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View our website

<http://www.meathsports.ie>

Operation Transformation National Walk Day



Meath Local Sports Partnership's Operation Motivation programme commenced on Saturday 18th January with 10 walks rolling out across the county.



Walks were organised in conjunction with Operation Transformation National Walk day. Participants turned out in force in Ashbourne, Oldcastle, Carraross, Castletown, Cormeen, Bettystown, Kilmainhamwood, Gibbstown, Trim and Navan.

Following on from this, 16 communities are hosting an 8 week walking programme for all members of the community as part of Meath LSP's Operation Motivation programme. All walk leaders have been trained in the Irish Heart Foundation Community Walk Leader Level 1. See page 2 for list of walking programmes.





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:

Area	Walk Leader	Contact	Start date	Start time	Meeting point
Ashbourne	Theresa Byrne	087-2376175	January 13 th Mondays	7pm	Ashbourne Garda Station
Athlumney, Navan	Paul McGee	087-7874424	January 11 th Saturdays	11am	Athlumney Castle
Ballinacree, Old-castle	Norman Coyle	087-9197378	January 23 rd Thursdays	8pm	St Brigid's GFC Walking Track
Blackcastle, Navan	Pamela Farrell	086-3521481	January 14 th Tuesdays	9.30am	St. Oliver's NS, Navan
Bettystown	Catherine Baker	087-2329682	January 13 th Mondays	10am 7pm	Main Entrance, Bettystown Beach
Castletown	Nicola Smith	086-8617289	January 11 th Saturdays	10am	Castletown Pitch and Putt
Carnaross	Noeleen Farrelly	086-3260857	January 21 st Tuesdays	7.30pm	Carnaross GFC Pitch
Cormeen	Elizabeth Bennett	087-6416339	January 11 th Saturdays	10am	Cormeen Sports Complex
Duleek	Carol Saurin	085-7538995	January 15 th Wednesdays	7pm	Duleek Village Green
Donore	Malena McLoone	087-6890892	January 13 th Mondays	7pm	Parish Car Park
Fordstown	Aisling Clarke	087-9006119	January 5 th Sundays	10.30am	Girley Hall
Gibbstown	Alison Ward	087-2892304	January 11 th Saturdays	9.30am	Wolfe Tones GAA Gibbstown Pitch
Johnstown, Navan	Joe Adams	086-8600961	January 6 th Mondays	7pm	Taylor's of Johnstown
Kilmainhamwood	Bernadette Finnegan	087-2910896	January 18 th Saturdays Wednesdays	9.30am 7.30pm	Kilmainhamwood GAA
Navan	Mary Clifford	087-9760824	January 15 th Wednesdays	10.45am	Claremont Stadium
Stamullen	Linda Dungan	087-6503124	January 13 th Mondays	7pm	St. Patrick's GAA

Community Activity Programmes



Men on the Move – the Best Move You Will Ever Make! Men Only activity sessions!!!

- * Are you Male aged 30 plus?
- * 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! For more information, call Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

Kells: Mondays at 8pm in Kells Handball Alley.

Navan: Tuesdays at 7pm in St. Oliver's School, Blackcastle.

Ashbourne: Wednesdays at 7.15pm in Impulse Fitness Ashbourne.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

0-3k Walk to Jog Programmes

0 to 3k Walk to Jog is a 6 week programme designed to equip complete beginners to increase walking fitness and progress to jogging with relative ease.

It is a simple progressive programme that begins with more walking than jogging and gradually evolves into more jogging than walking. This programme is open to both men and women; participants must be over 16yrs.



A number of Athletics Clubs are assisting Meath LSP with the roll out of this programme.

Please register by downloading registration form at <http://www.meathsports.ie/women-in-sport/0-3km-walk-to-jog-programme/> and bring along with you on the first night or email to lodowd@meathcoco.ie.

