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Royal County 5k run/walk returns to Kells

The annual Royal County 5km will take place on Sunday 26th April at 2pm in Kells. The event is organised by Meath Local Sports Partnership with the support of the Club Active, Kells; Headfort Arms Hotel; Kells Gardaí; St Brigid's AC; Kells Swimming Pool, Kells Municipal District, Civil Defence and local volunteers. The Royal County 5k event is licensed by the AAI.

The nominated beneficiary group for this year's event is Kells Local Heroes.

On sign in/registration all participants will receive their chip, which will allow them to accurately record their time. The Royal County 5km is open to runners, joggers and walkers of all abilities. Children under 16yrs must be accompanied by an adult.

Registration is open online. Early bird registration is €15 for over 16 yrs, €5 for those under 16yrs. Cost for over 16yrs includes t shirt, refreshments and chip timing; for under 16yrs it includes a goody bag and chip timing.

Spot prizes will be given out on the day with prizes for winning male and female runners. Last year's winners Tom Moran of Dunshaughlin AC will be back to defend his title with the ladies winner, Nicola Welsh hoping to retain her title. The challenge has been set for all other club runners!

Anyone interested in participating in the 2015 Royal County 5km should contact Meath LSP @ 046 9067337 or log onto www.meathsports.ie.



ROYAL COUNTY
5km
Fun Run/Walk
OPEN TO ALL ABILITIES
Sunday 26th April
KELLS @ 2pm
Register @ www.meathsports.ie
046 9067337
CHIP TIMED EVENT

Spring Walk Series



The last of the walks in the Spring Walk Series take place on Saturday 11th April in the following areas:

Mullaghmeen Forest Walk meet at 10.30am in Mullaghmeen Forest Car Park Details: 5k forest trek

Oldbridge Estate Walk meet at 10.30am at the Oldbridge Estate Car Park. Details: Stroll the 5k surrounds of Oldbridge Estate.

DATE FOR YOUR DIARY

An Post Meath Heritage Cycle Tour 26th July 2015

Family spin will take place on 25th July. The An Post Meath Heritage Cycle Tour involves 4 different routes: 11km, 50km, 100km & 160km



Details of routes and opportunities to register are available now on our website <http://www.meathsports.ie>

Be part of this massive cycle event.



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

Community Activity Programmes



Meath Running Group

Every step - a victory.....

Looking to train with a group of likeminded joggers & runners this summer?

Why not join Meath Running Group's track sessions in Claremont Stadium Navan?

This 11 week training programme is ideal for those wishing to take part in 5 miles, 10k's and 10 mile events this summer but also the perfect preparation for the half or full marathon's later in the year.

Each session is coach led and tailored to suit all abilities. Meath Running Group is not an elite club but rather a gathering for those interested in jogging and a pathway for those wishing to join an athletic club in the future.

Meath Running Group members are encouraged to take part and support local events throughout the year.

Speed & Middle Distance Training (11 WEEKS) starts May 20th at Claremont Stadium, Navan from 7pm to 8pm.

Online registration is now open or alternatively you can download a registration from our website www.meathsports.ie or find us on facebook/Meath Running Group.

For further details please contact David at Meath LSP on 046-9067337 or email at dmccaffrey@meathcoco.ie

Slane Castle 5km Trail Run/Walk

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

Fun For All The Family!

Taking Place in the Picturesque Grounds of Slane Castle

All Abilities Welcome

No Pets Admitted in the Castle Grounds

Sunday 19th April 12.30pm

**Register online now at
www.precisiontiming.net**



Club Section

2015 SPORTS CAPITAL PROGRAMME OPEN FOR APPLICATIONS

A fund of €40 million is available for development of sports facilities and the purchasing of sports equipment. Applications are now sought from sports clubs, voluntary and community groups, national governing bodies of sport and local authorities. Third level colleges, Education and Training Boards and schools may only apply for funding jointly with sports clubs.

Application can only be made online at www.sportscapitalprogramme.ie.

THE CLOSING DATE FOR SUBMITTING APPLICATIONS IS 5PM ON FRIDAY 24 APRIL

Important: Clubs who have not registered online through the OSCAR system, **must do so before Fri 10th April at 5pm.** You cannot make an application unless you have registered. Clubs who registered on the OSCAR system for the last round of Sports Capital Funding do not have to re-register.

