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View our website

<http://www.meathsports.ie>

WALKTOBER 2022



Meath LSP, Meath County Council and Meath Healthy Clubs invite you to take part in our FREE 'Walktober' Challenge.

This hugely popular programme returns for its second year with two challenges for the month of October: a **30km walking challenge & 80km walking challenge**.

Both challenges are supported with a walking calendar which includes daily targets and tips to help achieve your weekly/monthly challenge.

Our 30km challenge is designed to slowly increase your physical activity and walking levels whilst providing you with an achievable target by month end. Suitable for anyone who wants to increase their activity levels in a planned, fun and gradual way.

Our 80km challenge is great for those who are intermediate/advanced walkers and want to challenge themselves during October. This 4-week challenge is designed to challenge those who already actively take part in walking.

Walktober challenge...be part of it, all abilities and ages welcome!



Registration will open **Thursday 15th September**. Keep an eye <https://www.meathsports.ie/outdoors/walktober/>. If you have any queries please contact Luke @ luke.condie@meathcoco.ie or call 046-9067887.

Meet the Meath LSP team



Mary Murphy
Senior Executive Officer



Lynn O'Reilly
Senior Administrator



Ruairi Murphy
Programme Manager &
Sports Development Officer



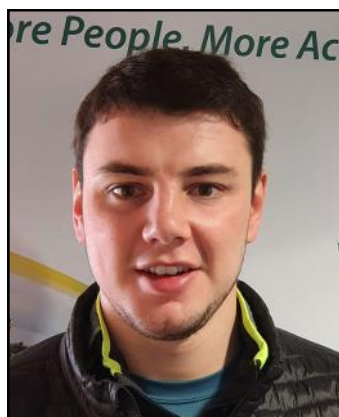
Lisa O'Dowd
Sports Development Officer
*with specific focus on Women,
Schools & Youth Development*



Una Pearson
Club & Community Sports
Development Officer



Luke Condie
Sports Development Officer
*With specific focus on Older
Adults & Walking Initiatives*



Terry Donegan
Sports Inclusion Disability
Officer



Avril Dunne
National LSP Communications
Coordinator

Community Activity Programmes

Blueway Celebration Day

Meath LSP in association with Boyne Valley Activities are hosting a **Blueway Celebration Day** on **Saturday 24th September**. The Boyne Blueway Trim is a beautiful stretch of the river Boyne which flows from Trim to Bective Mill.



Boyne Valley Activities, situated on Jonathan Swift Street in Trim, will deliver 2 sessions on the day:

⇒ **Morning Session at 10am—Beginners Come n Try Session for Adults 50yrs+**

This will be a fun morning trying out the 'Sit on top kayaks' in calm waters. Coaches will be on hand to take you through the basics and give you some tips. Participants will be on the water for 2 hours. Suitable for beginners who are confident in water.

⇒ **Afternoon Session at 2pm – Trip down the Boyne Blueway for Adults 50yrs+**



Participants will have the opportunity to paddle down the Boyne Blueway on a 'Sit on top kayak'. Coaches will guide participants down the Boyne and teach you the basics. Participants will be on the water for 2 hours. No experience needed, just a reasonable level of fitness.

For more information or to book a place contact Ruairí on 046-9067887 or email rmurphy@meathcoco.ie





Community Activity Programmes

European Week of Sport 2022



European Week of Sport takes place on **23rd-30th September**.

The week is for everyone, regardless of age, ability, background or fitness level. The aim is to inspire everyone to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more. All events and activities are FREE and will be delivered in line with the most up to date public health guidelines.