Locations and start dates are as follows:

Club	Venue	Week 3 continues
Navan AC	Claremont Stadium	Monday 27 th January @7pm
Moynalty AC	Mullagh Sports Centre	Monday 27 th January @7pm
Tara AC	Tara Track – Ross Cross	Tuesday 28 th January @7pm

Community Activity Programmes

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



Block 1 Core Conditioning (9 weeks) commences **Wednesday 1st April in Claremont Stadium, Navan**. Focus for this block is core strength, improve flexibility, posture and balance with our coach Cailín McDonagh. Cailín explains *"The focus of the core conditioning class will be mainly on conditioning the muscle groups which are needed during running which include hamstrings, glutes, back and core which will be completed in a whole body circuit fashion with an emphasis on mobility and flexibility work before during and after. This will not only benefit your flexibility but will help strengthen and improve your running performance in the long term"*

Block 2 Speed and Middle Distance Training (11weeks) will start on **Wednesday 3rd June**. This block will focus on preparation for 5 mile, 10km and 10 mile distances.

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

Active Leadership Programme

Active Leadership is a programme designed to provide knowledge and training to enthusiastic community based leaders, coaches, teachers and parents. Participants will gain experience of a wide range of physical activities that are suitable for children, teenagers and adults and as well as skills to become an effective leader.



If you would like to the opportunity to learn a wide range of sporting activities and gain new leadership skills to lead others, then this programme is for you. Trained leaders will gain the competency to plan, develop and lead safe, effective and enjoyable physical activities.

Core elements of the training include:

- Identify key knowledge, skills and qualities required to be an effective activity leader
- Experience a range of practical activities
- Plan and prepare generic and sport specific activities
- Learn to adapt programmes to suit abilities and individual needs
- Ensure programmes are inclusive to all individuals and groups
- Plan and evaluate safe effective activities

This training is available to anyone over the age of 18 who has an interest in leading physical activity sessions for groups within their community, school, workplace or youth group. For more information please call Lisa on 046-9067337 or email lodowd@meathcoco.ie

Community Activity Programmes

Sports Leader Award

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 own career pathway.



Participants from St. Patrick's GAA Club Stamullen

Sports Leader Level 1 Award in Sports Leadership is ideally suited to transition students

of transition year provides the ideal starting point for learners who wish to develop their leadership skills, whilst under the direct supervision of their tutor. The syllabus is designed to develop the knowledge, skills and qualities of effective leadership that can be applied to a variety of sports as well as contributing to the personal development of the learner. It has a multi-sport approach where learners get the opportunity to try a wide variety of sports and games throughout the training initiative.

Sports Leader Level 2 Award is available to those who have completed Sport Leader 1. This progressive programme includes an advanced leadership strand where learners get the opportunity to progress their leadership skills within their own community setting.

Club Sports Leadership

Club Sports Leadership is a comprehensive training initiative for young club players and athletes to learn the necessary leadership skills and empower them to become more active within their own club setting. This all-inclusive programme incorporates Leadership Skills, Sports First Aid and Disability Awareness training (CARA Ireland).



The Club Sports Leadership programme can be used to create a pathway for young players and athletes to become more involved in club development and management, taking on roles such as junior/assistant club coaches, officials and junior administration committee members. It is an ideal starting point to promote club development to young club members (16yrs+).

If your club is interested in promoting Youth Development within your club setting please contact Lisa O'Dowd at lodowd@meathcoco.ie or 046-9067337 for more details.



Community Activity Programmes



Community Sports Hub Navan

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



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

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.

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

- Blackwater Park
- Johnstown
- Claremont Stadium

Some of our most popular programmes are:

- Basketball
- Couch to 5k
- Games on the Green
- Late Night Football League
- Multi-Sport Activities
- Olympic Handball
- Zumba
- Walk 'n' Tone

**2570 participants
took part in a
variety of
programmes in
2019**


**56
programmes/
200 sessions
delivered
in 2019!**




Get involved by liking our Facebook page [Community Sports Hub Navan](#). For more information on Community Sports Hub Navan please contact Conor on 046-9067337 or email conor.gonnolly@meathcoco.ie