Where can you get advice on how to apply?

For advice on how to make an application:

- read the guidelines document
 - look up the Knowledge Base on www.sportscapitalprogramme.ie
 - phone the Department – see <http://www.dttas.ie/sport/english/sport-unit-1-sportscapital-programmes-division> for the number of the person dealing with your county
 - email SportsCapitalProgrammes@dtas.ie
 - you can download a blank sample application form at <http://www.dttas.ie/sport/english/sport-unit-1-sports-capital-programmes-division> (this is only a sample form and all applications must be made on the online OSCAR system)
- The Sports Capital Programme [YOUTUBE CHANNEL](#) has guides to the registration and application processes <https://www.youtube.com/channel/UCq1kBv-FA7QcFmu8cdrlsTg>

We have a comprehensive **CLUB & FACILITIES LISTING**

<http://www.meathsports.ie/clubs-and-facilities.html>

Please check to make sure your club is listed and the contact details are correct

Please advise us of any changes or new listings by email to mlsp@meathcoco.ie.

Clubs can update their own details on our website from May 2015

Sports First Aid

Meath LSP offers training to sports clubs/organisation in Sports Injuries First Aid.

This course covers a comprehensive range of topics to prepare participants to administer First Aid care and has an emphasis on dealing with minor Sports Injuries.

Content includes Scene Management , Bleeding and Wounds , Treatment for Shock , Heart Conditions , Fractures, Sprains & Strains, Unconsciousness & the Recovery Position.

The next workshop is scheduled for the 24th April 2015.

Club Section



Code of Ethics

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. See the full list of upcoming Training and Education Courses, please see our calendar on last page.

Safeguarding 1: Basic Awareness Workshop in Child Welfare & Protection I

This course is a must for anyone working with children!

All Coaches, Club Children's Officers and Designated Liaison Persons must complete the 3 hour 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.

Safeguarding 2: Club Children's Officer Training

It is recommended that **all clubs should appoint a designated Children's Officer who should then attend this training for the role** which is vitally important in keeping adults and children safe and happy within the club environment. Waterford Sports Partnership cannot emphasise enough to clubs the importance of this course in helping the Children's Officer deal with new legislation and the safe guarding of coaches, children and volunteers within their club. *(Participants must have completed the Safeguarding 1 basic 3 hour Child Welfare & Protection Training Course in advance of this training)*

Safeguarding 3: Designated Liaison Person (DLP) workshop

The third part of the ISC Child Welfare & Protection Training Programme is the **Designated Liaison Person workshop**. This workshop is currently under review and will be available to clubs in the Spring /Summer of 2015.

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. However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as *Designated Liaison Person* once the club/organisation is clear about the responsibilities of each role. The organisation's child protection policy and procedures should include the name and contact details of the *Designated Liaison Person* and the responsibilities attached to the role.

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 .

Is your club interested in hosting its own Child Protection Training?

Should your club be interested in hosting its own Code of Ethics (Good Practice for Children's Sport) basic awareness workshop, please contact Marcella at Meath LSP office on 046 9067337.

Older Adult Programmes

Get Active with Mature Movers

The Mature Movers Activity Programme continues to expand with 9 venues now delivering the programme in Meath.

The 8 week programme for adults (50+) includes activities such as seated exercises, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises. Mature Movers provides participants with the opportunity to relax, have a chat after their workout and enjoy refreshments.

This year each participant will receive a specially designed HSE exercise booklet which includes chair based exercises with teaching points and colourful illustrations.

Dates of venues for upcoming courses:

Trim: starting Monday 13th April in Knightsbridge Nursing Home, Village Hall, Trim at 11am-12.30pm.

Athboy: starting Wednesday 15th April at 11am in St. James Hall, Main St. Athboy at 11am-12pm

Dunshaughlin: starting Wednesday 15th April in St. Patricks Hall, Dunshaughlin at 11am- 12pm.

Navan: starting Monday 20th April in the Pitch n Putt Club Navan at 11am-1pm until Monday 13th April.

Kells: starting Thursday 23rd April in Kells People's Resource Centre at 11am-12pm.

Mature Movers coming soon to Ashbourne—keep an eye on our website for further details.