Date	Activity	Time	Location	Description	Contact	Cost
Saturday September 24th	Yoga & Dip	10:15- 11:15am	Church Road, Laytown	A relaxing Yoga Session on the beach followed by a dip in the sea	Una Pearson upearson@meathcoco.ie	€5 per participant
Saturday September 24th	Come & Try Canoeing	10am & 2pm	Boyne Valley Activity Centre	Come & Try Canoeing for Men & Women 50+	Ruairi Murphy rmurphy@meathcoco.ie	FREE
Monday September 26 th	Run Jump Throw	4pm- 5pm	Claremont Stadium, Navan	For children with a Disability	Terry Donegan tdonegan@meathcoco.ie	€10 per family for 6 weeks
Monday September 26 th	0-3k Walk to Jog programme	7pm- 8pm	Enfield GAA grounds	Adults 18+ Suitable for complete beginners	Lisa O Dowd lodowd@meathcoco.ie	€20 for 6 weeks
Tuesday September 27 th	Run Jump Throw	5pm- 6pm	Athboy Convent Community Centre	For children with a Disability	Terry Donegan tdonegan@meathcoco.ie	€10 per family for 6 weeks
Tuesday September 27 th	Youth Social Basketball	5pm- 6pm	Dunboyne Community Centre	Children & Teens 10-16yrs	https://eventmaster.ie/event/86Ans7qTV1	€20 for 6 weeks
Wednesday September 28 th	Run Jump Throw	5pm- 6pm	Colaiste na hInse Bettystown	For children with a Disability	Terry Donegan tdonegan@meathcoco.ie	€10 per family for 6 weeks
Wednesday September 28 th	Active Women – Circuits	7pm- 8pm	Colaiste na hInse Bettystown	Women 18+ Suitable for complete beginners	https://eventmaster.ie/event/VBRniERTwv	€20 for 6 weeks
Thursday September 29th	Mature Movers	10am – 11am	The Venue - Ratoath	Chair based exercise class	Luke Condie Luke.condie@meathcoco.ie	€5 per person
Thursday September 29th	Run Jump Throw	5pm- 6pm	Dunshaughlin Community Centre	For children with a disability	Terry Donegan tdonegan@meathcoco.ie	€10 per Family for 6 weeks
Thursday September 29 th	Pickleball	11am- 12pm	Trim GAA	Adapted game of badminton, ping pong & tennis	Luke Condie Luke.condie@meathcoco.ie	€5 per person
Friday September 30 th	Mature Movers	10:30a- 11:30am	The Venue Ratoath	Chair based exercise class	Luke Condie Luke.condie@meathcoco.ie	€5 per person

Community Activity Programmes

0-3k Programmes return for Autumn/Winter!

The 0-3k Walk to Jog programme kicks off again this September! This popular 6-week programme is open to both men and women and suited for walkers who would like to increase to jogging fitness or for those returning to running after an absence.

This programme will guide you step by step for 6 weeks making the transition from walking to jogging easy and fun. It is available to anyone who wants to increase their daily activity and is suitable for both MEN and WOMEN over 18yrs+ and all fitness levels. We are collaborating with local athletic clubs and the training is led by qualified coaches. Past participants and those returning to running after an absence are also welcome.

Club	Meeting Point	Start Date	Time	Registration
Tara AC	Ross Cross, Skryne	Monday 26 th September	6.30pm	https://eventmaster.ie/event/99dDIw5HWJ
Navan AC	Claremont Stadium, Navan	Monday 26 th September	7pm	https://eventmaster.ie/event/mwlzUyVFM8
Na Fianna AC	Enfield GAA grounds, Enfield	Monday 26 th September	7pm	https://eventmaster.ie/event/j3Y1tE0TBz
Kells AC	Meeting at Fair Green, Kells	Monday 26 th September	7pm	https://eventmaster.ie/event/L8Rncp3H76
Trim AC	Meeting at Supermacs, Trim	Wednesday 28 th September	7pm	https://eventmaster.ie/event/plARhvyTy0

Cost is €20 for 6 weeks. Booking is essential. For more details see <https://www.meathsports.ie/women-in-sport/0-to-3k-3-5k-running-programmes/>



Community Activity Programmes

Multi-Sport Activity Days

In October 2021, Meath County Council (MCC) funded development officers from 5 NGB's (FAI, Meath GAA, Meath LGFA, Basketball Ireland and Leinster Rugby) agreed with Meath LSP to pilot Multi Sport Days in 5 areas around the county:

- Navan
- Ashbourne
- Oldcastle
- Trim
- Bettystown



The aim of this new initiative was for the MCC funded development officers to collaborate and give children aged 6 to 13 years old the opportunity to participate in each of the 4 sports in one day.

In August 2022, Meath LSP organized the programme in conjunction with the NGB development officers to great success. In the 5 areas 257 children aged 6 to 13 years old (158 boys, 99 girls) took part in the multi-sport days.

Club Engagement

Meath LSP also engaged with 3 club coaches to deliver the multi sports days in Trim, Bettystown and Ashbourne. Trim Celtic, East Meath United FC and Stamullen FC provided very experienced soccer coaches to assist with the activity days.



Parents comments

Parent from Navan: "The kids really enjoyed the day, great fun and was well organised"

Parent from Oldcastle: "Great to have something like this in Oldcastle, hopefully there is more of it"

Parent from Ashbourne: "Brilliant day, kids loved it!"

