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Sports Conference 2011

Mind over Matter?

The Road to Sporting Success!

Is it 50% mental 50% physical? Is it 90% - 10%? The debate rumbles on! What percentage of sports success is mental? Some experts recommend both in equal parts, while others suggest it's 90% mental 10% physical, if you don't have the mind, the body will not follow!

Meath Local Sports Partnership will discuss this often unanswerable question in the presence of some of Ireland's top practitioners and sports players this coming November and give you, the audience, a chance to ask the questions and express your own theories.

For further details on the date, time and the speakers at this year's sports conference please check out our website www.meathsports.ie Registration forms will be available to download soon.

An Post Meath Heritage Cycle Tour 2011

Almost 2000 cyclists donned their cycling shorts and helmets to take part in the 3rd annual An Post Meath Heritage Cycle Tour on 24th July.

In splendid sunshine on the grounds of Trim Castle, the cyclists basked in the atmosphere of the event.

Feedback from everyone who participated was very positive – from the very young who participated in the 12km family event to the seasoned campaigners on the 160km.

See page 3
for more on
the An Post
Meath
Heritage
Cycle Tour
2011.



SHINE—Supporting Meath's emerging talent!

A new initiative (**SHINE**) was launched by Meath LSP in 2010. Designed to support emerging sporting talent in the county, it is based around the development of skills and knowledge that will enhance young athletes' ability to fulfil their sporting potential.

15 participants aged from 15—23 years old, representing sports such as athletics, archery, cycling and target shooting were accepted onto the programme. **SHINE** covers up to 15 practical workshops and runs over a 2 - year period. Some of Ireland's top practitioners in the field of sport and physical activity such as Billy Walsh-Head Coach Irish Boxing, Gerry Hussey-Sports Psychologist, Bobby Fitzsimmons-Physical Therapist, Kenny Egan-



Olympic Silver Medallist and Karl Hogan-Sports Agent were on hand to give advice on all aspects of sport from training programmes to nutrition to mental preparation.

The application process for the **SHINE 2011** programme will soon be opening. Please check out our website www.meathsports.ie and all local press for eligibility terms and for application details. Candidates will be short listed for interview based on the information provided.

Link2B Active - Your Passport for Physical Activity

Meath Local Sports Partnership is delighted to inform you of an exciting new initiative "**Link 2B Active**" which will be rolled out across the county over the coming months. This initiative seeks to create an opportunity for job seekers, youth, disability and older adults to access sports facilities or clubs at a reduced rate and encourage them to participate in recreational activities.

"**Link 2B Active**", which will be rolled out across the county over the coming months, is an initiative which seeks to create opportunities for the target groups named below to access sports facilities or clubs at a reduced rate and to encourage them to participate in recreational activities.



TARGET GROUPS:

YOUTH AGED 13-17
PEOPLE WITH A DISABILITY
JOB SEEKERS
ADULTS AGED 50 YEARS+

The Link2bActive programme was originally developed by South Dublin Sports Partnership (SDSP) and supported by the Irish Sports Council in 2009. It is currently being rolled out nationwide through the Local Sports Partnership network. With increasingly high rates of unemployment, SDSP looked to link unemployed people with the local facilities such as gyms, leisure centres, all weather pitches, pitch & putt clubs and other facilities where pressure was on from reduced participation due to economic constraints. In Meath, we are hoping to expand this initiative to include the 4 target groups listed above.

Everyone knows the importance of being active and staying active to enhance ones physical and mental well being, but most often there are certain barriers to participation in sport exercise and physical activity which may prevent such participation - one being the costs involved.

Now, through the Link2BActive programme, we are asking sports facilities/ clubs in Meath to provide activities and access to facilities at reduced rates to the identified target groups.

Watch this space! For a full listing of the offers available from clubs and facilities check out our website in the coming weeks.

