

# Meath Local Sports Partnership News Bulletin Summer 2022

# SPORT IRELAND LOCAL SPORTS PARTNERSHIPS

#### In this Issue

#### **Games on the Beach**

#### **Community Activity**

- Royal County 5k/10k
- Meath Running Group
- Multi-Sport Activity Days
- Community Sports Hub Navan

#### **Women in Sport**

- HER Outdoors
- Women on Wheels
- Social Basketball for Women
- Ladies Social Tag Rugby

# Sprocket Rocket Tutor Course

#### **Youth / Teen Programmes**

- Social Basketball for Youth
- Basketball Camps
- Junior Leader Award

#### **Primary School Report**

#### **Older Adult Programmes**

- Outdoor Activity Day
- Walk n Tone
- Chair Yoga
- Outdoor Bowls League
- Petánque
- Pitch & Putt
- Pickleball
- Keep Well

#### **Sports Ability Programmes**

- Inclusive Summer Camps
- GYMABLE
- Inclusive Canoeing
- Football 4 All
- Royal Rockets IWA Sports Club
- Disability Inclusion Sup-
- Learn 2 Cycle Athboy
- Go All Out Week

#### Bike Week 2022

**Bike Ride Leader Course** 

Calendar of Courses/Events





View our website <a href="http://www.meathsports.ie">http://www.meathsports.ie</a>

#### **Games on the Beach Bettystown**

Dust off your bucket and spade as Games on the Beach returns once again to Bettystown on Wednesday 20th July!

This Games on the Beach programme will include a wide range of exciting new games and sporting initiatives for children and teenagers. We may even



We are delighted once again to be

have a few activities for parents!!

working with Foroige, East Coast Family Resource Centre, Volleyball Ireland, Irish Olympic Handball Association and Cricket Leinster in what should be a highly entertaining day!

We are organizing two sessions:

- ⇒ 11am 1pm (Children 8-12yrs)
- ⇒ 2pm 4pm (Teens 13-17yrs)

Each session will comprise of 3 activities:

- Beach Handball with Irish Olympic Handball Association
- Beach Cricket with Cricket Leinster
- Beach Volleyball with Volleyball Ireland

Registration is €5 per person – places are limited so early booking is advised. Register at: <a href="https://eventmaster.ie/event/G9oJfkKtpd">https://eventmaster.ie/event/G9oJfkKtpd</a>. For more information contact Lisa at lodowd@meathcoco.ie





## **Community Activity Programmes**

## **Royal County returns to Kells!**

Bank holiday Monday May 2<sup>nd</sup> saw the return of the Royal County 10k & 5k event to Kells following a two year lapse due to the pandemic.

Just under 500 participants took part between the 10k & 5k events. Weather conditions were ideal for running and in particular for the youthful Sean Murphy from Trim AC who demolished the 10k field by being the first runner past the finish line in an impressive time of 35 mins 42 seconds – a



new course record. Aileen Briody from Bohermeen AC was the first female athlete home in the 10k in a time of 43:21secs.

Lea Fulcher produced a sensational run of 15 mins 40 secs to capture the men's 5k title – another course record. Edel Gaffney set a new course record also as the first female home in the 5k distance with a time of 18:11 secs. Special mention to Michal Baron, our wheelchair athlete who completed the 5k distance in the time of 40 mins 25secs.

Additional to the participants who took part on the day in Kells were a number of students who completed the 5k:

- 83 first year students & teachers from Loreto Navan completed their 5k in Blackwater Park, Navan
- 22 pupils & teachers from the Autism Unit in Beaufort College who completed their 5k on the Ramparts, Navan

Also taking part were 22 virtual participants (runners in Perth to walkers on the Camino, Spain) who completed their 5k.



Meath LSP would like congratulate all the winners and special thanks to Bryan of Club Active Kells for sponsoring each of the runner up and category prizes and offering their facility for showers afterwards.

Full list of results are available on <a href="www.meathsports.ie">www.meathsports.ie</a>. Many thanks to photographer Bernard Hand of Kells Photography Club and David Mullin, Quirke Photography for giving their time to capture the atmosphere, win-

ners and participants from the day itself.