Coaches comments

Soccer coach: "Great to be part of this programme with other sports, children greatly benefited from it"

Basketball coach: "The children in each area seemed to really love trying new sports, great opportunity for them"



Basketball Ireland



comhairle chontae na mí
meath county council

Community Activity Programmes

Meath Running Group

Meath Running Group is now entering its final block of the year. The runners are getting ready for half and full marathons in October.

Our final block will focus on improving speed and middle distance running with our coach Paul McGee.

New joggers/runners are welcome to join our new block which starts **Wednesday 14th September** at **7.30pm** in **Blackwater Park, Navan** (6 week block). Cost is €30 for 6 weeks.

To register a place please contact Ruairi on 046-9067887 or email rmurphy@meathcoco.ie



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.

Sessions commence on dates below!

Ashbourne: Wednesday 21st September at 8pm
in Ashbourne Community School Sports Hall.

Navan: Thursday 22nd September at 7pm in
Claremont Stadium.

Bettystown: Wednesday 5th October at 8pm,
meeting at Colaiste na Hinse.

Oldcastle and Dunboyne groups will commence
mid October!



For more information or to book please call Ruairi on 046-9067887 or email rmurphy@meathcoco.ie

Community Activity Programmes

GAA for Dads & Lads



Meath GAA in association with Meath LSP will be delivering Dads and Lads programme around the county in **2022!** '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 046-9067887 or email rmurphy@meathcoco.ie



Social Basketball for Men

Meath LSP is delivering a new basketball programme for men with the main emphasis on participation, fun and fitness!

In a fun and social setting, men will have the opportunity to learn the key basketball skills, get a bit fitter and have the craic!

The 6-week programme is suitable for complete beginners and those with previous experience. It is inclusive of all ages and fitness levels and will be delivered by qualified coaches.



This is an ideal opportunity to try a new sport or revisit a sport that you previously enjoyed. It's all about playing basketball for fun and fitness and maybe even making new friends along the way. Why not come and try basketball in this non-competitive setting whilst having the expert knowledge of a qualified coach/tutor?

The programme starts on Wednesday 28th September at 7pm in Colaiste na hInse, Bettystown. The cost is €20 for 6 weeks.

If you are interested in taking part, please contact Ruairi on 046-9067887 or email rmurphy@meathcoco.ie



Community Activity Programmes



Community Sports Hub Navan

4 Week Community Activity Programmes

October 2022—All programmes are FREE



Programme	Description	Time	Venue	Age	Dates
MONDAY					
Tag Rugby	Come & Try Tag Rugby	4:30-5:30pm 5:30-6:30pm	Scoil Naomh Eoin	6-9yrs 9-12yrs	Mon 3 rd – 24 th October
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	Monday 19 th September – 24 th October *Book via email only*
TUESDAY					
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	Tues 4 th – 25 th October
'Walktober' Adventure Walk	Come & Try the Adventure walk app for Children in Blackwater Park	5-6pm	Blackwater Park	6-12yrs	1 session only Tuesday 11 th October
WEDNESDAY					
Futsal	Come and Try fun football sessions – a mixture of indoor and outdoor	4:30-5:30pm 5:30-6:30pm	Scoil Naomh Eoin	6-9yrs 9-12yrs	Tues 4 th – 25 th October
Active Women	Exercise based activity for women, a mixture of circuits and different exercises along with some light walking and jogging	7-8pm	Venue TBC	Over 18	Wed 5 th – 26 th October
THURSDAY					
Fit Dance 4 Kids	A fun dance class comprising of a variety of dances e.g contemporary, latin, cheet, ballroom etc	6-7pm	Claremont Stadium hall	6-12yrs	Thurs 6 th – 27 th October
SATURDAY					
Family Multi-Sport Activities	Fun 2-week Multi-Sport Activities for parents/ guardian and children to enjoy together e.g., Rounders, Obstacle course, Orienteering etc.	11am – 12pm	Blackwater Park	5-12yrs Children, Adults 18+	2 sessions only Sat 8 th & 15 th October

Spaces are **LIMITED** and will be on a **first come basis!** Registration is mandatory for all programmes.

Register at: <https://www.meathsports.ie/community-sports-hub-navan/>

Please note, your child does not have to attend the school to attend a programme there. For further information on Community Sports Hub Navan, please contact Paul at cshfacilitatornavan@gmail.com

Another block of programmes will be available in November, details to follow.



Community Activity Programmes

Community Sports Hub Navan



Halloween Camps

Would you like your child to take part in fun multi-sport camps throughout the school holidays?

