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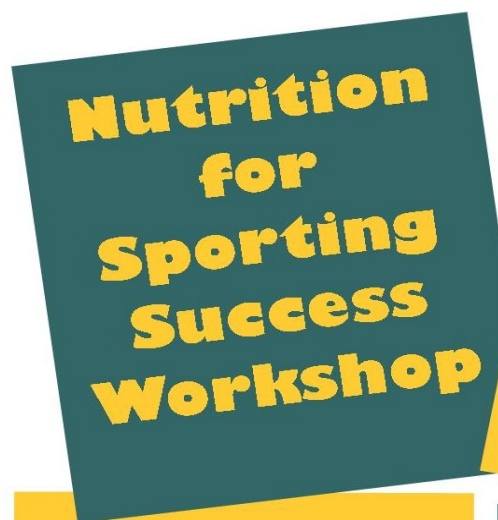
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Calendar of Courses/Events



Daniel Davey—Performance Nutritionist with Leinster Rugby & Dublin GAA

Nutrition for Sporting Success will focus on practical information on how to enhance energy levels, sports performance, weight and life long health.

This workshop would be valuable to coaches, players, athletes, parents and other health professionals.

Topics Include:

- What Performance Nutrition means?
- How much carbs, fats and protein should I eat?
- Consequences of poor nutrition
- Nutrition pre, during and post activity

When: Monday 6th February
Where: Newgrange Hotel, Navan
Time: 7.30-9.30pm
Cost: €10 (Club discounts available)
How to book: Download registration form at www.meathsports.ie or call Meath LSP office on 046-9067337.

Places are limited so please book in advance!



DATES FOR YOUR DIARY

Royal County 5km & 10km, Kells, May 1st

Royal County 5km & 10km is taking place on **Bank Holiday Monday 1st May**. Pre-registration will open in March with Early Bird discounts. 10km starts 10.30am with 5km starting at 11am. Keep an eye on www.meathsports.ie

Meath Heritage Cycle Tour – 29th & 30th July

The organisers of the Meath Heritage Cycle Tour are delighted to announce this year's dates: **Saturday 29th July—11km family Spin; Sunday 30th July—160km; 100km & 50km**. Discounted early bird registration will open mid to late March. Keep an eye on www.meathsports.ie for more details.



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

Community Activity Programmes

Operation Transformation National Walk Day

Local man, Chris McElligott from Dunshaughlin becomes national leader! Chris has been recently selected as a leader with RTE's Operation Transformation programme. National Walk Day took place on Saturday 7th January with eight walks taking place in Meath.



OT Leader Chris McElligott & Dr Ciara Kelly completing 5km in Parkrun Navan on Sat 14th Jan



Walking Group in Castletown



Walkers in Carnaross on National Walk Day

The Operation Transformation 5k Fun Run will take place this year on Saturday February 18th at 9.30am in the Phoenix Park, Dublin in conjunction with Sport Ireland, Dublin City Sport & Wellbeing Partnership and Athletics Ireland. Registration is free and is now open at <https://ot.rte.ie/operation-transformation-phoenix-park-5k-2017/>



Parkrun - Weekly Free 5km Timed Runs www.parkrun.ie

Parkrun Navan - every Saturday at 9:30am in Blackwater Park, Windtown Road, Navan;

Parkrun Oldbridge - every Saturday at 9:30am meet at Battle of the Boyne Visitor Centre, Oldbridge, Drogheda, Co. Meath

Community Activity Programmes

Following on from National Walk Day, a number of areas are planning **weekly walks** in their local areas to coincide with the **8 Week Operation Transformation programme**. See below for details:

