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Meath Heritage Cycle tour – a massive thank you!

9 years on and the Meath Heritage Cycle tour is going from strength to strength.

With over 3000 cyclists participating between 4 distances, the popularity of recreational cycling is continuing to grow in Co. Meath. However none of this would be possible without the support of the 300 volunteers who once again turned out in force to take registrations, man junctions, serve tea, provide directions, collect cyclists out along the routes, provide medical and mechanical support and most importantly extend a welcome and a word of encouragement to all those cycling over the weekend. The committee of the Meath Heritage Cycle tour extends a massive thank you all those volunteers who gave of their time freely on Sat 29th & Sun 30th July.

In addition to the voluntary support, a number of community and sporting facilities opened up their doors to provide refreshment stops and comfort breaks to all the participating cyclists. From Mary & Jack Quinn in Jack Quinn's public house (11k food stop), to Senchalstown GAA club, Cormeen community centre, Wilkinstown community centre, Ballinlough GAA centre, Enda Maleady in Ryans of Gormanlough, Kiltale GAA club to Michael Maguire and staff on the Hill of Tara – all played their part in extending the unique Meath welcome to the cyclists. In lieu of their efforts, a small donation is made either to the participating centre or a charity of their choice by Meath Heritage Cycle tour.



Chris McElligott (OT Star) leads out the 11km Family Spin on his hand cycle!



Cyclists at the start of 100km

As with all large events, success would not be possible without the continued support of the Gardai, in particular Sgt Tom Mahon of Trim Garda Station and Sgt Pat Dowd of the Road Traffic Division and their respective teams. Medical support is provided by Meath Civil Defence with a number of ambulances, stationary medical stations, emergency medical technicians, paramedics and first responders all located out along the routes with the Control Centre based at the event HQ in Trim.

Continued on next page



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

Meath Heritage Cycle Tour 2017 - A Massive Thanks!

Special thanks to the 4 mechanics who delivered much needed repair to bikes - Gary Sheehan, John Grace, Declan Byrne & Thomas McElroy – thankfully cyclists seemed to be better prepared this year with most bikes in good road-worthy condition.

The motor bike marshals, support crew (lead, broom

and pick-up), members of Trim Cycling Club and Moynalty Cycling Club (cycle marshals), Physios (Mark Elmes, Frank Foley & Fiachra Ward), Trim Tidy towns, Aura Leisure centre, Meath County Council, Trim Municipal District, Trim Castle Hotel and the OPW all played a part in ensuring that the Meath Heritage Cycle tour ran smoothly.

The Meath Heritage Cycle tour is an established and well regarded, recognised event in the national cycling calendar. Mary Murphy (Event Coordinator) attributed the popularity of the tour to the countless hours of preparatory work undertaken by a dedicated team of people all intent on providing professional and expert service to all who participate in the Meath Heritage Cycle Tour. Further thanks were paid to sponsors Sport Ireland and Dunnes Stores; and to LMFM, Meath Chronicle, Trim Tourism Network and Meath Daily for their extensive promotion and coverage of the cycle tour.

Special mention to ambassadors Chris McElligott (hand cyclist 11k), PJ Nolan and Thomas Murphy (par cyclist) for their support and the number of cycling clubs both local and further afield who came out in huge numbers to show their support for the event.

The nominated charity for the event was Enable Ireland (Meath branch) who provides early services for children with disability in Meath. Sophie Deegan (fundraising officer with Enable Ireland), expressed her delight with the amount of funds raised over the weekend. With donations still coming, she was looking forward to seeing the full total of all monies collected in due course and ensured that all monies would be put towards enhancing programmes for children with disability in Meath.

MC Eamonn Duffy with Chris McElligott

Finally, particular thanks to the remarkable and entertaining MC – the legend that is Eamonn Duffy. To the sounds of U2's "Where the streets have no name" this is the memorable voice that counts down the start, welcomes the different cycling clubs and cyclists and sends all off on their journeys and is the voice that sets the scene for epic encounters at the finish line.

Date for 2018 diary – Meath Heritage Cycle tour, July 28th & 29th ... be part of it!!!



Community Activity Programmes

Community Sports Coaching Programme



Are you interested in
Sports Coaching?
Would you like to coach
in your community?