Check out the times and venues below where children aged 5-12 can be active and take part in a variety of sports and activities. Registration links are available under each camp details.

Multi-Sport Halloween Camp – Claremont

Date: Tuesday 1st – Thursday 3rd November

Time: 12pm-2pm

Venue: Claremont Stadium, Navan

Activities: A variety of different sports e.g.,
Soccer, Rugby, Cricket, GAA

Register at:

<https://eventmaster.ie/event/j3PocE0TBz>

Multi-Sport Halloween Camp - Windtown

Date: Tuesday 1st – Thursday 3rd November

Time: 9:30am – 11:30am

Venue: Blackwater Park, Navan

Activities: A variety of different sports e.g.,
Soccer, Rugby, Cricket, GAA

Register at

<https://eventmaster.ie/event/L8AZtp3H76>



For any other queries please contact Paul at cshfacilitatornavan@gmail.com or call 046-9067887.

Training & Education

Community Coaching Programme

Meath LSP are delighted to announce the return of our hugely successful Community Sports Coaching programme in November 2022!

The aim of the Community Sports Coaching Programme is to develop the skills of community leaders, coaches and club representatives through the provision of education and training inclusive of the following qualifications:

- National Governing Body (NGB) of Sport awards (GAA dual foundation, FAI Kick start 1& 2, Athletics leaders award, Volleyball, Olympic Handball and Basketball introductory award).
- Community awards (Community Walking leader, Sport Ireland Active Leadership, Safeguarding 1 & 2, Sports Injury First Aid, Disability Inclusion training)

Past participants of the programme have progressed as coaches within their clubs, some used the qualifications to progress to 3rd level education, while others gained employment within the LSP network, with NGB's and with community groups.

Find out what some past participants thought about this program: <https://youtu.be/M9PmHVF6Wb0>

For more information contact Ruairí Murphy on 046-9067887 or email rmurphy@meathcoco.ie



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 10th October, 6.30pm-10pm** in **Claremont Stadium, Navan**. To book a place, please email Lynn at lynn.oreilly@meathcoco.ie

Training & Education

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 best optimise children's enjoyment, participation and positive outcomes.

The concepts 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. Workshop details:

Workshop 1: Coaching Children Successfully in Sport - An Introduction for Coaches

Workshop 2: Child-Centred Coaching - Understanding child development & learning & its impact on how we coach

Workshop 3: Developing Physical Literacy through Sport 1 - Coaching Children to Move

Workshop 4: Developing Physical Literacy through Sport 2 - Coaching Children To Think

Workshop dates:

Workshop 1: Tuesday 8th November, 6:30-9:30pm

Workshop 2: Thursday 17th November, 6:30-9:30pm

Workshop 3: Thursday 24th November, 6:30-9:30pm

Workshop 4: Tuesday 29th November, 6:30-9:30pm

***Attendance at all four workshops is compulsory for certification**

Cost of workshop: €40

Register at: <https://eventmaster.ie/event/E2jrC4EF74>

For more information contact Una Pearson at 0469067887 or email upearson@meathcoco.ie

"My coaching style has changed to reflect a player-centered approach, it's the reminder to keep coming back to this and keep asking myself – how is this benefiting the child".





Training & Education

Physical Literacy Workshop



Physical literacy is defined as *"the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life"*

Physical literacy is the foundation for lifelong involvement in physical activity according to the Lifelong Involvement in Sport & Physical Activity (LISPA) model. Sport Ireland Coaching has developed a course to give participants the opportunity to develop their knowledge and understanding of physical literacy.

This module is an interactive 3 hour workshop which will enable participants to:

- Outline the origins, definition, elements, relationship between the elements and importance of physical literacy
- Explain whether individuals can be described as 'physically literate' and whether physical literacy can be assessed

Next Workshop:

⇒ **Thursday 1st December, 6.30pm-9.30pm online via Zoom.**

Register at: <https://eventmaster.ie/event/G9DxukKtpd>

For more information about the Physical Literacy Workshop course contact Una Pearson at 0469067887 or email upearson@meathcoco.ie

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.



Starting on Monday 12th September at 7pm in Buvinda House, Navan. Limited places remaining.

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!

Register at: <https://eventmaster.ie/event/zb1PHPYSQJ>. For more info contact Lisa at lodowd@meathcoco.ie

Socia-Ball (Social Basketball for Women 18yrs+)

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.



