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Calendar of Courses/Events

Meath LSP presents FREE Family Outdoor & Adventure this Autumn!

Family Fun on the Beach!

Activities for children and parents/guardians will take place on **Sunday 29th September** at **10am-1pm** on **Bettystown beach (meet at main entrance)**. Children aged 6 to 12 years old will get the opportunity to try the following activities:

- Beach Volleyball
- Cricket
- Olympic Handball

Something
for all the
family!

Parents will get the opportunity to take part in a Walk 'n' Tone exercise class, led by Walk Leaders. Participants will take part in a walk followed by some toning exercises and light stretches. For more information please call Lisa O'Dowd on 046-9067337 or email lodowd@meathcoco.ie



Blackwater Park Family Adventure Event

Families are invited to come and try the latest Family Adventure App that Meath LSP is leading. It will take place in **Blackwater Park** on **Sunday 6th October** from **10.30am until 12.30pm**.

This is a new and exciting programme to encourage families to get out and exercise together. There are 8 treasure hunts mapped in Blackwater Park – most of which are both buggy and wheelchair inclusive.

The Adventure Walk app is a collection of 1 and 2km treasure hunts designed for all the family!

This app is **FREE** to download—however a **smart phone with internet connection is required to participate**. For more information on how to download and use the app, check out our website.



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



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

Plan 2018-2019

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

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

- Blackwater Park
- Johnstown
- Claremont Stadium

Check out our Facebook page – [Community Sports Hub Navan](#) for opportunities to get involved in sport and physical activity or take a look at our 'What's On' list of programmes. **If you would like more information on Community Sports Hub Navan, please contact Conor Gonnely on 046-9067337 or email conor.gonnely@meathcoco.ie**





Community Activity Programmes



Community Sports Hub Navan

Games on the Green



Games on the Green was a multi-sport event delivered in three locations in Navan.

It focused on engaging members of the community and getting them active by conducting sport in a green area close to them!

Community Coaches alongside NGB's such as Cricket Leinster delivered the activities such as Tag Rugby, Cricket and fun games that would be inclusive to as many ages as possible.

The three areas where the activities took place were:

- Blackwater Park, Navan
- Claremont Stadium, Navan
- Bailis Down Green, Johnstown



Child & Parent Activities

Would you like to be active while your child is taking part in activities?

Check out the times and venues below where both parents/guardians and children can be active at the same time! These activities will run for 6 weeks.

- **Date:** Thursday 12th September
- **Time:** 6-7pm
- **Venue:** St. Stephen's NS Johnstown
- **Children's Activity:** Come and try a range of sporting activities such as soccer, basketball, handball, tag rugby and other fun games.
- **Parent's Activity:** Once you drop the kids off for multi-sport activities why not take part in a 1hr community walk around the Johnstown area. Walks will be led by trained walking leaders.

- **Date:** Friday 13th September
- **Time:** 6-7pm
- **Venue:** Claremont Stadium, Navan
- **Children's Activity:** Bring it back to basics with these fun games that encourage a range of different movements and skills.
- **Parent's Activity:** No need to sit in the car! Join us in a walk around the track while the kids take part in fun games for 1hr! Walks are led by trained walking leaders.



Community Activity Programmes



Community Sports Hub Navan—September—October Programme

All programmes are FREE!



