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Back to basics at pre season workshop.....

Legendary Dublin footballer and ex Manager, Tommy Carr (recent graduate BA in Strength Training & Conditioning), Martina McCarthy (High Performance Manager DCU Sport) and Alan Heary (Sports Science & Health) all shared their experiences and knowledge on the importance of strength training & conditioning to a large audience at the Meath LSP workshop in Navan on the 4th February last.

All agreed that conditioning of an athlete/player is ensuring that they are physically and physiologically prepared for the challenge of their sport. Strength training is ensuring that an athlete/player has the ability to undertake greater loads during training whilst being able to exert greater force.

The three speakers all lamented the lack of natural and functioning strength movements amongst present day athletes/players agreeing that the environment in which a child grows up in is the biggest contributor of skill levels. Repetitive behaviour in lifestyle such as free play has a far greater role to play in the development of a good player or athlete than DNA. The application of practice and intensity of practice all combine to create better athletes and players. It is estimated on average in terms of skill development, it takes 10,000 hours of purposeful practice to get an athlete or player to the level that the individual can say to themselves that they are ready to take on the world. Giving a manager one/two year term to win a title does not fit with this recommendation.

With Master of Ceremonies, Colm Keys asking tough questions of the speakers, the large audience enjoyed robust discussion on the various aspects of strength training and conditioning.

The evening concluded with discussion about the importance of players/athletes keeping individual training and nutrition diaries and of goal setting. By monitoring sleep patterns, food intake and exertion levels real gains can be made.

For more information on courses and workshops run by Meath LSP check out www.meathsports.ie.

Date for your Diary: Royal County 5k 2013

The Royal County 5km will take place on Sunday 28th April 2013 in Kells. This is an AAI licensed event.



See inside for more details



View our website
www.meathsports.ie





Out in force to assist the walkers on the day were the Gardai, Civil Defence and Trim TC. All participants received a free Get Ireland Active high visibility vest which will keep them safe on the roads now that they have started their active transformation. Meath LSP would like to extend their thanks to the HSE team, Club Active, Navan (who kindly donated vouchers) and Bird's Supervalu, Navan who provided the water for participants.

In 2012, over 600 people (all shapes and sizes) participated in our learn to run & walking programmes. For more information, please contact our office at 046 9067337 or check out the website www.meathsports.ie for further information.

Could 2013 be your year???? If so, contact us.

Meath transformers!

Saturday 19th saw over 800 walkers (young and old) descend on the town of Trim to support the Operation Transformation walk which was organised by Meath LSP in association with the Irish Sports Council and was part of the nationwide walks held in every county around Ireland. Despite the cold inclement weather walkers donned their boots and dragged all family members out to participate in this fun event. Distance completed was 3.7km.

ROYAL COUNTY 5KM

Open to everyone over 12 years.
Nominated charity is Special Hands Group, Kells.
Registration open Monday 4th March

ROYAL COUNTY
5km
Fun Run/Walk
Open to all abilities
over 12yrs
Sunday April 28th
KELLS @ 2pm
Register @
www.meathsports.ie
046 9067337
Chip Timed Event



Tour de France winner Greg LeMond launches An Post Meath Heritage Cycle Tour 2013.



DATE FOR YOUR DIARY Meath Heritage Cycle Tour 28th July 2013



Family spin will take place on 27th July 2013 at 4pm.

The An Post Meath heritage Cycle Tour involves 4 different routes:
11km, 50km, 100km & 160km

Details of routes and opportunities to register will be available from
March on our website www.meathsports.ie
Be part of this massive cycle event.

Walk4Fitness

January started with a bang with the NEW Walk4Fitness Programme in Kells, Navan and Kiltale. 60 participants have been braving the winter weather and walking their way to fitness.

This 5 week outdoor walking programme was designed by Meath LSP to suit the needs of those looking to join a walking group and to improve their walking fitness in a safe outdoor environment.

Throughout this programme participants will learn the importance of posture, the different walking techniques such as stride walking and power walking in addition to the benefits of aerobic fitness, muscle strength and joint mobility.

Walkers in Kiltale and Navan have the option of availing of reduced facility membership on completion of the programme.

All walkers are encouraged to take the next step and join our Learn2Run programme.

Learn2Run

Learn2Run is suitable for anyone who wishes to improve their running technique, posture and breathing. It is ideal for those who are walkers and wish to become joggers or joggers who wish to become runners. An experienced running coach will be in attendance each night to provide advice and support.