Community Activity Programmes



Community Sports Hub Navan



Programme	About	Time	Venue	Age	Start Date
MONDAY					
Buggy Buddies	Walking group open to parents and carers of babies/toddlers in buggies & prams.	9:30-10:30am	Blackwater Park, Windtown	18yrs+	13 th January (6 weeks)
Community Walking	Meet at Scoil Naomh Eoin and walk as a group to Blackwater Park.	7-8pm	Scoil Naomh Eoin, Windtown	18yrs+	13 th January (6 weeks)
TUESDAY					
Run, Jump, Throw (Pre-register)	This inclusive programme is aimed at children with disabilities and their siblings. Come along to join the fun.	5-6pm	Scoil Naomh Eoin, Windtown	5-13yrs	14 th January (6 weeks)
Basketball	Come and try Basketball sessions	6-7pm	Scoil Naomh Eoin, Windtown	9-12yrs	14 th January (6 weeks)
Basketball	Come and try Basketball sessions	7-8pm	Scoil Naomh Eoin, Windtown	13yrs+	14 th January (6 weeks)
Women on the Move	Women on the Move is a beginner's physical activity programme aimed at getting women active, having fun and improving their fitness levels.	8-9pm	Scoil Naomh Eoin, Windtown	18yrs+	14 th January (6 weeks)
Walking Football	Walking football is a variant of soccer that is aimed at keeping people involved with football.	8:15-9:15pm	St. Stephen's NS, Johnstown	40yrs+	14 th January (6 weeks)
THURSDAY					
Multi-Sport	Fun Sports activities and games to come and try.	5-6pm	St. Stephen's, Johnstown	5-12yrs	16 th January (6 weeks)
Cheer Dance	This class will focus on the basic fundamentals of cheer-leading, such as dance, cheers, stunt technique and basic tumbling.	6-7pm	St. Stephen's, Johnstown	13-18yrs	16 th January (6 weeks)
Futsal4Fun	Come along with friends and play 5-a side futsal.	7-8pm	St. Stephen's, Johnstown	13-18yrs	16 th January (6 weeks)
FRIDAY					
Buggy Buddies	Walking Group opens to parents and carers of babies and toddlers in buggies & prams.	9:30am-10:30am	Outside front door, Supervalu Johnstown	18yrs+	17 th January (6 weeks)
Fitsteps	Fun Fitness that is 'Strictly' dance - brings Latin and ballroom styles into a fun fitness class.	6-7pm	Byrne Suite, Claremont Stadium	18yrs+	17 th January (6 weeks)

Spaces are LIMITED and will be on a first come basis! Registration forms need to be completed and signed by a parent/guardian for all participants under 18yrs. Waiting lists will be in operation for all programmes. For further information on Community Sports Hub Navan, please contact Conor Gonnely on 046-9067337 or email conor.gonnely@meathcoco.ie.

Women in Sport

Active Girls

Meath LSP wishes to commence an Active Girls Programme in 4 post primary schools in County Meath for the remainder of this academic year.



The Active Girls programme is targeted at teenage girls in Secondary Schools who do not normally participate in any sports or physical activity. The aim of the programme is to introduce alternative fun ways to exercise in order to maximise participation and increase a sustainable healthy lifestyle. Elements of the programme will also provide educational background that creates awareness of the impact exercise and fitness has on physical and mental health.

Steps involved in the Application Process

Each school will provide a group of 25 students from 13-15 years of age that do not currently participate in any sporting or physical activity. School must provide supervision during each activity session. The programme will consist of two six week blocks with qualified instructors delivering an hour long programme each week. Each block will introduce a new guided activity as an extracurricular activity during lunchtime or after school.

- **Block 1** - six weeks - girls will choose one group activity from: Hip Hop, Zumba or Cheer Dance.
- **Block 2** - six weeks - will consist of educational material that covers Nutrition, Well Being and Leadership Skills. This block will also include a variety of sports activities such as Volleyball, Olympic Handball, Basketball, Cricket and Soccer as well as a range of generic games. This strand will ensure girls have the knowledge and skills to join school teams and clubs and also obtain the skills to become effective leaders within their schools.

The programme will end with all participating schools coming together for a Dance Festival and Blitz which will take place at the end of the academic year. Please register by emailing Lisa O'Dowd at lodowd@meathcoco.ie

Active Parents

Parents is a new initiative for parents of school-going children. Active Parents is a three way initiative between schools (parents committee), parents and Meath LSP.

The school provides the hall and parents contribute a small fee for a 6 week programme with Meath LSP providing the tutor.

Parents get to participate in new and exiting activities. The activities will take place just after school drop off and on the school grounds. This year, parents have taken part in activities such as Zumba and Yoga.



