

Senator Eamonn Coghlan launches the An Post Meath Heritage Cycle Tour

It's that time of year again – cycling enthusiasts from around the country and beyond will take to the roads of Meath on Sunday July 24th for the 3rd annual An Post Meath Heritage Cycle Tour, the third tour of the An Post 2011 Cycle Series.

As in 2010, there will be 4 different events to choose from:
12km Family Spin – additional 2 km this year. This is a flat route which is suitable for all the family. Children under the age of 12yrs must be accompanied by an adult and possess some level of cycling experience.

40km Tara Loop – this very popular route remains the same as in previous years. It is a relatively flat route with a moderate climb to the Hill of Tara.

100km Royal Tour – Some changes have been made to last year's route. Participants would need a good level of cycling fitness.

160km Royal Challenge – Despite some changes, the route remains tough and challenging and takes in the 2008 RÁS route. This challenge is not for the faint hearted – cut off time applies at 67.5km.

The Trim Artisan Market and the French/European Market will add to the atmosphere at the start/finish area and, for the convenience of participants, Aura Trim Leisure Centre are providing complimentary showers and changing facilities on the day.

The committee are pleased to be in a position to offer discounted rates for those in receipt of unemployment assistance and those aged over 65. The An Post Meath Heritage Cycle Tour is the only tour in the An Post series which allows this concession. Discounted rates also apply to Cycling Ireland members.

The nominated charity for this event is the Society of St. Vincent de Paul. SVdP is a nationwide charity that provides support to those most at risk of poverty and social exclusion.

This year sees the renewal of the successful working partnership between An Post, Irish Sports Council, Meath County Council, Meath Tourism, Meath Cycling Clubs, Gardai, Civil Defence and Meath Local Sports Partnership who together last year delivered a highly enjoyable, quality event.

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Sporting legends Mick Galwey, Mícheál O'Muircheartaigh & Philip Cassidy with The An Post Sean Kelly Team

The organising committee welcomes the following partners for 2011: Vittel – official water partner to the tour; Dunnes Stores, Cycling Ireland, Aura Trim Leisure Centre and Trim Castle Hotel. For more information and to download a booking form or enter online see www.meathsports.ie or contact 046 9067337.

Spin & Train



To support your preparation for following routes in the An Post Meath Heritage Cycle Tour which takes place on Sunday July 24th 2011. Meath LSP, in conjunction with the local cycling clubs, would like to welcome cyclists to come along and join in on the recreational cycle spins organised in an area near you:

Navan:	Thursday evenings 7.30pm from Balreask Arms (Adults only) Sunday 10.30am Balreask Arms Monday 7pm Cannistown N.S Navan (Under 16s)
Dunboyne:	Saturday & Sunday mornings 10am from the Grasshopper, Clonee
Bohermeen:	Sunday mornings 9am & Tuesday evenings 7pm from Bohermeen Community Centre (Adults only)
Oldcastle:	T.C Racing Leisure Cycles-Saturday mornings 10am & Tuesday evenings 7pm meeting at Naper Arms Hotel, Oldcastle.

These spin and train cycles are **FREE** to join, just turn up with your bike and helmet. For more information contact Meath LSP on 046-9067337.

Spinning Classes for all Cyclists

Have you ever tried a spinning class? The ideal way to train indoor for the Tour!
Spinning is an indoor cardiovascular exercise that features an instructor leading a class through riding on stationary bikes. Spinning is a popular choice for building up strength and endurance in a fun and enjoyable way to music.
6 week spinning classes now available at following locations:

Aura Leisure Centre, Trim: 6-week-programme on Tuesdays from June 14th at 7pm, The cost will be €36 (if paid for in advance) or €8 per class.

To book your place please contact Alicia Gormley 046 9438730 or see website www.auraleisure.ie

Club Active, Navan: 6-week-programme starting on Tuesdays from June 14th at 7pm or Wednesdays from June 15th at 6pm. Classes cost €8.00. To book your place please call David 046 901 1222 or see website www.clubactive.ie

Children's Cycling Programme

Meath LSP is commencing an exciting new cycling programme for children with disabilities.

This 6-week-programme will run each Thursday evening in Navan from 6pm-7pm commencing 16th June. The aim of the programme is to get each participant cycling independently.