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

An Post Meath Heritage Cycle Tour 2011



Feedback from the cyclists indicated that the cycle tour proved to be a huge success, with most saying the event was well marshalled & signposted, well organised and the routes were challenging but very enjoyable. A number of overseas visitors took part in the longer distances, with some even comparing the excellent organisation to that of the Tour de France!

The event would not have been possible without the hard work of over 350 volunteers who marshalled junctions, gave directions, provided refreshments and most of all gave much needed encouragement to cyclists along the route.

Particular praise must go to the community areas that opened up their facilities to cater for the cyclists: Ryan's of Gormanlough; Maguire's Café, Hill of Tara; Jack Quinn's, Scurlogstown; Bohermeen Community Centre; Oldcastle Showhall and Girley Hall in Fordstown.

Mary Murphy, Event Organiser, paid tribute to the many volunteers, organisations and support staff who gave of their time to ensure that the 2011 cycle tour was a success.

She expressed particular thanks to An Post, the Irish Sports Council, the Gardai, Civil Defence, Trim Town Council, Meath County Council, Meath Tourism, OPW, Trim Castle Hotel, Vittel, Dunnes Stores, club representatives, Cycling Ireland, Cycleways, French/European Market, Aura Centre, Physio, the Meath Heritage Cycle Tour Committee & the Board of Meath LSP for working together to ensure that the An Post Meath Heritage Cycle Tour of 2011 was truly a memorable event. A special "thank you" to our vocalist, Siobhan Mooney.



Water for the event was provided by the 2011 An Post Meath Heritage Cycle Tour Official Water Partner – Vittel.

The nominated charity for the event was the Society of St. Vincent de Paul who reported that they were very happy with the funding they received from the day.

Meath is one of five counties to participate in this year's An Post Cycle Series. The An Post Cycle Series is run in association with the Irish Sports Council.

Roll on next year's tour July 29th, 2012!

Visit www.meathsports.ie for more photos from the day.

Bike Week 2011

Bike Week 2011 in Meath proved to be a popular occasion with numerous activities and events taking place throughout the county. Bike Week is a cross-community effort to highlight cycling as a fun, cost effective and healthy way to travel.



The week's events were made possible thanks to funding of €5000 Meath Local Sports Partnership received from the Department of Transport to help promote Bike Week. Almost €3000 of this was awarded to cycling clubs within Meath to assist them with their own bike week activities. Clubs organised various activities including a Road Safety Awareness Workshop; Bike Maintenance Workshop; Bike Skills Demonstration and numerous other Family Fun Cycle events.

The second annual Meath Schools Cycle Skills Challenge took place in Claremont Stadium, Navan, on Wednesday June 22. Over 60 children from 3rd to 6th classes representing 10 primary schools throughout Meath took part in the Challenge. Obstacle courses, directional drills and a cycle maze were but a few of the activities on the day. Rathbeggan National School were the overall school winners with individual gold, silver and bronze medals shared out. The training was delivered by The Cycling Safety School.



The Family Fun Cycling Challenge, also organised by Meath Local Sports Partnership in conjunction with Dunboyne Cycling Club and Inspirations Cycle Club, was held in Fairyhouse Racecourse on Saturday June 25th with over 50 children and 20 adults enjoying the afternoon's activities.

Activities included bike balancing, a slow bicycle race, and all cyclists also got to cycle the course. The event attracted a wide range of participants from toddlers with stabilisers to BMXers and seasoned leisure cyclists. The highlight of the afternoon was the children's slow bicycle race which proved no problem for those on tricycles!



Teenage Blazing Saddles

A group of teenage students from Navan School Completion Programme blazed a trail on the Navan roads recently as they got a chance to put their new found cycling skills to the test.

Promoting health through cycling and increased safety awareness is an initiative between Meath Local Sports Partnership and Navan School Completion Programme supported and coached by Navan Road Club.

This 5-week programme saw the group work on safe cycle drills, bicycle maintenance followed then by supervised cycling on the roads with the support of Navan Community Gardai. On completion of the programme the group got to bring home their new mountain bikes and cycle helmets.

