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Job Vacancy: National LSP Communications Co-ordinator

Calendar of Courses/Events



View our website

<http://www.meathsports.ie>

Royal County 5k & 10k Run/Walk returns to Kells on May 2nd Bank Holiday Monday!



AAI licenced - chip timed event

Royal County 5km & 10km

KELLS - 2ND MAY 2022



REGISTER TODAY AT
meathsports.ie

ENTRY: 10K €20 | 5KM €15

Virtual option available and the entry includes number and t-shirt posted if register before 19th April

NO REGISTRATIONS ON THE DAY
Participants must be over 16yrs to enter the 10km and over 12yrs to enter the 5km distance.

Technical t-shirt included in price

Register early to guarantee your t-shirt before the event!








The much-anticipated Royal County event returns to Kells on the May Bank Holiday Monday this year. It's the 11th year of this hugely popular event. Once again there are two distances for people to enter – 5km & 10km, participants are welcome to walk, run or jog the events. For the competitive runners, prizes will be awarded to top male and female finishers.

Virtual option available (t-shirt & postage only). **Register before 19th April to ensure you receive your t-shirt and event number in the post in time for the event on the Bank Holiday Monday in May! NO REGISTRATION ON THE DAY!!**

We are thankful to the following partners for their continued support - Headfort Arms Hotel; Kells Gardaí; Meath County Council; Kells AC; St Brigid's AC, Club Active, Kells; Meath Civil Defence and local volunteers.

Anyone interested in participating in the 2022 Royal County event should register now at <https://eventmaster.ie/event/ElqrC4EF74>

Community Activity Programmes

Open Water Swimming

Can you currently swim but want to improve your level of swimming in open water?

Meath LSP are starting a 3 week (2 sessions per week) swimming programme for improvers in **Laytown, Bettystown & Mornington beaches**.

- The cost of the programme is €40 per participant
- 2 x 45 minute sessions per week for 3 weeks
- Gain confidence in the water and improve your swimming in open water
- Please note you must be able to swim to join the programme
- Session is led by qualified and experienced swim instructors
- Sessions beginning in late May



For more information or to register your interest in this programme, contact Una Pearson at 046-9067337 or email upearson@meathcoco.ie

Slane Castle 5km Trail Run/Walk

The Slane Castle 5k Trail Run/Walk returns on **Sunday 24th April at 9.30am** through the beautiful scenic grounds of Slane Castle!



There are t-shirts for the first 200 adults (on the day) and the first 200 u-16s. There are also finishing medals for the first 500 over the line!

To top it off, there will be a delicious array of home baked goods and refreshments at the finish line (all included in the price)!

Early bird registration is €15 for adults (€20 on the day, cash only) and €5 for under 16's (ON THE DAY ONLY).

Register at: <https://eventmaster.ie/event/A3Ywfjlllv>

For more updates see: <https://www.facebook.com/slanecastle5ktrailrun>

Community Activity Programmes

Men on the Move – the best move you will ever make!

Men on the Move is a 6-week exercise programme designed for men 30yrs+, to improve their overall health & physical fitness. Suitable for complete beginners. The emphasis of the programme is to create awareness and understanding of the importance of physical activity and the associated health benefits on positive mental health and wellbeing.



Other components of the project include healthy eating, maintaining lifestyle changes and stress management.

Sessions commence on dates below!

- **Ashbourne:** Wednesday 27th April at 7.45pm in Ashbourne Community School Sports Hall.
- **Bettystown:** Wednesday 27th April at 8pm, meeting at Colaiste na Hinse.
- **Dunboyne:** Wednesday 27th April at 7.30pm (venue TBC).
- **Navan:** Thursday 28th April at 7pm on Claremont Stadium track.

To book a place, contact Ruairi at rmurphy@meathcoco.ie or call 046-9067337.

GAA 'Dads & Lads'

Meath GAA in association with Meath LSP will be delivering 'Dads and Lads' around the county in **2022!** 'Dads and Lads' will start in the following clubs in April/May!



- St Brigid's
- Duleek-Bellewstown
- Cortown
- Oldcastle
- Dunboyne
- Wolfe Tones

'GAA for Dads & Lads' is a social hurling or football programme for those keen to enjoy Gaelic Games outside the traditional competitive structures of the GAA.



The games allow minimum contact only (to reduce risk of injury) so skills are prioritised over physicality. Regardless of whether you are a recently retired great, a lapsed player looking to reconnect with the game you once loved, or completely new to Gaelic Games and looking to try your hand at a bit of hurling or football – 'GAA for Dads & Lads' could be for you.

If your club would like to roll out a Dads and Lads programme or you would like to participate, contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie



Community Activity Programmes

Community Sports Hub Navan



Our aim is to get the local community of Navan more active, more often!



The Community Sports Hub Navan, provides a wide range of sport & physical activities for all ages & abilities in the Windtown, Johnstown, Claremont areas of Navan. Funding for the Sports Hub is provided by Sport Ireland under Dormant Account measure.

In January to March 2022 over 550 participants took part in a range of programmes such as:

- Active Women
- Family Activities
- Multi-Sport activities
- Multi-Sport Camps
- Cheer Dance
- Basketball
- Tag Rugby
- Futsal—Late night football league
- Buggy Buddies

550 participants
10 venues
7 partner agencies
10 programmes
12 coaches
3 areas

Check out our Facebook page – [Community Sports Hub Navan](#) for opportunities to get involved in sport and physical activity or take a look at our 'What's On' list of programmes.