Meath LSP plans to link with primary or secondary schools in January 2020 to deliver activities for parents. If your school would like to be a part of this initiative please contact Lisa O'Dowd @ 046-9067337 or lodowd@meathcoco.ie



Women in Sport



Women's Only Netball

As part of the 20#20 'Women in Sport' initiative, Meath LSP continues the women's only Netball programme which takes place in

Gormanston Sports Centre every Thursday at 7.30pm.

This is the second segment of this fast growing and popular programme delivered by expert coaches from Netball Ireland. This is a non contact sport and suitable for all ages from 16+ years.



Meath LSP are delighted to announce that this initiative will be extended to other locations in the coming months including Trim, Kells and Ashbourne. Cost is only €3 per night.

If you are interested in trying out this new energetic 6 week programme please contact Lisa at lodowd@meathcoco.ie or call 046-9067337.

Women on the Move



Women on the Move is a **FREE** circuits based activity programme aimed at women over 18. No fitness level required. Suitable for beginners.

Each session lasts for one hour and depending on the weather may contain a mixture of indoor/outdoor activities. The programme includes fun games and toning workouts which help to improve cardiovascular health, strength, flexibility and mobility.

Join us for our next session:

Date: Tuesday 28th January

Time: 8pm-9pm

Venue: Scoil Naomh Eoin, Windtown

For more information, please contact Conor on 046-9067337 or email conor.gonnelly@meathcoco.ie



Club Section

Safeguarding 1 Basic Awareness in Child Protection Workshop

11th February | 5th March | 24th March | Navan | 6.30pm-9.30pm

This course looks at best practice for all regarding child protection, with clubs now being asked to utilise and implement the relevant NGB Code of Ethics. The course maintains an essential component of coach education for all who are involved in coaching children.

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. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.



Participants can follow on this workshop with Children's Officer Training, for information on same please contact Meath LSP office. It is recommended that you renew your Safeguarding certificate every 3 years for good practice. Participants attending this workshop must be over 18 years of age. The cost is €20pp for clubs in Meath and €30pp for clubs outside of Meath. Please call 046-9067337 or email mlsp@meathcoco.ie to book.

Safeguarding 2 Club Children's Officer Workshop

18th February | 1st April | Navan | 6.30pm-9.30pm

Recommendations from Sport Ireland are that every club involved with children and young people should appoint a Club Children's Officer. This person is 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.



It is essential that those who wish to attend the Safeguarding 2 Club Children's Officer (CCO) Training have attended the Safeguarding 1 Basic Awareness course. It is recommended to have at least one Club Children's Officer per club or if there is a large number of both boys and girls in the club, to have two Club Children's Officers – one male and one female.

The cost of this workshop is €20pp for clubs in Meath and €30pp for clubs outside of Meath. For more information, please see <http://www.meathsports.ie/events/>. Please call 046-9067337 to check availability of spaces.



Club Section

Safeguarding 3 Designated Liaison Person Workshop

8th April | 6.30pm-9.30pm | Windtown Unity Centre, Navan

Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency and/or An Garda Síochána. It is recommended that this person is a senior club person.

A person appointed to the *Designated Liaison Person* position in a club must have completed the Basic Awareness Workshop in Child Welfare & Protection before completing this workshop. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.

To book please call Meath LSP office on 046-9067337 or email mlsp@meathcoco.ie

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.

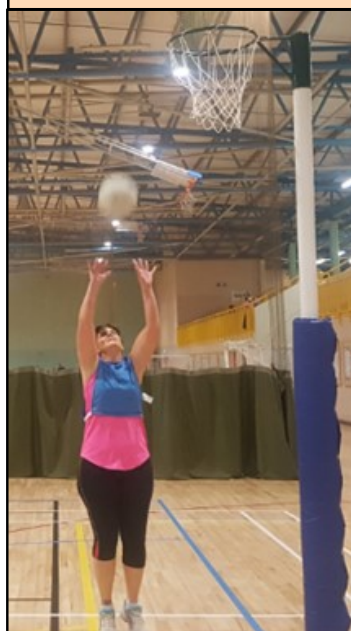
Participants will learn practical skills so that they can deal competently with situations that may arise. All participants receive a certificate of attendance.



Course Content

The next Sports Injuries First Aid workshop is taking place on **Thursday 27th February** in Navan. To book a place, please call 046-9067337 to check availability of spaces.

