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An Post Meath Heritage Cycle Tour 2013

Another year, another cycling success. In what is fast becoming a national calendar event, the An Post Meath Heritage Cycle tour came to Trim in July and brought with it almost 4000 cyclists. Feedback from all those who participated is very positive – from the very young who participated in the 11km family event to the seasoned campaigner on the 160km route.

The family spin took place on Saturday evening in glorious sunshine. 500 budding Olympic cyclists along with their families took part in the 11k event. Special mention to the Gardai and the Civil Defence who were on hand to support the group, in addition to the Moynalty Cycling club's coaches who cycled with the group offering support, guidance and assistance along the route. Having stopped for refreshments in Jack Quinns, the young cyclists made their way back to Trim where they enjoyed Zumba dancing, obstacle course cycling and bouncy castles. The 3000 cyclists who participated on Sunday in the 50k, 100k and 160k distances enjoyed a relatively dry day with good cycling conditions. PJ Gallagher (comedian) led off the 160k with Paralympics Silver medal cyclists - Catherine Walsh and Fran Meehan leading out the 100k.



The Watte family from Dunshaughlin who were the 50k Ambassadors pictured above at the start line. All participants enjoyed the day, with each saying that they would return in 2014. **See page 18 for further details.**

Sports Capital Funding (SCF) - New Online process to register your application

Important note for clubs/organisations wishing to avail of Sports Capital funding in 2014.

All clubs/organisations who intend to submit an application to the Department of Sport for funding towards facility development or purchase of equipment must register using the new online system known as OSCAR (online Sports Capital Register).

Please see page 14 for further information.



Meath Local Sports Partnership is on

Facebook - with updates, upcoming events, news
and more...

Please like us on Facebook!

www.facebook.com/meathsportspartnership

Let us know if your club or group has a facebook
page and we will like your page too.



www.getirelandactive.ie

GET IRELAND ACTIVE WEBSITE

A one stop shop for:
getting active and staying

**Sports Clubs & leisure
Facilities**

**promote your events
and activities here.**

To advertise your event log on to
www.getirelandactive.ie and simply click
on 'Submit Event' on the home page
CHECK IT OUT TODAY

Get Ireland Walking Website Launched

Are you part of a walking group?

Would you like to form a walking group?

Would you like to receive more information about walking?

If so check out www.getirelandwalking.ie



Get Ireland Walking is encouraging all walking groupings to register, it doesn't matter how informal or small the group is, once you are walking on a regular basis and have walks that are accessible to beginners we would encourage you to join the Get Ireland Walking network and help us build a vibrant culture of walking in Ireland.

Registration will give your group:

- access to free insurance cover for your volunteer walk leaders and group coordinators;
- a listing on the only national database of walking groups, which will publicise your group and network you with other walking groups in your area and beyond. *Please note in the case of closed walking groups that it is possible to register the group and ask that the details not be displayed on the Get Ireland Walking website;*
- access for you and your group to a central source of information on all walking initiatives and supports in Ireland through the website and telephone support;

provide a space for you and your group to share experiences and be part of a national voice for walking in Ireland.

Feedback from the Walking groups that have already registered is that they are delighted to be able to avail of the Get Ireland Walking insurance cover for volunteer walk leaders and group co-ordinators. We have also received very positive feedback from groups regarding the resources for group walks that are available to download from www.getirelandwalking.ie.

With your involvement and support we can Get Ireland Walking.

Please register your walking group today by logging on to www.getirelandwalking.ie or by calling 01 6251109, it will only take a few minutes.

Community Activity Programmes



FleetFeet Programme putting a spring in your step

This new indoor walking programme aims to support and encourage fitness walking to suit the needs/interests of people of differing ages, genders and abilities.

The programme is a series of once weekly indoor sessions.. Each 1 hour session includes an educational input and a fitness aspect which includes walking and exercises. Participants are taught posture; use of heart rate monitors and step counters; mobility, resistance and stretching exercises; and the techniques of stride-walking and power-walking.

Why not try putting a spring in your step this October by taking part in the fleet feet programme?

The 5 week coach led sessions will take place in the following areas near you:

Location	Date	Time	Venue
Kells	15th October	11am	Gaeil Colmcille GAA Centre
Navan	16th October	10.30am	Claremont Stadium, Navan
Windtown	16th October	7pm	Wilkinstown Community Centre
Trim	17th October	7pm	Trim GAA Complex
Summerhill	17th October	10.30am	Summerhill Community Centre

To register your booking, please visit our website www.meathsports.ie where you can download the registration form or call Meath LSP 046 9067337 to receive a registration form.



Happy Heart Walk—Participants on Meath LSP's recent walk to celebrate World Heart Day

Walk 4 Fitness

This 5 week outdoor walking programme designed by Meath LSP to suit the needs of those looking to join a walking group and improve their walking fitness in a safe outdoor environment. If you are a casual walker or walk on a regular basis this is the programme for you.