If you would like more information on Community Sports Hub Navan, please contact Una Pearson at upearson@meathcoco.ie





Community Activity Programmes



FREE Community Activity Programmes—May!



Programme	Description	Time	Venue	Age	Dates
MONDAY					
Olympic Handball	Come + Try Olympic Handball (Where players throw/pass ball into goal nets)	4:30-5:30pm 5:45-6:45pm	Scoil Naomh Eoin Scoil Naomh Eoin	6-12yrs 13-17yrs	Mon 9 th May – Mon 20 th June
Meet n Train	An outdoor programme for both men and women of all fitness levels that includes a combination of cardio, core and strengthening exercises.	7-8pm	Meet at St. Oliver's Church Car Park opp Blackcastle shopping centre	18yrs +	Mon 9 th May – Mon 20 th June
Run, Jump, Throw	Run Jump Throw is a 6-week multi-activity programme suitable for children with Autism or an Intellectual Disability	4-5pm	Claremont Stadium, Navan	6-12yrs	Mon 16 th May – 27 th June
TUESDAY					
Hockey	Come and Try fun hockey sessions – a mixture of indoor and outdoor	4.3-5.30pm 5.30-6.30pm	Aura Navan Astro turf	9-12yrs 13-17yrs	Tues 10 th May – Tues 14 th June
WEDNESDAY					
Multi-Sport	A variety of fun multi-sport activities	4:30-5:30pm 5:30-6:30pm	St. Stephen's NS St. Stephen's NS	6-9yrs 9-12yrs	Wed 11 th May – Wed 15 th June
Fun Walking 4 Fitness	Fun walk for parents of children participating in multi-sport activities.	4:30-5:30pm 5:30-6:30pm	Johnstown area (meet at St. Stephens campus)	Over 18 yrs	Wed 11 th May – Wed 15 th June
Active Women	Exercise based activity for women, a mixture of circuits and different exercises along with some light walking and jogging	7-8pm	Claremont Stadium (hall)	Over 18 yrs	Wed 11 th May – Wed 15 th June
THURSDAY					
Buggy Buddies	Exercise group open to parents and carers of babies and toddlers in buggies or prams. A variety of exercises including walking, toning, circuits etc	9:30am-10:30am	Johnstown (meet at SuperValu Car Park opp Taylors)	Over 18 yrs	Thurs 12 th May – Thurs 16 th May
Fun Games	A fun multi-sport programme based on various fun games and fundamental movement skills	5-6pm	Claremont Stadium	6-12yrs	Thurs 12 th May – Thurs 16 th May
Cheer Dance	A fun exercise and cheer-based Dance class	6-7pm	Claremont Stadium	13-17yrs	Thurs 12 th May – Thurs 16 th June
FRIDAY					
Mature Movers	Seated exercise to music for over 55's (once off taster session)	10.30-11.30am	Unity Centre, Windtown	55yrs +	Fri 20 th May – Fri 24 th June

Check out our Facebook page – [Community Sports Hub Navan](#) for updates! Spaces are LIMITED and will be on a first come basis! Participants must register in advance. Waiting lists will be in operation for all programmes.

Email Paul at cshfacilitatornavan@gmail.com to book.

Community Activity Programmes

Meath Running Group

Meath Running Group started 2022 with a 6 week '**Build your Endurance**' programme which focused on steadily improving runner endurance and building a good foundation for the year of running ahead.

The programme was a great success with our Coach Paul McGee and the group now continuing for another 6 weeks. Meath Running Group continues throughout the Summer. New joggers/runners are welcome!

If you would like to drop in and try one of our sessions in Blackwater Park on Wednesdays at 7.30pm please contact Ruairí (details below).

Meath Running Group continues in Blackwater Park until 11th May when it moves to Claremont Stadium.

Block 2 will start **Wednesday 11th May at 7.30pm in Claremont Stadium** for 9 weeks – this block will focus on speed training on the track.

If you are interested in registering please contact Ruairí on 046-9067337 or email rmurphy@meathcoco.ie



Bike Week 2022

Bike Week 2022 runs from the 14th – 22nd May 2022.

National Bike Week celebrates cycling and promotes the benefits of cycling across all ages and abilities. The aim of the week is to get more people out on bikes during the week.

Meath LSP are running various events across the county for Bike Week. Meath LSP in conjunction with The National Transport Authority (on behalf of the Department of Transport) are also providing funding to cycling clubs, schools, youth groups, community groups etc to run their own cycling events under this year's Bike Week initiative.

Funding is provided for events targeting families; leisure cyclists/clubs; communities or cycle spins for specific age groups, abilities etc. Funding applications are now closed for 2022.

Keep an eye on our website for more details on Bike

Week and a full timetable of events happening across Meath: <https://www.meathsports.ie/communities-and->



Community Activity Programmes

Meet n' Train

Meet n' Train is a new 6-week outdoor programme that incorporates light cardio, strength and stretching.

Each session is led by a qualified instructor who will incorporate a wide range of exercises making it both fun and challenging.



This programme is suitable for men and women of all fitness levels, from the complete beginner upwards.

Cost is €20 for 6 weeks. For more details and to book a place, see <https://www.meathsports.ie/women-in-sport/meet-n-train/>. If you have any queries please contact Lisa at lodowd@meathcoco.ie or call 046-9067337.