FREE

- 14 week course
- 2 days per week
- Open to Men & Women
18 yrs & older

Course Content

FAI, GAA, Athletics
Physical Activity Training
Sports First Aid, Job Skills
Work Placement
& more

REGISTRATION

To register & for further
information please see
www.meathsports.ie or
contact 046-9067337
**Course Starts
Mon Sept 25th**



Community Activity Programmes / Clubs



Gaelic for Men 40+

This new initiative (organised by Meath LSP in association with Meath GAA) provides opportunities for men 40yrs + to continue to participate in and enjoy Gaelic Football.

The Gaelic for Men is non competitive, fun, has short playing intervals and plays to modified rules. A number of clubs across the county are interested in being part of the programme.

So if you are an ex-player or are just interested in taking part in this new activity, come along to the following areas:

- **Navan O'Mahony's** on Tuesday's at 9pm
- **Ballivor GAA** on Friday's at 8pm
- **Trim GAA**—starting Monday 11th September at 8.30pm

Get the men in your area out and active! If clubs are interested in starting a group they can contact Ruairi Murphy on 046-9067337 or email rmurphy@meathcoco.ie for further information.



Community Sports

Community Sports is a new initiative in Navan taking place in Blackwater/Johnstown/Claremont areas. Engaging the local communities through the development of exciting and dynamic opportunities to increase participation in sport and physical activity by supporting smaller national governing bodies of sport.

Family Fun Multi Sports programme will be piloted in Blackwater Park and Johnstown green spaces on Saturdays between Oct-Dec 2017. This programme will aim to provide an opportunity for the whole family to have fun while trying a range of sports with a view to providing pathways to engage with local sporting clubs in the area.

Consultations will be carried out within the local communities over the coming months to gauge interest in particular activities and identify gaps in provision, this is a view to developing new programmes for the coming year.



For further information on Community Sports Development please contact Margo Finnegan on 046-9067337 or email margo.finnegan@meathcoco.ie.

Community Activity Programmes / Clubs

Get fit for Christmas!

Meath LSP will roll out 2 initiatives which will help you look and feel good this Christmas.

1. Couch to 5km

Commencing on 25th September (12 weeks to Christmas). Meath LSP in association with Navan AC will host an 8 week Couch to 5km programme.

This programme is suitable for beginners, improvers and anyone who just wants to be in a better shape this Christmas. The goal is to complete the 5km distance at the end of week 8 either by running, jogging or walk/jog.

Start: Monday 25th September

Venue: Claremont Stadium, Navan

Time: 7pm



*He knows when you are exercising
He knows when you are asleep
He knows exactly your dress size
So commit to those 8 weeks!*



2. Community Walking Programmes

A number of areas will roll out a FREE 6 week walking programme in their community starting in September.

Programmes are suitable for all ages and abilities.

Don't worry if you miss a week, come along the week after.

See below for details:



Community	Day(s)	Start date	Time	Location	Group leader
Carnaross	Wednesday & Saturday	Saturday 9 th	9am both mornings	Parish Hall	Noeleen 086 3260857
		Wednesday 13 th			Caroline 086 8256099
Donore	Monday & Wednesday	Monday 11 th Wednesday 13 th	7pm both evenings	Parish Hall	Malena 087 6890892
Ballivor	Tuesday	Tuesday 12 th	7pm	Ballivor GAA	Dolores 086 1647243
Kells	Wednesday	Wednesday 13 th	8pm	Gaeil Colmcille GAA Centre	Ann 087 9781474
Cortown	Thursday	Thursday 14 th	7.30pm	Cortown GAA	Michelle 0876242665
Bohermeen	Saturday	Saturday 16 th	11am	Bohermeen Com- munity Centre	Stephen 086 0792580

Community Activity Programmes / Clubs

Code of Ethics and Good Practice for Children's Sport Safeguarding 1 Basic Awareness Workshop

4th October | Trim | 6.30pm to 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.

This course is a must for anyone working with 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.

Club Children's Officers and Designated Liaison Persons must complete the 3 hour Safeguarding 1 Child Welfare & Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

As many club members as wish can attend the Code of Ethics Awareness Workshop. Participants attending Code of Ethics Awareness workshop must be over 18 years of age. Participants can follow on the code of ethics workshop with Children's Officer Training, for information on same please contact Meath LSP office.