The Learn2Run programme will prepare participants for the Royal County 5km in Kells on Sunday 28th April.

Check out the following venues for a programme near you:

- Kells—Monday 25th February 7pm at Swimming Pool.
- Dunshaughlin— Tuesday 26th February 7.30pm in Dunshaughlin Community Centre
- Navan—Wednesday 27th February 7pm in Claremont Stadium
- Kiltale—Wednesday 27th February 7pm in Kiltale GAA
- Athboy—Early March, Athboy Old Community School. Contact David Ivers 086-0842109
- Trim - Every Tuesday and Thursday 7.30pm. Meet opposite Garda Station (Enquire about special beginners section)

To register for the Learn to Run programme please download a registration form from our website www.meathsports.ie or contact Ruairi on 046-9067337 or email at rmurphy@meathcoco.ie



Interested in completing your first 10km, 10 miles, half marathon or full marathon in 2013? Yes?..... Read on!

In 2012, Meath Running Group helped over 50 joggers & runners to reach their target – either completing a 10km, 10 miles, half or full marathon. **This year that person could be you!**

Training sessions are tailored to individual abilities and levels from beginner to seasoned professional. We provide a 30 week programme/3blocks – depending on your target. Block 1 (Indoor Core training) begins on Wednesday 13th February at 7pm in Claremont Stadium.

Further information please contact Ruairi 046 9067337 or email rmurphy@meathcoco.ie

Meath Running Group

Every step is a victory.....



One of the outstanding highlights in 2012 for the Meath Running Group was achieved when 21 members of the running group made smithereens of legendary Irish athlete John Treacy's marathon record of 2 hrs 9 minutes and 15 seconds. John achieved this time in the Los Angeles Olympics of 1984. The running group's phenomenal time was a record 2 hrs 4 minutes and 47 seconds which was covered in a relay style event.

Wilkestown A.R Crowned Meath Kurling League Winners

Meath LSP commenced the Games for Life New Age Kurling league in September. On a monthly basis 25 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 more physically active and interact with different groups.

Tuesday 20th November 2012 saw an exciting conclusion to New Age Kurling League. The top 4 battled it out in the semi final. Dunboyne Rehabcare met Beauparc A.R and Wilkestown A.R played Clonmellon A.R. They were 2 hotly contested matches with Dunboyne Rehabcare and Wilkestown A.R making it through to the final. The final was an exhibition of Kurling as both groups showed their skill and precession. After 4 months of league games, the Games for Life New Age Kurling league title came down to an exciting final stone. That final stone crowned Wilkestown Active Retirement league winners for 2012.



Boccia League

The Games for Life Boccia League is going into its third year and Moynalty A.R will be attempting to retain the Boccia League Cup. The league will commence on Monday 18th February in Simonstown GAA. With an expected 40 teams, 120 participants, another exciting league is in prospect for 2013.

Active Retirement Bowls League

The second part of the Bowls League season will commence on Monday 11th February. Navan and Dunshaughlin lead the way in their opposing sections. When the league fixtures are completed teams will be divided into sections to play in either the league cup or league shield. The league cup and shield finals will be played on Wednesday 24th April in Simonstown.

If your group would like to participate in any of the Games for Life programme, please contact Ruairi @ 046 9067337.

Mature Movers

2012 was a hugely successful year for Meath Local Sports Partnership's "Mature Movers" Programme. Over 250 older adults from around the county participated in the Mature Movers programme.

Mature Movers will recommence this February in Navan, Carlanstown, Trim and Dunshaughlin.

The 8 week activity programme includes activities such as movement for life, resistance training, core stability, balance, seated Pilates and bowls. Mature Movers is a great social outlet as participants get a chance to relax, have a chat after their workout and enjoy the refreshments. This year each participant will receive a specially designed exercise booklet which includes chair based exercises with teaching points and colourful illustrations.

Dates for your Diary:

Carlanstown—Wednesday 20th February in St. Michaels GFC at 11am

Navan— Monday 25th February in Navan Pitch and Putt Club at 11am

Trim— Monday 25th February in Knightsbridge Nursing Home at 11am

Dunshaughlin - Wednesday 6th March in Dunshaughlin Pastoral Centre at 11am

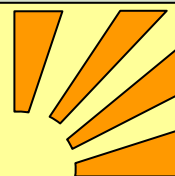
So if you would like to participate on the Mature Movers Activity Programme in your area please contact Ruairi Murphy at Meath Local Sports Partnership on 046-9067337.