Venue	Start Date	Time	Registration Link
Trim Porchfields	Tuesday 26 th April	7pm	https://eventmaster.ie/event/w3P2CPySRQ
Dunboyne Park	Thursday 12th May	7pm	https://eventmaster.ie/event/v3P4IPoSb4

Active Parents

Active Parents is a new outdoor initiative for parents/guardians of school-going children. It's a weekly 1-hour exercise session that is scheduled just after the school drop.

This 6-week programme introduces a mixture of resistance, core and cardio exercises to suit all abilities and fitness level.

Our qualified instructors provide a variety of exercises that ensures a fun, social environment, where you can exercise and meet other parents. Also open to parents/guardians of babies in buggies/carriers. Cost is €20 for 6-week programme.



Venue	Start Date	Time	Registration Link
Dunboyne	Tuesday 26 th April	10am	https://eventmaster.ie/event/DPJzSmAcJr
Trim	Wednesday 27 th April	10am	https://eventmaster.ie/event/b7vEf9AHjr
Gibbstown	Wednesday 27 th April	11am	https://eventmaster.ie/event/mb6DfyVFM8

For more information please contact Lisa at lodowd@meathcoco.ie or call 046-9067337.

Women in Sport

Social Basketball for Women



Meath LSP and Basketball Ireland are working together to introduce Basketball into new areas for women with the main emphasis on participation, fun and fitness.

In a fun and social setting, participants will have the opportunity to learn the key skills of basketball and play in a supportive environment without the pressure of competition.

These 6-week programmes are aimed towards complete beginners and those with previous experience. This is inclusive all ages (18yrs+) and fitness levels and will be delivered by qualified coaches. Cost is €20 for 6 weeks. See below for details.



of

Venue	Date	Time	Registration
Ashbourne (Community Centre)	Wednesday 27 th April	6.45 – 7.45pm	Casey Tryon ctryon@ireland.basketball
Athboy (Convent Community Centre)	Tuesday 10 th May	7pm-8pm	Casey Tryon ctryon@ireland.basketball
Colaiste na hInse Bettystown	Wednesdays evenings	7pm-8pm	eccbasketballregistrar@gmail.com

East Coast Cavaliers—Social Basketball for Women

In August 2021 Meath LSP, Basketball Ireland and East Coast Cavaliers linked together to start a new Social Basketball for Women programme. This has grown from strength to strength over the last 8 eight months with over 24 women coming together to play basketball every week. As part of the Women in Sport Week – Basketball Ireland hosted a Socia-Ball Blitz in the National Basketball Arena.

If you are interested in joining, the group meet on **Wednesdays at 7pm in Colaiste na Hinse**. For more information email eccbasketballregistrar@gmail.com



Our Women's Social Basketball group have really come on since last Summer, we have so much fun and I have made so many new friends since starting. I would recommend anyone to join a group like us. You won't regret it."

Women in Sport

Women on Wheels

Women on Wheels is a programme for women aged (18yrs+) who would like to improve their biking skills and techniques. The focus of the programme is on learning, meeting new people with the group cycle a prominent feature.

The programme usually lasts about 1 hour per week over 6 weeks, and includes maintenance, bike safety, bike handling and bike spins depending on group ability.

If you would like to build your knowledge both on and off the bike as well as building your confidence of riding on the road and increasing your stamina steadily then this is the programme for you!

If you would like participate in this initiative in **May** please contact Lisa at lodowd@meathcoco.ie or call 046-9067337.



Womens Bike Maintenance

There is nothing more annoying than discovering there's something wrong with your bike halfway into a spin. At best, it could mean interrupting your cycle by 10-15 mins or at worst, it could mean a long walk back and a pricy trip to the bike shop. This simple M Check Bike Maintenance Workshop could save you time and money.

The M check is a **basic safety check of all the main working parts of a bike, moving from the front hub back**. The check is named after the way you follow the shape of the letter M when checking the bike—clever, eh?



It's named for the rough pattern you follow when checking the bike – start at the front wheel, move up to the handlebars, down to the bottom bracket, back up to the saddle then down to the rear wheel. It's quick to do and will ensure you don't get caught out by a loose bearing, dodgy spoke or slow puncture when you're mid-ride. Includes Puncture Repair, Saddle Check, Chain Check etc.

If you would like to take part in this initiative please contact Lisa at lodowd@meathcoco.ie or call 046-9067337.

Women in Sport

Celebrating Women in Sport Week (March 7th – 13th 2022)

To celebrate Women in Sport week 2022, Meath LSP linked with local clubs and National Governing Bodies to bring a wide range of taster sessions and programme initiatives to women/girls of all ages.

This was a great opportunity for many to try out a new sport or get back to a sport that you may not have played for a while. Programmes ranged from Cricket, Badminton, Buggy Buddies, Basketball, Soccer and Meet n'Train which are designed to suit all fitness levels.

Our aim is to support women and girls who play, coach, officiate and volunteer in Women in Sport. We continue to strive to ensure women have equal opportunity in sport by developing and providing new initiatives that are inclusive, sustainable and fun.

All of our Women in Sport programmes provide a fun social setting, where women/girls have

the opportunity to learn the key skills of sport and play in a supportive environment without the pressure of competition. We also aim to provide coaching programmes to assist in upskilling club coaches and officials. Over the last 6 months Meath LSP have delivered three Coaching Teenage Girls Workshops designed specifically to support coaches of girls aged 12-17 years of age.