Programme	About	Time	Venue	Age	Date
MONDAY					
Walk'N'Tone	Walk the Blackwater park track and make use of it's outdoor gym equipment.	7-8pm	Blackwater Park, Ratholdren Rd	Over 18yrs	16 th Sept to 7 th Oct (4wks)
TUESDAY					
Buggy Buddies	Walking Group opens to parents and carers of babies and toddlers in buggies, prams or carriers!	9:30am-10:30am	Blackwater Park, Ratholdren Rd	Over 18yrs	10 th Sept to 15 th Oct (6wks)
Basketball	Come and try Basketball sessions.	5-6pm	Scoil Naomh Eoin, Clonmagadden	6-8yrs	17 th Sept to 15 nd Oct (5wks)
Basketball	Come and try Basketball sessions.	6-7pm	Scoil Naomh Eoin, Clonmagadden	9-12yrs	17 th Sept to 15 nd Oct (5wks)
Olympic Handball	Come and try this fast paced sport that uses agility and skill!	7-8pm	Scoil Naomh Eoin, Clonmagadden	8-12yrs	1 st Oct to 22 nd Oct (4wks)
Beginners Yoga *Limited Spaces Available*	This <i>beginner's</i> class introduces the fundamentals of yoga.	7-8pm	Unity Centre, Windtown	Over 18yrs	24 th Sept to 15 th Oct (4wks)
THURSDAY					
Run, Jump, Throw *pre-registration required*	This inclusive programme is aimed at children with disabilities and their siblings.	5-6pm	St. Stephen's NS, Johnstown	4-12yrs	12 th Sept to 17 th Oct (6wks)
Multi-Sports	Fun sports activities and games to come and try.	6-7pm	St. Stephen's NS, Johnstown	6-12yrs	12 th Sept to 17 th Oct (6wks)
Community Walking	While the kids play in the hall parents can join the walking group.	6-7pm	St. Stephen's NS, Johnstown	Over 18yrs	12 th Sept to 17 th Oct (6wks)
FRIDAY					
Fun Games	Back to basic with these fun games that encourage a range of different movements.	6-7pm	Sports Hall, Claremont Stadium, Commons Road	4-8yrs	13 th Sept to 18 th Oct (6wks)
Track walk	While the kids play in the hall parents can join the walking group on the safety of Claremont track.	6-7pm	Sports Hall, Claremont Stadium, Commons Road	Over 18yrs	3 th Sept to 18 th Oct (6wks)
Indoor Futsal	5-a-side football. Come to register by yourself or with friends. Squads 5-8 players	8-10pm	Sports Hall, Claremont Stadium, Commons Road	12-15yrs	13 th Sept to 18 th Oct (6wks)

Spaces are LIMITED and will be on a first come basis! Participants under 18yrs will only be able to participate in a programme with a completed registration form.



Community Activity Programmes

Men on the Move

Meath LSP in association with the HSE are delivering a MEN ONLY, 12 week physical activity programme this Autumn!

Want to start exercising?

Want to feel fitter and have more energy?

Drop into our information nights in the following areas:

- **Ashbourne: Wednesday 2nd October at 8pm** in Sports Hall, Ashbourne Community School.
- **Navan: Thursday 10th October at 7.30pm** in the Town Hall, Watergate Street, Navan.
- **Kells: Thursday 17th October at 7.30pm** (Venue TBC)



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



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

Meath Running Group

Meath Running Group is currently in the final block of the year. Block 3 focuses on middle to long distance training. This will prepare runners for half, ¾ and full marathons.



25 runners meet each Wednesday in Claremont Stadium for their group training on the track and are working hard to reach their goals. Cailin McDonagh, our tutor, will focus on improving running endurance and building aerobic capacity gradually over the 10 weeks.

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





Community Activity Programmes



Gaelic for Men 40+

Would you like to start playing ball again for fun with a lot less chance of injury?

Have a bit of craic with the lads?

Why not get an over 40's team going in your club/community?



Meath LSP in association with Meath GAA are aiming to deliver Gaelic for Men 40+ in each municipal district. The game has simple rules and is played non contact (to make sure you can make work the next day!). In 2018



the programme was rolled out in Navan O'Mahony's and Trim GAA. With great success, the 2 groups are still going strong, meeting weekly and playing challenges vs other club teams in neighbouring counties.

If your club would like to start a group or need more information please get in contact with Ruairí on 046-9067337 or email rmurphy@meathcoco.ie

Walking programmes

With the kids back to school, it's the perfect time to get back walking! Find a venue near you!