Venue	Date	Time	Registration
Ashbourne	Wednesday 21 st September	7-8pm	https://eventmaster.ie/event/W913i65i0j
Colaiste na Hinse Bettystown	TBC	TBC	eccbasketballregistrar@gmail.com

Women in Sport



HER Outdoors Week (Aug 8th – 14th)

Meath LSP once again rolled out a variety of outdoor programmes to celebrate Sports Ireland Her Outdoors Week. The week-long programme of events took place from **8th – 14th August** with 9 events taking place across Meath. 127 women and girls took part in activities below:

- Paddlesports for Women
- Nature Walks
- Wheelchair Orienteering
- Yoga & Dip
- Ladies Social Tag Rugby
- Social Volleyball for Women
- Beach Orienteering
- Women on Wheels

The first event was **Paddlesports for Women** which took place in collaboration with **Ribbontail Paddlers Club in Longwood**. This taster programme for women was suitable for all ages and provided the opportunity for participants to try out kayaking and paddle boarding.

This was followed by the start of a 4-week **Nature Walks programme for Over 55's** in Balrath Woods which was led by a qualified

leader and provided a great opportunity for women to connect with nature while enjoying the company of others.

Wheelchair Orienteering was held in Blackwater Park and had young people from 6 years of age with a disability taking part alongside their families. The accessible course also included a virtual app that can be accessed at any time.

Meath LSP partnered with **Navan Rugby Club** to roll out another successful 6-week **Ladies Social Tag Rugby programme**. This programme has 28 women taking part at present with some planning to join the club once the programme ends. Another popular programme was **Social Volleyball for Women** that took place on Bettystown Beach. The sun, sea and sand made the ideal backdrop as Volleyball Ireland delivered the 2-hour programme.

Meath LSP recently linked with Orienteering Ireland to map the Laytown/Seafeld area for **Beach Orienteering**. This map is now available both on hard copy and also on the Map Run virtual app which are both accessible on our website www.meathsports.ie. Thanks to all who took part along with our coaches and clubs involved!



Women in Sport

Active Women—Circuits, Bettystown

Active Women “Tone Up – Increase Fitness” programme is an all-inclusive evening programme for Women who want to tone up and increase their fitness.

The 6-week indoor body workout will strengthen and tone to help maintain a healthy body and mind.

Using a variety of core and body strengthening exercises, this new class is suitable for women of all ages and fitness levels, especially complete beginners.

Cost is €20 for 6 weeks.

Starting 21st September at 7pm in Colaiste na Hinse, Bettystown.

Register at: <https://eventmaster.ie/event/VBRniERTwv> or for more information email Lisa at lodowd@meathcoco.ie



Netball for Women and Girls 12+

Netball for Women and Girls 12+ starts back in Drogheda Grammar School this autumn with Boyne Netball Club. New members and players welcome.



Learn the skills of Netball without the pressure of competition and fall in love with the game while keeping fit and healthy. No previous experience required.

Start Date	Time	Venue	Contact
Monday 19 th September	6-8pm	Drogheda Grammar School, Mornington	boynenetball@gmail.com



Youth / Teens

Hockey for Girls (10-16yrs)



Have you ever wanted to try Hockey or would your daughter like to Come & Try Hockey?

Meath LSP & **Navan Hockey Club** are delivering a NEW Hockey for Girls (10-16yrs) programme starting **Wednesday 14th September @6pm on the Hockey Astros at Aura Navan Leisure Centre.**

This 4-week Come & Try is suitable for complete beginners and all fitness levels! Cost is €10 for 4 weeks and all participants receive free bag and shin guards. Places are limited.

Register at: <https://eventmaster.ie/event/L8rwTp3H76> or for more information contact Lisa at lodowd@meathcoco.ie



Social Basketball for Youth

Meath LSP and Basketball Ireland return for another Youth Basketball programme in Ashbourne and Dunboyne. This 6-week programme is specifically aimed towards 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	Date	Time	Registration Link:
Ashbourne	Wednesday 21 st September	5.45pm	https://eventmaster.ie/event/0jW2tzqsA1
Dunboyne Community Centre	Tuesday 25 th September	5pm	https://eventmaster.ie/event/86Ans7qTV1

Any queries please email Lisa at lodowd@meathcoco.ie

Schools Section

Badminton School Programme

Meath LSP and Badminton Ireland have teamed up to roll out a new Schools Badminton Programme for Autumn 2022. The programme will operate for a limited number of Meath schools/inclusion groups between September and December 2022. Elements of the programme include:

- Teacher Training
- Badminton Kitbags with 30 rackets & shuttles
- Lesson Plans
- Badminton School Blitz



The aim of the programme is to introduce children of all ages (Boys, Girls & Mixed) to Badminton in a supportive, structured, social and enjoyable environment. In return for full commitment to the programme, each school will receive:

- **Teacher Training (Shuttle Time Course Qualifications)**
- **FREE Badminton Kitbags**
- **Coaching Resource Packs / Lesson Plans, and FREE Entry** to the inaugural Schools Social Badminton event or the Inclusion Social Badminton event which will take place in December 2022.