Day	Area	Time	Meeting Point	Contact name & number
Monday	Cormeen	10am (from 9 th Jan)	Cormeen Sports Complex	Aine Reilly 086-7732649
	Donore	7pm (from 9 th Jan)	Donore National School	Malena McLoone 087-6890892
	Johnstown	7pm (from 9 th Jan)	Johnstown Shopping Centre	Joe Adams 086 8600961
	Athboy	7.15pm (from 9 th Jan)	Waxies Corner	Alma Mc Clorey 087-6450811
	Trim	8pm (from 16 th Jan)	Trim Castle (Opp. Garda Station)	Patricia Edmonds 087-6998799
Wednesday	Carnaross	9.15am (from 11 th Jan)	Carnaross Hall	Noeleen Farrelly 086-3260857
	Navan	7pm (from 11 th Jan)	Old Town Hall	Michael Murray 086-0757434
	Athboy	7.15pm (from 11 th Jan)	Waxies Corner	Alma Mc Clorey 087-6450811
	Kiltale	7.15pm (from 4 th Jan)	Kiltale GAA	Jackie Jackson 087-6468107
	Carlanstown	7.30pm (from 11 th Jan)	Centra Carlanstown	Kay Brogan 087-2350317
	Kells	8pm (from 11 th Jan)	Gaeil Colmcille Centre	Ann Smith 087-9781474
Thursday	Claremont Stadium Navan	11am (from 12 th Jan)	Claremont Stadium	Maria Matthews 046-9029693
	Ballivor	7pm (from 12 th Jan)	Ballivor GAA Grounds (Walking Track)	Paul Perry 089-4303768
Friday	Trim	10am (from 20 th Jan)	Trim Castle (Opp. Garda Station)	Patricia Edmonds 087-6998799
Saturday	Cormeen	9.30am (from 14 th Jan)	Cormeen Sports Complex	Aine Reilly 086-7732649
	Castletown	10am (from 14 th Jan)	Castletown Pitch & Putt Club	Nichola Smith 086-8617289
	Bohermeen	11am (from 14 th Jan)	Bohermeen Community Centre	Stephen Ball 086-0792580
Sunday	Tara	9am (from 15 th Jan)	Hill of Tara car park	Kay Carroll 086-3684959
	Carnaross	6.30pm (from 15 th Jan)	Carnaross GAA pitch	Noeleen 086 3260857 or Ann 086 3603291

Community Activity Programmes

Learn 2 Run to 5k

Struggling with your New Year's "get fit" resolution? Why not train in a group?

Learn 2 Run to 5k is ideal for those who are walkers and wish to become joggers or joggers who wish to become runners – open to men & women. Programme cost applies. Venues for training include:

Area	Details	Contact
Bohermeen	Beginners running group starts Mon 9 th Jan @7pm; Advanced running group starts Sat 7 th Jan @9am; both at Bohermeen Community Centre.	Stephen Ball 086 0792580
Carnaross	Walk or Run every Sun evening @6.30pm Carnaross football club.	Noeleen 086 3260857 or Ann 086 3603291
Donore	Couch to 5k starting Mon 9 th January @7pm – continu- ing every Mon & Wed at Donore NS	Ken Brien 086 8635470
Dunboyne	Couch to 5k commences on 5 th Jan – every Tues & Thurs @9pm Dunboyne AC track, Rooske Rd.	Geraldine Fagan 087 2218540
Dunshaughlin	Early Feb – check out Dunshaughlin AC Facebook	Paddy Mangan 087 2597731
Enfield	Enfield- Fit 4 Life/Meet n Train Mon & Wed @ 7pm; Sat @8am	Geraldine Cusack 087 2376267
Navan	Starting Mon 16 th Jan at 7pm Claremont Stadium, Navan.	David, Meath LSP on 046 9067337

Register for Learn 2 Run in **Navan** by downloading booking form on <http://www.meathsports.ie/women-in-sport/learn2run-to-5k/> or contact David or Ruairi on 046-9067337.



The training sessions are delivered one evening per week for 8 weeks. An experienced running coach will be in attendance each night to provide advice and support. All participants must be over 16 years of age. The cost is €30 per person for 8 weeks.

**Target: Royal County 5km & 10km
on Bank Holiday Monday May 1st
2017 in Kells**

Community Activity Programmes



Meath Running Group..... every step a victory!

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. We provide a 30 week programme/3 blocks – depending on your target (each block can be stand alone).

When	Where	What	Why	Benefit
Block 1 Wed 15th March @7pm	Claremont Stadium, Navan	Indoor Core & Conditioning (9 weeks)	To work core strength, improve flexibility, pos- ture & balance	Injury prevention & improves gen- eral strength
Block 2 Wed 24th May @ 7pm	Claremont Stadium, Navan	Speed & Middle Distance training (11 weeks)	Preparation for 5 mile, 10km & 10 mile distances	Improves running form & speed
Block 3 Wed 23 rd Aug @ 7pm	Claremont Stadium, Navan	Middle to Long Distance Training (10 weeks)	Preparation for the half, ¾ & full marathon dis- tances	Improves running endurance

In 2016, Meath Running Group helped over 120 recreational joggers & runners to reach their target – either completing a 10km, 10 miles, half or full marathon. **This year that person could be you!**

To register for Block 1 please download form at www.meathsports.ie or call David on 046-9067337.