Thanks to all who supported the event in particular to Kells AC; Heery family from St Brigid's AC; Kells Gardai; Civil Defence; Michael McGoldrick Sound; Motorbike Marshals; Meath County Council and local volunteers.

Special acknowledgement to Vincent and Olivia Duff and staff of the Headfort Arms Hotel who kindly opened their facilities much needed refreshments afterwards free of charge to all the participants.





## **Community Activity Programmes**

#### **Meath Running Group**

Meath Running Group have now completed two 6 week blocks with 26 participants enjoying the training programme!

Under the guidance of our coach, Paul McGee, the participants are making great improvements to their own personal performance.

Our 3rd block will focus on improving speed and middle distance running.



New joggers/runners are welcome to join our new block 3 which starts **Wednesday 22<sup>nd</sup> June** at **7.30pm** in **Blackwater Park, Navan** (9 week block). Cost is €40 for 9 weeks.

Register at: <a href="https://eventmaster.ie/event/RpdPUL5h76">https://eventmaster.ie/event/RpdPUL5h76</a> or contact Ruairi for more information on 046-9067337

#### **Multi-Sport Activity Days**

Coming in August 2022, will be our countywide Multi-Sport Activity Days. This new and exciting programme will bring together coaches from the FAI, Meath GAA, Meath LGFA, Basketball Ireland and Leinster Rugby.

With fun being the main objective, our multi-sport activity days provides a great opportunity for participants to

try a range of sports & activities. Children from 6yrs-13yrs are welcome to take part!

Multi-Sport Activity Days will take place in August in the following locations:

- Kells
- Trim
- Oldcastle
- Bettystown
- Ashbourne



Cost: €5 per child. Keep an eye on our website and social media for more information!















## **Community Activity Programmes**



## **Community Sports Hub Navan**



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

#### Since January to June 2022, the Community Sports Hub Navan has delivered:

- ⇒ 19 programmes in 10 different locations to 884 participants
- ⇒ Programmes are made up of 6 week blocks
- ⇒ 7 partner agencies & 10 coaches helped in the delivery of those programmes

#### Our Summer Community Sports Hub Navan programme for children aged 5-12yrs includes:

#### Multi-Sport Camp (3 days)

Johnstown, Navan
 Tuesday 12<sup>th</sup>—Thursday 14<sup>th</sup> July at
 10am-12pm (Strictly for residents of Boyne View/Prior/Millbrook & Spire View Estates)

2. Windtown, Navan
Tuesday 26<sup>th—</sup>Thursday 28<sup>th</sup> July at
10am-12pm in Blackwater Park

# Mini Olympics Camp Claremont Stadium, Navan





Tuesday 9<sup>th</sup> August -Thursday 11th August 10am-12pm

\*Places are limited. Booking is essential. Register at: <a href="https://www.meathsports.ie/community-sports-hub-navan/">https://www.meathsports.ie/community-sports-hub-navan/</a>

Check out our Facebook page – <u>Community Sports Hub Navan</u> for more information. If you have any queries please contact Una Pearson on 046-9067337 or email <u>upearson@meathcoco.ie</u>













## **Women in Sport**

# HER Outdoors Week (Aug 8<sup>th</sup> – 14<sup>th</sup>)

HER Outdoors is back with a HOST of new outdoor initiatives for women and girls. Our week-long agenda will be jam packed with loads of exciting new opportunities for you to try so whether you are aged 8 or 80, we will have something to suit you!

DATE FOR YOUR DIARY!

Activities provided will allow girls and women of all ages to Come 'n Try a variety of outdoor sports.

Some of our activities will include:

- Canoeing
- Paddle Boarding
- Orienteering
- Beach Volleyball
- Hill Walking
- Hiking
- Outdoor Zumba Dance
- Lots more!





## **Orienteering for Mothers & Daughters**



## Wednesday 10<sup>th</sup> August at 6pm in Blackwater Park, Navan

Orienteering is a fantastic outdoor activity that combines running/walking with navigation (traditionally using a

map and compass). Participants use their speed and coordination to locate a number of flags located around a course in the shortest time possible.

There is both a short and long course available which can both be completed as fast as possible or in your own time. Meath LSP in collaboration with Irish Orienteering have mapped out Blackwater Park in Navan.