The Shuttle Time will be scheduled to take place either the week of the 19th September 2022.

⇒ This programme is valued at over €500 per school and is heavily subsidised by Badminton Ireland and the Meath LSP. The **programme will cost each school €50** to take part in, which will be payable upon acceptance to the programme.

Meath LSP are currently looking for expressions of interest from primary schools in Meath for this programme.

Cost is €50 per school.

If your school would like to participate in this initiative, please contact us at lodowd@meathcoco.ie



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Schools Section

School Volleyball Programme



Volleyball is a fast-growing popular sport for children and young people. Meath LSP and **Volleyball Ireland** are collaborating to introduce a new Schools Volleyball programme for 5th/6th primary school pupils and 1st/2nd secondary school pupils. This new programme will include teacher training, programme plans, resources & equipment cumulating in a blitz event for all schools taking part.

The teacher training workshop aims to give teachers the techniques, teaching methods and confidence to introduce this game to their pupils irrespective of any previous experience in the sport. It has proven to be an outstanding success in bringing fun and enjoyment to the children who have been introduced to it.

Each participating school will receive a 4-week programme plan to prepare students from both primary and secondary schools. This comprehensive programme covers all aspects of training young people to play Volleyball.



At present we are seeking primary and secondary schools in East Meath to take part in this initial programme.

If your school is interested please contact Lisa at lodowd@meathcoco.ie

Active Parents

A new initiative for parents of school-going children!

The Active Parents programme is a new initiative for parents of school going children. It provides the ideal opportunity for parents to participate together in a variety of physical activities which start just after school drop on

the school grounds. The programme promotes positive working relationships between parents/children and schools.



Active Parents is a three-way initiative between schools, parents and Meath LSP. The school provides the hall, Meath LSP provide the tutor and parents contribute a small fee for the 6-week programme. Each activity will take place for 1 hour each week for a period of 6-weeks. The activities we have on offer are GetActive/StayFit, Dance, Pilates, Yoga and Kickboxing. Expressions of Interest must be made through the school.

If your school would like to be a part of this initiative please contact Lisa O'Dowd @046-9067887 or lodowd@meathcoco.ie

Schools Section

Sports Leader Training

Sports Leader is a comprehensive training initiative for students/players to learn the necessary leadership skills and empower them with the confidence and competence to plan, develop, lead and evaluate physical activities to teams and groups.



- Sports Leader is a certified course providing the ideal starting point for learners aged 15+ years who wish to develop their leadership skills, whilst under the direct supervision of a tutor.
- The syllabus is designed to develop confident 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 practical approach where learners are introduced to a wide variety of games and physical activities which is both practical and fun for the learner.

On completion each student receives a certificate and a Sports Leader Manual. The Sports Leader programme can be used to build relationships among teams/classmates and also create a pathway for young people to become more involved in school and team initiatives. It is also an ideal introduction for students who wish to pursue studies or a career in sport.

Course description:

- ⇒ 3 days (18 hours) and can be delivered consecutively or spread over weeks.
- ⇒ The use of a PE hall is required otherwise a class room and an outdoor court area (weather permitting).
- ⇒ On completion each student/player receives a certificate and Sports Leader manual.

*"I never really liked sport before, but here I got to try out loads of different kinds of sports and I really like some of them, like Tennis and Badminton. I am going to try and join a club. It was also great fun, the best programme in TY by far" **Student 2022***

So far this year over 130 students have received the Sports Leader Award in Meath!

Feedback from teachers:

"You can see a difference in the kids that take part in this programme, they are much more open to new experiences and also volunteer more to help out at school events, which is great for them and for us, as teachers".

If your school is interested in taking part in this training initiative please contact Lisa O Dowd at lodowd@meathcoco.ie or call 046-9067887.

Older People

Indoor Bowls League

Meath LSP invites older adults groups to participate in our Indoor Bowls League starting **1st week in November.**

Teams will play in trips (3 members)



This league provides enjoyable social interaction, fun and activities.