Our thanks and appreciation to all clubs and National Governing Bodies who link with us continually to develop and promote women and girls programmes. These partnerships are critical to ensure the sustainability of Women in Sport.

To view our upcoming programmes please see <https://www.meathsports.ie/women-in-sport/> or contact Lisa at lodowd@meathcoco.ie



Clubs Section

Club Grants

Keep an eye out for the next round of club grants later in 2022. Funding will be available under the following 3 headings:

- Return to Participation
- Equipment
- Volunteer Support (training & education)

Return to Participation Grant

This Return to participation grant is designed to support clubs to increase participation in physical activity, particularly amongst the target groups listed below:

- Older Adults
- Women and Girls
- Men 35+
- People with disabilities
- Disadvantaged communities
- Ethnic Minorities
- Young People



Equipment Grant

This equipment grant is designed to support clubs to purchase additional equipment required for their regular club activity or to assist in increasing participation in physical activity.

Volunteer Support Grant

This Volunteer Support grant is designed to support clubs to upskill new and existing coaches and volunteers to assist in increasing participation in physical activity. This will be done through the delivery of training and education courses to support volunteers in their development as community leaders/coaches of sport and physical activity.

For more information or to request announcement dates please contact Una Pearson at 0469067337 or email upearson@meathcoco.ie



Clubs Section

Sports Injuries First Aid

The course is aimed at coaches, mentors, teachers, supervisors, players, athletes and volunteers and anyone wishing to be able to deal with minor sports injuries.

Participants will learn practical skills so that they can deal competently with situations that may arise. All participants receive a certificate of attendance.



Course Content

- | | |
|-----------------------|---|
| • Scene Management | • Fractures |
| • Bleeding and Wounds | • Sprains & Strains |
| • Treatment for Shock | • Unconsciousness & the Recovery Position |
| • Heart Conditions | • CPR Demonstration |

The next Sports Injuries First Aid workshop is taking place on **Monday 25th April, 6.30pm-10pm** in **Claremont Stadium, Navan**. To book a place, please call 046-9067337 or email Lynn at lynn.oreilly@meathcoco.ie

Coaching Children Online Workshops

Sport Ireland Coaching have developed 4 modules, specifically to provide participants with a basic understanding of children's sport and physical activity and the best way to optimise children's enjoyment, participation and positive outcomes.



The concepts of Physical Literacy and Holistic Development run throughout the series of workshops and will be covered in detail. The course is for Coaches of all sports, coaches will complete two weekly evening workshops.

- Improve coaching
- Motivate coaches
- Understand how children learn
- Keep safe & fun environments for children
- Keep children in sport
- Understand physical literacy

"I am more confident now and will take on more coaching roles within my club".



The next workshops will be held later in the summer. For more information about this course or to register your interest in future courses contact Una Pearson at 046-9067337 or email upearson@meathcoco.ie

Clubs Section

Sprocket Rocket Tutor Course

The Sprocket Rocket Coaching Course is a one day course which is a mix of classroom work and practical outdoor experience.

The course is open to adults aged 18yrs+ and while some cycling or coaching experience is helpful it is not essential.

The Sprocket Rocket programme is developed for children aged between 5 and 12 years, although it can be delivered successfully to anyone of any age, its overall aim is to increase the competence and confidence of cyclists.

Sprocket Rocket is a flexible programme which can be delivered over a 4-12 week period (length is tailored for each group), with 1 hour long sessions.

Participants are taught four FUNDamental cycling skills, balance, braking, cornering and pedalling by qualified Sprocket Rocket Coaches.

Course Cost: €40 Cycling Ireland members / €50 non Cycling Ireland members.



Bike Ride Leader Course

Cycling Ireland Ride Leader training will provide leaders with the necessary skills and knowledge to effectively lead and manage a group of cyclists on the road in club/group spins.

The course will explore the roles and responsibilities the Ride Leader will assume and prepare learners as Ride Leaders to provide safe and enjoyable cycling experiences for people of all levels of ability and age.



Duration and Format: Ride Leaders will attend a one day assessed course which will qualify them to facilitate spins for groups of cyclists.

Course Cost: €50 for Cycling Ireland Members / €60 for Non Cycling Ireland Members

For more information on cycling training courses or to register your interest in attending future courses please contact Una Pearson at 046-9067337 or email upearson@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:

- Cycle Right Programme
- Daily Mile Challenge
- Play Rugby Programme
- School Sports Day Training
- Sports Leadership
- Badminton School Programme
- Indoor Hockey School Programme
- Cricket School Programme
- iRun for Fun for Secondary Schools
- Basketball School Programme
- National initiatives such as Bikeweek, National Recreation Week and National Playday

If you would like further information on any of the above programmes see www.meathsports.ie or contact us at 046-9067337 or email lodowd@meathcoco.ie

The Daily Mile Challenge

Meath LSP would like to invite your pre-school or primary school to sign up for The Daily Mile Challenge. This is a free and simple initiative and aims to improve the physical, social, and emotional wellbeing of young children in pre-schools.



It is not PE, sport or cross-country but a physical activity which can help children to focus and concentrate in the classroom and raise their attainment.

The Daily Mile is successful because it is simple and free:

- ♦ It takes place over just 15 minutes, with children averaging a mile each day.
- ♦ Children run outside in the fresh air – the weather is a benefit, not a barrier.
- ♦ There's no set up, tidy up, or equipment required.
- ♦ Children run in their uniforms so no kit or changing time is needed.
- ♦ It's social, non-competitive and fun.
- ♦ It's fully inclusive; every child succeeds, whatever their circumstances, age or ability.