Women & Girls or Mothers & Daughters are invited to attend

this Orienteering event! If you are interested in booking a place, please contact Una at upear-son@meathcoco.ie or call 046-9067337.

Keep an eye on social media and our website for more details on HER Outdoors Week!



## **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 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 to take part in this initiative please contact Lisa at lodowd@meathcoco.ie or call 046-9067337.

#### 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 of all ages (18yrs+) and fitness levels and will be delivered by qualified coaches. **Cost is €20 for 6 weeks.** 



See below for details:

Venue	Date	Time	Registration
Athboy	Monday 20 <sup>th</sup> June	7pm-8pm	lodowd@meathcoco.ie
Colaiste na hInse Bettystown	Wednesday 22 <sup>nd</sup> June	7pm-8pm	eccbasketballregistrar@gmail.com



#### **Women in Sport**



## **Ladies Social Tag Rugby**

Meath LSP and Navan RFC are collaborating once again to bring you a 6-week Ladies Social Tag programme! Suitable for women of all ages and fitness levels.

wanted to give Tag Rugby a go, come and join us for this 8 week programme.

This programme is ideal for complete beginners and those with previous rugby experience.

This programme is non-competitive, relaxed, fun and is a great way to gain fitness and learn a new skill without the rough and tumble of regular rugby! If you have always



#### Date: August (Date TBC)

More details and registration will be available in July. If you are interested in attending this programme please email Lisa at lodowd@meathcoco.ie or call 046-9067337.

#### **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.

For more information or to register your interest in attending future courses please contact Una Pearson at 046-9067337 or email <a href="mailto:upearson@meathcoco.ie">upearson@meathcoco.ie</a>



Basketball

#### Youth / Teens

## Social Basketball for Youth aged 10-16yrs

Following on from the success of the Social Basketball for Youth in Ashbourne, Bettystown and Dunboyne, we are delighted to extend our programme in Dunboyne for the Summer months.

We will recommence roll out of the programme in September in Ashbourne and other venues in Meath as demand increases.

The 6 week programme suits everyone who has an interest in developing their basketball skills. The programme will be delivered by qualified basketball coaches. **Cost is €20 for 6 weeks.** 

Venue	Start Date	Time	Registration
<b>Dunboyne Community Centre</b>	Tuesday 21st June	5pm-6pm	lodowd@meathcoco.ie

## **Basketball Summer Camps**

**NEW** Basketball Ireland Summer Camps are taking place in a few venues across Meath over the coming months. Open to children/teens aged 9-15yrs who have an interest in learning to play basketball or those wishing to improve their basketball skills.

Our qualified coaches are on hand to cater for all levels, ensuring everyone has 3 fun-packed days!

#### **Ashbourne Camp:**

Venue: Ashbourne Community Centre

Dates: 27<sup>th</sup>—29<sup>th</sup> July
Times: 10am-2pm

• Cost: €65

Ages: 9–15 year old boys & girls

#### **Trim Camp:**

Venue: Aura Leisure Centre Trim

• Dates: 9<sup>th</sup>—11<sup>th</sup> August

Times: 10am-2pm

Cost: €65

Ages: 9–15 year old boys & girls

Booking is essential – places are limited.



To reserve a place email Ciaran at cmcgroggan@basketballireland.ie or text 086-0835415.



#### Youth / Teens

## Junior Leader Award for Teens (Players/Athletes)

SLC



Meath LSP would like to introduce a new programme specifically developed for young club player/athletes to become more actively involved within their own team, club or organisation.

Junior Leader Award is a comprehensive training initiative for young player/athletes to empower them with the confidence and self-esteem to become more active within their team and club setting. This is a practical workshop that is interactive and fun and equips young player/athletes with the knowledge and skills to become leaders.



The programme can be delivered similar to a Teen Sports Camp with the added benefit of players/athletes experiencing a wide range of knowledge such as: communication, teamwork, problem solving and programme planning. This programme provides young learners with the confidence to plan, develop and lead physical activities to teams and groups.

This all-inclusive programme incorporates:

- Junior Leader Award
- Sports First Aid (optional)
- CARA Ireland Disability Awareness training (optional)

On completion, each participant receives a certificate for each module and also a Sports Leader Manual. The Junior Leader programme can be used to build relationships among teams and also create a pathway for young players and athletes to become more involved in club development/management, taking on

Sene Naoupu (Ireland Women's Rugby Union International) sharing her experiences with girls from Navan RFC & Skryne Tara Soccer Club as part of the Junior Leader Training for Clubs.

roles such as junior/assistant club coaches, officials and junior administration committee members.