Player / Athlete Development Support Programme

The SHINE initiative continues to roll out through 2013. Designed to support emerging sporting talent in the county of Meath, a variety of sports related workshops will be delivered to support the SHINE participants.

SHINE



Upcoming Workshops

Date	Venue	Workshop	Presenter	Time
8th March 2013	MLSP Meeting Room	Performance Nutrition	Sharon Madigan—Irish Institute of Sport; Lecturer DCU	7pm
10th April 2013	MLSP Meeting Room	Sports Injury Management	Sarah Jane McDonnell—Irish Institute of Sport; Physiotherapist, Rowing Ireland	7pm

WHERE PEOPLE FEEL BETTER



Calling all would be tri-athletes

Aura Leisure Navan in Association with Tri an Mhi



and Meath Local Sports Partnership are hosting a series of talks designed to assist all 'would be' and experienced tri-athletes and other sports people covering topics from:

- Beginner tri-athlete: the secrets to success of mastering swimming, running & cycling
- Goal setting and motivation
- High performance

Anyone signing up to this series of workshops can also avail of 10 swim lesson specific to tri-athletes. Talks are free to Aura & Tri an Mhi members. Non-members €5 charge. If interested please call Aura Navan at 046 9079950.

Talks are hosted by Ken Lynch, Manager for Ireland's Triathlon team at the London Olympic Games 2012, he has a keen interest in triathlon in addition to working with a number of Ireland's successful athletes and players in his role at the Irish Institute of Sport.



Jigsaw Meath can offer training in youth mental health. Jigsaw have a 1 hour training suitable for parents, coaches, and anyone in the community entitled **Supporting Young**

People's Mental Health. This talk focuses on:

- Key issues impacting on the mental health and well-being of young people.
- Promoting positive mental health in young people.
- The value of listening as a way of supporting young people.
- What supports are available in your area.

Jigsaw also provide a 1 day training for any one coaching or working directly with young people.

The training is called **Understanding Youth Mental Health** and covers topics such as: What is Jigsaw, What is mental health and how does it develop; Adolescence and emerging adulthood; The current landscape of youth mental health; Signs of mental health difficulty and safety; Local supports and services.

If any clubs are concerned about the mental health of club members (aged 12-25) please contact Jigsaw Meath for further information at 0469071702.



CODE OF ETHICS

3 hr Basic Awareness Workshop

The Code of Ethics and Good Practice for Children's Sport Basic Awareness workshop is rolled out by Meath LSP in the interest of the welfare and protection of children in sport. The workshop highlights 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. **It is recommended that all coaches and volunteers within a sport club attend the training.**

Children's Officer Workshop

Children's Officer training is the next stage in this module. Recommendations from the Irish Sports Council are that every club involved with children and young people should appoint a Children's Officer.

The Children's Officer should be child centred in focus and should have as their primary aim the establishment of a child centred ethos within the club. 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 on how club policy etc. impacts on children and their Sports Leaders.

[See the calendar of Upcoming Courses/Events for a list of scheduled workshops.](#)

Schools Section

Be Active After School Activity Programme (ASAP)

The Be Active after School Activity Programme 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:

- Led by teachers
- Echoes the PE Curriculum – Games, Gymnastics, Dance, Outdoor & Adventure, Athletics
- Supported by parents
- Usually children in first/second class
- Takes place after school on school grounds.
- Free of Charge to Schools
- Free training for teachers
- Free programme resources, including a folder of resource cards and a teacher handbook
- Ongoing advice and support visits

For more details please contact Paul Friel – Project Facilitator on 046 9067346 or pfriel@meathcoco.ie

Active School Week

April 29th – May 3rd, 2013

Schools across the country are being encouraged to get more active during national Active School Week.

What will your school do?

- Physical activity as homework
- Walk a Mile with a Smile
- Run a Mile challenge
- Tracksuits to replace uniform
- Traditional Irish Sports Day
- Wake Up, Shake Up
- Extended PE time
- Boot camp for teachers
- Whole school Mexican Wave
- Inter-class marathon challenge
- Alternative sports
- Céili Mór
- Students vs. Teachers
- Penalties against the Principal
- Bling your Bike parade
- Extra playground time
- Drop Everything and Dance
- Activity Picnic in the Park
- Inter-class marathon challenge
- Sí na Sláinte on school grounds
- Inter-class competitions
- Hulahoopathon
- Ready, Steady, Bounce
- World Dance Day
- Celebrity Bainisteoir
- Whole school physical activity event

For many more ideas visit www.activeschoofflag.ie

Girls in Action

Hip Hop and Zumba Dance continue to keep teenage girls active in a number of secondary schools in Meath.