Area	Walk Leader	Contact	Start Date	Time	Meeting Point
Athboy	Dolores Grace	086	Tuesday 3rd September	10am	Clann na Gael Club House
	Helen Ennis	3868474	Thursday 5th September	7pm	
Kilmainhamwood	Bernadette Finnegan	087 2910896	Monday 16th September	6.30pm	Kilmainhamwood GFC
Duleek village	Carol Saurin	085 7538995	Wednesday 18th September	7pm	Village Green/ Courthouse
			Saturday 21st September	10am	
Fordstown	Agnes O'Shea	086 3896140	Sunday 22 nd September	11am	Girley Hall
Navan	Evelyn Keatinge	086 0855599	Thursday 26th September	7.15pm	In front of Town Hall
Ratoath	Brian Hayes	085 1745082	Monday 16th September	8pm	Ratoath GAA
Castletown	Nicola Smith	086 8617289	Saturday 21st September	10am	Castletown Pitch and Putt
Stamullen	Linda Dungan	087 6503124	Monday 16th September	7pm	St.Patrick's GAA Stamullen (Top pitch)

Community Activity Programmes



PARK WALK WITH PARKRUN

SIX WEEK WALKING PROGRAMME

Starting Saturday 7 September

Every Saturday at 9:30am

Free, timed, 5k event

- Our walk leaders will be there weekly to meet and greet you
- You can walk or jog, push a buggy or walk the dog
- Walk leaders will accompany you whilst you walk
- Register at parkrun.ie and choose #parkwalkIRE as your club
- Print your barcode and bring it with you





Women in Sport

Active Girls

The 2019/2020 **Active Girls** programme is targeted at teenage girls in secondary schools who do not normally participate in sports or physical activity. The aim of the programme is to introduce girls to alternative fun ways to exercise in order to maximise participation and increase a sustainable healthy lifestyle.



Elements of the programme will provide educational background that creates awareness of the impact exercise and fitness has on physical and mental health. This programme is designed to encourage girls to participate in a range of activities that are fun and socially interactive and also try out small team games in a non-competitive environment to encourage confidence, teamwork and skill development. The aim of the programme is to increase confidence and self esteem and empower girls to take part in more sporting activities and team games.

The year long programme will consist of three 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.

1. **Block 1** - Girls will choose one group activity from: Hip Hop, Zumba or Cheer Dance.
2. **Block 2** - Educational material that covers Nutrition, Well Being and Leadership Skills.
3. **Block 3** - Girls will choose 2-3 taster sessions from: Boxercise, Yoga, Aerobics, Futsal, Volleyball, Badminton and Olympic Handball.



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. On completion of the programme students will be encouraged to get more involved in extracurricular physical activity, establish new sporting organisations within their school and join local clubs.



If your school is interested in participating in this programme, please contact Lisa O Dowd at lodowd@meathcoco.ie

Women in Sport



0 to 3k – Beginners Walk to Jog programme



0 to 3k Walk to Jog Programme is a new 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.

We are delighted to launch two 0 to 3k programmes taking place in Meath starting in September in **Navan and Kells**.



0-3k Group Bettystown

- **Navan:** Commencing **Tuesday 25th September at 7pm** in Blackwater Park, Navan. Cost is €20 for 6 weeks.
- **Kells:** Commencing **Wednesday 26th September at 7pm** meeting Kells People's Resource Centre, Lord Edward St, Townparks, Kells. Cost is €15 for 6 weeks.

No fitness level required. To register for Kells or Navan 0-3k please contact Lisa O'Dowd at Meath LSP on (046) 9067337 or email lodowd@meathcoco.ie

- **Bettystown:** Meath LSP are proud to support Cilles AC who are hosting a **Couch to 5k** programme starting **Tuesday 24th September & Thursday 26th September at 7pm** meeting at **Tesco, Bettystown**. No registration needed—just turn up on the night.



0-3k Group Kells

Women in Sport



Women's Only Tag Rugby

Women's Only Tag Rugby, in association with Navan Rugby Club starts **Monday 30th September** at **7.30pm** in **Navan Rugby Club** for 5 weeks!