Participants are requested (if possible) to bring their own bike and helmet. Parents must remain on the premises for the hour to assist their child. Open to children aged 7 years-15 years. A maximum of 15 children can attend the programme and places are provided on a first-come-first-served basis.

To book a place on the programme please contact Aine at (046)9067337.



Meath Local Sports Partnership was recently awarded €5000 by the Department of Transport to help promote Bike Week. Almost €3000 of this has been awarded to cycling clubs and communities within Meath to assist them with their own bike week activities. The remainder is being utilised to continue the primary schools' cycling challenge and to host the very popular family fun day at Fairyhouse Racecourse.

Bike Week 2011 is a cross-community effort to highlight cycling as a fun, cost effective and healthy way to travel. There are a number of initiatives happening during bike week in Co.Meath which are open to everyone. Please see detailed list of events below:

Wednesday 22nd June – Primary schools' cycling challenge incorporating the Meath Cycling Skills Champion School 2011, Claremont Stadium, Navan. Contact Meath Local Sports Partnership - 046 9067337 for further details.

Saturday 25th June – Family Fun cycling challenge including bike balancing and obstacle course. Fairyhouse Racecourse @ 2pm. Open to everyone with a bike and a helmet. Contact Meath Local Sports Partnership - 046 9067337 for further details.

Navan Cycling Club

Contact Matt Nolan 087/2577896

Monday 20th: Youth Cycling Academy @ 7pm.

Tuesday 21st: Club racing league @ 7pm.

Thursday 23rd: Cycling for all @ 7.30pm Teach na Teamhraich - various distances, beginners welcome.

Sunday 26th: Cycle for life @ 10.30am Teach na Teamhraich - various distances – Families and newcomers welcome.

Clonard Cycling Club

Contact Alan Maye 087/9923409

Tuesday 21st: 10km Family cycle;
15km Women's only cycle;
24km Handicap cycle race for newcomers & beginners.

Cormeen Community Centre

Contact Siobhan McEntee 086/7732649

Saturday 25th: 12km Novelty family cycle

Bohermeen Cycling Club

Contact Marie Reilly 087/9458499

Tuesday 22nd: Family fun cycle approx 7km @7.30pm Bohermeen Community Centre



Participants on a 2010 Bike Week Event in Cormeen.

St. Mary's Trim NS

Contact Elizabeth Murray 046/9431919

Monday 20th: Bicycle maintenance workshop;
Child & bike fashion show;
Cycle safety workshop

Tuesday 21st: Cycling as a physical activity workshop

Monday 20th – Fri 24th: School children encouraged to cycle to school

Oristown NS

Contact Fergal Leonard 046/9293515

Sunday 19th: Family fun cycle – 8km approx. Suitable for those who can cycle unassisted. Meeting at Oristown NS @ 3pm

Athboy Fair Green High Nellie Club

Contact Sean Tiernan 087/2857095

Saturday 25th: Family Fun cycle 12km approx. Meeting at Fair Green @ 4.30pm.

Scurlogstown Olympiad

Contact John Marron 086/8575618

Sunday 26th: Open cycle 28km approx. Meeting at Jack Quinn's pub @ 1.30pm



Meath Running Group 2011

Every step, a victory!

Interested in completing your first 10km, 10 miles, half marathon or full marathon in 2011?

In 2010, the Meath Running Group helped over 60 joggers & runners to either complete a 10km, 10 miles, half or full marathon. This year you could be one of them!

Training sessions are tailored to individual abilities and levels from beginner to seasoned professional. Block 2 is now open to new members and will focus on track and speed work. Each session is coach-led concentrating on running techniques and how to improve pace and stamina. Group also meets weekly for longer distance runs.

BLOCK 2 OPEN TO NEW MEMBERS!

Track and Speed Work—Wednesdays until 27th July from 7pm to 8pm in Claremont Stadium, Navan
Applications forms can be downloaded at www.meathsports.ie For further information please contact Ruairi Murphy 046 9067337 or email rmurphy@meathcoco.ie



Members of Meath Running Group

SHINE 2010

SHINE –The programme bringing together Meath's brightest young sporting talent is nearing the end of its first successful year.

This exciting new sports development initiative was launched and devised by Meath LSP with support from Ken Lynch of the Irish Institute of Sport.



The programme started in November with the selection of 15 young sportspeople, aged from 15 to 23, representing sports across the county from athletics, cycling, archery and target shooting.