Each 1 hour session will include:

- the 3 key elements of functional fitness – aerobic fitness, muscle strength and joint mobility.
- instruction on improving posture and walking techniques
- the use of heart rate monitors and step counters

Take your walking to the next level—Walk 4 Fitness will commence in January 2014.



Participants on the Walk 4 Fitness Programme at the New Blackwater Park in Summer 2013

Older Adult Programmes

GAMES FOR LIFE

Games for Life aims to provide Bowls, Kurling and Boccia equipment at a reduced cost and training in the games to older people, community groups, and disability groups.

St. Brigids win Meath Boccia League



David Devin (St. Brigids Day Care Centre), Ruairi Murphy (Meath LSP), Peter Fay, Michael Ryan (St. Brigids Day Care Centre)

Meath Local Sports Partnership's Games for Life boccia league commenced back in January. On a monthly basis over 50 teams from active retirement groups and disability groups across Meath participated in the league. This is the 3rd year of the league and has proven to be very popular yet again with all those who participated on it.

On Tuesday 28th May the top 8 teams played in the quarter final. Moynalty, Wilkinstown St. Brigids and Nobber progressed to the league semi finals. They were 2 hotly contested games with Wilkinstown edging out Nobber and St. Brigids Day Care Centre beating last years champions Moynalty.

Meath Local Sports Partnership would like to thank all who participated and refereed throughout the league.

New Age Kurling League

The Kurling League recommenced on **Tuesday 24th September in Simonstown GAA** with 25 teams entered.

Last years champions Wilkinstown Active Retirement have their work cut out to defend their title.

Best of luck to all participating.



Bowls League

The Bowls League will recommence on Monday 21st October 2013. This season we are looking for new groups to participate in the league.

If your active retirement group or disability group are interested in participating in the Games for Life leagues please contact Ruairi at 046-9067337 or rmurphy@meathcoco.ie

Activity Morning..Open to ALL!

An activity morning will be held in Simonstown GAA Centre on Tuesday 26th November 2013 at 10am-1pm. We are showcasing the Go for Life Games Flisk and Pitching. All abilities are welcome so come along and enjoy the morning.

It is our intention to roll out Flisk & Pitching leagues in 2014. This is your opportunity to learn the skills of both games. Cost per team (4 members) is €10. Book your place with Ruairi on 046-9067337.

Older Adult Programmes

Meath Mature Movers

Meath Local Sports Partnership celebrates 5 years of the “Mature Movers” Programme this year. The programme has gone from strength to strength in the last few years and there are now over 250 older adults from around the county participating in the Mature Movers programme.

The 8 week activity programme includes activities such as movement for life, resistance training with resistance bands, core stability, balance, seated Pilates and bowls. Mature Movers by its nature provides for positive social interaction both during and after the programmes.

This year each participant will receive a HSE Easy Exercise booklet. This is a colourful illustration of chair based programme for older adults.

Mature Movers is up and running in the following areas:

Navan in Navan Pitch and Putt Club from 11am-1pm

Trim in Knightsbridge Nursing Home from 11am-1pm

Dunshaughlin in Dunshaughlin Pastoral Centre at 11am—12.30pm



NEW VENUES STARTING SOON!

Athboy: Wednesday 30th October at 11am in St. James Hall, Main St. Athboy.

Kells: Thursday 31st October at 11am in Gaeil Colmcille GAA, Kells.

Runs for 5 weeks - €20 for the programme

There will also be new Mature Movers programmes in **Walterstown** in February 2014.

For more information contact Ruairi Murphy at Meath Local Sports Partnership on 046-9067337.

FITNESS MADE EASY

“Fitness Made Easy” is a 5 week programme for over 50’s which will commence on Tuesday 12th and Thursday 14th November at 11am in Club Active, Navan.

The programme will introduce you to the new Easyline equipment in Club Active.

Easyline makes exercise fun, simple and achievable for all abilities.

So come along and bring your neighbours and friends

€20 for 5 weeks (that’s just €4 a session!)

Two programmes will run over the 5 week period—on commencing on Tuesday 12th, with the other commencing on Thursday 14th.

To book your place on either the Tuesday or Thursday session contact Ruairi at Meath Local Sports Partnership on **046-9067337**.



Disability Sport

“Disability Inclusion Training” launched by Michael Ring TD

Minister Michael Ring, TD, Minister of State for Transport, Tourism and Sport recently launched the innovative National Disability Inclusion Training (DIT) course developed by the CARA Adapted Physical Activity Centre.

The course is designed to assist participants with the ideas and inspiration to adapt sports to make them more accessible for participants with a disability. It is both a theoretical and practical programme that covers terminology and barriers to participation; offers guidance; gives an introduction to disability sports and ways of adapting activities to make them inclusive. The programme was developed in partnership with Cerebral Palsy Sports Ireland, Special Olympics Ireland, the Football Association of Ireland and Coaching Ireland.



Oisín Jordan (Football For All Coordinator, FAI), Liam McDonagh (Training and Education Officer, CARA Centre), Aine Coogan (Sports Inclusion Disability Officer, Meath Local Sports Partnership), Micheal O Muirheartaigh, Minister Michael Ring (Dept. Transport, Tourism and Sport), Fiona Murray (Sports training and education manager, Special Olympics Ireland), John Delaney (CEO, FAI).