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



Safeguarding 3: Designated Liaison Person (DLP) Workshop

21st November 2017 | 6.30pm to 9.30pm | Windtown Unity Centre, Navan

The third part of the ISC Child Welfare & Protection Training Programme is the Designated Liaison Person workshop. 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 or Social Services (NI) and/or An Garda Síochána / PSNI. 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 and should complete the NEW Designated Liaison Person 3 hour 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.

The cost is €20pp for clubs in Meath and €30pp for clubs outside of Meath. For more information please see <http://www.meathsports.ie/event/11718/>. Please call 046-9067337 to check availability of spaces.

Community Activity Programmes / Clubs

Club Coaching Courses/Events

Course	Date	Time	Venue
Level 1 Camogie Coaching Course	September 29th – October 7th	Various	Dunboyne GAA
Intro to Mini Coaching	September 30th	9.30am-5pm	Navan Rugby Club
FAI—PDP 1 / Kickstart 1	October 9th	6:30 pm - 9:30 pm	MDL, Navan
Stage 1 Coaching (U9 to U12 Rugby)	October 11th	7:00 pm - 10:00 pm	Navan Rugby Club
FAI 4V4 Workshop	October 23th	@ 6:30 pm - 9:30 pm	MDL Grounds, Navan
Athletics Ireland –Assistant Coach Course	October 28th	10:00 am - 5:00 pm	Claremont Stadium, Navan
Athletics Ireland – Level 1 Coaching Course	November 24th	6:00 pm - 10:00 pm	Claremont Stadium, Navan
FAI—PDP2 / Kickstart 2	December 2nd	9.30am-5pm	MDL, Navan

For more information and events please see: <http://www.meathsports.ie/events/category/club-coaching-corner-events/>

The European Week of Sport 2017

The 2017 European Week of Sport and Physical Activity will be celebrated across Ireland from 23rd-30th September 2017.

The European Week of Sport takes place between the 23-30 September and aims to promote sport and physical activity across Europe. The Week is for everyone, regardless of age, background or fitness level.



With a focus on grassroots initiatives, it will inspire Europeans to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more. As an annual event, the European Week of Sport will inspire all kinds of creative and exciting events and activities in different countries.

For more information, please see <http://www.sportireland.ie/Participation/European-Week-Of-Sport-/>

Older Adult Programmes

Mature Movers



For adults 50+ who
need a low impact
class to stay strong
and mobile

***Strength
Mobility
Balance
Low Cost
Friendly Atmosphere***

Try a class in the following areas:

- **Trim** - Mondays at 10am in Knights-bridge Nursing Home (Village Hall).
- **Navan** - Mondays at 11am in Navan Pitch and Putt Club.
- **Kells** – Thursdays at 10am in Kells Peoples Resource Centre.
- **Athboy** – Wednesdays at 11am in St. James Hall, Athboy.
- **Laytown/Bettystown** – Fridays at 11am in St. Colmcille's GAA.
- **Stamullen** – Wednesdays at 2pm in St. Patricks GAA.
- **Dunboyne** – Fridays at 10.30am in the Old School, Dunboyne.
- **Ashbourne**- Coming soon in the new parish hall.



Older Adult Programmes

Games for Life

For more information on any of the Games for Life programmes, please contact Ruairi Murphy on 046-9067337 or email rmurphy@meathcoco.ie

Boccia League

The Boccia League commenced back in April 2017. Over 40 teams made up of active retirement groups and disability groups from across Meath participated in the league on a monthly basis. Groups enjoy the opportunity of being more physically active and at the same time enjoying the social interaction with all other participants.



On Tuesday 11th July the top 8 teams played in the quarter final with some very



Boccia Winners 2017—St. Brigid's!

high standard of boccia being played. Moynalty, Beauparc, St Brigid's and Carnaross progressed to the league semi finals. They were 2 hotly contested games with St. Brigid's and Carnaross making the final. St. Brigid's edged the final to be crowned Boccia League winners for the second time in 3 years. Meath LSP would like to thank all who participated and refereed throughout the league.

Active Retirement Bowls League will start 9th October – Groups interested in entering a team please contact Ruairi

Box Hockey League will start Tuesday 3rd October – Groups interested in entering a team please contact Ruairi



Older Adult Programmes

Older Adults Activity Morning

Date: Tuesday 19th September

Time: 10.30am

Venue: Simonstown GAA Centre

*Come and try our
NEW games!*

Cornhole



Table Cricket



Box Hockey

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



Older Adult Programmes



Fitness Made Easy

Meath LSP's Fitness Made Easy Programme (for adults 50+) starts on **Wednesday 8th November** in Club Active Navan.