Please register your interest with Lisa at lodowd@meathcoco.ie to take part in this programme.

Schools Section

School Cricket Programme



Meath LSP and Cricket Leinster have been working together to promote the sport of Cricket into the National Schools in Meath. Inward migration and the arrival of Non-Irish nationals into new communities have given rise to the demand for new sporting opportunities outside of our national games.

One of those activities in demand is Cricket and we are offering primary schools a chance to engage in a new programme specifically designed for children called Kwik Cricket.

This new programme – **Kwik Cricket** aims to provide more young cricketers with exciting, challenging & enjoyable cricket experiences. The structure of Kwik Cricket – shorter games, modified rules, lighter equipment ensures that children are placed front-and-centre in terms of experience and that their enjoyment of learning the game of cricket is first-and-foremost. The programme sees schools committing to teacher training, 3 weeks of coaching and participation in a School Blitz.

In return for full commitment to the programme, each school will receive:

- 3-week student training with Cricket Leinster coach visiting each school for one hour per week
- Teacher Training
- 1 set of Kwik Cricket equipment
- Training Resources
- Entry to the Meath Schools Cricket Blitz

Suitable for: 3rd and 4th class students

Available to: Primary Schools in Meath

Cost: €50 per school

This programme is open to 10 primary schools in 2022 and 10 primary schools in 2023.

If your school is interested in taking part please contact Lisa at lodowd@meathcoco.ie an Expression of Interest Form.



for



Schools Section

iRunForFun for Secondary Schools



iRunForFun is an excellent 6 week programme that is designed to encourage students to get out and active by jogging or running 10 minutes each day during or after school hours. This inclusive programme helps to build fitness and enables participants to complete a 3k or 5k within a 6 week period.

Each training week provides a specific training module that takes no longer than 10-15 minutes each day to complete. Training should take place around a fixed loop e.g. basketball court, large hall, or half a GAA/ Soccer.

The *iRunForFun* programme is FREE of charge and comes with training bibs and a training diary. The diary provides training tips, exercises, goal setting and advice on nutrition.



If your school or training centre is interested in participating in the *iRunForFun* programme, please contact Lisa at lodowd@meathcoco.ie

Aldi Play Rugby Programme

Meath LSP continues its partnership with the IRFU and Leinster Rugby in rolling out the Play Rugby initiative to Primary Schools in Meath. 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.



Play Rugby is suitable for both boys & girls and is non-contact. As part of the initiative, schools will also receive a Play Rugby pack. The 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.

Schools already trained and have received a pack can take part in the 'Give it a Try' programme. 'Give it a try' is a participation based tag rugby programme aimed at getting more kids active in rugby in their school. Over the course of a 4-6 week block of coaching, participants learn a range of generic sports skills along with the rules of tag rugby. At a point during the block of coaching, the young players will get a chance to play in a tag rugby participation blitz in their local club.

Schools interested in Play Rugby or Give it a Try programme can contact Billy Phelan, Leinster Rugby at 01 2693224 or email billy.phelan@leinsterrugby.ie



Schools Section

Sports Leader Award



The Sports Leadership Award is accredited by Sport Ireland partners – Sports Leader SLQ. This 3-day workshop is a popular choice for both students and teachers as it provides 18 hours of sports and team games as well as the key learning points for leadership and teamwork. For students wishing to pursue a career in sports, management or leadership this is an ideal opportunity for them to get ahead in terms of their own career pathway.

Sports Leader Level 1 Award in Sports Leadership is ideally suited to transition year students and provides the ideal starting point for learners who wish to develop their leadership skills.

Participants learn the skills such as **communication, teamwork, problem solving** and the **preparation and planning** of activities to help them develop, lead and evaluate their own activity. It has a multi-sport practical approach where learners are introduced to a wide variety of generic and sport specific games to ensure a fun, practical learning experience.

The syllabus is designed to develop the knowledge, skills and qualities of effective leadership that can be applied to a variety of sports as well as contributing to the personal development of the learner. All students/participants will receive a Certificate on completion.

This is ideal for all students 13+ (sporty and non/sporty) as it's a great opportunity for all to experience new physical activities they may not have experienced before.



If you would like to book a course for your school please contact Lisa O'Dowd at lodowd@meathcoco.ie or call 0469067337.

Schools Section

Schools Sport Specific Programmes

Well done to the 34 Primary Schools who are currently taking part in one of our school programmes. At the moment we are rolling out two new programmes: School Basketball Programme in collaboration with Basketball Ireland and Olympic Handball School Programme in collaboration with Irish Olympic Handball Association (IOHA).

These school programmes are specifically designed to ensure sustainability, inclusion and diversity and help promote new sports as part of the school activity curriculum.



All of our school programmes include:

- Teacher Training
- Equipment supplied to schools
- Teacher Training Resources/Programme Plans
- Schools Visits
- School Blitz

Please see table below for upcoming programmes this year!