The Disability Inclusion Training programme is open to any person over the age of 16 who has an interest in increasing the participation levels of people with a disability in Sports, Exercise, Physical Activity or Physical Education.

Disability Inclusion Training in Meath

Meath Local Sports Partnership is hosting the first DIT programme in Meath on Saturday 2nd November from 11am-4pm in Simonstown GFC.

On completion of the course all participants will receive a Coaching Ireland/CARA National APA Centre Certificate and a range of course materials.

Places are limited, online booking and booking forms available at www.caraapacentre.ie

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



HAVE YOU GOT WHAT IT TAKES?

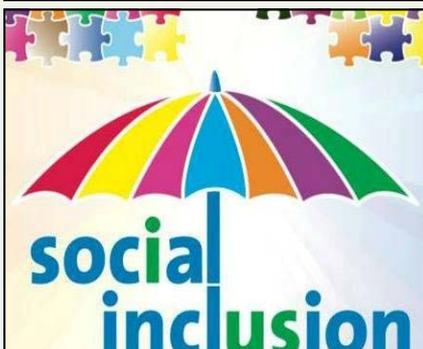
PARATRIATHLON INTRODUCTION DAY

24th November 2013

Athlone Institute of Technology
Paratriathlon part of Rio 2016 Paralympic Games



For more information see www.triathlonireland.com/paratriathlon or register with caradh@triathlonireland.com



Social Inclusion Week in Meath 21st - 27th October

Check out www.meathsports.ie for a full list of activities taking place.



Disability Sport

Hockey 4 All Receives a 'Helping Hand' from SPAR

Local retailer SPAR announced the Navan Hockey 4 All as a recipient of its 'Helping Hand Community Fund', a nationwide campaign aimed at supporting stand out community groups and clubs. Patron of the fund and Olympic gold medallist Katie Taylor was on hand at the gala event in the Gibson Hotel in Dublin to congratulate Hockey 4 All on their success. The €50,000 'SPAR Helping Hand Community Fund' was launched earlier this year as part of the brand's celebration of its 50th anniversary in Ireland. Navan Hockey 4 All programme have been selected on the basis of their contribution to their local communities in addition to their need for additional financial support.



Aine Coogan (SIDO, MLSP), Katie Taylor Patron, SPAR Helping Hand Community Fund), Dwyne Hill (Navan Hockey Club) and Willie O'Brien (MD, BWG Food)

Katie Taylor, patron of the 'SPAR Helping Hand Community Fund' said: "I'm delighted to be here today, and to be patron of these fantastic and well-deserved awards. The Hockey 4 All programme is obviously a cornerstone of their local community and that's what the 'SPAR Helping Hand Community Fund' awards are all about."

Willie O'Byrne, Managing Director, BWG Foods, (owners and operators of the SPAR brand in Ireland) said: "As a local retailer, with a presence in nearly every town and city across Ireland, we place a big emphasis on giving something back to the communities whose citizens support our retailers. Today we recognise the Hockey 4 All programme for their service to the local community; they are a deserved recipient of this funding and we congratulate them on the important role they play locally."

The Navan Hockey 4 All is the first hockey group for children with disabilities in Ireland. Set up this year by Navan Ladies Hockey Club in association with Meath Local Sport Partnership, for children with a disability. The programme now runs every Thursday from 7pm to 8pm at Aura Leisurelink Navan. To register for this programme please contact Aine Coogan Sports Inclusion Disability Officer at 046 9067337.

Learn2Cycle Programme

Meath LSP recognises the importance of cycling for the inclusion of children in recreational activities. To address this concern Meath LSP commenced the cycling programme in Navan on September 2013 with the aim of teaching children to cycle independently. This is achieved by concentrating on the participants balance and coordination skills before introducing the pedals of the bike. On completion of the 6 week programme 13 of the 15 participants were cycling independently. Meath LSP would like to thank St. Paul's N.S. Navan for providing the venue to run the programme.

"I think it is the most rewarding thing we have done with him. He is so proud of himself and we are so proud of what he has achieved"

Noel was excellent. Kids admired him so much. Aine was excellent with kids and parents alike. Fantastic programme".

All Ability Summer Programme 2013

Summer 2013 was a hive of activity for people with disability in County Meath. Numerous activities took place throughout the county from horse riding, swimming, fishing and the learn2cycle programme to name a few. It is Meath Local Sports Partnerships aim have more people with disabilities more active in sport and physical activity. If you wish to become involved sport and physical activity please contact Aine at (046)9067337.

Football for All

Meath Local Sports Partnership is delighted to announce Ratoath Harps as the new Football For All Club in County Meath. Soccer training will be commencing in November and is open to children of all abilities aged 6-16years. If you are interested please contact Aine Coogan Sports Inclusion Disability Officer at (046)9067337 to register.