€25 for 5 weeks!

Activities for this 5 week programme included:

- 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 and Stretching exercises

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



MemTrain Erasmus+

Athletics Ireland is delighted to be involved in the MemTrain Erasmus+ programme which aims to improve cognitive skills in mature adults by combining physical exercise and brain training.

We are looking for volunteers aged 55+ to take part in a **FREE** 10 week pilot programme in Navan starting **Tuesday 12th September at 7.30pm.**

If you, or your friends/relations are interested in being involved in this ground breaking programme or if you would like more details please contact Athletics Ireland to book your place. Places on the pilot program are limited to the first 20 applicants. Please call 01-8869933, text 087-9752242 or email admin@athleticsireland.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:

- Play Rugby Programme
- Sports Hall Athletics
- Cycle Right Programme
- Be Active ASAP
- Daily Mile Challenge
- Sports Leader UK
- School sports day training workshops
- 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

Play Rugby Programme

Meath LSP continues its partnership with the IRFU and Leinster Rugby in rolling out the Play Rugby initiative to Primary Schools in Meath. The goal of Play Rugby is to introduce rugby to as many children as possible. The initiative is aimed at 3rd, 4th, 5th & 6th classes and consists of training sessions with a local Community Rugby Officer (CRO) working on behalf of Leinster Rugby.



These sessions are designed to have full participation by pupils in a fun, safe environment. They are suitable for both boys & girls and are non-contact. As part of the initiative schools will also receive a Play Rugby pack. The Play Rugby pack contains Rugby balls, cones, bibs, game cards & certificates.

The Community Rugby Officer (CRO) will deliver one session per week for a minimum of 4 weeks in the school. Currently there is no cost to the school for the Play Rugby initiative.



Schools already trained and have received a pack can take part in the 'Give it a Try' programme. 'Give it a try' is a participation based tag rugby programme aimed at getting more kids active in rugby in their school. Over the course of a 4-6 week block of coaching, participants learn a range of generic sports skills along with the rules of tag rugby. At a point during the block of coaching, the young players will get a chance to play in a tag rugby participation blitz in their local club.

Schools interested in Play Rugby or Give it a Try programme can contact Billy Phelan, Leinster Rugby at 01 2693224.

Schools Section

The Daily Mile Challenge



Meath LSP launched a new physical activity initiative **The Daily Mile** for primary schools in Meath in April.

The Daily Mile is a free and simple programme which aims to improve the physical, social, and emotional wellbeing of the children. It is not PE, sport or cross-country, but a physical activity programme completed outside each day for 15 minutes.

22 Schools registered for the programme with a further 14 more schools expressing an interest in starting this September. St Mary's Primary School Enfield commenced the programme in May and Principal Enda Flynn said "We are delighted that there are over 100 children from our senior classes taking part in this initiative. We had a running group in the school last autumn; the Daily Mile initiative has reinvigorated the group".

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 – and 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** in your school or one of the classes in your school this initially this school year please contact Meath LSP for an expression of interest form or email dmccaffrey@meathcoco.ie

Cycle Right—New cycle safety training for schools



Cycle Right, the national standard for cycle safety will continue to roll out in primary schools across Meath for the school year 2017-2018.

There are currently 12 schools participating on this new 8 week programme which now offers children the opportunity to experience on road cycling in addition to the school yard training as before.

The Cycle Right programme provides training to classes from 3rd up to 6th class. Schools can opt for annual training, bi annual or every 3 to 4 years depending on the number of children to be trained. Bicycles and helmets are provide. This programme is promoted by the Department of Transport, Tourism and Sport, the Road Safety Authority and Cycling Ireland.

If you wish to avail of the **CYCLE RIGHT** training and wish to continue to use the services of the Cycle Safety School, please email Barbara Connolly to register your interest barbara.connolly@cyclingireland.ie or contact her on 086 1835920.

Schools Section

Youth Sports Leadership – An Accredited Award for Secondary School Students



Meath LSP in association with Sport Ireland and Dormant Accounts will continue to deliver the Youth Sports Leadership Award, and are now inviting expression of interest from secondary schools and youth organisations in Meath for the academic year 2017-2018.