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

1. List the players' names from your group.
2. Grade each player – is the player experienced or a beginner.
3. Contact Luke at luke.condie@meathcoco.ie or 046-9067887 with your list of names.

Dance for Life (50+)

Meath LSP is delighted to announce that Dance for life 50+ is back!

This is a 6 week programme for adults 50+. Programme includes various types of line dances such as slow waltz, cajun skip and many more!



Ideally suited for older adults as it provides social interaction whilst improving many health benefits. It will help improve balance, agility, strength and flexibility. Cost is €30 for 6 weeks.

Area	Date	Time	Venue
Oldcastle	27th September	10:30am	Showhall
Wilkinstown	27th September	12:30pm	Community Centre
Kells	20th October	10:30am	Eureka House

If you would like to take part, please contact Luke at luke.condie@meathcoco.ie or on 046 9067887. Spaces are limited so make sure you don't miss out!

Older People

Fitness Made Easy – Navan

This FREE 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 led 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

Starting on **Wednesday 9th November at 11am** in **Club Active, Carriage Road, Navan**.

Spaces are limited so **BOOKING is ESSENTIAL**. To avail of this offer please contact Luke Condie at 046-9067887 or email luke.condie@meathcoco.ie.

Circuits for Over 50's

Circuits for Over 50's is a physical activity programme which includes exercises to improve strength, mobility and fitness.

The programme for adults (50+) is circuit based i.e. there are 10 stations with body weight exercises and game based activities. The physical activity session will be led by a tutor for 1 hour per week.



Cost is €30 for 6 weeks.

See venues below:

- **Trim:** Monday 10th October at 11am in Trim GAA
- **Navan:** Wednesday 12th October at 11am in Claremont Stadium

For more information, please call Luke on 046-9067887 or email luke.condie@meathcoco.ie



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.

Area	Date	Time	Location
Duleek	08/09/2022	12pm	Courthouse Duleek
Navan	19/09/2022	10am	Claremont Stadium
Donore	19/09/2022	2pm	Donore Parish Hall
Piltown	19/09/2022	11:30am	St. Colmcille's Gaa
Athboy	20/09/2022	12pm	St. Jame's Hall
Ballinacree	21/09/2022	10am	Balinacree Parish Hall
Trim	21/09/2022	10am	Trim GAA
Kells	21/09/2022	12pm	Eureka House
Ashbourne	21/09/2022	4:30pm	Ashbourne Community School (Mezzanine)
Ratoath	22/09/2022	10am	Ratoath Community Centre
Moynalty	22/09/2022	10am	Moynalty Hall
Dunboyne	23/09/2022	10:30am	Dunboyne Community Centre

If you would like to participate in the Mature Movers Activity Programme in your area please contact Luke Condie on 046-9067887.



Older People

Chair Pilates

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.**



⇒ **Dunboyne Community Centre on 18th October at 10.30am**

⇒ **Oldcastle Showhall on 3rd November at 6pm.**

To book a place please contact Luke at 046-9067887 or email luke.condie@meathcoco.ie

Pickleball

Well done to all who participated in our Pickleball taster session in May in Trim GAA. Pickleball is an adapted game of tennis, badminton and ping pong. Its suitable for all abilities and ages. Cost is €20 for 4 weeks.



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.

Area	Date	Time	Venue
Trim	29 th September	11am	Trim GAA
Navan	27 th October	11am	Claremont Stadium



To book a place contact Luke on luke.condie@meathcoco.ie or call 046-9067887.

Sports Ability Programme

Run Jump Throw

The Run Jump Throw programme ran over 6 weeks is aimed at children with Autism / Intellectual disability aged 5-12 years. The sessions include a variety of sports, fun games and obstacle challenges all adapted to the participants needs.

The programme aims to improve the participant's fundamental movement skills and increase their confidence in participating in regular physical activity. The involvement of siblings is encouraged during the programme.

To book please contact Terry at tdonegan@meathcoco.ie or call 046-9067887.



Area	Venue	Date	Time	Cost
Navan	Claremont Stadium	Mondays September 19 th – October 24 th	4pm-5pm	€10 per family
Athboy	Athboy Convent Community Centre	Tuesdays September 20 th – October 25 th	5pm-6pm	€10 per family
Dunboyne	Dunboyne Community Centre	Wednesdays September 21 st – October 26 th	4pm -5pm	€10 per family
Bettystown	Colaiste Na Hinse	Wednesdays September 14 th – October 19 th	5pm-6pm	€10 per family
Dunshaughlin	Dunshaughlin Community Centre	Thursdays September 22 nd – October 27 th	5pm-6pm	€10 per family

Sports Ability Programme

Inclusive Halloween Camp

Inclusive Multi-Sport Halloween Camp suitable for children with Autism or an Intellectual Disability aged 6-12 years old. The camp will take place outdoors over two days and will see a variety of sports and activities take place.