Girls in Action is a programme which aims to promote physical activity amongst teenage girls, particularly those 12- 17 years old who do not regularly take part in PE and or competitive sports. This initiative is co-ordinated by Meath LSP and supported by the HSE North East.

Over 250 girls currently take part in weekly activities organised and held in their schools. These physical activities are promoted as extra curricular and usually involve a local tutor coming into deliver activities such as Hip Hop, Zumba dance and Martial Arts to name but a few at lunch time or after school.

As a direct result of the Girls in Action programme a number of these girls subsequently go on to join and take part in similar activities in their communities outside of school. Schools currently on this years programme:

- O'Carolan College, Nobber
- St Fintina's PP, Longwood
- Colaiste Na HInse, Bettystown
- St Ciaran's CS, Kells
- Ratoath College

Schools Section

Schools Safe Cycling Programme

New schools welcome

Meath Local Sports Partnership is pleased to introduce EuroLink Motorway Operation Ltd as part sponsor of the Cycle Safety Training Skills initiative for primary schools. This sponsorship will reduce the cost of the cycle training to students significantly.



The options now available to schools for cycling safety training are as follows:

- Standard 6 weeks – 1 hour per week; €13 per student.
- 1 day onsite training, 4 hours; €13 per student
- 2 days onsite training, 2 hours per day; €13 per student
- 5 days onsite training, 50mins per session; €13 per student

Bicycles and helmets are supplied by the trainers with a maximum number of 30 pupils per session.

Components of training include:

- Stopping and starting safely,
- Bicycle maintenance,
- Signalling and road positioning.

In 2012, 27 schools (1011) primary children received training. There is still time and space for a number of new schools to come on board for the calendar year 2013. Contact Paul at 046 9067337 for further details.



Primary School's Sports Hall Athletics

Sports Hall Athletics is growing quickly amongst primary schools in Ireland. 2013 will see 15 Counties participating in the National Inter County Sports Hall Athletics Championship this coming March – this has grown from 4 counties in 2010. Preparations continue in Meath primary schools for this indoor athletic event in the following schools: Curraghera N.S, Ratoath Senior Primary School, St Paul's N.S Ratoath and Carnaross N.S.

The programme is specifically aimed at 3rd to 6th class and the training takes place indoors, once a week over a 4-5 week period. The championship is open to County teams in the following categories, 3rd & 4th class boys, 3rd & 4th class girls, 5th & 6th class boys and 5th & 6th class girls. A selection of pupils from those classes will represent Meath at the Championship finals in Athlone.



This event is fully supported and endorsed by Athletics Ireland. In 2012, Athletics Ireland was awarded funding under the Sports Capital measure for the purchase of sports hall athletics equipment.

The sports hall athletics programme is co-ordinated by Meath LSP and training delivered in association with Meath Athletics Board.

For further details on this programme please contact Meath LSP.

Disability Sport

Boxing Programme

Meath LSP in conjunction with Navan Boxing Club organised a successful 6 week boxing programme for children with disabilities 7 years +. The central aim of the programme is to provide children with disabilities the opportunity to experience the sport of boxing in a segregated environment with peers of a similar ability. Two qualified coaches from Navan Boxing Club provided the training on a weekly basis. 10 children with disabilities participated in the six week block which took place at the club's venue in Navan. The programme was a huge success for all involved.

"Stephen was very calm and happy after the boxing sessions. He also liked the fact that they were all big boys doing it with him. He was able to follow the instructions verbally or visually given to him because he loved it so much his concentration was amazing".



"Due to the boxing programme Conor now has the opportunity and chance to enjoy boxing, to learn the skills of the sport and benefit from everything that goes with that"



Camp Abilities 2013—24th to 28th March in Fossa, Killarney, Kerry. A five day (four night) residential sport and recreation camp for children with vision impairments (aged 8–18 years).

Contact the CARA centre on 066 7145646, by email to cara.apa@tralee.ie or visit www.caraapacentre.ie/camp-abilities for more information.



The Irish team that competed in the Wheelchair Rugby European Qualifiers held recently in Gormanston

Disability Sport

Xcessible Outdoors Initiative

To celebrate International Disability Awareness Day CARA National Physical Activity Centre in conjunction with Meath Local Sports Partnership organised an outdoor activity day for people with a disability.