The programme is suitable for complete beginners and is a fun way to exercise! You don't need to have played rugby in the past; you don't even need to know the rules of the game as all of the basics are covered on the night!

It is suitable for women over the age of 16 years. Participants will receive excellent instruction from qualified coaches in Navan Rugby Club. The cost of the programme is €3 per night.

If you are interested in trying our Women's Only Tag Rugby, please come along on the night or for more information please call Lisa O'Dowd on 046-9067337 or email lodowd@meathcoco.ie



Women's Only Netball

As part of the 20#20 'Women in Sport' initiative, Meath LSP are proud to introduce a women's only Netball programme!

Netball is a popular game predominately played by women and according to the INF, has over 20 million people playing worldwide in more than 80 countries.

Netball is a ball sport played by two teams of seven players. Games are played on a rectangular court with raised goal rings at each end. Each team attempts to score goals by passing a ball down the court and shooting it through its goal ring. Players are assigned specific positions and during play, a player with the ball can hold on to it for only three seconds before shooting for a goal or passing to another player. The winning team is the one that scores the most goals. Netball games are 60 minutes long.



This programme is due to start late October.

To register your interest and for more information, please contact Lisa O'Dowd at lodowd@meathcoco.ie or call 046-9067337.



Training & Education

Safeguarding 1 Basic Awareness in Child Protection

10th October | 6.30pm-9.30pm | Claremont Stadium, Navan



The workshop will highlight the main principles of the Code and look at measures that clubs can take to create and maintain the safest possible environment for sport for young people. As well as undertaking child protection training, all clubs are encouraged to adopt child protection policies and procedures as outlined in the Code of Ethics and Good Practice for Children's Sport.

This workshop is a must for anyone working with children. As many club members as wish can attend the Awareness Workshop. Participants attending Safeguarding 1 Basic Awareness workshop must be over 18 years of age.

The cost for this course is €20 per person for clubs in Meath, for clubs outside Meath the cost is €30 per person. To book please call Lynn on 046-9067337 to check availability of spaces.

Safeguarding 2 Club Children's Officer Workshop

14th October | 6.30pm -9.30pm | Claremont Stadium, Navan

Recommendations from Sport Ireland are that every club involved with children and young people should appoint a Club Children's Officer. They are the link between the children and the adults in the club and also take responsibility for monitoring and reporting to the Club Management Committee.

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 Training workshop.

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 for this course is €20 per person for clubs in Meath, for participants outside Meath the cost is €30 per person. To book please call Lynn on 046-9067337 to check availability of spaces.

Safeguarding 3 Designated Liaison Person (DLP) Workshop

2nd October | 6.30pm-9.30pm | Windtown Unity Centre, Navan
11th November | 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 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 before attending 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.

The cost is €20pp for clubs in Meath and €30pp for clubs outside of Meath. Please call Lynn on 046-9067337 to check availability of spaces.



Training & Education



Community Walking Leader Training Level 1



Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. The course comprises of *1 day of training* followed by a *4 walk task* to try out your new Walking Leader skills.

The training will take place on **Saturday 16th November** from **9am-5pm** in **Trim Castle Hotel, Castle Street, Trim, Co. Meath.**

To register or for more information please contact Ruairi Murphy at rmurphy@meathcoco.ie or 046-9067337.



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

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

The next Sports Injuries First Aid workshop is fully booked. To register your interest for another workshop or to put your name on the cancellation list please call Lynn on 046-9067337 or email mlsp@meathcoco.ie.

The European Week of Sport 2019

The 2019 European Week of Sport and Physical Activity will be celebrated across Ireland from 23rd-30th September.



European Week of Sport 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, the aim is to inspire Europeans to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more.

Being active doesn't mean having to be part of a sports club, a gym or running marathons. Being active can be playing with your children, a walk on your lunch break or exploring the great outdoors! **You can register your event by clicking [HERE](#).**

Training & Education

Sports Leader UK – An Accredited Award for Secondary School Students and Community Youth Groups



Sports Leader Level 1 Award is a certified course that has been available to secondary schools and education centres in Meath for the past five years. The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to develop, lead and evaluate their own training programmes. It has a multi-sport approach where participants try out a wide range of different specific and generic sport activities.