Are you MALE, aged 30 plus?
Would you like to be fitter, healthier?
And have a bit of craic in the process?



**Men on the Move programme is a 6
week sports based programme for
MEN ONLY**

Men on the Move will start in Navan on Thursday 12th January at 7.30pm in Claremont Stadium.

Please note – this programme is open to all men regardless of fitness level.

We are actively seeking new areas for Men on the Move!

If you are part of a men's groups already and would like to have Men on the Move in your area
or

If you know a group of men that would be interested in coming together for Men on the Move.

Contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie for further information.

Community Activity Programmes



Blackwater Park Navan

There are a number of events in Blackwater park being organised by Meath Local Sports Partnership in association with Navan Rugby Club, Fingal Orienteering and the FAI. Please see table of events below:

Date	Time	Activity	Type of session	Who can attend?
Saturday 4 th February	10am – 12pm	Rugby Soccer Orienteering	Taster sessions	6yrs – 12yrs 6yrs – 12yrs Families/individuals
Saturday 4 th March	10am – 12pm	Soccer Orienteering	Taster session	6yrs – 12yrs Families/individuals
Saturday 11 th March	10am – 12pm	Soccer	Taster session with local soccer clubs	6yrs – 12yrs
Saturday 1 st April	10am – 12pm	Rugby Orienteering	Taster session	6yrs – 12yrs Families/individuals
Saturday 13 th May	10am – 12pm	Rugby Orienteering	Taster session	6yrs – 12yrs Families/individuals

For more information on any of the events listed above please contact Sam, Meath LSP on 046-9067337 or email sbashford@meathcoco.ie



Make a Splash this year!
with
Swim for a Mile



Swimming Pools take note!!

We are looking to recruit swimming pools in Meath to participate in the hugely popular 'Swim for a Mile' programme.

What is Swim for a Mile?

Swim for a Mile is a training programme and event from Swim Ireland designed to get people back in the pool and swimming regularly. The free ten-week programme will bring participants from swimming two-lengths of a swimming pool in a session to swimming a mile (1600m) with confidence. The participants will be able to use swimming as a regular form of exercise. The event culminates in a timed mile event at the end of the 10 weeks which participants can partake in as a goal for their training.

If your pool is interested in participating, please contact Mary on 046-9067337 or email mlsp@meathcoco.ie



Club Section

Meath Local Sports Partnership 2017 Club Development Workshop Series

In 2017 Meath Local Sports Partnership will organise a series of workshops for those interested in sports performance and sports development in Meath.

Our workshops are designed to provide both theory and practical information to support coaches, players, athletes, parents and those with an interest in sport and physical activity.

In previous years, workshops such as speed development, strength and conditioning, pre season fitness and sports psychology have been covered by some of Ireland's top practitioners such as Sonia O'Sullivan, Alan Quinlan, Billy Walsh and Gerry Hussey.

In order to provide continued and up to date developments in coaching and performance, Meath LSP welcome club and individual suggestions on topics to cover. For further information on club workshops or club development information please contact David on 046-9067337 or email dmccaffrey@meathcoco.ie

Workshop	Date & Time	Facilitator	Who Should Attend?	Venue	Cost
Nutrition for Sporting Success	Monday 6th February 7.30pm to 9.30pm	<ul style="list-style-type: none"> Daniel Davey— Performance Nutritionist for Leinster Rugby & Dublin GAA 	<ul style="list-style-type: none"> Athletes Coaches Parents 	Newgrange Hotel, Navan	€10
Application forms are available on www.meathsports.ie or by emailing David McCaffrey at dmccaffrey@meathcoco.ie					
Concussion Awareness—the impact on sport	Monday 13th March	<ul style="list-style-type: none"> Shane Mooney IRFU First Aid & Injury Prevention Co-ordinator TBC 	<ul style="list-style-type: none"> Parents Coaches Athletes Committee Referees 	TBC	FREE

This workshop aims to heighten awareness of concussion and its impact on sport in general.



Club Section

Sports Injuries First Aid

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



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

Course Content

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

The next Sports Injuries First Aid workshop is taking place on **Thursday 23rd February** in Navan. For further information, please see <http://www.meathsports.ie/event/sports-injuries-first-aid-workshop-3/>

Volunteer Support programme



Following on from the success of previous Volunteer Support Programmes, Sport Ireland are running a number of free capacity building workshops for volunteers working in clubs, NGB's and organisations. Further information can be found at:

<http://www.irishsportsCouncil.ie/OD-Change/Organisational-Capability-Building/Learning-Support-Services/Volunteer-Training-/>

In keeping with volunteers' busy schedules the courses are predominantly half day courses scheduled on Saturdays. There is no limit to the number of courses an individual can attend and it is free to attend the training. Volunteers are responsible for booking themselves on to all course offerings via the relevant booking links.