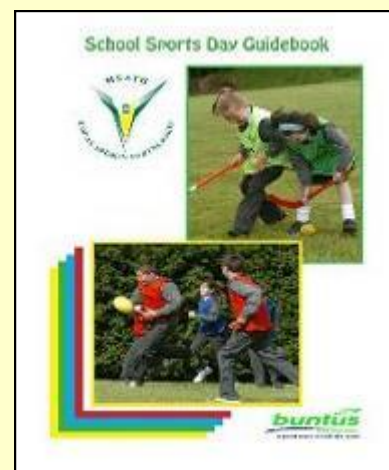
Programme	Last date to Apply	Class	Cost to school
Cricket	April/May	3/4 th Class	€50 per school
Badminton	Sept/October	5 th /6 th Class	€50 per school
Futsal	Sept/October	4 th /5 th Class	€30 per school

Expressions of interest for new programmes will be sent to all schools when registration opens. For more information please contact Lisa at lodowd@meathcoco.ie

School Sports Day Training

Meath LSP organises school sports day training workshops for primary schools in the county. A common issue many schools encounter is in relation to organising the school sports day.

The training and accompanying guidebook is designed to equip the participant with the knowledge and skills required to deliver a sports day that is more accessible, easily organised, safe, successful and most importantly fun. Training is open to teachers, special needs assistants and parents from primary schools in Meath.



Cost is €10 per person. **Training will be held in Navan in early May.** If you wish to register your interest, please call 046-9067337 or email lodowd@meathcoco.ie



Youth / Teens

Social Basketball for Youth



Meath LSP and Basketball Ireland are collaborating to introduce new Basketball initiatives specifically aimed at young people from 10-16 years with the main emphasis on participation, fun and fitness.

In a fun and social setting, participants will have the opportunity to learn the key basketball skills and play in a supportive environment without the pressure of competition.

These 6-week programmes are aimed towards complete beginners and those with previous experience. These programmes are delivered by qualified basketball coaches. Cost is €20 for 6 weeks.

Venue	Start Date	Time	Registration
Ashbourne Community Centre (Boys 10-16yrs)	Wednesday 27 th April	5.30 – 6.30pm	ctryon@ireland.basketball
Ashbourne Community Centre (Girls 10-16yrs)	Wednesday 27 th April	5.30 – 6.30pm	ctryon@ireland.basketball
Community Centre-Dunboyne	Tuesday 26 th April	5pm-6pm	ctryon@ireland.basketball

Her World Her Rules

Well done to all the Meath Primary School students who participated in the Her World Her Rules basketball event that took place on 9th March in the National Basketball Arena in Tymon Park. This event was hosted by Basketball Ireland to celebrate Women in Sport Week.

In total 75 girls attended from four Meath schools:

- Scoil Cholmcille Skryne
- Scoil Eoin Baiste Nobber
- St. Ultan's NS Bohermeen
- St. Paul's NS Navan

They all had the opportunity to take part in a variety of training skills and blitz games lead by qualified coaches and International Basketball players and all received a Basketball Ireland goodie bag on completion.



Older People

Boccia

Meath LSP are delighted to announce that the Boccia leagues are back. The league will commence on **Wednesday 27th April!**

Boccia is an adaptive game of bowls. Boccia can be played by anyone at any age and any ability. If your active retirement or disability group are interested in taking part, contact Luke on 0469067337 or email luke.condie@meathcoco.ie



Petánque

Come and Try Petánque! This is another game that falls into the category of boules sports. It's an outdoor game and the big difference with Petánque is that you can play it on almost every terrain.

Meath LSP will pilot the game in 3 areas in Meath, Navan, Piltown and Oldcastle. You don't have to be a member of a group, come along on your own or better still bring a friend! Please see dates below.



If you are interested, please contact Luke on 0469067337 or email luke.condie@meathcoco.ie

Area	Date	Time	Location
Oldcastle	24/05/2022	11am	Oldcastle GAA Millbrook
Piltown	25/05/2022	11am	St. Colmcille's GAA
Navan	26/05/2022	11am	Blackwater Park

Older People

Mature Movers

The 6 week programme for adults (50+) includes activities such as seated exercise to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises.

Mature Movers is ideally suited to older adults as it provides for enjoyable social interaction, fun and activities. Cost: €30 for 6 weeks.

If you would like to participate in the Mature Movers Activity Programme in your area please contact Luke Condie on 046-9067337.

Area	Date	Time	Location
Stamullen	26/04/2022	10:30am	St. Patrick's GAA
Navan	16/05/2022	10am	Claremont Stadium
Donore	16/05/2022	2pm	Donore Parish Hall
Athboy	17/05/2022	12pm	St. James' Hall
Trim	18/05/2022	10am	Trim Gaa
Kells	18/05/2022	12pm	Eureka House
Ashbourne	19/05/2022	4:30pm	Ashbourne Community School (Mezzanine)
Ratoath	20/05/2022	10am	Ratoath Community Centre
Piltown	23/05/2022	11am	St. Colmcille's GAA
Piltown	23/05/2022	12:15pm	St. Colmcille's GAA



Older People

Walk 'n Tone - Gentle exercises for Over 55's

Our 6 week Walk n' Tone programme for all adults 55+ recommences at the end of April!

Under supervision, participants will get the opportunity to try 30–45 minutes of outdoor gentle exercises incorporated with walking. The blended mix helps to improve strength, balance and cardiovascular system.

Don't miss out on a space as numbers are limited. Cost is €20 for 6 weeks. To register or more information contact Luke at luke.condie@meathcoco.ie or call 046-9067337.