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

Date: Wednesday 2nd November –
Thursday 3rd November

Time: 11am- 1pm

Venue: St. Colmcille's GAA Piltown

Cost: €10 per family



To book a place, please contact Terry on 046-9067887 or email tdonegan@meathcoco.ie

Hockey4All – Navan Hockey Club



**Hockey
Ireland**



Meath LSP in partnership with Navan Hockey club will launch the Hockey4All programme which aims to offer young people with disabilities an opportunity to become part of the local hockey community, to keep healthy (socially, mentally and physically) and have fun in a team sport.

The club will hold a 4-week taster programme aimed at children with Autism/ Intellectual disability aged 8- 13 years. The sessions will give children the basic introduction to the skills of Hockey along with creating a fun & inclusive environment.

Date: Saturdays 1st October –
22nd October

Duration: 4 weeks

Time: 11am-12pm

Venue: Hockey Astros at Aura Leisure
Centre, Navan



For more information please contact
Terry on 046-9067887 or email tdonegan@meathcoco.ie

Sports Ability Programme

Learn 2 Cycle Ashbourne

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 September 8th - October 13th

Time: 4:30pm-5:30pm

Duration: 6 weeks

Venue: Ashbourne Community Centre

Cost: €15



To book a place, please contact Terry on 046-9067887 or email tdonegan@meathcoco.ie. Learn 2 Cycle will commence in a NEW area in Mid-October.

Sports Inclusion & Disability Awareness Training

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** webinar will be delivered online and is aimed at people who are interested in taking the first step in making their activities inclusive.

Date: Tuesday 11th October

Time: 7pm-8:30pm

Venue: Zoom

Cost: Free

For more information or to book a place, please contact Terry Donegan on 0469067887 or email tdonegan@meathcoco.ie





Sports Ability Programme

NATIONAL FITNESS DAY

2022

22nd September



*Making Your Programmes or Events
Inclusive for People With Disabilities*

Openness

Be Open and Understanding of all people with disabilities.

- Connect with disability groups and individuals with disabilities in your local area.

People

Access training for your staff and or volunteers to facilitate the inclusion of people with disabilities

- Provide professional assistance to your staff by providing training opportunities for them and also providing them with a list of key resources. Cara provide Inclusive Fitness Training that is specifically aimed at fitness managers, fitness professionals and all front of line staff.

Facilities

Review your facility/venue/equipment to make sure your organisation is more accessible

- Always ensure the environment is accessible both internally and externally to allow access to your centre, class or programme.
- Carry out a self-audit on your facilities – you can download an access audit from the Cara website – www.caracentre.ie

Activities

Develop and deliver Inclusive activities

- Ensure your class or programmes are accessible and alternative equipment or methods of teaching are available.
- Allow preparation time for both the individuals with a disability and the instructors. Providing a pre-registration allows you to gather as much information about the individuals as you can.

Promotion

Promote the inclusive nature of your activities in a variety of formats

- Promote your event or programme with positive images of individuals with disabilities using your facility or taking part in a programme.
- Ensure various methods of communication are available including induction loops, large print, braille or audio etc.

#BeInclusive #fitnessdayIRL

For more information contact Cara's National Sports Inclusion Co-ordinator, **Stephanie Mac Sweeney** at smacsweeney@caracentre.ie or call 086 0829459


www.caracentre.ie


Sports Ability Programme

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 St. Paul's NS, 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 046-9067887 or email tdonegan@meathcoco.ie



Calendar of Courses and Events 2022

Activity	Date	Time	Venue
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	Zoom
Sports Injuries First Aid Workshop	10th October	6.30pm-10pm	Claremont Stadium, Navan
Sports Inclusion & Disability Awareness Workshop	11th October	7pm-8.30pm	Zoom
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-9.30pm	Claremont Stadium, Navan
Safeguarding 2 Club Children's Officer Training	7th November	6.30pm-9.30pm	Athboy Convent Community Centre
Safeguarding 3 Designated Liaison Person Workshop	17th November	6.30pm-9.30pm	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
Physical Literacy Workshop	1st December	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: 046-9067887; Email: mlsp@meathcoco.ie