Participants on the recent Mature Movers Programme in Athboy

Mature Movers “Come and Try” day will take place in Laytown/Bettystown on Wednesday 15th April at 11am in St Colmcilles GAA

This event is free and open to all interested in learning more about Mature Movers.

If you would like to participate on the Mature Movers Activity Programme please contact Ruairi Murphy at Meath Local Sports Partnership on 046-9067337.

Older Adult Programmes

Games for Life

Boccia League

The Boccia League is up and running since February; 45 teams made up of active retirement and disability groups are participating in the league on a monthly basis. The Boccia League finals take place on Tuesday 19th May 2015 in Simonstown GAA Centre.

Active Retirement Bowls League

The Active Retirement Bowls League in association with Meath Zone Bowls will come to a conclusion with the league cup and shield finals on Thursday 15th April in Simonstown GAA Centre.

The top 4 teams will play for the league cup and the rest of the teams play for the league shield. In the present league standings Dunshaughlin are leading division 1 with Trim leading division 2.



Box Hockey

Box Hockey

We have secured funding to provide Box Hockey equipment and training to older adult and disability groups in Meath.

Box Hockey is a popular and active game played with hockey sticks, a puck and a compartmented box. The equipment is handmade by the Moynalty Men's Shed group and is finished to a very high standard.

Box Hockey can be played by 6 people from a seated or standing position. The equipment also includes a carry case which allows for ease of transport and storage.

Box Hockey is a naturally inclusive activity. This means that regardless of age, gender or physical attributes everyone can participate in this indoor activity. The Box Hockey equipment can be purchased by a group at the subsidised rate of **€100**. This reduced rate also includes training for members of the group.

On Tuesday 24th March we hosted an information morning in Navan to provide groups with the opportunity to try out the equipment and learn more about Box Hockey. 15 groups attended the morning and they really enjoyed their first opportunity to play Box Hockey.

Moynalty Men's Shed has now 12 orders for the Box Hockey equipment so they have a busy few months ahead!

If you are interested in the new Box Hockey equipment and want more information please contact Ruairi Murphy, Meath Local Sports Partnership on 046-9067337 or email rmurphy@meathcoco.ie

Go for Life Games

The Go for Life Games will take place on Saturday 6th June in DCU. Meath will have a team of 12 players selected from the Games for Life county leagues. The selected Meath team will have 3 training sessions in preparation for the games and will hope to bring home some silverware from the event in June.

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:

- Buntús Programme
- Cycle Safety Programme
- Sports Hall Athletics
- Be Active ASAP
- Girls in Action
- Play Rugby Programme
- First Tee Golf
- School sports day training workshops
- 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 if there is any other way that Meath LSP can assist your school contact us at 046 9067337 or email mlsp@meathcoco.ie

Primary School Cycle Safety Programme

EuroLink Motorway Operations Ltd have committed increased sponsorship support to Meath Local Sports Partnership's Cycle Safety programme for the coming year. In 2012, EuroLink agreed to become the official sponsor of the Cycle Safety programme. Since then almost 3000 primary school children have availed of this training.



Pictured at the launch were Colm Delvin (Principal St. Mary's N.S.), Mary Murphy (MLSP), David Schuller & Isabel Ortega (EuroLink), Jackie Maguire (CEO of Meath County Council); Mick Finnegan (RSA Officer—MCC) David McCaffrey (MLSP) and Barbara Connolly (Cycle Safety School)

Increased sponsorship will see an additional 200 primary students participate in 2015, bringing to total number of children participating for this year to 1600. David Schuller (Operations Manager with EuroLink) stated how pleased he was that Meath LSP had partnered with EuroLink in rolling out the safe cycling training for children. EuroLink are committed to improving road safety and quality experience for road users and would view the cycle safety programme in particular the safety components of road awareness and positioning as critical to improving the overall safety of children on our roads.

The Cycle Safety 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 provided for up to a limit of 30 children per class. Cycle Safety is co-

ordinated by Meath LSP and rolled out with the support of the Road Safety Authority and sponsors EuroLink.

If your school wishes to take part on this programme in 2015, please contact Meath LSP at 046 9067337 or email dmccaffrey@meathcoco.ie

Schools Section

Medals Galore at the National SPORTSHALL Athletics Championship.