A number of the students then took part in this years An Post Meath Heritage Cycle Tour.



Junior Girls Initiative for County Meath

The First Tee of Ireland (TFTI), the School Completion Programme (SCP) and Meath Local Sports Partnership (MLSP) have joined with Meath County Council (MCC) in implementing an initiative targeting primarily young girls from the ages of 10 - 12 (although some boys will participate) through the SCP in Navan and Nobber.

Speaking about the initiative, Kevin Stewart, Director of Services with Meath County Council said "Meath County Council is delighted to partner with The First Tee of Ireland, the School Completion Programme and Meath Local Sports Partnership in the delivery of this exciting initiative. We are delighted to see so many schools signing up to participate and affording their students the opportunity to be introduced to the game of golf and its positive values."

The initiative is structured around a series of classes delivered by PGA Professionals Eoin Ryan and George Yelverton using the facilities at Navan Golf Club.

A number of students visited the Ladies Irish Open at Killeen Castle GC in August and the Junior Solheim Cup at Knightsbrook GC and of course the Solheim Cup itself also at Killeen Castle.



comhairle chontae na mí
meath county council

Lace up with the Meath Running Group!



As the Dublin City Marathon draws near, up to 25 Meath Running Group members are busy preparing themselves for the 26.2 mile challenge.

Meath Running Group is nearing the end of a very successful year. Now in its third year, the group training sessions have helped over 60 joggers & runners to reach their target – whether that was completing a 10km, 10 miles, half or a full marathon.

The Meath Running Group is a Meath Local Sports Partnership lead initiative aimed at the “recreational runner” with participation the key goal. Linking in with local athletic clubs in Meath for coaching support, this year a huge amount of thanks has to go Dunshaughlin AC and in particular Paddy Mangan for all his time and coaching advice.



Meath LSP would like to take this opportunity to wish every success to all those participating in this year's Dublin Marathon.

The Meath Running Group will recommence in February 2012—so plan your new year's resolution now!

If you would like to become a member of the Meath Running Group please do contact Ruairi or David on 046 9067337 or email mlsp@meathcoco.ie

Further information on Meath Running Group can be found on:
www.meathsports.ie



NEW GET IRELAND ACTIVE WEBSITE

The new Get Ireland Active website is a one stop shop for getting active and staying active in Ireland and promises to be a fantastic tool for promoting physical activity.

The website will be officially launched nationwide on October 5th and prior to that we want to get as much info up in the Meath section as possible. This is a great opportunity to promote your event, club, facility or group activities for free. We are encouraging clubs, facilities, schools, tutors etc. to check out the site and post their activities and events on it.

To advertise your event log on to www.getirelandactive.ie and simply click on 'Submit Event' on the home page and post your event details.

Club Grant Scheme 2011

There is still an opportunity to avail of Meath Local Sports Partnership's Grant Scheme for 2011.

Grant Scheme Funding is available under two categories-Club Training & Education and Club Development. Grants of up to €300 are available under each of these categories. The fund for each scheme is limited and the scheme will be closed once funds are exhausted. Application forms and grant scheme criteria are available online from www.meathsports.ie and from our offices @ 046/9067337.



National Training Course Local Coordinator Certificate

A training course for gym instructors. Become part of the National GP Exercise Referral Programme, the only recognised referral network between health and leisure professionals in Ireland.

Training Course Autumn/Winter 2011
Venue: K Leisure, Naas

Application Deadline: **14th October 2011 @ 5pm**

Commitment: 5 weekends October to March, see application pack for details.

Application packs available from;
Lisa Negri, Training Coordinator
training@ilam.ie
045 859950

- Applicants must hold a recognised gym instructor or personal training qualification as per the Register of Exercise Professionals, Ireland www.repsireland.ie.
- Graduates are fully supported by local and national HSE Health Promotion teams and become part of a professional network. All Local Coordinators have access to free national resources, online CPD, 2 CPD days per year, free professional advice and support, social marketing
- There are 40 course places available and competition for funded places. Please ensure you fully complete your application on time to give yourself the best chance of being awarded a place.