Club Section

Sports Capital Funding (SCF)

New Online process to register your application

OSCAR (Online Sports Capital Register)

The Sports Capital Programme is now online in a system called OSCAR (Online Sports Capital Register). OSCAR will allow groups to view previous grants and payments, change contact details, seek payment of a grant and otherwise communicate with the Department online.



This will also be the only way to apply for grants under any future rounds of the Sports Capital Programme. Any organisation that wishes to make any future applications must first register online. Register early to ensure that you can apply under future rounds of the SCP. **APPLICATIONS FOR FUNDING ARE NOT CURRENTLY BEING ACCEPTED AND NO DECISION HAS BEEN MADE ON THE TIMING OF THE NEXT ROUND OF THE PROGRAMME.**

You Need a Tax Registration Number to Register

A Tax Registration Number (TRN) is required for all organisations wishing to register on OSCAR. The TRN is the unique identifier and user name for logging into the system. You need written confirmation of the TRN from the Revenue Commissioner prior to completing the registration process either in the form of a tax clearance certificate or a letter from Revenue confirming your TRN. For more information see <https://www.sportscapitalprogramme.ie/>

NOTE: Clubs/organisations who do not register online to OSCAR will not be able to apply for Capital Funding in 2014.



Meath Running Group

Meath Local Sports Partnership would like to congratulate the members of the Meath Running Group who recently took part in the Dublin City Marathon.

Attention now turns to the Dublin Marathon on October 28th. Best of luck to each one of you!

The Meath Running Group is an initiative of Meath LSP, set up to cater for the needs of the recreational jogger/runner. The group meet each Wednesday night at Claremont Stadium, Navan. The training sessions which are coach led allow each member to prepare for events such as a 10k, 10 mile, half and or full marathon at their own pace. This year the sessions are led by Paddy Mangan coach an athlete with Dunshaughlin AC.



The Meath Running Group training year begins in February and runs right up to the last week of October, usually broken down into 3 strands – Indoor Core Training, Speed Training and Endurance Training each of 10 week duration. Members can choose to be take part in any one block with majority signing up for all 3.

If you would like to become a member of MRG in 2014, or simply want to learn more please contact David at Meath LSP on 046-9067337 or email on dmccaffrey@meathcoco.ie. Find us on www.facebook.com/mrgfb

Club Section

GARDA VETTING

 <p style="text-align: center;">An Garda Síochána GARDA VETTING APPLICATION FORM</p>	An Garda Síochána Use Only Reference No.:
	FIS Ref.No:
<p><u>NOTE TO APPLICANT</u></p> <ul style="list-style-type: none"> ➤ The Enquiry Form must be completed in full using BLOCK CAPITALS (Please state N/A if details are not applicable) ➤ Writing must be clear and legible ➤ Return the completed form to Federation of Irish Sport, Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15. ➤ Do not send this form to The Garda Central Vetting Unit or to any Garda Station 	
To be completed by the Applicant	
NGB/Organisation:	Club:

Later this year new legislation regarding Garda Vetting will come into force. Anyone who has on-going contact with children, in the field of leisure or sport (paid or voluntary), other than those who assist 'occasionally' or in the event of a family or personal relationship, must be vetted. *

*Child means a person under the age of 18 years. It is up to clubs to assess whether a persons contact is 'occasional' or not. *Occasional Contact is "now and then" or a once off event, such as a sports day.*

What this means for clubs?

If you have children involved in your club, all staff and volunteers who have direct contact with children must be vetted. It is not necessary for all committee members to be Garda Vetted but it is essential if they have direct contact with children.

Additional persons e.g. a caretaker - The club will have to make the assessment themselves. For example, in one club the caretaker may only be responsible for outdoor facilities and may not have any role working with children. In another club the caretaker may be responsible for supervision of changing and shower areas. The legislation only requires vetting of persons working with children. If the caretaker does not have such a role, a club is not committing any offence by not having them vetted.

Clubs should also look at their current recruitment policies and procedures to ensure that they are properly managed, enforced and comply with the new legalisation. Club members should attend Code of Ethics and Good Practice for Children's Sport workshops with their Local Sports Partnership.

Clubs should have properly trained Children's Officer. Training is available through the Local Sports Partnership network.

When the legislation is introduced:

It will be illegal for an individual to start working with children or vulnerable adults before successfully completing the Garda Vetting process.

Individuals who are registered with a Club and have been vetted successfully prior to the commencement of the legislation are eligible to continue work within the club.

Recommendations

Start the Garda Vetting process now for all unvetted and new volunteers.

Present staff and Volunteers can continue their role within the club while their application is being processed.

Once legislation is introduced volunteers may face a lengthy period before their application is fully processed.

During this period they cannot have access to vulnerable adults and children as it will be illegal to do so.

Clubs not affiliated to a National Governing Body (i.e. Dance) can apply to be Garda Vetted through the Federation of Irish Sports.

The Federation of Irish Sport (FIS) is introducing a new Access Garda Vetting Facility this September. The service is provided in partnership with the Irish Sports Council.