After five years competing in the National **SPORTSHALL** Athletics finals, Team Meath came home with their first gold and silver medals.

A team of 60 primary school children representing Meath recently travelled to the International athletics arena in Athlone to compete against 15 other counties for All Ireland glory.

SPORTSHALL Athletics is a primary school based programme involving running, throwing and jumping events. The programme is co-ordinated by Athletics Ireland and rolled out in each county through the Local Sports Partnerships.

Team Meath were made up of primary school children from St Paul's Navan, St Oliver Plunkett's Navan, Carnaross N.S and Gael Scoil Eanna, Navan

The four category competitions were: 3rd & 4th girls, 3rd & 4th boys, 5th & 6th class girls and 5th & 6th class boys.

Pride of place goes to the 3rd and 4th class girls team from St Paul's & Gael Scoil Eanna who proved to be too strong on the track and more than held their own in the field events to win their overall category and the first national title for Meath.

The 3rd and 4th boy's team performed very well in their field events but fell short on the track and got a well deserved second place finish.

The 5th & 6th class girls and boys teams both produced battling displays to finish third and fourth overall respectively.

Meath LSP would like to thank the Meath Athletics Board for their support in rolling out this programme across the county. A special mention must go to the coaches Ken Foley, Stephen Quirke and Christina Byrne for delivering the training throughout the school year.

If your school would like to participate in the **SPORTSHALL** athletics programme for the school year 2015-2016 or would like to know more about this programme please contact David at Meath LSP – 046 9067337.



Team Meath 2015—National Champions!!

Schools Section

Be Active After School Activity Programme (ASAP)

Be Active ASAP is calling all schools that wish to express an interest in the programme for the 2015/2016 school year to express your interest by completing an online expression of interest form. **The expression of interest form can be completed here <http://bit.ly/1dIP7Hd>**

For more details please contact Paul Friel– Project Facilitator on 046 9067346 or paul.friel@meathcoco.ie or see <http://www.beactiveasap.ie>

Be Active ASAP is an exciting initiative aiming to improve the physical activity patterns of school children by introducing them to a wide variety of activities in a fun, supportive, positive environment where everyone is involved. It is available to all primary schools in Meath.



The programme is funded by the HSE in association with the Irish Sports Council and St. Patrick's College of Education, Drumcondra.

Takes place after school on school grounds.

This offers a safe, familiar, convenient setting for an age-appropriate introduction to after-school physical activity.

Designed for 7-8 year olds.

This is an age at which children begin to make decisions regarding their likes/dislikes or abilities regarding physical activity.

Led by trained teacher leaders.

Teachers were chosen to lead the programme as they have the knowledge to adjust activities to challenge children appropriately, irrespective of ability.

Involves parents in their children's physical activity.

Parental support is crucial to the programme to improve the adult: child ratio, to support the teacher and to set a good example for the children.

Gives children the chance to succeed.

This programme concentrates on building confidence across a broad range of activities echoing the Physical Education Curriculum for Primary Schools experienced by children during the school day.

- The programme is **Free** of Charge to Schools
- The programme offers **Free** training for teachers
- The programme includes **Free** resources, including a comprehensive folder of resource cards and a teacher handbook
- Schools also benefit from ongoing advice and support visits

Active school Flag

The *Be Active ASAP* can help your school achieve the Active School Flag. In order to receive the flag, schools must complete a series of review areas. *Be Active ASAP* complements a number of these review areas enabling schools to attain the flag through participating in the programme within the school.

Website & DVD

Please visit our new website www.beactiveasap.ie for information on the programme and video demonstrations of *Be Active ASAP* within schools in County Meath.

Disability Sport



Disability Inclusion Training

This is an introduction level course designed to give participants **ideas** and **inspiration** to adapt their Sport, Physical Activity or Physical Education sessions to make them more **accessible** for children and adults with a **disability**.

The course is aimed at:

- School principals, teachers, special needs assistants, second and third level students, managers, coaches, volunteers, development officers and parents.