If you require any further information on the programme, please contact Aoife in Sport Ireland on 01 8608800.



Foster the Future Coaching Conference

National Governing Bodies for Sport, Triathlon Ireland and Cycling Ireland are delighted to bring you, for the second year running, the Foster the Future Conference. This conference is aimed at coaches, managers, parents, athletes and indeed anyone who might be interested in attending and is built around a selection of Key Note Speakers, interactive & practical breakout workshops. Whether you are coaching junior, youth or grass roots athletes, this conference presents a perfect opportunity to develop and challenge your thinking.

The Foster the Future Conference will take place in Athlone Institute of Technology on the **25th of February**. The conference will focus on grassroots sport and the development of the youth or junior athlete. An exciting panel of national and international speakers have been confirmed with the topics ranging from the development of the young athlete to age appropriate training. The day will also provide an invaluable opportunity to meet with like-minded coaches from other clubs and organisations. For more information and registration visit <https://fosterthefuture.squarespace.com/> or contact coaching@cyclingireland.ie

Club Section

Sports Capital programme

The Sports Capital Programme (SCP) is managed by the Department of Transport, Tourism and Sport and provides grants to assist in the development of sports facilities and the provision of sports equipment throughout the country. Grants are available to sports clubs, voluntary and community groups, national governing bodies of sport and local authorities. Third level colleges, VEC's and schools may also apply for funding jointly with sports clubs.



Clubs must be registered on OSCAR (Online Sports Capital Register) to apply for Sports Capital Grants.

This is the only way to apply for grants under the Sports Capital Programme. OSCAR also allows registered groups to view previous grants and payments, change contact details, seek payment of a grant and otherwise communicate with the Department online. Organisations only need to register once. **The deadline to register on OSCAR is Friday 10th February at 5pm.**

Getting Help Using OSCAR

The Department has created several ways to help organisations use the OSCAR system:

1. Written guides to every stage of the programme (such as this document) available at <http://www.dttas.ie/sport/english/sports-capital-programme>
2. A YouTube channel at <https://www.youtube.com/channel/UCq1kBv-FA7QcFmu8cdrIsTg>
3. A growing knowledge base of frequently asked questions on all aspects of the programme www.sportscapitalprogramme.ie
4. Email SportsCapitalProgrammes@dtas.ie
5. Phone the official that deals with your county <http://www.dttas.ie/sport/english/sport-unit-1-sports-capital-programmes-division>

You Need a Tax Registration Number to Register

A Tax Registration Number (TRN) is required for all organisations wishing to register on OSCAR. The TRN is the unique identifier and user name for logging into the system.

You need written confirmation of the TRN from the Revenue Commissioner prior to completing the registration process either in the form of a tax clearance certificate or a letter from Revenue confirming your TRN. It is not permitted to use the TRN of your national governing body, regional grouping or of a different organisation. If your organisation already has a tax clearance certificate, the TRN is in the top left hand corner of the certificate.

If your organisation is not a limited company and does not currently have a TRN, getting one is simple. You complete the 1 page form 'Registration Form for voluntary non-profit making organisations' and return to your local Revenue Office. It should take around 10 working days to get written confirmation of your TRN.

If your organisation is a limited company, the form to be completed is Form TR2. In this case, you should ensure that your company is registered with the Companies Registration Office prior to application for a TRN. Further information including the contact details for your local Revenue Office is available from Revenue and from the Companies Registration Office.

Fill in the online registration form—Deadline for applications is Friday 24th February at 5pm.

For more information and to register see www.sportscapitalprogramme.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
- Be Active ASAP
- Sports Leader Award
- Sports Hall Athletics
- Play Rugby Programme
- School Sports Day Training
- National initiatives such as Bikeweek and National Recreation Week

If you would like further information on any of the above programmes see www.meathsports.ie or if there is any other way that Meath LSP can assist your school contact us at 046 9067337 or email mlsp@meathcoco.ie

Be Active ASAP programme

If you are a school interested in after school activities we would like to hear from you.