The Junior Leader Award is a certified course providing the ideal starting point for learners aged 14+ years who wish to develop their leadership skills, whilst under the direct supervision of a tutor.

The syllabus is designed to develop confidence and leadership skills that can be applied to a variety of sports and recreational situations as well as contributing to the personal development of the learner. It has a multi-sport approach where learners are introduced to a wide variety of generic and sport specific games and activities.

The workshop is delivered over 3/4 days depending on the modules included. This programme is available to all clubs in Meath, use of club facilities is required. Fees start at €30 per person.

If your club would like to book this course or if you require any further information please contact Lisa O'Dowd at lodowd@meathcoco.ie or 046-9067337.



#### **Schools Section**

#### **Primary School Report**

Since January 2022, Meath LSP have successfully partnered with Basketball Ireland, Irish Olympic Handball Association and Cricket Leinster to deliver three new school initiatives into Primary Schools in Meath.

- Basketball
- Olympic Handball
- Cricket

All of our school programmes include three main elements:

- Teacher Training to provide sustainability and ensure specific sport is included in school PE curriculum
- Equipment and resources to ensure the school has all the necessary resources to roll out the programme
- Blitz Event to bring schools together to practice and show case their new-found skills

In September, Meath LSP will be offering two more high quality school programmes: Futsal & Badminton!

If your school would like the opportunity to take part in one of these exciting new programmes please contact Lisa at lodowd@meathcoco.ie or call 046-9067337.

45 Primary Schools took part





486 pupils participated





#### **Outdoor Activity Day**

Meath LSP would like to invite Adults 55yrs+ to our FREE Outdoor Activity Day. There will be three activities to enjoy on the day:



- Petanque adapted game of bowls
- Pickleball adapted game of tennis/badminton
- Pitch and Putt hole in 1 competition

This will allow all older adults to try new activities and re-engage with other older adult groups such as active retirements, Irish Country Women's Association, Men's Sheds and other older adult groups.

Date: Wednesday 13th July

Venue: Trim GAA

**Time:** 11am -12:30pm

\*You do not need to be part of a group to participate. If you are interested, please contact Luke on 046-9067337 or email <a href="mailto:luke.condie@meathcoco.ie">luke.condie@meathcoco.ie</a>

#### Walk n Tone -

#### Gentle exercises for over 55's

Our 6 week Walk n' Tone programme for adults 55+ returns in July!



Qualified tutors will lead participants through 30–45 minutes of gentle exercises and walking in the outdoors. The blended mix helps to improve strength, balance and cardiovascular system.

Area	Date	Time	Meeting Point
Oldcastle	12 <sup>th</sup> July	11am	Oldcastle GAA
Trim	13 <sup>th</sup> July	11am	Porchfields
Stamullen	18 <sup>th</sup> July	11am	St. Patrick's GAA

Places are limited. Booking essential. **Cost is €20 for 6 weeks**. To register or more information contact Luke at <a href="mailto:luke.condie@meathcoco.ie">luke.condie@meathcoco.ie</a> or call 046-9067337.



## **Chair Yoga**

Chair Yoga can help loosen and stretch muscles, reduce stress, and improve circulation—all from the comfort of your chair!

If you struggle with flexibility, chair yoga is the class for you! The classes are a combination of breathing exercises with yoga poses which are all easy to replicate at home. **Cost is €20 for 6 weeks.** 



Area	Date	Time	Meeting Point
Oldcastle	5 <sup>th</sup> July	11am	Showhall
Dunboyne	8 <sup>th</sup> July	11am	Dunboyne Community Centre

To book a place please contact Luke at 046-9067337 or email luke.condie@meathcoco.ie

#### **Outdoor Bowls**

Meath LSP invites the older adults of Meath to participate in our Outdoor Bowls League in August!

The Outdoor Bowls League commences on Monday 8<sup>th</sup> August at 11am and will run for four Mondays until 29th August.



Venue: Aura Leisure Centre, Trim.

Teams will consist of 3 members (trips).