Sports Leader Level 2 Award is now available to secondary schools and centres where participants are trained to a standard where they can lead others in sport activity within their own communities e.g sports club, youth club and schools.

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

We are now seeking interest from secondary schools, educational centres, youth clubs and sporting organisations for the Sports Leader Level 1, 2 and Club Leadership Award. To book a Sports Leadership Award for your club/school or for more information, please contact Lisa on 046-9067337 or email lodowd@meathcoco.ie



Pictures above: Players from Skryne/Tara Soccer Club and Navan Rugby Club who received their Club Leadership Award in August 2019. This fantastic group of girls used their new leadership qualifications to volunteer in the Navan Disability Summer Camp which took place in Claremont Stadium, Navan.

Older People

What we offer older people

Meath LSP provide the following physical activity programmes and adapted sporting games for older people in Meath:

- Mature Movers
- Games for Life
- Fitness Made Easy

New for this season is the National Record Event (see below).

If you would like to try out any of the programmes or games please contact Ruairí on 046-9067337 or email rmurphy@meathcoco.ie

National Record - largest chair based exercise class for older people in Ireland!

On Friday 6th September older people from around the county made their way to Simonstown GAA Centre to take part in a mass participation chair exercise class to kick start the Autumn community programmes.



125 people participated in the chair based exercise to music class on the morning and really enjoyed the class with our tutor Carmel Dowdall.

People over 50 will have the opportunity to take part in a class in their community as Meath LSP have 10 venues starting soon, check out Mature Movers timetable (next page).



If you would like a Mature Movers programme in your community please contact Ruairí on 046-9067337



Older People

Mature Movers

Strength

Balance

Friendly

Functional

The 6 week programme for adults (50+) includes activities such as seated exercise to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises. Mature Movers is ideally suited to older adults as it provides for enjoyable social interaction, fun and activities. Cost is €30 for 6 weeks.

Find a venue near you and give it a go!

Area	Day	Time	Venue
Trim	Monday 23 rd September	10am	Village Hall, Knightsbridge Nursing Home
Navan	Monday 23 rd September	11am	Navan Pitch and Putt Club
Kells	Thursday 26 th September	10am	Kells Resource Centre
Dunboyne	Friday 13 th September	10.30am	Old School
Laytown	Friday 4 th October	11am	St. Colmcille's GAA
Stamullen	Wednesday 2 nd October	12.30pm	St. Patrick's GAA
Donore	Monday 9 th September	2pm	Parish Hall
Ashbourne	Wednesday 18 th September	7pm	Sports Hall, Community School
Cormeen	Wednesday 11 th September	11am	Cormeen Sports Complex
Athboy	Wednesday 18 th September	11am	St. James Hall

Mobility

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

Fun

Older People

GAMES FOR LIFE ACTIVITIES FOR ADULTS 50+

Boccia League

The Boccia League commenced back in April 2019. 20 teams made up of active retirement groups and disability groups from across Meath participated in the league once a month.

This is the 9th year of the league and it proved to be a huge success again as it provided groups with the opportunity to be more physically active and interact with different groups. In May 2019 the top 8 teams played in the quarter final with some very high standard of boccia been played. Dunboyne Rehabcare prevailed as the final winners for the 2nd time since the leagues start in 2010.



New Age Kurling League will start **Tuesday 22nd October** in **Simonstown GAA Centre**. The popular league is open to active retirement and disability groups. If you wish to register a group, please call Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

Active Retirement Bowls League will start in October 2019! There will be 2 divisions. Division 1 will play with a team of 8 and Division 2 will play with a team of 6. There are 12 teams signed up to play in the league.

If you wish to enter a team contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie



Box Hockey League will start **Monday 2nd October** at **11am** in **Simonstown GAA**.