Area	Date	Time	Meeting Point
Stamullen	25th April	11am	St.Patrick's GAA
Trim	27th April	11am	Porchfields
Navan	28th April	11am	Blackwater Park

Fitness Made Easy Dunboyne

Starting Friday 6th May at 11am in Dunboyne Community Centre Gym

This 4-week gym introductory programme will allow older adults to become confident in using gym equipment. Older adults will be able to improve overall health and well-being while increasing strength and cardiovascular levels.

The programme will involve:

- Tutor lead warm up and cool downs
- Instruction on the cardiovascular machines e.g. bike, cross-trainer and rower
- Instruction on the strength based machines e.g leg extension, back row and lat pulldown.
- Mobility, balance and stretching exercises



Spaces are limited so **BOOKING IS ESSENTIAL!** To book please contact Luke Condie at 046-9067337 or email luke.condie@meathcoco.ie.

Older People

Come and Try Pickleball!

Meath LSP are delighted to announce a new sport that is available for older adults! Come and Try Pickleball!

It's fun, social and friendly. The rules are simple and the game is easy for beginners to learn.

1. A fun sport that combines many elements of tennis, badminton and ping-pong.
2. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
3. Played with a paddle and a plastic ball.
4. Played as doubles or singles.
5. Can be enjoyed by all ages and skill levels.



Come along and have a go at our taster session.

- **Trim GAA – Tuesday 24th May at 11am**
- **Claremont Stadium, Navan – Wednesday 25th May at 11am**

If you have any questions or to book a place, please contact Luke on luke.condie@meathcoco.ie

Keep Well Exercise Videos

Meath LSP in association with Meath County Council, Age Friendly Meath and Sport Ireland have produced an exercise DVD for older people and people with a disability!

The resource includes 4 dance and 4 seated Pilates classes which can all be completed from your home. The resource is also available on USB so it can be used on a laptop, tablet or Smart TV!

Taking part in these classes will help improve flexibility, agility, strength and balance, while reducing the risk of injuries!

To avail of a copy contact Luke on 046-9067337



Sports Ability Programme

Run Jump Throw

Run Jump Throw is a 6 week multi activity programme suitable for children with Autism or an Intellectual Disability aged 5-12 years.

The sessions will include a variety of sports. Fun games and obstacle challenges all adapted to the participants needs. The programme aims to improve the participants' fundamental movement skills and increase their confidence in participating in regular physical activity.

Family involvement is key to the programmes success and siblings are encouraged to take part! Parents are also asked to remain at the venue for the duration of the session.

To book a place, please contact Terry at tdonegan@meathcoco.ie or call 046-9067337.



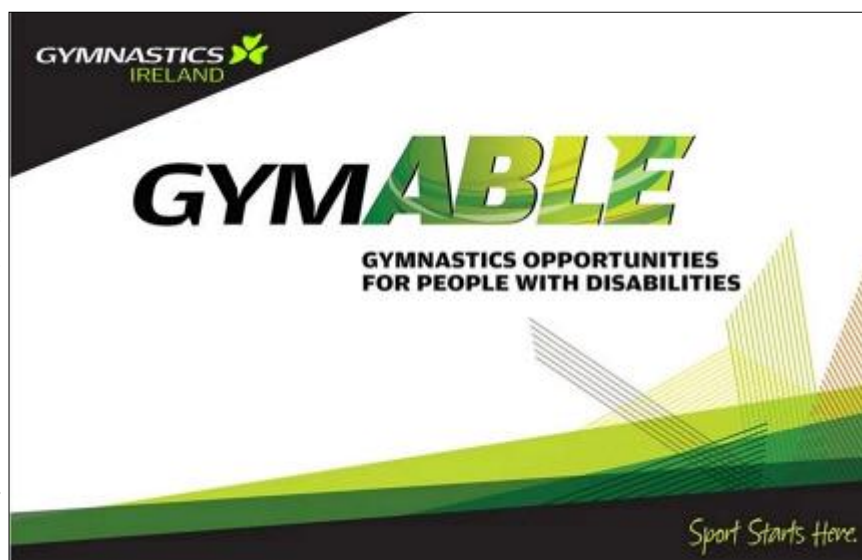
Area	Venue	Date	Time	Cost
Navan	Claremont Stadium	Mondays May 16 th – June 20 th	4pm-5pm	€10 per family
Athboy	Athboy Convent Community Centre	Tuesdays May 17 th – June 21 st	5pm-6pm	€10 per family
Dunboyne	Dunboyne Community Centre	Wednesdays May 18 th – June 22 nd	4pm -5pm	€10 per family
Dunshaughlin	Dunshaughlin Community Centre	Thursdays May 19 th – June 23 rd	5pm-6pm	€10 per family

GYMABLE

Coolmines Gymnastics Club Ashbourne is recommencing with the GYMABLE programme. GYMABLE is an inclusive gymnastics programme targeted at providing gymnastics opportunities for people with disabilities.

The classes are aimed at children (age 4-12) with Autism and Intellectual Disabilities.

For more information call 087 9704080 or email coolminegymnastics@yahoo.co.uk



Sports Ability Programme

Royal Rockets Junior Wheelchair Sports Club

Royal Rockets is a Multi-Sport club for children with a physical disability aged 6-16 years established in 2019 with the support of Meath LSP and IWA-Sport.

The club's primary aim is to give physical activity opportunities to children with a disability by enabling them to be part of this supportive group. The club members alongside their families are involved in a variety of activities weekly.