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



Netball Training for Coaches/Teachers/Parents



As part of the 20#20 'Women in Sport' initiative, Meath LSP have linked with Netball Ireland to facilitate a **Netball Introductory Coaching Course** in February 2020.

Qualified Netball Coaches will deliver a 4 hour introductory workshop on how to implement Netball within a club or a school setting. Participants will also learn the fundamental coaching skills of Netball. Cost €20 per person.

If you are interested in taking part please contact Lisa at lodowd@meathcoco.ie or call 046-9067337.

Schools Section

What we offer schools

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

Programmes include:

- Cycle Right Programme
- Daily Mile Challenge
- Play Rugby Programme
- School Sports Day Training
- Sports Leadership
- Badminton School Programme
- Indoor Hockey School Programme
- Cricket School Programme
- iRun for Fun for Secondary Schools
- National initiatives such as Bikeweek, National Recreation Week and National Playday

If you would like further information on any of the above programmes see www.meathsports.ie or contact us at 046-9067337 or email mlsp@meathcoco.ie

Olympic Handball

Meath LSP and Irish Olympic Handball Association (IOHA) worked in partnership to develop the Olympic Handball School Programme in 2019. Over 20 schools took part in this initiative which included Teacher Training, Training Resources, School Equipment cumulating in a School Blitz with 175 primary school pupils taking part.

The feedback from schools was very positive with many teachers saying that ***“Children, who normally have no interest in sport, absolutely love playing Olympic Handball”*** and how ***“inclusive the game is for all level of skills”***.

Meath LSP are delighted to be working with the IOHA again to roll out this programme in 2020. Dates for the 3 hour teacher training will take place in March. Schools will be supplied with training resources and equipment and a School Blitz will take place in May.

If your school would like to take part in this programme please contact Lisa at lodowd@meathcoco.ie. Schools that took part in last years programme can also avail of teacher training for new school staff in 2020. An Olympic Handball Programme is also available to Post Primary Schools – if you would like more information please contact Lisa at lodowd@meathcoco.ie.





Schools Section

2020 School Programmes

Cricket



After the success of last years programme, we are offering this fantastic training resource once again to Meath primary schools that didn't get an opportunity to take part in the 2019 programme. This comprehensive school programme includes teacher training and resources. Schools are also provided with a bag of branded equipment. Cricket Leinster will visit each participating school and provide coaching to student classes. Meath LSP will organise a School Blitz for all participating schools. This ensures students get the opportunity to put their newly founded skills into practice in a fun participation cricket blitz.



Badminton



Badminton Ireland and Meath LSP will once again offer this popular programme to primary schools in Meath. This programme will also provide the successful elements of teacher training, equipment/resources and a school blitz. Schools that participated in the 2019 programme can also include new teaching staff on the teacher training course for 2020 to ensure the long term sustainability of badminton within their school.

If you require details on any of our school programmes, please contact Lisa at lodowd@meathcoco.ie.

The Daily Mile Challenge



Meath LSP would like to invite your school to take part in **The Daily Mile Challenge**. A free and simple initiative; **The Daily Mile Challenge** aims to improve the physical, social, and emotional wellbeing of the children in your school.

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.



If you are interested in starting The Daily Mile with your whole school or one of the classes, please contact Lisa at lodowd@meathcoco.ie

Schools Section

iRunForFun for Secondary Schools

Meath LSP has teamed up with Athletics Ireland to offer an athletic based activity for secondary schools. **iRunForFun** is a 6 week programme that has been designed to encourage engagement in physical activity in secondary schools.

The **iRunForFun** programme is FREE of charge, comes with training bibs and a training diary which 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.

Schools currently on the programme include:

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

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



School Basketball Programme

15 primary schools across the County took part in the 2019 School Basketball programme. Working in partnership with Basketball Ireland, schools were provided with teachers training, resources and equipment to ensure the sustainability of the programme. Over 143 students received a personal basketball training session from the Basketball Ireland training coach.



If your school is interested, please call Lisa on 046-9067337 or email lodowd@meathcoco.ie



Students from Clonmellon NS

Older Adult Programmes

Walking Football for Adults 40+



This initiative is designed to encourage men and women over 50 of all fitness levels to keep active and enjoy playing football.