The FIS facility will provide access for FIS member organisations and other non-member sporting organisations to Garda Vetting where such organisations do not have access to an Authorised Signatory within their own organisation or through another group facility.

Organisations wishing to access the service should contact Conn McCluskey (conn.mccluskey@irishsport.ie or 01-6251155/083-1285169) for details of how to apply for access to the service and how the facility will be administered.

Club Section



Swim Ireland are the National Governing Body for Aquatics including swimming, water polo and diving. Meath swimming clubs Kells SC and Meath Masters SC are supported by Swim Ireland Leinster Support Officer Aisling Mc Keever.

Founded in the 1970's, Kells SC have a long tradition of swimming and water polo in Meath. They cater for swimmers from 5 years upwards and offer swimming lessons, coached sessions, water polo, special needs lessons and Masters swimming. In 2013 Kells SC was represented at European Junior and Masters Championship and on the Under 17 Irish Water Polo team.

Meath Masters train in Aura leisure centre Trim on Monday, Wednesday and Friday 9pm-10pm and welcome swimmers over 18 who can swim at least 2 lengths. Follow us on Facebook – Meath Masters Swimming Club
Swim Ireland are keen to develop aquatics in the Meath area and can assist new clubs with start-up guidance, club development plans and introducing clubs to competitive swimming in the Leinster area. If you are part of a group interested in starting a new club or already training and would to like affiliate to Swim Ireland please contact Aisling 086-0619508 Iso@swimireland.ie



Kells Swimming Club Members: Amelia Reilly, Emma Reilly and Kathleen McGovern (with Club Coach Jeff Phillips) who completed in European Masters Championships in Eindhoven 1st—7th

Get Into



It's FUN and It's Easy

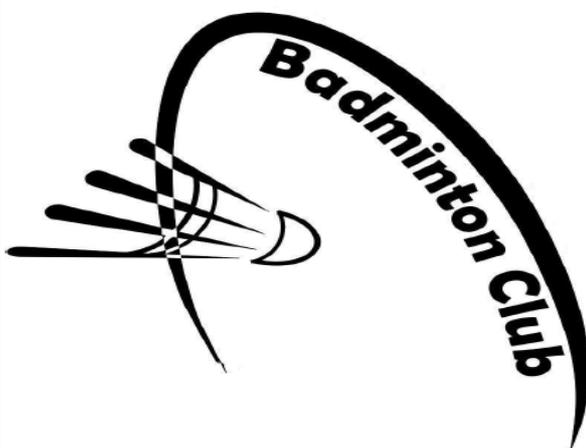
Volleyball Ireland are hosting a 2 hour Spikeball workshop in the O'Fiach Institute of Further Education in Dundalk on Thursday 24th October at 2pm.

Spikeball is 4v4 Volleyball with a difference. It ensures more rallies, more touches of the ball and a lot more fun. It is suitable for children from the age of 8 years right up to Adults. Cost per participant is €10.

For further information on Spikeball, this course or other available workshops then please check out www.volleyballireland.com or contact Volleyball Ireland on 01 6707165 email info@volleyballireland.com

Every Monday & Thursday 8.30pm-10.30pm
Juveniles Every Thursday 7.30pm- 8.30pm
Old Community School Gym, Kildalkey Rd

ATHBOY



From September 2013
Contact: 087 6241645
www.facebook.com/athboybadmintonclub

Is your Club listed?

We have a comprehensive
CLUB CONTACTS LISTING

on our website www.meathsports.ie

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

If we need to change contact information, please advise us of any changes or new listings by email to mlsp@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:

Buntús Programme

School sports day training workshops

Cycle Safety Programme

Sports Hall Athletics

Be Active ASAP

Girls in Action

Play Rugby Programme

National initiatives such as Bikeweek, National Recreation Week and National Playday.

If you would like further information on any of the above programmes or any other way that Meath LSP can assist your school contact us at 046 9067337 Or email mlsp@meathcoco.ie

Cycle Safety Programme

The cycle safety programme for primary schools in County Meath has continued to grow annually, with the training figures this year expected to reach 1300. This is an increase of 30% from the previous school year. The overall cost of the programme per child is €20. Through funding received from EuroLink and the RSA, Meath LSP are able to offer this programme to Schools at a cost of €13 per child.

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

1. Standard 6 weeks – 1 hour per week;
2. 1 day onsite training, 4 hours;
3. 2 days onsite training, 2 hours per day;
4. 5 days onsite training, 50mins per session; B

Bicycles and helmets are supplied by the trainers with a maximum number of 30 per session. Components of training include:

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



Meath LSP is pleased to announce that EuroLink Motorway Operation Ltd have agreed to continue their sponsorship of the cycle safety programme in Meath in 2014.



With this programme schools have the opportunity to provide cycle safety training for classes from 3rd through to 6th; schools can opt for annual training, bi annual or every 3 to 4 years depending on the number of children to be trained.