If you are a school working towards your Active School Flag, Be Active ASAP can help **YOUR** school attain an Active School Flag through incorporating the following Active School Flag review areas:

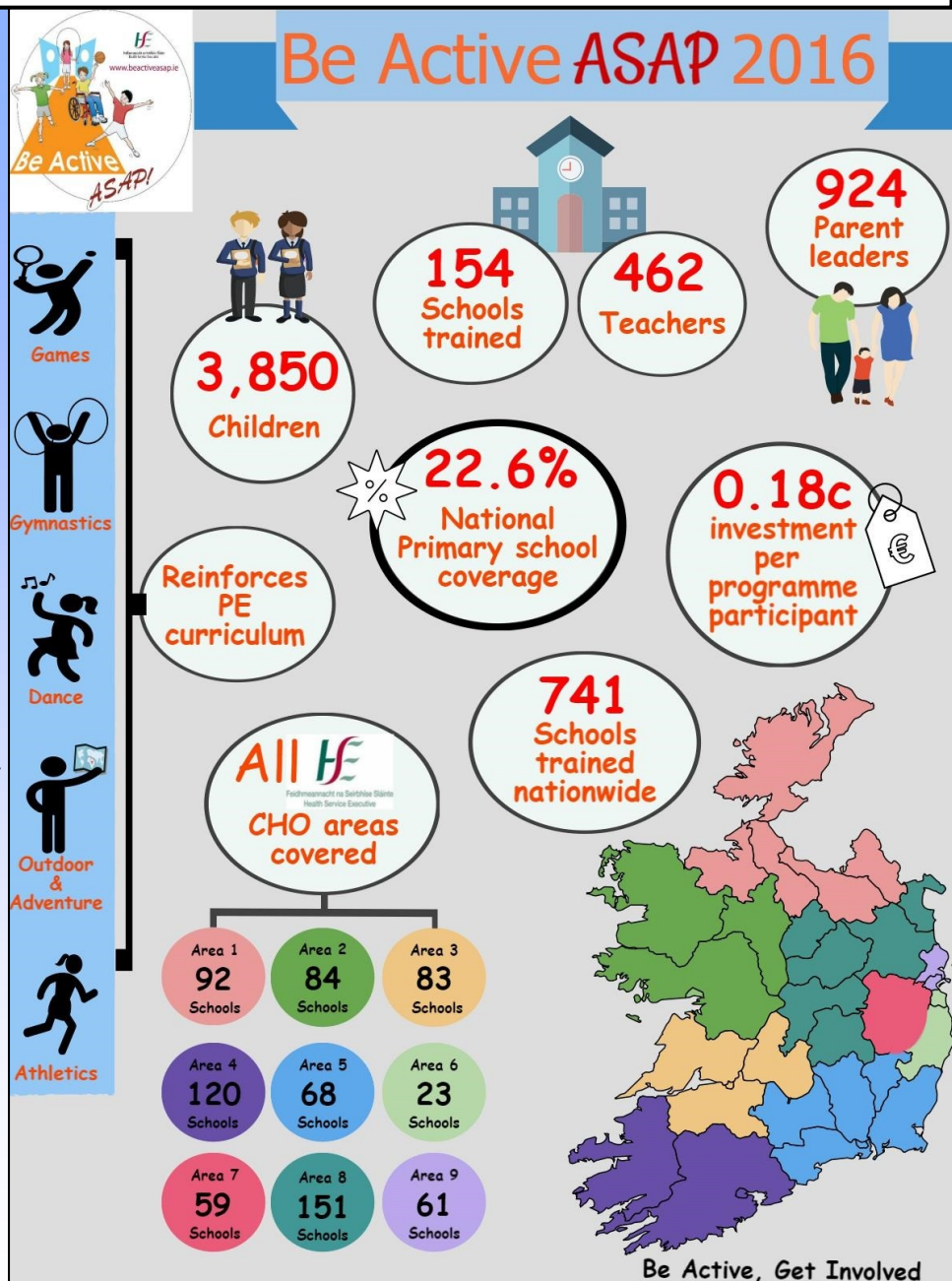
1. Physical Activity – extra-curricular activities,
2. Inclusive Physical Activity,
3. Community Links – working with parents.

Be Active ASAP is offered **FREE** of charge to schools. Letters with information on the programme and how to register are being sent to all schools nationwide in January 2017.

Alternatively, you can go online and submit an expression of interest form on the Be Active ASAP website

<http://www.beactiveasap.ie/contact/expressions-of-interest>.

For further information on the programme please visit the Be Active ASAP website or call 0469067337.



Schools Section



Sports Leadership – An Accredited Award for Secondary School Students

Meath Local Sports Partnership in association with Sport Ireland and Dormant Accounts has secured funding to roll out a new sport and physical activity award programme - **Sports Leadership**, suited for students of secondary schools.