Sports First Aid Workshop

Meath LSP is hosting a one day Basic Sports First Aid Workshop on
Saturday 19th November 2011
in Navan.

The course will cover areas such as:

Accident Procedure;
Patient Assessment;
Safe Airway;
Recovery Position;
Vital Signs;
Choking;
CPR;
Bleeding, Shock and Bandaging;
Fractures & Splinting
and Soft Tissue Injury.

For further details see www.meathsports.ie or contact Meath LSP office on 046-9067337.

For anyone who has completed First Aid Training please check your certificate for expiry date and update your skills.



Please like us on Facebook!

Meath Local Sports Partnership now has a Facebook Page with updates, upcoming events, news and more...

Race Around Ireland 2011

Meath Local Sports Partnership was once again delighted to support the organisers of the 3rd annual Race Around Ireland event. The Race Around Ireland is part of the Ultra Marathon Cycling Association (UMCA) World Cup Series which involves cycling over 1350 miles/2100km around Ireland. The Race Around Ireland is widely recognised as Europe's most challenging endurance event. The Race Around Ireland finished at the

offices of Meath local Sports Partnership (which acted as event headquarters for the week) on Saturday 17th September after 6 hard days of racing. 10 solo riders started the course including 2 top 5 ranking World Cup riders Valerio Zamboni (Monaco) and Stephen Bugbee (USA).

To keep track of all the riders and so people could follow the race as it unfolded the organisers secured sponsorship from Slovenian company Blackblox who sent over GPS tracking devices for each of the riders.

September winds may have battered the country and many events cancelled but the riders battled through the 130kmh gusts over 6 days where they crossed the finish line at Meath local Sports Partnership offices which were the events main HQ for the week. Cyclists from across Europe, America and Ireland took part with some local riders taking part too. The overall winner was Valerio Zamboni who completed the 2100km in 131hrs and 36 minutes. The win gave Zamboni the points he needed to become the 2011 World Cup champion.

For further results please see www.racearoundireland.com



Buntús Start

The Buntús Start physical activity programme is available to childcare providers in Meath.

Buntús Start is a comprehensive physical activity programme for 2-5 years old. It has been designed for use in pre-school settings.

To date over 120 pre-schools in Meath have participated in the programme.

The aim of the Buntús Start programme is to provide a wide range of learning opportunities for young children, to develop the fundamental motor, manipulative, co-ordination and balancing skills of the child, to develop a positive attitude to physical activity & to assist adults working with children to establish positive attitudes to activity and a healthy lifestyle through enjoyable activity.

Buntús Start Training:

Training is delivered in one six hour practical and participatory session through a variety of activities, inputs, small group exercises and full group discussion. At the end of the training session, each participating centre will be provided with a set of resource cards and a Buntús Start bag.

For further details on the programme please contact Marcella at Meath Local Sports Partnership on 046-9067337 or email mlsp@meathcoco.ie.

Schools Corner

Safe Cycling Schools Programme

The roll out of the Safe Cycling Schools Programme continues to grow in Meath. It is expected that 1300 primary school children will have received this life long skill through their schools participation on this 6 week training programme.



The programme, overseen by Meath LSP is run in collaboration with Meath County Council and the Road Safety Authority (RSA), the training is delivered by the Cycling Safety School.

Due to the high demand for this course there is a waiting list, however Meath LSP

would still ask any school interested in coming on board to contact our office on 046 9067337 for more details.

Transition Year Disability Awareness Programme

This 4 hour workshop provides participants with an understanding of what the term disability means with an overall aim to provide the students with an understanding of the difficulties faced by individuals who have a disability.

The workshop provides two hours of theory followed by a 2 two hour practical session.