Those selected were: Kellie Allen, Showjumping/GAA/Soccer; Iain Brady, Tetrathlon/Pentathlon; Ciaran Campbell, Cycling; Daragh Campbell, Cycling; Laura Cunningham, Target Shooting; Susan Cunningham, Target Shooting; Daniel Doran, Athletics; Karen Dunne, Athletics; Niall Flanagan, Athletics; Sophie Kennedy, Athletics; James Lynch, Cycling; Blane Moloney, Cycling; Shauna Moore, Athletics; Jamie Murtagh, Athletics; John Smith Archery

Ken Lynch, Irish Institute of Sport, co-ordinated the **SHINE** programme where he met all the participants on a monthly basis to introduce them to the concepts of planning their training programmes, to give them nutritional advice and recommend methods to help improve performance both physical and mental.

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 meet and give lecture sessions to the **SHINE** participants over the course of this eight-month programme.



Participants of SHINE 2010 at a recent workshop

"Since starting **SHINE** I have noticed a remarkable improvement in my performance. I found time management the biggest help, especially as this is my final year of college and time was in short supply and needed to be used correctly and effectively". **John Smith**, 22, Compound Archery

Meath LSP will launch **SHINE 2011** this coming September. All sportspeople in Meath between the ages of 15 and 23 participating in sports recognised by the Irish Sports Council are eligible to apply for a place on this programme. For more information contact Meath LSP 046 9067337 or email mlsp@meathcoco.ie

Link2BActive

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 people in receipt of social welfare benefits to access sports facilities or clubs at a reduced rate and encourages them to participate in recreational activities.

Everyone knows the importance of being active and staying active to enhance one's physical and mental well being. Often there are barriers to participation in sport and physical activity. One barrier this programme hopes to address is the financial cost involved in participating.

Over the coming months Meath Local Sports Partnership will be liaising with facility providers in Meath to seek reduced rates for social welfare recipients. This programme is very much a three way partnership between the facility provider, the recipient and ourselves.

Further details regarding this programme will be available in due course.

If you are interested in participating in this course either as a participant or as a facility provider, please contact Ruairi Murphy at rmurphy@meathcoco.ie or call 046-9067337.



Meath Local Sports Partnership Sport & Physical Activity Grant Scheme 2011

Purpose of the Scheme:

This grant scheme aims To increase participation, To improve the management and administration of clubs, and to develop youth structures in clubs/organisations by providing sport and physical activity opportunities.

The Partnership will provide some financial resources to assist in the achievement of these goals. The central aim in the provision of grants will be the ability of the organisation to generate a long-term return on the monies provided.

Funding is available under two categories:

Club Training & Development

Special Project Participation Initiatives

All applicants must be registered clubs with Meath Local Sports Partnership.

All grants shall be allocated to successful applicants when projects have been completed.

All applicants must be able to provide evidence of attendance at Code of Ethics Child Protection

Awareness training where applicable (funding will not be provided to sports clubs or organisations who do not have personnel trained in Code of Ethics).

Closing date for receipt of completed applications is 31st August 2011.

Application forms are available online from www.meathsports.ie and from our offices @ 046/9067337.

New Walk 'n' Workout Programme

A fresh air approach to fitness!



Meath Local Sports Partnership in association with Claremont Stadium is delighted to announce our new Walk 'n' Workout programme which will commence on Monday 27th of June at 11am. This is your chance to take part in a 5-week, coach-led walking and toning programme.

Participants will enjoy all the benefits of training in a social, safe and organised environment and also receive tips and advice along the way from the programme coaches.



Life Trail Equipment

Participants will also get the opportunity to train on the **NEW Life Trail machines in the play park** in Claremont Stadium. Qualified coaches will instruct and guide participants on how to use these new machines.

If you are interested in this new exciting initiative please contact Ruairi at 046-9067337 or email rmurphy@meathcoco.ie

FITLINE

Go for Life FitLine is a FREE telephone-based support service that encourages people to be more physically active. Participants can sign up to receive calls from older Go for Life FitLine volunteer mentors.

The volunteer mentors have an interest in physical activity, are great listeners and have been trained in techniques to encourage and motivate people to be active. They give praise when things are going well, and encouragement to keep going when motivation is low. They know that developing healthy habits takes time. Once or twice a year FitLine also runs group workshops that people can attend to get ideas for being active.