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. 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.

Secondary schools in Meath who have completed the Sports Leader Award include -Ashbourne Community School, Loreto Secondary School and St Patricks Classical School in Navan. To book your School's place on the Sport Leader level 1 Award or to find out more information please contact David McCaffrey at 046-9067337 or email dmccaffrey@meathcoco.ie.



Students at Loreto Secondary School, Navan

Slane Castle 5km Trail Run/Walk

In aid of St. Patrick's National School, Slane

Fun For All The Family!

New Scenic Route

All Abilities Welcome

No Pets Admitted in the Castle Grounds

Sunday 24th September 9.30am

Register online

@eventmaster.ie



Main Sponsor



Schools Section

Be Active After School Activity Programme

Expressions of Interest

All primary schools nationwide are invited to express their interest in Be Active after School Activity Programme (ASAP) teacher training or re-training for the academic year 2017/2018. To date, there are 830 schools trained to deliver Be-Active ASAP.



Be Active ASAP is offered FREE of charge to schools. Teacher training lasts approx 2.5 hours and is a one off session. Some schools have integrated the teacher training into their Croke Park hours. Upon completion of the training, schools will receive a resource folder with 30 weeks of session plans that echo the PE curriculum for 1st and 2nd class.

If you are working towards your Active School Flag, Be Active ASAP can help contribute by incorporating the following Active School Flag review areas:

1. Physical Activity – extra-curricular activities,
2. Community Links – working with parents and Community links – working with outside agencies.

Please express your interest in the programme on our website [here](http://www.beactiveasap.ie) and we will be in touch in September to schedule training. For further information on the programme please visit the Be-Active ASAP – www.beactiveasap.ie or contact (046) 9067337.

Be Active ASAP tutor training

Congratulations to our 7 new Be Active ASAP tutors that completed the national tutor training in August. They will be delivering teacher training in their relevant counties this academic year.

- **Ciara Blennerhassett** – Dublin and surrounds
- **Deirdre Donnelly** – Mayo & Roscommon
- **Ciara McGrath** – Wexford
- **Marian McNamara** – Mayo
- **Ann Marie O'Connor** – Kerry & Tipperary
- **Louise O'Driscoll** – Cork & Kerry
- **Sheelagh Quinn** – Tipperary & Wexford

Schools Section

#BeActive

EUROPEAN WEEK OF SPORT
23rd – 30th SEPTEMBER 2017

The European Week of Sport aims to promote sport and physical activity across Europe. The #BeActive week is for everyone, regardless of age, background or fitness level. Sport Ireland is the national coordinating body for the European Week of Sport in Ireland.

The #BeActive schools' campaign is an initiative for the whole school community – teachers, students, parents etc. The more runners the greater distance covered. And the greater the FUN!

REGISTER your school for the 'RUN Around EUROPE Challenge' by visiting:

www.SportIreland.ie/Participation/European-Week-Of-Sport/-BeActive-Schools-Campaign-/

SHARE your photos/videos using #BeActive on:

fb.com/SportIreland
@SportIreland @ActiveFlag

The top two photos/videos capturing the 'RUN Around EUROPE' challenge will win a €150 sports equipment voucher each for their school.



SITTING in front of every teacher, every day are the 80% of Irish children that **DO NOT** get enough daily physical activity



FIND OUT MORE

#BeActive Schools Campaign
www.sportireland.ie/Participation/European-week-Of-Sport/-BeActive-Schools-Campaign-/

Active School Flag
www.activeschoolflag.ie

National Fitness Day
www.nationalfitnessday.ie

#BEACTIVE SCHOOLS CAMPAIGN



Co-funded by the Erasmus+ Programme of the European Union

EUROPEAN WEEK OF SPORT

23rd – 30th SEPTEMBER 2017



#BeActive Schools Campaign 2017

'RUN Around Europe' Challenge

Sport Ireland and Active School Flag encourage ALL schools to #BeActive and take the 'RUN Around Europe' Challenge. It's a great way to RUN, have FUN and LEARN along the way.

Plot YOUR Progress

The A1 noticeboard sized poster is a great way for your school to track **your** progress around the capital cities of Europe.

The Challenge Chart will show you how far you have to run to reach each of the capital cities. Great for display on classroom doors and an excellent resource for use throughout the school year.