It is hoped that this experience will help students develop a more positive, respectful and understanding attitude towards the issues faced by individuals with a disability. If your school would like to participate in the Disability Awareness Programme please contact Aine at (046)9067337.

School Hall Athletics

Earlier this year Meath LSP and the Meath Athletics Board signed up to deliver the School Hall Athletics programme for primary schools within Meath.

5 schools were targeted in 2011. To date Drumbarragh N.S, Donacarney Boys and Donacarney Girls School have participated on the programme with Yellow Furze N.S. and Carnaross N.S due to participate over the coming months. Over 200 children will have taken part in the running, jumping and throwing programme by the end of 2011.

Details for the roll out in 2012 will be finalised after the current programme ends in November.

If your school is interested in taking part in this programme please contact David at 046 9067337.



Buntús Training Update

Meath LSP is once again organising Buntús Generic Training for new teachers in primary schools or for those who wish to refresh their skills in the programme.

Training will take place in Late October/Early November. All Primary Schools will be notified of training dates over the coming weeks.

Girls in Action

This year will see a number of schools running the Girls in Action (GIA) as a stand alone extra curricular programme. This is a 5 year initiative with the first four years of the programme being subsidised by Meath LSP and the HSE North East, year five and afterwards is the sole responsibility of the school.

GIA is a programme aimed at 15-17 year old girls who do not regularly take part in exercise in school. Activities such as Zumba Dance, Hip Hop and Martial Arts are fun and non competitive. Due to the nature of activities rolled out, schools are now seeing increased levels of participation in physical activity by girls.

Meath LSP would encourage all girls' secondary schools in Meath to try this programme. Step by step support will be offered to schools throughout the programme.

For more information please talk to David on 046 9067337.



Schools Corner



Get Active Parents (GAP)

GAP is a 6 week physical activity programme aimed at parents of school going children. The first 5 weeks of the programme parents participate in selected activities with the final week aimed at promoting the fundamentals of physical activity for children.

The long term aim of the GAP programme is for parents to recognise the importance of physical activity in their children's lives and for them to become instigators of that activity.



Participant's at St. Fintina's School, Longwood



Participants from Duleek N.S.

GAP has been introduced in 7 schools to date in 2011. Parents have participated in activities such as dance, pilates and yoga. Over 110 parents have taken part in the programme this year.

Meath LSP plan to implement the programme in an additional 3 schools before the end of the year.

If your school is interested in participating in this new initiative please contact Ruairi at 046-9067337 or rmurphy@meathcoco.ie.



Be Active After-School Activity Programme Welcomes New Schools

The award-winning Be Active After-School Activity Programme, which was delivered in 13 Meath primary schools in 2010 is set to see a further 9 Meath primary schools participating in 2011. The Be Active ASAP is a weekly programme of varied after-school activities supervised by volunteer teachers and supported by volunteer parents. The Be Active After-School Activity Programme is an initiative of the Health Promotion Department of the HSE Dublin North East and was named Best Health Promotion Project at the 2011 National Health Literacy Awards.

The Be Active After-School Activity Programme was delivered in 47 primary schools across the north east in 2010 with 1,379 children, 322 parent leaders and 160 teacher leaders taking part. A total of 79 schools will be participating in the Be Active ASAP in 2011.

Meath schools who will be participating in the coming year are as follows:

Newtown NS, Ardee
Scoil Oilibhear Naofa, Bettystown
Scoil Naomh Eoin, Navan
Scoil Cholmcille, Skryne
Rathregan NS, Batterstown
St. Nicholas NS, Longwood
Ratoath SNS, Ratoath
St. Paul's NS, Navan
St. Peter's NS, Dunboyne
Kilskyre NS, Kells

Gaelscoil Thulach na nÓg, Dunboyne
Ratoath JNS, Ratoath
St. Anne's NS, Navan
St. Joseph's NS, Dunderry
Rathbeggan NS, Dunshaughlin
Drumbaragh NS, Drumbaragh
Robinstown NS, Navan
St. Patrick's NS, Ughtyneill
Scoil Mhuire, Moynalty
Scoil Bhríde, Kilbride

Schools who register to deliver the Be Active After-School Activity Programme receive a free resource folder, free training for teachers, certificates for participants and ongoing advice and support. For more information visit the programme website at www.beactiveasap.ie or contact the co-ordinator, Eileen McEvoy, on 087 2402020.