The game is played on a smaller pitch at walking pace. The sessions 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. Meath LSP in association with the FAI delivered a walking football programme in Johnstown with great success, 12 men are currently participating on the programme each week (see photo above). Meath LSP ran this programme in conjunction with Community Sports Hub Navan.

Walking Football is currently running in **St. Stephen's NS, Johnstown** on **Tuesdays** at **8.15pm-9.15pm.**

If you would like to join the Johnstown group on or start a group in your area please contact Ruairí on 046-9067337 or email rmurphy@meathcoco.ie

Defence for Life for Adults 40+ (Intro to Karate) Come and Try Class!

Meath LSP in association with **Navan Kenpo Karate Club** are piloting a beginners Karate programme for Adults 40+.

The Defence for Life programme will be adapted from the Irish Kenpo Karate Union curriculum. The class will work on the basics of Karate, blocks punches and gentle movements similar to Tai Chi.



There will also be self defence moves where you defend yourself against varied attacks. These will be done slowly to ensure that all understand the principles correctly. Participants will practice individually and in groups.

A recent study stated Karate for over 40+ significantly improved in motor skills and cognitive function (Witte, et al, 2015). This adapted Martial arts programme 'Defence for Life' can have a really positive effect on your quality of life.

Come and Try class will take place:

Date: Monday 10th February

Time: 7pm-8pm

Venue: St. Joseph's Primary School, Railway Street, Navan.

Open to complete beginners—both men and women. All you need to attend is comfortable clothing and a bottle of water. For more information, please call Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

Older Adult Programmes

Circuits for Over 50's

Circuits for Over 50's is a physical activity programme for adults which includes exercises to improve strength, mobility and fitness. The programme is aimed at adults that are mobile and want to participate in activity that will improve their fitness.

The programme for adults (50+) is circuit based i.e. there is 10 stations with body weight exercises and game based activity like Cornhole, Balloon Badminton/Volleyball and Tennis. The physical activity session will be led by a tutor for 1 hour per week.

See venues below:

- **Navan:** Tuesday 11th February at 11am in Simonstown GAA
- **Trim:** Wednesday 26th February at 11am in Trim GAA

For more information, please call Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

"Looking forward to the next sessions, I feel brilliant after the 5 weeks. It has given me confidence to try other activities".

"I really loved the programme, I haven't moved like that in years"

"Great craic, I worked muscles I never knew I had, all very achievable though."





Older Adult Programmes

GAMES FOR LIFE ACTIVITIES FOR ADULTS 50+



Pickleball

Pickleball is an adapted tennis game played on a Badminton court suitable for over 50's. The game has simple rules and is very easy to play.

Pickleball is a fun, very social activity and is played at a slower pace than tennis.



Meath LSP, in association with Pickleball Ireland, will host a Come n Try morning on **Wednesday 19th February** at **11am** in **Trim GAA**. This is suitable for all abilities. Come along and give it a go!



Boccia League will start in March 2020. Open to all community groups



Active Retirement Bowls League will re-commence in February 2020

Fitness Made Easy

The **Fitness Made Easy Programme (for Adults 50+)** is back with a 5 week programme starting on **Wednesday 25th February** at **11.15am** in **Club Active, Navan**.



Some older adults may find the gym environment challenging. To assist in this regard, Club Active create a calmer atmosphere by keeping the music to an appropriate level.

Activities for this 5 week programme will include:

- Tutor lead warm up and cool 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, balance and stretching exercises.

As this is an introductory gym programme this will be offered **FREE** of charge. After the 5 week programme, participants will have the opportunity to avail of a reduced cost 3 month membership.

For more information, please call Ruairi on 046-9067337 or email rmurphy@meathcoco.ie



Older Adult Programmes

Balance

Mature Movers

Strength

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. **Find a venue near you!**



Friendly

Mobility

Area	Day	Time	Venue
Trim	Mondays	10am	Village Hall, Knightsbridge Nursing Home
Navan	Mondays	11am	Navan Pitch and Putt Club
Donore	Mondays	2pm	Parish Hall
Stamullen	Wednesdays	12.30pm	St. Patrick's GAA
Ashbourne	Wednesdays	7pm	Sports Hall, Community School
Athboy	Wednesdays	11am	St. James Hall
Kells	Thursdays	10am	Kells Resource Centre
Dunboyne	Fridays	10.30am	Old School
Laytown	Fridays	11am	St. Colmcille's GAA

Fun

If you would like to participate in the Mature Movers Activity Programme in your area please contact Ruairi Murphy on 046-9067337.