To book a place in the tournament please complete the following:

- 1. Contact Luke on 046-9067337 or email luke.condie@meathcoco.ie
- 2. Give the list of players' names from your group.
- 3. Grade each player is the player experienced or a beginner.

<u>Please note:</u> All players must be booked in by 25<sup>th</sup> July in order to participate.

If you have any queries please contact me at 046-9067337 or email <a href="mailto:luke.condie@meathcoco.ie">luke.condie@meathcoco.ie</a>



## Petánque

Come and Try Petánque! This is another game that falls into the category of boules sports. This is an outdoor game but can be played on almost every terrain and by every ability.

Meath LSP will pilot the game in 3 areas in Meath: Oldcastle, Piltown & Navan.



To book your **FREE** taster session please contact Luke on 046-9067337 or email <a href="mailto:luke.condie@meathcoco.ie">luke.condie@meathcoco.ie</a>

Area	Date	Time	Location
Oldcastle	5th July	11am	Oldcastle GAA Millbrook
Piltown	6th July	11am	St. Colmcille's GAA
Navan	7th July	11am	Blackwater Park

## Come & Try – Pitch and Putt!

This 6-week course will introduce new players to the rules, swing technique, grip technique and various types of shots (chipping, putting, hitting off a tee). The first 3 sessions of the programme will be led out by a Pitch and Putt Ireland coach.



From these sessions, participants will gain the skills and confidence to complete a round of pitch and putt.

This programme will take place in late July (Date TBC) in **Oldcastle, Dunshaughlin and Laytown.** 

If you wish to book or for more information please contact Luke on 046-9069337 or email <a href="mailto:luke.condie@meathcoco.ie">luke.condie@meathcoco.ie</a>





#### **Pickleball**

Well done to all who participated in our Pickleball taster session in May in Trim GAA. It was great to see everyone enjoying themselves with this new sport. Pickleball is an adapted game of tennis, badminton and ping pong. Its suitable for all abilities and ages.



The rules are simple and easy for beginners to learn:

- 1. Can be played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
- 2. Is played with a paddle bat and a plastic ball.
- 3. Can be played as doubles or singles.
- 4. Can be enjoyed by all ages and skill levels.

If you would like to express your interest in future sessions, contact Luke on <a href="mailto:luke.condie@meathcoco.ie">luke.condie@meathcoco.ie</a> or call 046-9067337.



## **Keep Well**

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.



## **Inclusive Summer Camps**

These two inclusive Multi-Sport Summer Camps suitable for children with Autism or an Intellectual Disability will take place outdoors over three days this Summer and activities include: GAA, Soccer, Badminton, Hockey & Basketball.

We encourage participants' siblings to join in the camps also. All parents will be asked to remain for the duration of each day.

#### Camp 1: (5-12 year olds)

**Date:** Tuesday 19th July – Thursday 21st

July

Time: 11am- 1pm

Venue: Meath & District League Grounds

Navan

Cost: €10 per family

#### Camp 2: (13-17 year olds)

**Date:** Tuesday 2nd August – Thursday

4th August

Time: 11am- 1pm

Venue: Meath & District League Grounds Navan

Cost: €10 per family

To book a place, please contact Terry on 046-9067337 or email <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>

## **GYMABLE**—Inclusive Gymnastics Programme

Coolmines Gymnastics Club Ashbourne is recommencing with the GYMABLE programme. GYMABLE is an inclu-

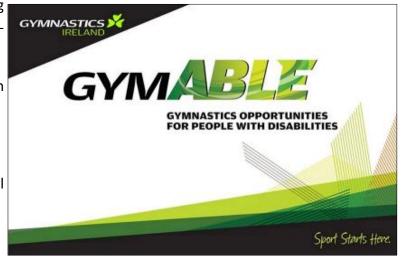
sive gymnastics programme targeted at providing gymnastics opportunities for people with disabilities.

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

#### **NEW MEMBERS ARE WELCOME!**

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







## **Inclusive Canoeing – Ribbontail Paddlers Canoe Club**

Meath LSP in association with Ribbontail Paddlers Canoe Club will hold an inclusive canoeing session aimed at children with Autism/Intellectual disability and their families.

The session will give children an opportunity to gain confidence on the water with the help of the clubs' experienced coaches. Places are limited for this session!