For more information ring Meath Local Sports Partnership on 046 906 7337 before all the places are taken!

Summer Activities Programme

Meath LSP is organising a fun filled summer programme for children and adults with a disability in county Meath. The programme will run over July and August and will allow participants to partake in a variety of exciting sporting activities that many may not have tried before. Geographically, the programmes will be spread throughout the county and will be run over 6 weeks. The activities will include; horseriding, sandsailing, waterskiing, canoeing, wheelchair sports and yoga. Participants can sign up for as many programmes as they wish and each programme will take place for 1 hour per week for 6 weeks. To book a place on the programme please contact Aine at (046)9067337.

Wheelchair Rugby comes to Navan

The wheelchair sports club recently completed a 6-week wheelchair rugby course with Steve Coy, Community Rugby Officer, Leinster Rugby. During the six weeks the players learned the skills and tactics involved in wheelchair rugby. The rugby experience was enjoyed by all involved and the club can't wait to invite Steve back for his next coaching block!!

The wheelchair sports club takes place every Tuesday 7.30pm-8.30pm in Claremont Stadium, Navan and is open to all ages and abilities. New members always welcome, contact Aine at (046) 9067337.



Members of the Wheelchair Sports Club with Steve Coy,

Powerchair Football Club

Meath LSP, in partnership with IWA Navan and the FAI, are delighted to announce the development of Meath Powerchair Football Club. 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. Meath LSP would like to invite any powerchair users who would like to give this action packed sport a try to contact Aine at (046)9067337.



Members of the Meath Powerchair Football Club pictured with the Irish National Powerchair Football Team

Transition Year Programme

Meath LSP's Transition Year Disability Awareness Programme proved a huge success with Loreto secondary school. The 24 Loreto transition year students completed 4 hours of theory provided by Aine Coogan, Sports Inclusion Disability Officer. Having completed the theory element the students got to put their knowledge into practice with a 6-week practical session with RehabCare Navan. Twenty four service users from RehabCare attended Loreto Secondary School for the sports programme each week. The students coached each practical session- the activities ranged from rounders to line dancing, uni hoc to step aerobics. The programme was hugely beneficial to the students and service users alike.

On the final day of the programme, Friday 20th May, Mayor of Navan, Phil Brennan, presented the certificates to the transition year students and congratulated each of them for the great work they are doing and emphasised the importance of such programmes to recognise and focus on the ability of people and not their disability.



Presentation of certificates to Transition Year Students and

"The programme taught me about the challenges people with disabilities and their carers face on a daily basis but it also showed me how much people with disabilities can do if the environment is right for them."

"At the beginning of the programme I wasn't very confident. I'd be quiet confident now because of this experience. I realise now that people with disabilities are able to get involved and are really good at the activities."

"I have realised that working with people with disabilities is not completely different from working with anyone else."

ROYAL COUNTY 5KM



The inaugural Royal County 5k took place on the 2nd May in Kells under glorious sunshine. Over 400 registered participants completed the course. Local athlete Thomas Moran was first home in a time of 17 minutes 5 seconds.

Meath Local Sports Partnership organised this event with assistance from St. Brigid's AC and expressed their delight at the large turnout for this, it's first year. SORCHA FURLONG (a.k.a. Orla from Fair City) and CONOR FERGUSON (Cathairleach from Kells TC) led the participants out along the route.

Mary Murphy (Coordinator Meath LSP) commended all those who participated, particularly those who had never completed 5k in distance previous to the Royal County 5k. She attributed the large turnout to the successful Meet 'n' Train programmes which have been running around the county.

Thanks were extended to Kells Town Council, Kells Gardai, Civil Defence, Volunteers, Stephen Ball (from Bohermeen AC), Headfort Arms Hotel and Kells Swimming Pool for their assistance in ensuring that the event was a success.



The nominated charity for the event, National Breast Cancer Research Institute (NBCRI), also expressed their gratitude to all who helped to raise funds to support the charity through this event.

Meet 'n' Train programmes and the Meath Running Group continue around the county. Anyone interested in receiving further information should contact Meath LSP at 046-9067337 or log onto www.meathsports.ie



Get Active Parents

GAP is a physical activity programme which targets parents of school going children. The aim of the GAP programme is to provide physical activity and educational workshops for parents in a safe, fun and structured environment. 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.