The initiative was funded by the Department of Justice and Equality in partnership with I.T. Tralee, Irish Sports Council, National Trails Office, Outdoor Education Ireland and Mountaineering Ireland.

The aim of the Xcessible Outdoors Initiative is to heighten the awareness of the benefits of an active healthy lifestyle and participation opportunities for people with disabilities within the outdoor environment.

A qualified Fleet Feet walking instructor lead the programme on the day commencing with a gentle warm up, followed up the fleet feet programme while also introducing Nordic walking to the participants. The programme finished with a cool-down and stretches. Due to the heavy frost the participants were unable to use the outdoor gym as the equipment was frozen. Despite the cold day, 15 participants took part in the initiative, age ranging from 25-60 years. 80% of participants presented with a mental health difficulty; 20% of the participants had a physical disability

Due to the success of the programme Meath LSP has committed to running a 5 week Xcessible Walking programme in March 2013. For further information on this programme please contact Aine Coogan Sports Inclusion Disability Officer at (046) 9067337.



Learn2Cycle Programme

Meath Local Sports Partnership is commencing a 6 week

'Learn2Cycle' Programme in Trim on Thursday 18th April at 6pm. The central aim of the programme is to teach each child to cycle independently. A fully trained coach from

The Cycling Safety and Skills School will provide weekly coaching. A total of 18 children learned to cycle independently through this programme in 2012. Places are limited. Pre-registration is required. To register for the programme please contact Aine Coogan, Sports Inclusion Disability Officer at (046) 9067337

"The Learn2Cycle programme has truly made a difference to Orlaiths life. Before the programme we had tried everything to teach her to cycle but without success. Due to this programme Orlaith is now cycling independently but the spin-off effect is immense. Her levels of physical activity have increased. Because of her disability and scoliosis she tires easily when walking. Now that she is cycling she is more likely to be active as she can get places faster. Cycling enables her to do exercise with the rest of the family".

Code of Ethics/ Child Protection Awareness	<ul style="list-style-type: none"> Tuesday 6th March Wednesday 17th April Tuesday 14th May 	6.30pm to 9.45pm	Trim GAA Windtown Unity Centre, Navan TBC
Code of Ethics Children's Officer	Wednesday 10 th & Thursday 11 th April	6.30pm to 9.30pm each evening	Windtown Unity Centre, Navan
Mature Movers – 8 Week Activity Programme	<ul style="list-style-type: none"> Carlanstown— Wednesday 20th Feb Navan—Monday 25th February Trim— Monday 25th Feb- ruary Dunshaughlin— Wednes- day 6th March 	11am to 1pm	St. Michael's GFC Pitch and Putt Club, Navan Knightsbridge Dunshaughlin Pastoral Centre
Learn2Run – 10 Week Programme	<ul style="list-style-type: none"> Tara (Meet 'n' Train— Thursdays Trim—Tuesdays & Thurs- days Kells—Monday 25th Feb Dunshaughlin—Tuesday 26th Feb Navan—Wednesday 27th Feb Kiltale—Wednesday 27th February Athboy—Early March— TBC 	8.15pm 7.30pm 7pm 7.30pm 7pm 7pm TBC	Tara Sports Grounds Meet opposite Garda Station Eureka School, Kells Community School, Dunshaughlin Claremont Stadium, Navan Kiltale GFC Athboy Old Community School
Meath Running Group Block 1	Block 1 Core Training)—Wed. 13 th Feb Block 2 Speed Training—Wed. 15 th May Block 3—Group Training— Wed. 14 th Aug	7pm to 8pm	Claremont Stadium, Navan
Royal County 5k	Sunday 28 th April	2pm	Kells
An Post Meath Heritage Cycle Tour	Sunday 28 th July	8.30am	Trim
Disability Sports Programme			
Horse Riding Programme	Wednesday 20 th Feb Saturday 23 rd Feb	5pm 3.30pm & 4.15pm	Brookfield Stables, Navan
Learn2Cycle Programme	Thursday 18 th April	6pm—7pm	Trim
Football for All	Every Saturday	1.30pm - 2.30pm	Dunboyne AFC
Learn2Swim	Every Thursday	4pm—5pm	Aura Leisurelink Navan
Powerchair Football	Tuesdays (fortnightly)	7pm—8pm	St. Patrick's Secondary School, Navan

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

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