1 LAP = 1 KM

The lap size can be decided by your school - shorter distances for younger classes and longer distances for older students.

Say HELLO

#BeActive and learn how to say HELLO in every country that you visit.

WELL DONE Certificate

A downloadable Certificate of Achievement is available on www.sportireland.ie/Participation/European-week-Of-Sport/-BeActive-Schools-Campaign-/



NATIONAL FITNESS DAY

29.09.17

'TAKE ON THE TEACHERS' Challenge

On National Fitness Day Ireland Active encourages STUDENTS to CHALLENGE their TEACHERS to see who is the fittest, the fastest, the strongest – not to mention the most competitive.

- > Dodgeball
- > Basketball Hoops
- > Tug of War
- > Obstacle Course
- > 'Penalty Shoot Outs'
- > Dance Offs
- > Sit Ups/Press Ups

YOU choose the challenge!

Register your school, your challenge and the result on www.nationalfitnessday.ie to see if TEACHERS or STUDENTS will win the 2017 Challenge.

Share your photos/videos using #FitnessdayIRL on:

fb.com/NationalFitnessDayIreland
@FitnessdayIRL

The top two photos/videos capturing the 'Take on the Teachers' challenge will win a €150 sports equipment voucher each for their school, sponsored by:



Sports Ability Programmes

Inclusive Summer Camps

This summer was action packed with summer camps for children of all abilities. In total Meath Local Sports Partnership was involved in the delivery of 4 Summer Camps

for children with disabilities, ranging from Autism and Intellectual Disabilities to Physical Disabilities.

With a sibling and/or friend being invited along to take part for free the camp provided a perfect platform to showcase inclusion through sport and physical activities.

In total 96 children took part in our camps and as the photos show there were some fantastic memories made for all participants.

We kickstarted the summer of camps in Ashbourne with Karate Ash hosting us for the 4 day camp. Activities ranged from Karate to Yoga and Art and a great time was had on our day trip to Wolly Wards Farm.

(Continued on next page)



Sports Ability Programmes

Inclusive Summer Camps (Cont'd)

The next camp was held in Claremont Stadium Navan and involved a great variety of activities including Lego, Athletics, Football, Zumba dancing, Volleyball, Tag Rugby and much more.



Thanks to the determination of Valerie Donovan, a parent of 2 children with Autism, we were also involved in running the camp in Julianstown Community Centre. This camp showcased what a group of parents can do when they pull together with local sports and community groups. The media attention it received highlights the never say 'die' attitude of parents. This determination is typical of what parents of children with disabilities show everyday in their quest for appropriate activities.



See link to review in the Independent Newspaper: <http://www.independent.ie/irish-news/mums-grit-gets-special-needs-summer-camp-up-and-running-35912109.html>

Sports Ability Programmes

Inclusive Summer Camps (Cont'd)

Our final camp was in partnership with the HSE Childrens Disability team and was specifically for children who are wheelchair users and their families.

It was held in Claremont Stadium and with the variety of activities the kids got to try out over the 3 days it was clear to see that disability is not a barrier to participation. We had some great activities - Wheelchair Badminton, Rugby, Basketball, Boccia, Athletics and Powerchair Football to mention but a few.



Following on from the success of this camp, we hope to run a monthly Wheelchair Multi Sports activity group in Navan starting in September so watch this space!



For more information on these programmes, please contact Kate on 046-9067337.



Sports Ability Programmes

Pitch and Putt Programme

Our pitch and putt programme took us to Stackallen Pitch and Putt Club this summer where 8 children with special needs and 7 Transition Year Students from Loreto Secondary School took part in a 6 week programme to learn the skills of pitch and putt.

With the help of Mary Farrell, Fergal Barry and Paul Hayes from the Pitch and Putt Union of Ireland this programme was a great success with the kids thoroughly enjoying the experience and gaining an interest in continuing to play the sport in their local communities.

We plan to run this programme in Navan in September and hope to hold a tournament for all participants of the programme to date also, if your interested make sure to get in touch.

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



Cycling

To mark Bike Week in June we held a fun Inclusive Cycling Festival in Fairyhouse Racecourse. As with previous years this event was mainly attended by participants who had previously taken part in our Learn2Cycle Programme and have now mastered the skills of independent cycling. It was a great occasion for these kids to take to the racecourse and complete the 3km cycle.