GAP has been implemented in 7 schools so far in 2011. Parents have been participating 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.



Parents from Ratoath Junior N.S. taking part in the GAP Programme.

MEATH ACTIVE WEEK 2011

Meath Local Sports Partnership, in association with Get Ireland Active, held the first ever Meath Active Week from May 2nd – May 8th.

The aim of this week was to get people (young and old) more physically active and involved in their local clubs. Meath Active Week showcased a wide range of activities within the clubs of Meath such as scuba diving, kayaking and leisure cycles.

Meath Active Week began with the Royal County 5km Fun Run/Walk on Monday the 2nd of May. From Tuesday 3rd to Sunday the 8th of May clubs in Meath got the chance to show the public what their local club has to offer.



Dunshaughlin Community Walk to the Tone Zone took place for Meath Active Week



Activities at Trim Canoe Club during Meath Active Week

The main focus of the week was family fun and getting parents out participating in activities with their children. It is anticipated that this will become an annual event.

Over 150 people participated in Meath Active Week.



First Aid Skills for Life

Meath LSP is hosting a one day Basic First Aid Workshop on Saturday 5th November 2011.

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.*



Buntús Start Programme

This exciting physical activity programme for childcare providers is available in 2011.

Buntús Start is a comprehensive physical activity programme for 2-5 years old.

It has been designed for use in pre-school settings. Whilst using Buntús Start children have opportunities to develop naturally through individual involvement in physical play, small group activity and to participate in whole-group activity.

The aim of the Buntús Start programme is to:

- provide a wide range of learning opportunities for young children
- develop the fundamental motor, manipulative, co-ordination and balancing skills of the child
- develop a positive attitude to physical activity.
- assist adults working with children to establish positive attitudes to activity and a healthy lifestyle through enjoyable activity
- provide adults with the opportunity to choose and plan appropriate activities whilst giving children opportunities to freely select and explore.

Buntús Start Training Programme:

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.

Be Active ASAP Wins National Health Literacy Award



The Be Active After-School Activity Programme was named Best Health Promotion Project at the Fourth Annual Crystal Clear MSD Health Literacy Awards, which were held at the Royal College of Physicians of Ireland on May 9th. Topical health areas of stroke, suicide, heart health, physical activity and ear care prevailed as category winners at the awards ceremony, which was attended by Dr. James Reilly, Minister for Health.



Be Active Team Receiving Award

The Be Active After-School Activity Programme, which is a physical activity initiative for 7-8-year-olds, is funded by the Health Promotion Department of the HSE Dublin North East, and facilitated by Meath Local Sports Partnership, in association with the Irish Sports Council. The programme is currently running in 13 Meath primary schools and 34 more schools throughout the North East.

The winning entries were selected from over 100 entries by a high profile judging panel. Dr. Gerardine Doyle from UCD Business School and Chairperson of the Crystal Clear MSD Health Literacy Awards Judging Panel said "I am delighted to see the new entries each year highlight the inspiring efforts being made by health professionals from all parts of the service to improve the health literacy of their patient group. We all play an important part in improving health literacy by communicating more clearly and making information and services more accessible to the general public. The judges were impressed by the novel approach all of those shortlisted took to incorporate health literacy into their daily work."

Registration for the Be Active After-School Activity Programme is now open to all primary schools in Meath, Louth, Cavan, Monaghan and North Dublin. Resources for the programme, which are offered free of charge to participating schools, were developed in St. Patrick's College, Drumcondra. For more information contact the programme co-ordinator, Eileen McEvoy, on 087 2402020 or visit www.beactiveasap.ie.



GIRLS IN ACTION DANCE FEST



115 teenage girls from six secondary schools in Meath took to the dance floor in Simonstown GFC recently as part of a Meath Local Sports Partnership and HSE health initiative.



Participants at the Girls in Action Dance Fest

The Girls in Action" programme aims to encourage physical activity amongst teenage girls particularly those 12- 17 years old who do not regularly take part in competitive sport. Activities such as hip hop, martial Arts, zumba dance and circuit training are offered to each school on a weekly basis when they sign up to the Girls in Action programme.

The programme came to an exciting end with all participating schools invited to attend this one day event where they all joined together to showcase their new found skills in the company of teachers and the programme tutors.