Course Certification:

- On completion of the course all participants will receive a Coaching Ireland / CARA APA Centre Certificate of Attendance

Course Resources:

- All course participants will receive a range of course materials including course workbook, games resource cards and a resource bag

Cost:

- €45 per person



The following areas will be covered over six hours including breaks

Theory section

- Perceptions and Experiences
- Language Terminology & Communication
- Participation Barriers & Solutions
- Inclusion Considerations & Tips

Practical section

- The T.R.E.E Principle (How to adapt)
- Warm-ups / Games
- Fundamental Skills
- Individual / Team Games

* How do you book a place?

Individual/Group bookings can be made online. Dates and venues can be found at: www.caraapacentre.ie

* I am a organisation and I would like to book a course?

If you have 16 - 24 people and would like to book a course please contact the CARA Training & Education team on 066 7145672 or email caratraining@ittralee.ie

Co-ordinated by:



Supported by:



This course was developed in partnership with:



Disability Sport

Disability Inclusion Training

Meath Local Sports Partnership in conjunction with the CARA National APA Centre and Coaching Ireland are hosting the Disability Inclusion Training course on Saturday 25th April 2014 in Simonstown GFC from 9am-3 pm.

Who Should Attend?

Sports Coaches, Instructors, Sport leaders, Teachers, Parents, Volunteers and anyone interested or involved in the provision of Sport, Physical Activity and Physical Education for people with disabilities.

Certification:

On completion of the course all participants will receive a Coaching Ireland/CARA APA Centre certificate of completion and a course resource pack.

Cost:

€45.00

Registration:

Booking is on a first come first served basis. Book now to secure your place!

Booking available at www.caraapacentre.ie

Note: Closing date for all bookings is 4pm on Thursday 23rd April.

Further Information can be obtained from: Aine Coogan Sports Inclusion Disability Officer, Meath Local Sports Partnership by email to acoogan@meathcoco.ie or phone (046)9067337.

Learn2Cycle Programme

Meath LSP recognises the importance of cycling for the inclusion of children with disabilities in recreational activities. To address this concern Meath LSP has commenced an outdoor 'Learn to Cycle' programme.

The aim of the programme is to teach each child to cycle independently. This is achieved by concentrating on the participants balance and coordination skills before introducing the skill of pedalling.

To date this programme has been hugely successfully with approximately 80% of participants learning to cycle independently. The next cycling programme will commence in August in Laytown. Venue TBC. **Booking is essential.**

For further details contact Aine Coogan, Meath LSP at (046)9067337.

Football 4 All Programme

The aim of the Football 4 All programme is to provide regular weekly training sessions for children with disabilities. This programme is open to all children with a disability aged between 6 to 14 years old.

The Football for All programme is breaking down barriers by allowing the club to become more inclusive, guaranteeing that all children regardless of ability will in the future have the same opportunity to play football in their local club.

This programme is run by Ratoath Celtic FC every Saturday at 9.30am in Ratoath College. Registration for this programme is essential.

To register please contact Aine Coogan, Meath LSP on (046)9067337.

Powerchair Football Players Wanted!

Are you a powerchair user and interested in playing soccer on a regular basis? Meath Powerchair Football is looking for new players. This action-packed team sport combines the skill of the wheelchair user with the speed and power of the chair itself. Powerchair Football is the first competitive team sport designed and developed specifically for power wheelchair users.

For further information on the programme please contact Aine at (046)9067337

Calendar of Courses and Events 2015

Activity	Date	Time	Venue
April 2015			
Child Welfare & Protection Awareness Workshop	15th April	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Slane Castle 5km Trail Run/Walk	19th April	12.30pm	Slane Castle Grounds
Sports Injuries Workshop	23rd April	6.30pm to 10pm	Windtown Unity Centre, Navan
Disability Inclusion Training	25th April	9am to 3pm	Simonstown GFC
Royal County 5k Fun Run/Walk	Sunday 26th April	2pm	Kells
May 2015			
Child Welfare & Protection Awareness Workshop	11th May	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Meath Running Group—Block 2	20th May	7pm	Claremont Stadium, Navan
Club Children's Officer Training	26th May	6.30pm to 9.45pm	Windtown Unity Centre, Navan
June 2015			
National Bike Week	13th to 21st June	Varies	Varies
July 2015			
An Post Meath Heritage Cycle Tour	Saturday 25th & Sunday 26th July	Varies	Trim

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

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