We also had some fun with a cycling treasure hunt, obstacle course and an Ice Cream Party. Thanks to Chris Mc Elligott who came along with his hand-cycle and Declan Shevlin, Irish Paralympic Cyclist, who also came along to show his support.

We will be continuing to run our Learn 2 Cycle courses throughout the coming months, with the first 6 week course starting on the **21st September** in Navan from 5-6pm.

If you would like your child to take part or want further information contact Kate on 046-9067337.



Sports Ability Programmes

Special Athletics and Yoga

Following on from the success of our Special Athletics and Yoga Programme before the summer holidays we are planning to run another 4 week block of this programme in Dunboyne in September.



This programme has allowed children with Autism, Dyspraxia and Intellectual Disabilities to make amazing progress in the development of their fundamental movement skills along with the added benefits of reduced anxiety and challenging behaviour and of course...having fun with their peers.

The start date for the next block is to be confirmed. Contact Kate on 046-9067337 if you would like more information about this programme or to express an interest in taking part.

Visual Impairment Tennis: seeking players!

In partnership with Tennis Ireland and Vision Sports Ireland we are currently running a Visual Impairment Tennis Programme in Claremont Stadium Navan on Sunday mornings, 10.30am-1pm and we would love to see some new players come along to try out this new and exciting sport.

The game is played indoors with a large foam ball which has a rattle inside to allow players to hear where it bounces and some rule changes apply such as allowing two bounces rather than one. The sport is growing in popularity around Ireland and we would love to have a team set up and playing



regularly in Navan. We have an experienced coach Richard Turner from Kells Tennis Club running the sessions each Sunday so this is really a great opportunity for children and adults with a visual impairment to come along and get expert coaching in the game.

If you are interested in finding out more, please call Kate on 046 9067337.

Sports Ability Programmes

September—December Programme 2017

<u>Activity</u>	<u>Venue</u>	<u>Time</u>	<u>Day</u>	<u>Who</u>	<u>Cost</u>
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 Shane 0860436446	Claremont Stadium Navan	7-8pm	Every Wednesday	Children and Adults	TBC
Swimming Lessons *Call Philip on 0872697062	Knightsbrook Leisure Centre Trim	2pm Beginners 2.40pm Intermediate	Every Sunday	6-18 years	€100 for 10 weeks
Special Athletics and Yoga (4 week Programme)	Dunboyne AC	4-5pm (7-13yrs) 5-6pm (13yrs +)	Commencing Monday 25 th September	6-18 years	€50 for 4weeks
Learn 2 cycle Programme (6 Week Programme)	Claremont Stadium Navan	5-6pm	Commencing Thursday 21st September	6-16 years	€35 for 6 week programme
Tag Rugby 4 All	Navan Rugby Club	TBC	Commencing September	6 yrs +	TBC
Pitch and Putt Programme (6 week programme)	Navan Pitch and Putt Club	4.30-5.30pm	Commencing October	8 yrs +	€25 for 6 weeks

For more information, please contact Kate on 046-9067337

Meath Heritage Cycle Tour 2017—in Pictures



Meath Heritage Cycle Tour 2017—in Pictures



For more pictures, please see <http://www.meathsports.ie/cycle-tour/photo-gallery/>

Calendar of Courses and Events 2017

Activity	Date	Time	Venue
September			
Mature Movers	Various	Various	Various (see page 7)
Safeguarding 1 Basic Awareness in Child Protection	11th September	6.30pm-9.30pm	Windtown Unity Centre, Navan
Older Adults Activity Morning	19th September	10.30am	Simonstown GAA Centre
Slane Castle 5km Trail Run/ Walk in aid of St. Patrick's NS, Slane	24th September	9:30am	Slane Castle
European Week of Sport	23rd—30th September	Various	Various
October			
Box Hockey League	3rd October	11am	Simonstown GAA Centre
Safeguarding 1 Basic Awareness in Child Protection	4th October	6.30pm-9.30pm	Trim
Safeguarding 2 Club Children's Officer Training	24th October	6.30pm-9.30pm	Windtown Unity Centre, Navan
November			
Safeguarding 1 Basic Awareness in Child Protection	8th November	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 3 Designated Liaison Person Workshop	21st November	6.30pm-9.30pm	Windtown Unity Centre, Navan

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: mlsp@meathcoco.ie