If your school would like to participate in this programme or you wish to learn more please do contact Meath LSP on 046 9067337 or email mlsp@meathcoco.ie

Mature Movers

This hugely popular programme aims to get as many older adults as possible more physically active.

In February 2011 the Mature Movers Activity Programme commenced in the Pitch and Putt Club, Navan. 35 older adults participated in 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 the refreshments.



Participants of the Mature Movers Programme in Trim

Mature Movers now in Trim!

Meath LSP has now expanded the Mature Movers programme to Trim. On Monday the 9th of May the Mature Movers programme began in Knightsbridge, Trim. Over 30 older adults are participating in the initiative each week.

“Absolutely brilliant, great interacting with people and great variety of activities”

“Wonderful programme made lots of new friends”

Games for Life

In May 2010 Meath Local Sports Partnership introduced our **Games for Life** programme to older people's groups and members of Active Retirement groups. The **Games for Life** programme is funded under the HSE RAPID Leverage scheme and comprises bowls, new age kurling and boccia.

Games for Life aims to provide bowls, kurling and boccia equipment and training at a reduced cost to older people, community groups and disability groups.

Active Retirement Bowls League:

In March 2011, Meath Local Sports Partnership in association with Meath Zone Bowls began the Active Retirement Bowls League for Games for Life members. The new league has been a huge success with 10 teams taking part in the league. It provides groups with the opportunity to play against other groups in their area on a regular basis and to gain some valuable experience in the game.

The top 4 teams will now meet in a playoff on Friday 3rd of June for a chance to win the Games For Life Bowls League Perpetual Cup. The league will recommence in October 2011.

Boccia League:

In January 2011 the Games For Life Boccia League commenced in Simonstown. 40 teams made up of active retirement groups and disability groups participated in the league once a month. The league has proven to be hugely popular. As well as providing groups with the opportunity to play against other groups it is also a great social outlet and gives the groups a chance to meet new people. The highlight of this league has been the ease of interaction experienced by both the older people's groups and the disability groups.

The final round of the league will take place on June 13th & 14th, teams will compete to win the Games For Life Boccia League Perpetual Cup.

What's Next?

Meath LSP is delighted to announce there will be a New Kurling League which will commence in September for all Games For Life members. If your group is interested in the **Games for Life** initiative please contact **Ruairi Murphy, Meath Local Sports Partnership on 046-9067337.**

Calendar of Courses and Events

Mature Movers Activity Programme	Mondays until 20th June 2011	11am to 1pm	Knightsbridge Village Hall, Trim
Meath Running Group Block 2	Wednesdays until 27th July 2011	7pm to 8pm	Claremont Stadium, Navan
Boccia League	Monday 13th & Tuesday 14th June 2011	11am to 1pm	Simonstown GAA, Navan
Code of Ethics/Child Protection Awareness Workshop	16th June 2011	7pm to 10.15pm	Trim GAA
	19th September 2011	7pm to 10.15pm	Simonstown GAA, Navan
	3rd October 2011	7pm to 10.15pm	TBC
	25th October 2011	7pm to 10.15pm	TBC
	14th November 2011	7pm to 10.15pm	TBC
	30th November 2011	7pm to 10.15pm	TBC
Buntús Start Physical Activity Programme for Childcare Providers	25th June 2011	10am	TBC
	15th October 2011		
Walk 'n' Workout Programme	27th June 2011	11AM	Claremont Stadium, Navan
An Post Cycle Tour	24 th July 2011	Varies	Starting at Trim Castle
Code of Ethics Children's Officer Training	17th & 18th July 2011	7pm to 10pm	Simonstown GAA, Navan
Basic Sports First Aid Workshop	5th November 2011	9.30am to 4pm	TBC
DISABILITY SPORT PROGRAMMES			
Boccia	Every Saturday	11:30am	Kilcloon
Archery Programme	Saturday Mornings	9.30am to 11am	Ashbourne Community Centre
Football For All Programme	Every Saturday	2pm to 3pm	Dunboyne Community Centre
Wheelchair Sports Programme	Tuesday Evenings	7.30pm to 8.30pm	Claremont Stadium, Navan
TASTER Programme – Adults with Intellectual Disabilities	Every Monday	7:30pm to 8:30 pm	Boyne Community School
Children's Cycling Programme	Thursdays starting 16th June for 6 weeks	6pm to 7pm	TBC
Summer Activity Programme	July and August 2011	Varies	Varies

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