Functional

Sports Ability Programmes

Royal Rockets

Meath LSP in conjunction with IWA-Sport has collaborated over the past 8 months in the formation of a Junior Wheelchair Sports Club in County Meath.



IWA Sport have led the club through a step by step set up process over the past 3 months. This process ended at the end of October and from that a club committee has been established. This committee is made up of parents and volunteers.

The committee has now taken over the club which have been fittingly named the **Royal Rockets**.



Some members of the Royal Rockets committee and IWA Sport

Meath LSP will continue to support the club going forward. The primary

aim for the club is to increase its' members and volunteers and to also establish itself in a permanent base.

The club currently meets **every Wednesday** at **6.30pm-7.30pm** in **Scoil Naomh Eoin, Navan**. The group is suitable for children with a physical disability aged between 5-15 years and siblings are always welcome.

For more information please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie. To follow the progress of the Royal Rockets, like the clubs Facebook page - <https://www.facebook.com/royalrocketsclub/> or follow https://twitter.com/rockets_royal



Sports Ability Programmes

TY Initiative—Loreto Secondary School & Prosper Navan



TY students from Loreto Secondary School Navan and service users from Prosper Navan came together on a joint physical activity initiative over the past couple of months.

The TY students received Disability Awareness Training prior to the start of the initiative which seen them develop and lead out inclusive physical activity sessions for the Prosper Navan Group.



This initiative has seen fantastic benefits for both the students and prosper service users. The programme will continue over the coming months.



If you would like more information on this programme, please call Terry on 046-9067337 or email tdonegan@meathcoco.ie

Learn 2 Cycle

Learn 2 Cycle aims to assist children with a disability to cycle independently. This programme which is held over 6 weeks focuses on empowering parents and giving them the tools to support their child in learning to cycle.

The final Learn 2 cycle of 2019 took place in Claremont Stadium, Navan in December. All 15 participants were guided by our experienced tutor Noel Connelly from the Cycling Safety School. The participants gained confidence and progressed their abilities over the 6 week programme.



The next Learn 2 Cycle programme will take place in **Trim GAA Centre** commencing on **Thursday 30th January**.

For more information please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie



Sports Ability Programmes

TAG Meath Autism group

TAG Meath Autism group caters for teenagers and children with Autism. The group meets weekly on a Tuesday (Teens) and Wednesday (Junior) in Claremont Stadium, Navan.



Activities include arts and crafts and a range of physical activities. Leaders also organise recreational trips for members & parents. Parents and guardians are encouraged to stay for tea and a chat in Claremont Stadium. For more information please email Ger at tagmeath@gmail.com

GymABLE



GymABLE is an inclusive Gymnastics programme developed by Gymnastics Ireland for people with disabilities. The GymABLE mission statement is “to value the ability and individuality of all people with a disability; to take all reasonable steps to provide each individual with the opportunities they need to reach their full potential as active gymnasts within an inclusive environment”.

The programme is currently rolled out by CGC Gymnastics in Ashbourne. All coaches are trained in Disability Inclusion training. The group meets every **Friday at 3.30pm-4.15pm** and the class is suitable for children with a disability (aged 4-12 years).

For more information please call Janet Hawkins on 087-9704080.

Run, Jump, Throw



Run Jump Throw is an inclusive programme for children aged 5-13yrs with physical and intellectual disabilities.

The aim of the programme is to provide participants with the opportunity to participate in a variety of sports and physical activity. Our experienced tutors ensure that the activities are delivered in a fun and safe manner.