Any groups who are interested in entering a team should contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie



Go for Life North East Regional Games 2019

Meath will be registering a team in the Go for Life Regional Games on **Tuesday 15th October** in **Muirhevnamor Community Centre, Dundalk, Co. Louth**. Meath will compete against Cavan, Louth and Monaghan on the day. Great opportunity to take part in recreational sport and socialise with other county teams.

Go for Life Grant Scheme 2019 is now open to older adults and community groups. If you would like us to send you a copy of the applicant form please contact Ruairi on 046-9067337 or email rmurphy@meathcoco.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
- 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

New School Programmes

Olympic Handball



Meath LSP and Irish Olympic Handball Association are working together to increase participation rates in the sport of Olympic Handball in primary schools in Meath.

The School Olympic Handball Programme 2019 will provide 20 schools with teacher training, equipment, training resources and registration to School League. Participating schools can also compete in a Meath Blitz taking place in November.

If your school is interested or requires more information please contact Lisa at lodowd@meathcoco.ie or call 046 9067337.

Indoor Hockey



Meath LSP are delighted to announce the extension of the School Indoor Hockey Programme for post primary schools that commenced earlier in the year. This programme is primarily designed for 1st and 2nd year students with schools receiving direct coaching from a quali-

fied Hockey Ireland instructor. We are currently looking for expressions of interest from post primary schools interested in participating in this programme.

Teacher training will also be provided and schools are not required to have hockey equipment as it will be provided during training sessions. A School Blitz will also be scheduled for participating schools.



Students taking part in the Indoor Hockey Programme from Coláiste Beaufort

If your school is interested in this programme please contact Lisa O'Dowd on 046-9067337 or email lodowd@meathcoco.ie.

Schools Section

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

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.



Play Rugby is suitable for both boys & girls and is non-contact. As part of the initiative, schools will also receive a Play Rugby pack. The 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 this initiative.

Schools interested in the Play Rugby programme can contact Billy Phelan, Leinster Rugby at 01 2693224 or email billy.phelan@leinsterrugby.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.



Meath LSP will host a 'School Run' in December – a 3k Fun Run for all students participating in the programme.

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



Students from Beaufort College participating in the programme

Sports Ability Programme

IWA Sport Multi Sport Junior Club

Meath LSP in conjunction with IWA Sport are delighted to announce the launch of the Meath Multi Sport Junior Club.

Claremont Stadium Navan hosted our first IWA-Sport Multi Sport Junior Club

Session. IWA Sport development officers delivered a session to 15 participants on the night while also meeting with parents and Volunteers to discuss their expectations for the club.

The club is aimed at children aged 5-15 years with a physical disability and will meet **every Wednesday evening 6:30pm-7:30pm in Claremont Stadium, Navan.** New members and volunteers are welcome!

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



Sports Ability Programme

Inclusive Summer Camp

Meath LSP hosted a three day Inclusive Summer Camp for children aged 5-12 years in Claremont Stadium Navan.

Over the three days participants and their siblings were given the opportunity to participate in a variety of different sports and activities.



Activities included:

- Hockey
- GAA
- Zumba
- Tennis
- Badminton
- Cricket
- Judo



Thanks to all the coaches from the National Governing Bodies for delivering inclusive sessions. A special mention also to the girls from Skryne/Tara FC and our local C=community coaches for assisting at the camp.

Due to the success of the camp Meath LSP intends to run a similar camp over the Halloween break. For more information please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie



Sports Ability Programme

National Learning Network Training Day

Participants from National Learning Network Navan attended an introduction to leadership in Sports training recently.

The group took part in both practical and theory elements allowing them to improve their coaching skills. The participants hope to build on this training in the coming months.



Disability Inclusion Training

Meath LSP in conjunction with CARA held a Disability Inclusion Training workshop in July. Parents, coaches, volunteers and teachers from a variety of clubs and organisations attended the 6 hour workshop.