The Award in Sports Leadership is accredited by Sport Ireland partners - Sports Leader UK. For students wishing to pursue a career in sports, management or leadership this is their opportunity to get ahead in terms of their own career pathway. The Level 1 Award in Sports Leadership is ideally suited to students of transition year but not exclusively.

The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to lead others in simple sport/activity. The award consists of 2 Units of work (22 guided hours) delivered over a number of sessions.



Students of Loreto Secondary School Navan with their Sports Leader Certificates

Each course is designed for 20 (max) students per tutor, schools may opt to work with 20 students on one course or we can provide 2 tutors and deliver to 40 pupils simultaneously. To book your school's place on the Sport Leader level 1 Award or for more information please contact David McCaffrey, Meath LSP at 046-9067337 or email dmccaffrey@meathcoco.ie.



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. If your school is interested in participating in the ***iRunForFun*** programme, please contact David on 0469067337 or email dmccaffrey@meathcoco.ie

Older Adult Programmes

Mature Movers

The 8 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.

"I would be lost without the class, it gets me up and out on a Monday morning, I feel great after the class"



Mature Movers will commence in the following areas in January/February 2017:

- **Trim** - Mondays at 10am in Knightsbridge Nursing Home (Village Hall).
- **Navan** - Monday 23rd January at 11am in Navan Pitch and Putt Club.
- **Kells** - Thursday 19th January at 10am in Kells Peoples Resource Centre.
- **Athboy** - Wednesday 25th January at 11am in St. James Hall.
- **Laytown/Bettystown** - Fridays at 11am in St. Colmcilles GAA.
- **Dunboyne** - Fridays at 10.30am in the Old School, Dunboyne.
- **Simonstown** - Friday 10th February at 11am in Simonstown GAA Centre.
- **Drumconrath** - Tuesday 7th February at 10am in Drumconrath Community Centre.

"The programme has really helped my balance, I have M.S and I would tend to fall a lot but since I started I feel a lot stronger and steady on my feet".

If you would like to participate in Mature Movers please contact Ruairi Murphy on 046-9067337.

Fitness Made Easy

The Fitness Made Easy programme (for adults 50+) is back on **Wednesday 8th February at 11am-12pm in Club Active, Navan.**



Fitness Made Easy is a 5 week introductory gym programme for adults (50+). This programme makes exercise fun, simple and achievable for all abilities. Try out gym based cardiovascular machines—very beneficial in maintaining strong bones and muscles in older people.

Easyline equipment: this resistance equipment is designed for older adults in mind, it maintains the body in the correct position, so that there is no pressure on the joints and reduces risk of strain and injury.

Activities for this 5 week programme will include:

- Tutor lead warm up and warm downs.
- An introduction and weekly instruction on the Easyline equipment in the gym.
- Instruction on the cardiovascular machines e.g. bike, cross-trainer and rower.
- Mobility and Stretching exercises.

If you are interested in attending or you want additional information, please contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

Older Adult Programmes

Games for Life

Games for Life is a series of physical activity programmes designed for older adults and adults with disabilities. Games for Life is made up of the following:

- Active Retirement Bowls League
- Meath Go for Life Games
- Kurling Tournament
- Boccia League
- Cornhole Tournament

If your groups are interested in any of the following please get in contact with Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

Active Retirement Bowls League:

The 2nd phase of the season will commence on **Monday 20th February**.

It is a tight race at the top of division 1 with Skryne, Navan and Dunshaughlin leading the way. In division 2 Carnaross and Dunshaughlin B are fighting it out for top spot. The finals are due to take place at the end of April.

Meath Go for life Games:

The Meath Go for Life Games is starting back on **Monday 6th February** in **Simonstown GFC Centre**. The 3 games played are:

- Lobbers (adaption of Petanque and Boules)
- Flisk (adaption of Frisbee and Horseshoe Pitching)
- Scidils (adaption of Ten Pin Bowling and Skittles)

These games are open to all active retirement and disability groups.

Remember! Groups are welcome to try out the activities on the day!



Kurling Tournament:

There will be a Kurling Tournament on **Monday 20th February at 11.30am** in **Simonstown GAA Centre**.

Kurling is hugely popular in Meath, 25 older adults and disability groups are training weekly in preparation for the **countywide tournament**.