Little Athletics Leader 1 Course

Meath Local Sports Partnership in association with Athletics Ireland are organising a Little Athletics Leader 1 Course for primary school teachers in Meath. The Little Athletics Leader 1 Course focuses on introducing the fundamentals of athletic movement to children.

The aim of the course is to provide teachers with the skills and tools to manage and lead an Athletics Programme in their school for children in the 5-13 year old age bracket. The course is centered on the delivery of practical information and focuses on organising athletics games and activities for children in a fun and safe manner. The course will run over one day on **Saturday 15th October 2011**

For further details contact Meath LSP on 046-9067337.

Disability Sport

Football For All Club

Dunboyne AFC in partnership with the FAI and Meath LSP commenced the Football for All Programme in Meath in October 2010. The programme has proved to be a great success with over 20 children with a disability registered to take part. Year 2 of the programme has recently recommenced in Dunboyne AFC.

The central aim of the programme is to provide regular weekly training sessions for children with disabilities (6 to 14 years old) at a local level. Dunboyne AFC is one of 5 clubs involved in the new FAI national club programme. All abilities welcome. Pre-registration required.

Swimming Programme

This 6 week swimming programme in Aura Leisure Link, Navan allows children with disabilities (aged 6-14 years) to be taught in a small group, ratio 1 teacher to 5 children maximum.

The participants will be taught the fundamentals of swimming in a fun environment. The swim instructors encourage correct front crawl, back crawl and floating techniques with the central aim of getting the participants swimming independently of swimming aids. Cost €50 for the 6 week programme. All abilities welcome. Pre-registration required.

To register for any of the disability sports programmes please contact Aine @ 046-9067337.

All Ability Summer Programme 2011

Summer 2011 was a hive of activity for people with disability in County Meath. Numerous activities took place throughout the county from Horse Riding Programmes in Kells, Pitch and Putt Programme in Athboy, Yoga Programmes and Wheelchair Sports Programme in Navan to name but a few.

It is Meath Local Sports Partnerships aim to have more people with disabilities more active in sport and physical activity.

If you would like to become involved sport and physical activity please contact Aine at (046)9067337.

Parkvilla FC Powerchair Football Team

Meath Local Sports Partnership is delighted to announce Parkvilla FC as the host club for Powerchair Football in County Meath. This action-packed team sport combines the skill of the wheelchair user with the speed and power of the chair itself, to participate in an extremely challenging game of soccer.

Powerchair Football is the first competitive team sport designed and developed specifically for power

wheelchair users. Parkvilla FC competed in their first Association of Irish Powerchair Football (AIPF) National League on 24th September in UL, Limerick. The team were victorious in both games against Shannon-side Rangers and St. Joeys of Dublin. The team are eagerly awaiting the round 2 of the league in October.



EUCAPA
EUROPEAN CONGRESS OF ADAPTED
PHYSICAL ACTIVITY
IRELAND 2012
MAY 6-8
THE MALTON HOTEL, KILLARNEY

Sandsailing Come and Try It Day

A large crowd of eagerly awaiting participants filled the beach of Laytown on Saturday 20th August to partake in the first Sand Yachting Come and Try It Day for people with disabilities in County Meath. The event organised by Aine Coogan Meath LSP, Paul Ryan Irish Disabled Sailing Association/ IWA Sport, The Irish Power Kite and Sandyacht Association and Pat Letters who kindly came down from Ballymena with the Blokarts. The Irish Power Kite and Sandyacht Association provided people with disabilities the opportunity to try the sport of Sand Yachting with tandem sandyachts and double yachts available on the day to allow everyone had the opportunity to try the fun filled sport. The event attracted very talented sandyachters in the making s from all areas in Leinster.