**Date:** Thursday 7th July **Time**: 7pm-8:30pm

Venue: Ribbontail Paddlers Canoe Club

Longwood Cost: FREE



For more information or to book please contact Terry Donegan on 046-9067337 or email <a href="mailto:tdone-gan@meathcoco.ie">tdone-gan@meathcoco.ie</a>

#### 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 four Football for All clubs established in the county. Meath LSP and the FAI Development Officer in Meath worked closely in supporting these 4 clubs:

- East Meath United
- Balrath FC
- Enfield Celtic FC
- Castlevilla FC, Moynalty

If your club is interested please contact Sports Inclusion Disability Officer Terry Donegan on 046-9067337 or email tdonegan@meathcoco.ie





## **Royal Rockets Junior Wheelchair Sports Club**

Royal Rockets is a Multi-Sport club for children with a physical disability aged 6-16years established in 2019

with the support of Meath LSP

and IWA-Sport.

The clubs' 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

## **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 the 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 at 046-9067337 or by email <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>



## **Learn 2 Cycle Athboy**

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 July 21st - August 25th

Time: 4:30pm-5:30pm

Venue: Athboy Convent Community Centre

**Cost**: **€**15



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

#### Go All Out Week 2022

Cara's Inaugural **Go All Out Week** is set to inspire people with disabilities and professionals working in the outdoor sector to understand the value and to see the opportunities that are available to them in their local communities.

Outdoor activity providers across Ireland are being asked to get involved in what is Irelands first ever Inclusive Outdoors Week to help create more opportunities for people with disabilities to be active in the outdoors.

The week is also an opportunity for people with disabilities to understand the value of participation in the outdoors and how they can access the activities and amenities locally.



If you are an outdoor activity provider anywhere in Meath and would like to get involved and register your inclusive outdoor activity/programme for Go All Out 2022, please contact Sports Inclusion Disability Officer Terry on 046-9067337 or email tdonegan@meathcoco.ie





#### Bike Week 2022



Bike Week 2022 in Meath was a great success with over 33 events (including 2 inclusive events) being held

across the county by various community groups, cycling clubs and schools!

Bike week is a celebration of all that is great about cycling and encourages a cycling culture and aims to increase the number of people cycling across Meath.

Bike Week featured a broad range of different events catering for beginners, families, children, second time around cyclists, leisure bikers, and club cyclists.

13 schools and 6 community groups and agencies ran events.

Thanks to the support from National Transport Authority & Transport for Ireland and to all the local

schools, clubs and community groups who ran and participated in events, making Bike Week 2022 a memorable one.



## 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



Calendar of Courses and Events 2022				
Activity	Date	Time	Venue	
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	Athboy Convent Community Centre	
Safeguarding 2 Club Children's Officer Training	1st September	6.30pm-9.30pm	Zoom	
Safeguarding 1 Basic Awareness in Child Protection	7th September	6.30pm-9.30pm	Zoom	
Sports Injuries First Aid Workshop	12th September	6.30pm-10pm	Claremont Stadium, Navan	
Safeguarding 1 Basic Awareness in Child Protection	6th October	6.30pm-9.30pm	Athboy Convent Community Centre	
Safeguarding 1 Basic Awareness in Child Protection	19th October	6.30pm-9.30pm	Zoom	
Safeguarding 3 Designated Liaison Person Workshop	24th October	6.30pm-9.30pm	Zoom	
Safeguarding 1 Basic Awareness in Child Protection	1st November	6.30pm-9pm	Zoom	
Safeguarding 2 Club Children's Officer Training	7th November	6.30pm-9.30pm	Zoom	
Safeguarding 3 Designated Liaison Person Workshop	17th November	7pm-8.30pm	Zoom	
Safeguarding 1 Basic Awareness in Child Protection	21st November	6.30pm-9.30pm	Zoom	
Safeguarding 1 Basic Awareness in Child Protection	30th November	6.30pm-9.30pm	Zoom	

PLEASE CHECK OUT OUR WEBSITE <a href="www.meathsports.ie">www.meathsports.ie</a> OR CONTACT OFFICE FOR INFORMATION Meath Local Sports Partnership, Town Hall, Watergate Street, Navan.

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