You don't need to have played Kurling before to enter, **Come along and give it a go!**

Older Adult Programmes

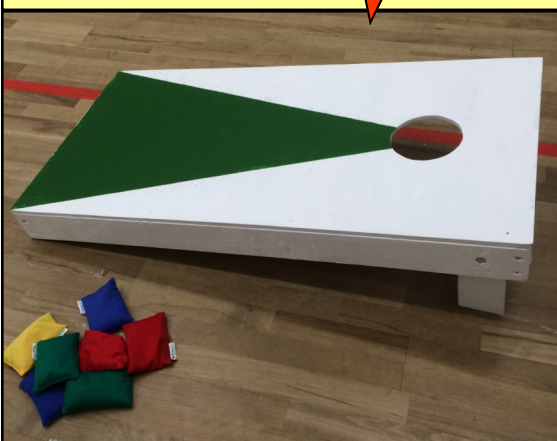
Games for Life

Boccia League

The 6th annual Boccia League recommences on **Monday 6th March** in **Simonstown GAA Centre** with 40 teams participating!



Photo above: Boccia League winners Dunboyne Rehabcare will be looking to retain their league



Cornhole Tournament—New Activity!!

There will be a Cornhole Come n Try on **Tuesday 28th February** at **11.30am** in **Simonstown GFC Centre**.

The objective of the game is to pitch the bags from the pitchers box to the opposite side and land the bags on the board or in the hole. This equipment is now available to buy at a subsidised rate from Dunboyne Rehabcare.

Investing in Older Adults

Meath LSP is continually introducing new activities to the older adult Games for Life programme – sometimes activity equipment can be expensive. In order to off-set or reduce the cost of this equipment, Meath LSP work closely with Moynalty Men`s Shed, Kilmessan Active Retirement group and Dunboyne Rehab Care group, who construct equipment for Box Hockey and Cornhole activities.

The men who produce this equipment are in the most part retired tradesmen who have years of experience which they are willing to lend to the success of the project. They take great pride in their work, finishing all to an extremely high standard. Equipment is purchased for a nominal fee by older adult groups participating in the Games for Life programme.

Evidence shows that active engagement by older men in projects such as this, lends itself to increased self confidence, improved self esteem and enhanced self worth – better than any over-the-counter remedy!



Moynalty Men`s Shed

Sports Ability Programmes

Vision Sports Taster Session

An evening of sport for people with Visual Impairments was held in Navan in November. Participants on the evening took part in Judo, Table Cricket, Tug of War, VI Soccer and VI Tennis. A great evening was had by all and a special word of thanks to



Vision Sport Ireland for their assistance with organising the event.



Following on from the success of this we now plan to commence VI Tennis lessons in Navan on Saturday 4th February and Table Cricket sessions on Wednesday 1st February. If you would like to get involved please contact Elaine on 046-9067337.

Football for All

Football for All with Ratoath Harps Football Club has recommenced for 2017 and is welcoming all new members. Training takes place on Saturday mornings at 10am in Ratoath Harps Codliss Pitch and children of all abilities are invited to take part.



Football for All is a national programme run by the FAI which allows players with disabilities between the age of 6 and 14 years the opportunity to get regular football training and competition through a local club in their area. For more information, please call Raymond Hoare on 0868203095.

Games4All

Two evenings of Games for All for Adults with Special Needs were held in Claremont Stadium in November, giving participants the chance to try out games such as Boccia, Flisk, Box Hockey and Scidils.

Everyone thoroughly enjoyed this social and sporting opportunity and it is hoped we can continue with the programme in 2017.

For more information, please call Elaine on 046-9067337.



Sports Ability Programmes

Learn 2 Cycle programme

"Life is like riding a bicycle. To keep your balance, you must keep moving." Albert Einstein



We are proud to say that through our Learn 2 Cycle programmes in 2016, 36 children with additional needs learned to cycle independently. This programme is expertly delivered by Noel Connolly from the Cycle Safety School and facilitated by Meath LSP. Each programme lasts for 6 weeks.

During the 6 weeks, children of all abilities learn the basic skills needed to learn how to cycle a bike, beginning with learning to balance without stabilisers or pedals. The

impact of learning this skill for children has immense consequences on their confidence and ability to partake in everyday physical activity.

The programme will continue to be delivered in 2017 in various locations across Co. Meath. To register your child or find out more information, please contact Elaine on 046-9067337.

"SAY" - Special Athletics and Yoga programme

This March we will again run our successful Special Athletics and Yoga programme in Dunboyne Athletics Club. This programme is aimed at children with special needs and their siblings and provides a unique opportunity for them to increase their fitness and well being, improve their concentration and decrease symptoms of anxiety.