Should you wish your school to take part on this programme, an expression of interest form must be completed. To receive this from please contact Meath LSP at 046 9067337 or email mlsp@meathcoco.ie

Schools Section

Be Active After School Activity Programme (ASAP)

The *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



National Roll out

The *Be Active ASAP* is now available to schools nationwide. This has been facilitated by the network of Local Sports Partnerships. In August 2013 twelve tutors nationwide were trained to deliver the *Be Active ASAP* to teachers and schools around the country.

Schools Section

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.

Teacher Training

Teacher training will take place in the following areas from mid October to November 2013.

Meath

Cavan

Louth

Dublin City

Fingal

To register your school or for further details please contact David on 046-967337.

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.

Contact

For more details on the programme or to express an interest please contact Meath Local Sports Partnership office on 046 9067346.



Play Rugby Programme

Meath Local Sports Partnership has teamed up with the IRFU and Leinster Rugby to roll out the Play Rugby Initiative to Primary Schools in Meath.

"I think it is the most rewarding thing we have done with him. He is so proud of himself and we are so proud of what he has achieved"

The goal of Play Rugby is to introduce rugby to as many children as possible. The initiative is aimed at 3rd, 4th, 5th & 6th classes and consists of training sessions with a local Community Rugby Officer (CRO) working on behalf of Leinster Rugby. These sessions are designed to have full participation by pupils in a fun, safe environment. They are suitable for both boys & girls and are non-contact.

As part of the initiative schools will also receive a Play Rugby pack. The Play Rugby pack contains Rugby balls, cones, bibs, game cards & certificates. The Community Rugby Officer (CRO) will deliver one session per week for a minimum of 4 weeks in the school. Currently there is no cost to the school for the Play Rugby initiative.

Schools interested in availing of the Play Rugby training can contact Steve Coy, Leinster Rugby at 086 8599774 or Meath Local Sports Partnership @ 046 9067337.



Schools Section



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Girls in Action

Since first piloted in 2007, Girls in Action, a HSE and Meath LSP initiative has encouraged approximately 3500 secondary school girls from 13-17 years old to take active part in physical activity in their schools outside of PE times.

Non competitive activities such as Cheerleading, hip hop, zumba dance and martial arts proved hugely popular with those schools who run the Girls in Action programme as an extra curricular activity either during lunch or after school one day a week.

Support to schools comes in the form of grant aid, screening and selection of activity tutors and promotional material from the HSE and Meath LSP. Each participating school take full ownership of the Girls in Action programme on year 5. 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 running the G.I.A:

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



Sports Hall Athletics



Introduced as a pilot programme in 2010, sports hall athletics was aimed at school's in areas that did not have a local athletic club and as such proved very popular in rural schools across Meath. Three years later, sports hall athletics has spread nationwide through the local sports partnership (LSP) network with the support of county athletic boards. Annually it culminates in a National final being held in Athlone. 2013 saw 73- primary school children participate in the finals.

Building on the success of the roll out in Meath, sports hall athletics will now visit urban schools with an initial pilot in Navan in the school year 2013-2014.

The Sports Hall Athletics programme is free of charge; however there is a requirement that schools interested should have a good sized PE hall, have a reasonable amount of indoor PE equipment and must show a commitment from teachers to support the programme onsite.

The training sessions are delivered by Meath Athletics Development coaches with the specialised equipment provided by Meath LSP.

Navan Schools on the 2013-2014 programme are:

- § Gael Scoil Eanna
- § St Paul's
- § St Oliver's

For more information on this programme please contact David on 046 9067337 Or email dmccaffrey@meathcoco.ie



Community Activity Programmes



National Bike Week 2013— 15th to 23rd June

Meath Local Sports Partnership utilised the funding provided by the Department of Transport for Bike Week in the following manner:

Over 860 people, young and old

benefitted directly from the funding provided through the Bike Week funding. Highlights from this year's Bike Week initiative include the family spin in the new park in Navan, the 160 young enthusiastic cyclists who participated in the leisure cycle with the Inspiration Cycle club from Dunboyne and those with disabilities who took part in the cycle safety initiative. In total, almost 450 males and 410 females participated in the various activities. On Friday 21st June we held our Family Fun cycle at the Blackwater Park in Navan. Cyclists were broken down



into 2 different groups to cater for age range and abilities. The evening

involved track cycling (each lap is 1 mile in distance); skills and drills.

Coaches from Bohermeen cycling club rolled out the skills and drills workshop and also led out the track cycling.

Some of the events which were supported under the Bike Week initiative included:



Ballinlough National School – School children participated in National Cycle to School day
Activities delivered: 5km cycle with coaches from TC Racing club and bike

Strider/BMX Family day – Ra-toath BMX track. Strider try out – suitable for 0 – 5yrs. BMX skills, drills, dirt jumping, punt track, 6 years upwards.



Moynalty Cycling Club Sprocket Rocket skills with junior section, laps of .5mile circuit and bicycle maintenance.

Inspiration Cycling Club, Dunboyne - Village Community Cycle 3.5km, all ages and abilities catered for.