Cycling Programme for Children with Disabilities

Meath LSP recognises the importance of cycling for the inclusion of children with a disabilities in recreational activities. To address this concern Meath LSP commenced the cycling programme in May 2011 with the aim to teach children to cycle independently. This is achieved by concentrating on the participants balance and coordination skills before introducing the pedals of the bike. The first 6 week cycling programme commenced in Navan. On completion of the programme 7 of the 15 participants were cycling independently.

Due to high demand the second cycling programme commenced in Trim in September with 16 children who aspire to cycling independently participating in the programme.



"I am very pleased with the programme. My child has no fear of cycling at all. I never thought I would see this day"
Parent July 2011

"I can not believe she can cycle unaided. She can now take part with the family and not be left out"
Parent July 2011

Inclusive Family Fun Cycle

Due to the success of the cycling programmes for people with disabilities, Meath LSP has organised an Inclusive Family Fun Cycle. The cycle will take place in Fairyhouse Racecourse Rataoth on Saturday 22nd October at 11.30am. We encourage children and adults with disabilities and their families to come and participate. The family cycle promises to be an enjoyable morning for all involved. The event is free of charge. Pre-registration is required. To register for this event please contact Aine at (046)9067337.

Walk 'n' Workout at the Outdoor Activity Park

60 is the new 80! That's according to the Mayor of Navan Cllr. Anton McCabe who officiated at the recent opening of the Outdoor Activity Park in Claremont Stadium. The park is designed to suit adults and people with disabilities. It comprises of a number of activity or wellness stations which allow the user to utilise the equipment in a safe and structured manner. The stations are made up of activity panels which are designed to make users stronger, more energetic and more able to complete the real-life activities that matter most.

On the run up to the launch Meath Local Sports Partnership ran a 5 week Walk 'n' Workout programme. These coach led sessions provided the 44 participants with instruction and guidance using the new Life Trial machines in the outdoor activity park. On the final week of the programme participants had the opportunity to avail of a reduced 1 year membership of Claremont track.

Funding for the Outdoor Activity Park was provided under the HSE Rapid Leverage Scheme with support from Meath County Council and Navan Town Council. Anyone interested in using the park may avail of combined membership for the track and the park at reduced rates for the coming year. Use of the Outdoor Activity Park combined with the track provides users with the option of mixing and varying their activity programme.

Those interested should contact Meath Local Sports Partnership at 046 9067337.



Games for Life

The Games for Life programme reached new heights in 2011 with 33 active retirement and disability groups having now availed of Bowls, Boccia or New Age Kurling equipment. 140 people representing those groups have been trained to deliver the activities. St.Michael's Scoial Club, Carlanstown; An Tain, Navan and Drumconrath/Meath Hill Active Retirement are the latest groups to avail of the programme.



Boccia League

Meath Local Sports Partnership commenced the Games for Life boccia league in January 2011. Over 40 teams made up of active retirement groups and disability groups from across Meath participated in the league. The league proved to be a huge success as it provided groups with the opportunity to be both more physically active and to interact with each other.

On Tuesday 14th June in Simonstown GFC the top 4 teams in the league met in the semi finals. St Clares played Moynalty and Dunboyne Rehabcare met Beaparc. They were 2 hotly contested matches with St. Clares and Dunboyne making it through to the final.

The final was an exhibition of boccia as both groups demonstrated a high level of skill and precision. After 6 months of league games, the Games for Life boccia league title came down to the final ball. That final ball crowned Dunboyne Rehabcare as boccia league winners for 2011.

Active Retirement Bowls League

Meath Local Sports Partnership in association with Meath Zone Bowls will recommence the Active Retirement Bowls League for Games for Life members on Monday 10th October. This will give groups the opportunity to play against other groups in their area on a regular basis and gain some valuable experience in the game.