We have two very experienced tutors delivering the programme which involves 30 minutes of Athletics followed by 30 minutes of Yoga.



The programme will commence on **Monday 6th March** from **4-5pm for 7-12 yr olds and 5-6pm for 13 yrs +**. The cost is **€52** for 4 weeks.

For more information or to register, please call Elaine on 046-9067337.

New Dunshaughlin Special Olympics Club!

A new Special Olympics club has started in Dunshaughlin initially focusing on Basketball and Athletics.

The club meets in Dunshaughlin Community Centre on a Tuesday evening from 6-7pm. All new members welcome. Any queries contact dunshaughlinspecialolympics@gmail.com

Sports Ability Programmes January—March

Activity	Venue	Time	Day	Who	Cost
Football4All Programme with Ratoath FC *Call Raymond Hoare on 0868203095	CODLISS Soccer Pitches Ratoath	10am – 11am	Every Saturday	6-16 years	N/A
Horse Riding Programme (4 week programme) *Call Jacinta on 0871381716	Brookfield Stables, Navan	Lessons available from 2pm onwards.	Every Wednesday and Thursday	5 years +	€60 for 4 week programme
Wheelchair Badminton Club *Call Dermot on 086 3830660	Claremont Stadium Navan	7-8pm	Wednesdays	Children and Adults	TBC
Swimming Lessons *Call Philip on 0872697062	Knightsbrook Leisure Centre Trim	2pm Beginners 2.40pm Intermediate	Sundays	6-18 years	€100 for 10 weeks
Yoga and Athletics (8 week Programme)	Dunboyne AC	4-5pm (7-13yrs) 5-6pm (13yrs +)	Monday 6 th March	Children	€52 for 4 weeks
Brickz Lego Club	Claremont Stadium Navan	4-5pm	Commencing Wednesday 1 st February	5-10 yrs	€30 for 3 weeks
Visual Impairment Tennis	Navan	TBC	Commencing Saturday 25 th February	People with visual impairments and siblings/friends	TBC
Learn 2 cycle programme (6 Week Programme)	Laytown/Navan/Ratoath	4-5pm	Thursday 2 nd March	6-16 years	€35 for 6 week programme
Zumba	Claremont Stadium Navan	4-5pm	Commencing Thursday 2 nd February	6-16 years	€45 for 6 weeks
Table Cricket	Claremont Stadium Navan	6-7pm	Commencing Wednesday 1 st February	Children and Adults	TBC
Boccia Club (6 Week Programme)	Claremont Stadium Navan	5-6 pm	Commencing Wednesday 1 st February	Children and Adults	TBC
Tag Rugby 4 All	Claremont Stadium Navan	5-6pm	Commencing Thursday 2 nd February	6 yrs +	€16 for 8 weeks
Trampolining	Trampolining	Ashbourne	TBC	TBC	6-13 yrs

***For all other programmes please contact Elaine Banville, Sports Inclusion Disability Officer, Meath Local Sports Partnership at (046)9067337**

Calendar of Courses and Events 2017

Activity	Date	Time	Venue
Learn 2 Run to 5k Navan	Mon 16th Jan—Mon 6th March	7-8pm	Claremont Stadium, Navan
Nutrition for Sporting Success Workshop	Mon 6th February	7.30pm-9.30pm	Newgrange Hotel, Navan
Safeguarding 1 Basic Awareness in Child Protection	Wed 8th February	6.30pm-9.30pm	Windtown Unity Centre
Sports Injuries First Aid	Thurs 23rd Feb	6.30pm– 10pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	Wed 1st March	6.30pm-9.30pm	Trim
Meath Running Group—Block 1	Wed 15th March	7-8pm	Claremont Stadium, Navan
Safeguarding 1 Basic Awareness in Child Protection	Mon 20th March	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 2 Club Children's Officer	Thurs 30th March	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	Mon 3rd April	6.30pm-9.30pm	Windtown Unity Centre, Navan
Royal County 5km & 10km	Mon 1st May (Bank Holiday)	10.30am & 11am	Kells
Safeguarding 1 Basic Awareness in Child Protection	Thurs 11th May	6.30pm-9.30pm	Windtown Unity Centre, Navan
Meath Running Group—Block 2	Wed 24th May	7-8pm	Claremont Stadium, Navan
Safeguarding 3 Designated Liaison Person	Wed 31st May	6.30pm-9.30pm	Windtown Unity Centre, Navan
Meath Heritage Cycle Tour	Sat 29th & Sun 30th July	Various	Trim

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

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