TC Racing, Oldcastle – Cycling demonstrations covering: road, cross country, downhill cycling, bike

Athboy Fair Green High Nellie Club
Family Fun cycle

Cormeen Community Centre - Family Fun Cycles

Bohermeen Cycling Club—Family Fun Cycle



Community Activity Programmes



Bike for Life to give cyclists confidence on the road

The HSE, in partnership with Cycling Ireland, has created a brand new programme: Bike for Life aims to make cycling more accessible to everyone, regardless of age, gender or ability. Sponsored by the HSE's Get Ireland Active initiative, the focus of the new ten-week programme is on instilling confidence in cyclists by teaching them skills for all situations, while having a major focus on fun and social interaction. Through meet and spin groups, led by a qualified cycling coach, cyclists will be brought through topics like nutrition and goal setting, along with learning skills like group cycling on the road and bike maintenance.

Nazih Eldin, Head of Health Promotion in the HSE DNE, said: "Cycling is a non-weight bearing activity that is easy on your joints, making it an inclusive health enhancing physical activity." According to Colm Casey, HSE Physical Activity Co-ordinator, "Bike for Life will be instrumental in developing a strong cycling culture in Ireland, where we are experiencing a cycling boom. While it is commonly thought that once you learn to ride a bike you will never forget it, the reality is that bike handling skills take a bit of practice to perfect.

"Bike for Life is a ten-week programme that will equip cyclists with the skills necessary for the type of cycling they want to do, while creating 'Meet and Train' groups nationwide. The skills and knowledge gained in this programme will make the world of cycling more accessible to everyone, with the main focus being on learning skills, enjoying the bike and meeting new like-minded people.

"Bike for Life is a programme offered at three levels and consisting of ten to-12 weekly sessions. Each week will offer some skill or knowledge development, with an emphasis on actual riding. The aim is to improve the confidence and competence of riders primarily in a road environment, although it can be delivered in other settings.

For more information see www.getirelandactive.ie or contact heather@cyclingireland.ie.



Race Around Ireland

Meath LSP were delighted to host the Race Headquarters for this our 5th year supporting the Race around Ireland event.

12 solo racers and 9 teams from 8 countries lined up for what is one of the most challenging events in the world. Over the course of the few days the relay teams and solo racers travelled over 2,200kms of Irish roads in a bid to complete the race within the allocated time.

Christoph Strasser dominated the solo race and finished in a time of 93 hours and 16 minutes. His average speed of 23.7km/h saw him smash the previous record average pace of 20.6 km/h which was set last year by Bernd Paul. Second place in the solo race went to experienced ultracyclist Bernhard Steinberger from Germany. The largest crowd for any racer or team, was at the finish line to welcome home local racer Ciaran O'Reilly who finished in 3rd place.

The first team home to the finish in Navan were the Strategic Lions who finished in a time of 69 hours and 7 minutes at a whopping average speed of 32km/h. This was also enough to see them set a new record in the 8-person team category.

For further information on the Race Around Ireland event see:
www.racearoundireland.com



Community Activity Programmes



1000 people (young and old) participated in National Play day and Recreation week in July.

Activities ranged from Walk4 Fitness, Learn2Run, Beach Cricket, Kayaking, Horse riding for Children with disability, swimming for adults with reduced mobility, 10k family fun run and family day, swimming, pitch and putt and family fun picnic.

Funding for National Play day and Recreation week was provided through Meath County Council by the Department of Children and Youth Affairs.



Are you interested in planning your own Play day?

Sugradh (registered charity providing support and a national forum for the promotion of play opportunities for children in Ireland) have produced a play booklet entitled "getting Games Going" as a support resource for anyone interested in organising their own Playday. Booklet is available from carol.barron@dcu.ie.

Súgradh provides advice on play for the school-aged child and on developing play-grounds and play services.



An Post Meath Heritage Cycle Tour 2013 - Massive Thanks!

The tour would not be a success without the hard work of the 350 volunteers who give their time to marshal junctions, give directions, provide refreshments and most of all give much needed encouragement to cyclists along the route. Particular praise must go to the community areas that open 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; Bawn Inn Athboy & Drumconrath Community centre.

Mary Murphy, Event Coordinator, paid tribute to the many volunteers, organisations and support staff who gave of their time to ensure that the 2013 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, Dunnes Stores, Moynalty & Bohermeen Cycling clubs, Cycleways, Wheelworx, Aura Centre, Physio's, the Meath Heritage Cycle Tour committee & the Board and staff of Meath LSP for working together to ensure that the An Post Meath Heritage Cycle Tour of 2013 was truly a memorable event.

A special "thank you" to our remarkable and entertaining MC – Eamonn Duffy. The nominated charity for the event was the Meath Alzheimer Society who reported that they were very happy with the funding they received from the day.

The An Post Cycle Series is run in association with the Irish Sports Council, An Post and 5 Local Sports Partnerships.

An Post Meath Heritage Cycle Tour 2013—STATS

Meath Local Sports Partnership is delighted with the growing number of participants in the An Post Meath Heritage Cycle Tour and in particular the number of Meath participants taking part year on year.