Siblings are welcome to come along. This is a free 6 week programme run on **Tuesdays at 5pm in Scoil Naomh Eoin, Navan.**



To register please contact Conor Gonnelly on 046-9067337 or email conor.gonnelly@meathcoco.ie

Sports Ability Programmes

autism in sport workshop

This three hour workshop will provide participants with an understanding of Autism, focussing on the delivery of sport. The course content is designed to help participants to recognise and understand key areas of consideration and to look at practical strategies, which will help to include people with autism in sport.

   caracentre.ie

Date: Thursday February 20th @7:00pm-10:00pm

Venue: Claremont Stadium Navan
Commons Road
Navan
Co. Meath

Cost: €20 per person

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

This workshop is facilitated by:





Sports Ability Programmes January-March

Activity	Day	Time	Location	Age	Contact
TAG Meath Autism Group-Teen Group	Tuesdays	7.15pm-9pm	Claremont Stadium Navan	12-18yrs	tagmeath@gmail.com
TAG Meath Autism Group-Junior Group	Wednesdays	6.15pm-7pm	Claremont Stadium Navan	6-11yrs	tagmeath@gmail.com
Run, Jump, Throw	Tuesdays	5pm-6pm	Scoil Naomh Eoin Navan	5-13yrs	Conor Gonnelly 046-9067337/ conor.gonnelly@meathcoco.ie
Royal Rockets – Multi Sport Junior Wheel-chair Club	Wednesdays	6.30pm-7.30pm	Scoil Naomh Eoin Navan	5-15yrs	Terry Donegan 046-9067337/ tdonegan@meathcoco.ie
Learn 2 Cycle	Thursdays – Commencing January 30 th	4pm-5pm	Trim GAA (Cost €30)	4-18yrs	Terry Donegan 046-9067337/ tdonegan@meathcoco.ie
Autism in sport Workshop	Thursday February 20 th	7pm-10pm	Claremont Stadium Navan	Over 18's (Cost €20)	Terry Donegan 046-9067337/ tdonegan@meathcoco.ie
GymAble – Gymnastics	Fridays	3.30pm-4.15pm	Coolmine Gymnastics Club Ashbourne	4-12yrs	Janet Hawkins - 0879704080
Football 4 All	Saturdays	3pm-4pm	East Meath United	4-12yrs	Lara Synnott football4all@eastmeathunited.ie
Inclusive TAG Rugby	Sundays	10am-11am	Navan Rugby Club	6-18yrs	Gerry Sweeney - 0867865007; Evan Dixon- navanccro@leinsterrugby.ie
Inclusive Rugby	Sundays – Commencing January 26 th	10.30am-11.30am	Balbriggan Sports Centre	12-18yrs plus	info@balbrigganrfc.com
Vision Impaired Tennis	Sundays	12pm-1pm	Claremont Stadium Navan	4-16yrs	Richard Turner- 0868524410 / Richard.turner3@gmail.com
Swim Ability	Sundays	1:30pm-2:15pm	Kells Swimming Pool	5-18yrs	Terry Donegan 046-9067337/ tdonegan@meathcoco.ie

‘Creating participation opportunities for ALL in sport and physical activity’

To keep up to date with the latest programmes and activities taking place across the county by following our Facebook page [Meath Sports Ability](#).

If you would like more information on Meath Sports Ability, please contact Terry Donegan on 046-9067337 or email tdonegan@meathcoco.ie



Calendar of Courses and Events 2020

Activity	Date	Time	Venue
Safeguarding 1 Basic Awareness in Child Protection	30th January	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	11th February	6.30pm-9.30pm	Claremont Stadium, Navan
Safeguarding 2 Club Children's Officer Training	18th February	6.30pm-9.30pm	Windtown Unity Centre, Navan
Autism in Sport Workshop	20th February	7pm-10pm	Claremont Stadium, Navan
Sports Injuries First Aid Training	27th February	6.30pm-10pm	Claremont Stadium, Navan
Safeguarding 1 Basic Awareness in Child Protection	5th March	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	24th March	6.30pm-9.30pm	Claremont Stadium, Navan
Safeguarding 2 Club Children's Officer Training	1st April	6.30pm-9.30pm	Claremont Stadium, Navan
Safeguarding 3 Designated Liaison Person Workshop	8th April	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	16th April	6.30pm-9.30pm	Windtown Unity Centre, Navan
Royal County 5km & 10km	4th May	10.30am & 11am	Kells
Safeguarding 1 Basic Awareness in Child Protection	6th May	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 2 Club Children's Officer Training	12th May	6.30pm-9.30pm	Windtown Unity Centre, Navan
Sports Injuries First Aid Training	13th May	6.30pm-10pm	Windtown Unity Centre, Navan

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

Meath Local Sports Partnership, Town Hall, Watergate Street, Navan.

Tel: 046-9067337 Email: mlsp@meathcoco.ie