunningham from Kells with David McCaffrey CSDO, MLSP and Billy Walsh at the "Planning for Sport" presentation..

Exciting Opportunity for Sport

SHINE 2010 is an exciting new initiative devised by Meath LSP with support from the Irish Institute of Sport bringing together Meath's brightest young sporting talent. 15 young sportspeople in Meath were selected from a large panel to take part in programme.

Some of the development areas to support these athletes/players are;

- * Planning
- * Performance Psychology
- * Nutrition
- * Strength & Conditioning
- * Media & Communications

Some of Ireland's top practitioners in these areas will be on hand to deliver the programme. To-date Billy Walsh (Head of Irish Boxing) and Bobby Fitzsimmons, physiotherapist have facilitated workshops and provided advice to the group.

New Meath LSP Website



Coming Soon... Our new website will be launched in March 2011.

Check it out at www.meathsports.ie

Be Active ASAP Launch

The Health Promotion Department of the HSE Dublin North East will officially launch the Be Active After-School Activity Programme, which is being delivered in many primary schools throughout the county, on March 22nd at St. Patrick's College, Drumcondra. Guest speaker on the day will be Mr. John Treacy of the Irish Sports Council.



SMART MOVES

SMART MOVES project is targeted at marginalised children of primary school to junior secondary school age, particularly those attending schools under the DEIS programme or in the designated disadvantaged areas of CLAR and RAPID.

The aim of the project is to develop and improve literacy and numeracy levels in addition to improving the physical activity levels of participating children and to foster a culture of learning and thinking through physical activity.

MLSP has developed a 3 hour workshop to be delivered to a select audience made up from teaching staff, project workers, special need staff and HSE school team. Participants will provide feedback and make recommendations for roll out to the wider audience. This workshop will take place on **Thursday March 10th in Simonstown GAA centre, Navan at 1pm**. Anyone interested in attending should contact Meath LSP office on 046-906737 as spaces are limited.

See our website www.meathsports.ie for further updates on this exciting new programme.

Fit-Walk in East Meath

Meath LSP recently hosted an indoor walking programme in the fabulous new PE hall in Scoil Oilibheir Naofa, Bettystown. The 5 week Fit-Walk programme attracted a large number of adults from the East Meath area. Stride walking, power walking and other benefits of walking were exercised each week.

The group feedback was so positive that we had to extend the programme for another 5 weeks to include techniques such as Nordic walking.

The group's enthusiasm for walking has now extended outside and they regularly meet up for casual walks on a Saturday. The meeting point is opposite Pats Supermarket in Laytown at 10am. All are very welcome.

For further details on the Fit-walk programme or walking groups in East Meath please contact David @046 9067337 or email dmccaffrey@meathcoco.ie



Participants on recent Fit-Walk in Bettystown

First Aid Skills for Life

In October 2010 the European Resuscitation Council (ERC) launched the new European Guidelines for cardiopulmonary resuscitation.

For lay bystanders, the message is now very clear. The most important action in resuscitation is chest compression. Everyone - including children - can do this. This simple procedure is safe and significantly increases the victim's chance of survival.

Bystanders who are trained and willing should combine chest compressions with rescue breathing, at a ratio of 30 compressions to 2 breaths.

Meath LSP is hosting a REC Sports First Aid Workshop on the 5th & 12th March 2011.

For further details or to download a booking form see www.meathsports.ie

For anyone who has completed First Aid Training please check your certificate for expiry date and update your skills.

Calendar of Courses and Events 2011

Mature Movers Activity Programme	8 Weeks from Monday 14 th February 2011	11am to 1pm	Navan Pitch & Putt Club
Meet 'n Train Navan	10 Weeks from Wednesday 23 rd February 2011	7pm to 8pm	Claremont Stadium, Navan
Meath Running Group	Starting Wednesday 2 nd March 2011	7pm to 8pm	Claremont Stadium, Navan
Rescue Emergency Care Sports First Aid Course	5 th & 12 th March 2011	Mature Movers Older Adults Activity Programme 9.3am to 5pm	Windtown Community Centre, Navan
Code of Ethics/Child Protection Awareness Workshop	Mon 7 th March 2011 Wed 23 rd March 2011 Thurs 31 st March 2011 Thurs 7 th April 2011 Mon 9 th May 2011 Mon 23 rd May 2011	7pm to 10.15pm	Trim GAA Ashbourne Golf Club Simonstown GAA, Navan Bettystown TBC Simonstown GAA, Navan Simonstown GAA, Navan
Meet 'n Train East Meath	10 Weeks Starting Wednesday 9 th March	7pm to 8pm	Meet at the Car Park opposite Pat's Supermarket, Laytown
Code of Ethics Children's Officer Training	21 st & 22 nd March 2011	7pm to 10pm both evenings	Simonstown GAA, Navan
Buntús Start Physical Activity Programme for Childcare Providers	9 th April 2011 25 th June 2011 15 th October 2011	10am	TBC
Royal County 5km	2 nd May 2011	TBC	TBC
Get Meath Active Week	2 nd May to 8 th May 2011	TBC	Countywide
An Post Cycle Tour	24 th July 2011	Varies	Starting at Trim Castle
Sli na Slainte Walking Leader Training	Various Dates	Weekend Course	Various Venues

DISABILITY SPORT PROGRAMMES

Boccia	Every Saturday	11:30am	Kilcloon
Archery Programme	Saturday Mornings	9.30am to 11am	Ashbourne Community Centre
Football For All Programme	Every Saturday	2pm to 3pm	Dunboyne Community Centre
Wheelchair Sports Programme	Tuesday Evenings	7.30pm to 8.30pm	Claremont Stadium, Navan
TASTER Programme – Adults with Intellectual disabilities	Every Monday	7:30pm to 8:30 pm	Boyne Community School

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

Meath Local Sports Partnership, Enterprise Centre, Trim Rd, Navan, Co. Meath