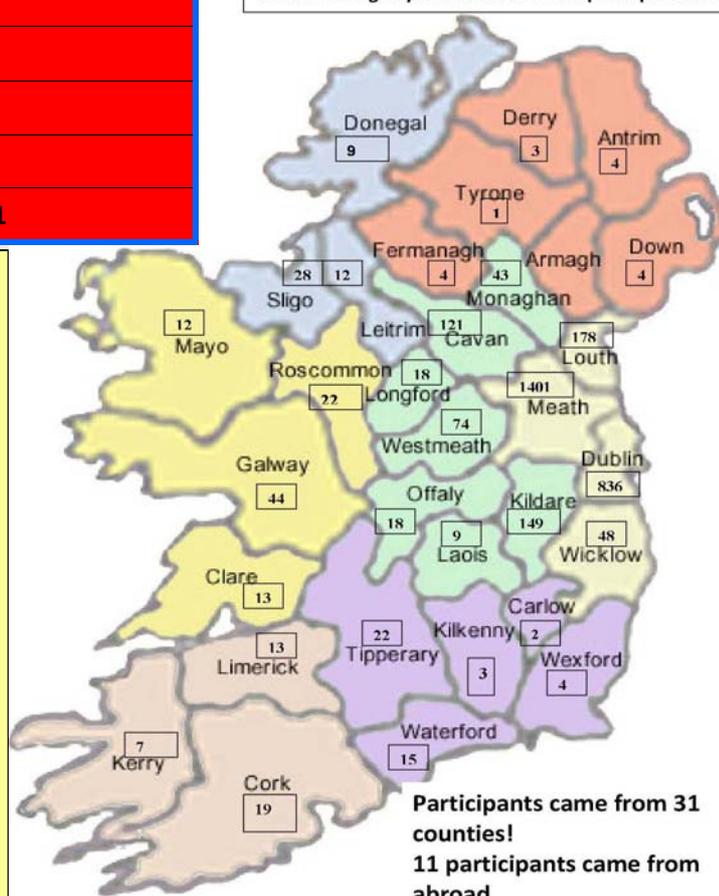
This year 1401 Meath people took part across the four distances which represents 44% of total participants.



Route	2009	2009— Meath Participants	2010	2010— Meath Participants	2011	2011— Meath Participants	2012	2012— Meath Participants
10k/11k/12k	-	-	109	99	239	197	404	337
40k/50k	92	59	270	136	413	228	735	361
100k	127	52	512	178	786	265	1275	502
160k	84	33	340	65	380	108	575	175
Total	303	144	1255	475	1818	798	2989	1375
% increase on previous year			314%		45%		64%	

2013 Cycle Tour Routes	Total Cyclists	Meath Cyclists
11k	426	356
50k	755	379
100k	1337	502
160k	640	164
TOTAL	3158	1401

Meath Heritage Cycle Tour 2013 Participants per County



Date for your diary

An Post Meath Heritage Cycle Tour 2014 will take place on the weekend of the 26th & 27th July 2014.

Visit www.meathsports.ie and the Cycle Tour Photo Gallery for lots more great pics from the day.



An Post Meath Heritage Cycle Tour 2013—In Pictures



An Post Meath Heritage Cycle Tour 2013—In Pictures



Calendar of Courses and Events Autumn/Winter 2013

Activity	Date	Time	Venue
October 2013			
Mature Movers—activity programme			
Navan	Mondays	11am to 1pm	Pitch and Putt Club
Trim	Wednesdays	11am to 1pm	Knightsbridge Nursing Home
Dunshaughlin	Wednesdays	11am to 12.30pm	Pastoral Centre
Children's Officer Training	15th & 16th October	6.30pm to 9.30pm	Windtown Unity Centre, Navan
Fleetfeet Indoor Walking Programme—5 week programme			
Kells	15th October	11am	Gaeil Colmcille GAA
Navan	16th October	10.30am	Claremont Stadium
Wilkinstown	16th October	7pm	Wilkinstown Community Centre
Trim	17th October	7pm	Trim GAA Complex
Summerhill	17th October	10.30am	Summerhill Community Centre
Sports First Aid	19th October	9.30am to 4pm	Windtown Unity Centre, Navan
Child Welfare & Protection Awareness Workshop	21st October	6.30pm to 9.45pm	Trim GAA Complex
Games for Life Bowls League	21st October	11am	Simonstown GAA Centre, Navan
Mature Movers— 5 week activity programme			
Athboy	30th October	11am	St. James' Hall
Kells	31st October	11am	Gaeil Colmcille GAA
November 2013			
Child Welfare & Protection Awareness Workshop	13th November	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Fitness Made Easy—5 week programme	12th November	11am	Club Active, Navan
	14th November	11am	Club Active, Navan
Go for Life Flisk & Pitching Activity Morning	26th November	10am to 1pm	Simonstown GAA Centre, Navan

If you are interested in other workshop such as ACTVIE LEADERSHIP TRAINING AND FIRST AID TRAINING please contact the Meath LSP office on 046067337

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