The club meets every week on **Wednesdays at 6pm-7pm in Scoil Naomh Eoin, Navan** and new members are always welcome. For more information please contact Chairperson Lindsey Ward on 087-2779634 or chairperson.royalrockets@iwasport.com

Football 4 All Programme

The central aim of this programme is the delivery of football opportunities to children & adults with a disability who may not ordinarily get a chance to participate in the sport.

The FAI Football For All programme established a network of Football For All Clubs across Ireland. These clubs provide opportunities for children with specific needs who may struggle to excel in the competitive environment of underage football or who need additional supports to develop as footballers.



Meath Currently has 3 Football For All clubs established in the county. Meath LSP and the FAI Development Officer in Meath have worked closely in supporting these 3 clubs:

- East Meath United
- Balrath FC
- Enfield Celtic FC

If your club is interested please contact Sports Inclusion Disability Officer Terry Donegan on 0469067337 or email tdonegan@meathcoco.ie



Sports Ability Programme

Autism in Sport Workshop

Meath LSP in partnership with CARA Centre will host an online Autism in Sport Workshop in May. This online workshop will provide attendees with an understanding of Autism focusing on the delivery of sport.

This workshop is suitable for Sports leaders, coaches, volunteers, teachers, principals, special needs assistants (SNAs), parents or anyone who has an interest in making their sport accessible and inclusive for people with Autism.

Date: Thursday 19th May

Time: 6:30pm-9pm

Venue: Zoom

Cost: €10 per participant



For more information please contact Sports Inclusion Disability Office Terry Donegan on 046-9067337 or email tdonegan@meathcoco.ie

Disability Inclusion Support

Meath LSP would like to hear from anyone interested in linking with our Sports Inclusion Disability Officer Terry Donegan on ways in which we can support you in any area of Disability Inclusion!

Sports Inclusion Disability Officer (SIDO) works to increase the participation of people with disabilities in sport, fitness and physical activity throughout County Meath. This is achieved through working in partnership with statutory agencies, sports clubs, community groups, facility providers, schools, disability service providers and people with disabilities.

Inclusive Clubs



Participation Opportunities



Inclusive Training



Contact Terry Donegan by phone 046-9067337 or by email tdonegan@meathcoco.ie

Sports Ability Programme

Learn 2 Cycle Bettystown

Learn 2 Cycle aims to assist children with a disability to cycle independently. This programme which is held over 6 weeks outdoors focuses on empowering parents and giving them the tools to support their child in learning to cycle.

Participants will be guided by our experienced tutor from the Cycling Safety School.

Date: Thursdays May 19th – June 23rd

Time: 4:30pm- 5:30pm

Venue: Colaiste na Hinse

Cost: €15 for 6 weeks

To book a place, please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie



Sports Inclusion & Disability Awareness Workshop

Meath LSP in conjunction with Cavan Sports Partnership are delighted to announce we will be hosting a sports Inclusion and Disability Awareness Webinar.

This is a FREE workshop will be delivered online and is aimed at people who are interested in taking the first step in making their activities inclusive.

Date: Wednesday 25th May

Time: 7pm-8:30pm

Venue: Zoom

Cost: Free

For more information or to book a place please contact Sports Inclusion Disability Officer Terry Donegan on 0469067337 or email tdonegan@meathcoco.ie





Calendar of Courses and Events 2022

Activity	Date	Time	Venue
Safeguarding 1 Basic Awareness in Child Protection	5th April	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	21st April	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	26th April	6.30pm-9.30pm	Zoom
Sports Injuries First Aid Training	25th April	6.30pm-10pm	Claremont Stadium, Navan
Safeguarding 1 Basic Awareness in Child Protection	26th April	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	5th May	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person Workshop	10th May	6.30pm-9.30pm	Zoom
Autism in Sport Workshop	19th May	6.30pm-9pm	Zoom
Safeguarding 2 Club Children's Officer Training	25th May	6.30pm-9.30pm	Zoom
Sport Inclusion & Disability Awareness Workshop	25th May	7pm-8.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	2nd June	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	23rd August	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	31st August	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	1st September	6.30pm-9.30pm	Zoom

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

Meath Local Sports Partnership, Town Hall, Watergate Street, Navan.

Tel: 046-9067337; Email: mlsp@meathcoco.ie

National LSP Communications Coordinator

Meath Local Sports Partnership wishes to recruit a National LSP Communications Co-ordinator.

This will be a full-time fixed term contract for a period of 3 years.

The salary for this post will be aligned to LA Grade 6 Salary Scale commensurate with experience.

The National LSP Communications Coordinator (based in Meath Local Sports Partnership) will work together with the two Regional Communications Officers (1 based in Kilkenny Recreation & Sports Partnership, and 1 based in Clare Local Sports Partnership) and the LSP Communications Working Group to develop a national LSP Communications plan with a focus on key target groups underrepresented in sport.



The National LSP Communications Co-ordinator will have key role in leading, liaising with, and coordinating the work of the two regional LSP Communications Officers.

This national plan will contain key targets and indicators for measuring success of the communications plan. Individual LSP Communications plans will be developed or refined (if already in existence) from the National LSP Communications plan.

⇒ Please see Job & Person Specification and link to the application [HERE](#)

Closing date for receipt of applications: 5pm Thursday 28th 2022

Candidates will be short-listed on the basis of information supplied in their application.

Happy Easter!



Meath LSP would like to wish you a Happy Easter!!