New Age Kurling League

The New Age Kurling League commenced on Tuesday 27th September where groups will play once a month in Simonstown GFC. This gives groups the opportunity to practice their new skills against groups of similar abilities. With over 20 teams signed up for the league it promises to be a great competition.

For more information on activities for Older People, please contact Ruairi Murphy at Meath Local Sports Partnership on 046-9067337.

Mature Movers Back with a Bang!

The Mature Movers Activity Programme started up again in September in Navan and Trim. This hugely popular programme aims to get as many older adults as possible, from the community as possible more physically active..

On Monday 12th September the Mature Movers in Navan recommenced with 40 older adults ready for action. Moving on to Mature Movers in Trim on Wednesday 14th September another 35 older adults signed up for the 8 weeks in Knightbridge Village Hall.

With now 75 older adults participating on the Mature Movers programmes it's proven to be a huge success and a vital part to older adults lives in these communities.

The 8 week activity programme includes activities such as movement for life, resistance training, core stability, balance, seated Pilates and bowls. Mature Movers is also a great social outlet as participants get a chance to relax, have a chat after their workout and enjoy a nice cup of tea!



Calendar of Courses and Events Autumn/Winter 2011

Code of Ethics/Child Protection Awareness Workshop	Monday 3 rd October 2011	7pm to 10.15pm	Windtown Unity Centre, Navan
	Tuesday 25 th October 2011	7pm to 10.15pm	Trim GAA
	Monday 14 th November 2011	7pm to 10.15pm	TBC
	Wednesday 30 th November	7pm to 10.15pm	Windtown Unity Centre, Navan
Meath Running Group Block 3	Wednesday evenings until 26 th October 2011	6.45pm	Claremont Stadium, Navan
Mature Movers Activity Programme, Navan	Mondays until 7 th November 2011	11am – 1pm	Pitch and Putt Club, Navan
Mature Movers Activity Programme, Trim	Wednesdays until 2 nd November 2011	11am – 1pm	Knightsbridge Village, Trim
Little Athletics Leader 1 Course	15 th October 2011	9.30am – 4pm	Simonstown GAA, Navan
Buntús Start Physical Activity Programme for Childcare Providers	15 th October 2011	10am	Claremont Stadium, Navan
Children's Officer Training	17 th & 18 th October 2011	7pm to 10pm	Simonstown GAA, Navan
Basic Sports First Aid/ Refresher Workshop	19 th November 2011	9.30am to 4pm	Windtown Unity Centre, Navan
Disability Sports Programmes			
Programme	Date	Time	Venue
TY Disability Awareness Training	Various Dates	Various Times	On School Site
Powerchair Football Club	Saturdays	11am to 1pm	Claremont Stadium
Football For All Club, Dunboyne	Every Saturday	11.00am- 12pm	Dunboyne AFC
Inclusive Family Fun Cycle	Saturday 22nd October	6.00pm-7.00pm	Fairyhouse Racecourse
6 week Swimming Programme	Mondays and Thursdays	4.00pm	Aura Leisure Link Navan
Wheelchair Sports Programme	Tuesday Evenings	7.30pm to 8.30pm	Claremont Stadium, Navan
Boccia Club	Every Saturday	11:30am – 1pm	Kilcloon
GAA Nursery Programme 4-8yrs, pan disability	Various Dates - Contact Meath LSP	Various times	Countywide Venues
Pitch and Putt Programme	Tuesdays	5.30pm-6.30pm	Athboy Pitch and Putt
Sand Yachting Programme	Various Dates	Various Times	Bettystown Beach
Waterskiing Programme	Various Dates	Various Times	Summerhill Aquatic Centre

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

Meath Local Sports Partnership, Enterprise Centre, Trim Rd, Navan, Co. Meath

Tel: 046-9067337 Fax: 046-9097001 Web: www.meathsports.ie Email: mlsp@meathcoco.ie