The workshop incorporated both a practical and theory element along with group discussion. The workshop provided participants with an understanding of different types of disabilities and how we can make sport inclusive for children and adults with a disability. Thanks to Navan Rugby Club for hosting the training!

If you are interested in attending future Disability Training Workshops please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie





Sports Ability Programme

Meath Sports Ability

'Creating participation opportunities for ALL in sport and physical activity'

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

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

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

Activity	Day	Time	Location	Age	Contact
Inclusive Halloween Multi-Sports Camp	Wednesday October 30 th – Thursday October 31 st	10am-1pm	Trim	5-12 Years	Terry Donegan 046-9067337/ tdonegan@meathcoco.ie
Learn 2 Cycle Navan	Thursdays Starting Mid October	4pm-5pm	Claremont Stadium Navan	4-18 Years	Terry Donegan 046-9067337/ tdonegan@meathcoco.ie
Yoga	Mondays & Thursdays	5pm-6pm	Yoga Loft Navan	5-12 Years	Sheila Garvey 086-8304747
Football 4 All	Saturdays	3pm-4pm	East Meath United	4-12 Years	Lara Synnott football4all@eastmeathunited.ie
Inclusive Rugby	Sundays	10am-11am	Navan Rugby Club	4-16 Years	Gerry Sweeney 0867865007 or Evan Dixon navanccro@leinsterrugby.ie
GAA For All	Saturdays	10:30am - 11:30am	St Colmcille's GAA Club Laytown	4-12 Years	Ken McHutcheon 0876349162
Inclusive Rugby	Sundays	10:30am-11:30am	Balbriggan Rugby Club	12-18 plus	info@balbrigganrnfcc.com
VI Tennis	Sundays	12pm-1pm	Kells Tennis Club	4-16 years	Richard Turner- 0868524410 / Rich-ard.turner3@gmail.com
Navan Brickx Lego Club (once a month)	Fridays September 13 th	5:30pm-7pm	Claremont Stadium Navan	5-12 years	Sarah 089-2129802
Swim Ability	Saturdays	1:30pm-2:15pm	Aura Navan	5-18 years	Terry Donegan 046-9067337/ tdonegan@meathcoco.ie

Calendar of Courses and Events 2019

Activity	Date	Time	Venue
September			
Safeguarding 2 Club Children's Officer Training	19th September	6.30pm-9.30pm	Windtown Unity Centre, Navan
European Week of Sport	23rd-30th September	Various	Various
Safeguarding 1 Basic Awareness in Child Protection	24th September	6.30pm-9.30pm	Claremont Stadium, Navan
0-3k Walk to Jog	25th September	7pm-8pm	Blackwater Park, Navan
0-3k Walk to Jog	26th September	7pm-8pm	Kells People Resource Centre
October			
Safeguarding 3 Designated Liaison Person Workshop	2nd October	6.30pm-9.30pm	Windtown Unity Centre, Navan
Family Adventure Event	6th October	10.30am-12.30pm	Blackwater Park, Navan
Sports Injuries First Aid	9th October	6.30pm-10pm	Claremont Stadium, Navan
Safeguarding 1 Basic Awareness in Child Protection	10th October	6.30pm-9.30pm	Claremont Stadium, Navan
Safeguarding 2 Club Children's Officer Workshop	14th October	6.30pm-9.30pm	Claremont Stadium, Navan
Safeguarding 1 Basic Awareness in Child Protection	22nd October	6.30pm-9.30pm	Kells Resource Centre, Kells
November			
Safeguarding 1 Basic Awareness in Child Protection	5th November	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 2 Club Children's Officer Training	7th November	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 3 Designated Liaison Person Workshop	11th November	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	19th November	6.30pm-9.30pm	Windtown Unity Centre, Navan

CHECK OUT OUR WEBSITE www.meathsports.ie OR CONTACT THE OFFICE:

Meath Local Sports Partnership, Town Hall, Watergate Street, Navan. Tel: 046-9067337.

Email: mlsp@meathcoco.ie