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View our website

<http://www.meathsports.ie>

## Operation Transformation National Walk Day



Meath Local Sports Partnership's Operation Motivation programme commenced on Sunday 16th January with our county walk taking place in Blackwater Park, Navan!



This walk was organised in conjunction with Operation Transformation National Walk day.

Meath LSP also supported GAA clubs in Meath who turned on their lights to provide safe walking facilities as part of Ireland Light's Up campaign. These clubs will also provide weekly walks for their community, coinciding with RTE's Operation Transformation programme!

See full list of participating GAA clubs in Meath as part of Ireland Lights Up campaign on page 2.





## Community Activity Programmes

Following on from National Walk Day, a number of GAA clubs are opening up their tracks to provide safe walking facilities to their community as part of the GAA Ireland Lights Up Campaign. See below for details:

Club	Location	Start Time	Start Date	Day
Boardsmill GAA	Kilmurray, Trim	7pm	12th Jan	Wednesday
Ballinabrackey GAA	Ballinabrackey	7pm	12th Jan	Wednesday
Moynalvey GFC	Moynalvey GAA	7pm	13th Jan	Mon & Wed
St. Brigid's GAA	Ballinacree, Oldcastle	8pm	13th Jan	Thursday
Oldcastle GAA	Millbrook, Oldcastle	6pm	17th Jan	Daily
St. Patrick's GAA	Stamullen	7pm	17th Jan	Monday
Wolfe Tones CLG	Gibbstown, Kilberry, Navan	7pm	17th Jan	Mon - Fri
Slane GAA	Slane GAA, Monknewton, Slane	7pm	17th Jan	Mon, Tues, Wed , Thurs
St. Michael's GAA	Gravelstown, Carlanstown, Kells	7pm	17th Jan	Mon & Wed
St Colmcille's Meath	Piltown, Bettystown	6pm	17th Jan	Monday, Wednesday, Friday
Kildalkey Hurling & Camogie Club	Bell View, Cill Dealgan Pitches, Kildalkey	8am-8pm	17th Jan	Daily
Kiltale GAA	Kiltale, Batterjohn	7:30pm	18th Jan	Wed & Thurs
Kilmainham GFC	Kilmainham, Kells	7pm	18th Jan	Tues, Thurs, Fri
Meath Hill GFC	Meath Hill, Drumconrath, Navan	7pm	18th Jan	Tue & Fri
Kilmainhamwood GAA	Kilmainhamwood, Kells	7pm	18th Jan	Mon-Fri
Longwood GAA	Longwood	7pm	18th Jan	Daily
Ballinlough GAA	Ballinlough, Kells	7pm	19th Jan	Wednesday
Seneschalstown GFC	Dollardstown, Beauparc	7:30pm	19th Jan	Wednesday
Syddan GAA	Lobinstown, Navan,	6pm	19th Jan	Mon & Wed
Navan O'Mahonys	Brews, Navan	7pm	19th Jan	Wednesday
Blackhall Gaels GAA	Brownstown, Kilcloon	7pm	20th Jan	Mon & Wed
Kilmessan GAA	Kilmessan	7pm	20th Jan	Thursday



## Community Activity Programmes

### 0-3k, 3-5k & 5k+ Podcast Programme

Meath LSP are once again delighted to provide the ever-popular Running Podcast Programme—**starting Mon 31st January!**

Comprising of 3 different podcasts, each 6-week guided programme is ideal for anyone who wants to start or continue running. It can be completed on your own or with a friend and is a great way to connect to a structured training session at a time that suits you best.



Each podcast programme costs €10 and once you have registered you will receive your podcast three times a week by text or email. It can be completed anywhere at any time.

**The 0-3k podcast** is specifically suited to complete beginners, starting with more walking than jogging and gradually progressing to more jogging than walking over a 6-week period.

**The 3-5k podcast** is aimed at participants who have completed our beginner 0-3k programme and for those who have some walking/jogging experience.

**The 5k + podcast** suits those with previous running experience or those who have completed the 3-5k podcast programme.

To register see: <https://www.meathsports.ie/podcast-running-series/> or contact Lisa at lodowd@meathcoco.ie.

### 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 abilities, from the complete beginner upwards.



Cost is €20 for 6 weeks. For more details and reserve a place, log on to <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:
Colaiste na Hinse, Bettystown (FULLY BOOKED)	Monday 24 <sup>th</sup> January	7pm	Please email Lisa at lodowd@meathcoco.ie for waiting list
Claremont Stadium, Navan (FEW PLACES REMAINING)	Monday 24 <sup>th</sup> January	7pm	<a href="https://eventmaster.ie/event/E1B0u4EF74">https://eventmaster.ie/event/E1B0u4EF74</a>
Summerhill Astro	Tuesday 25 <sup>th</sup> January	7pm	<a href="https://eventmaster.ie/event/e9p5HrKF8x">https://eventmaster.ie/event/e9p5HrKF8x</a>
Wolfe Tones GAA Gibbstown (FULLY BOOKED)	Tuesday 25 <sup>th</sup> January	7pm	Please email Lisa at lodowd@meathcoco.ie for waiting list

## 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.



Sessions commence on dates below!

**Navan:** Thursday 20<sup>th</sup> January at 7pm on Claremont Stadium track.

**Ashbourne:** Wednesday 26<sup>th</sup> January at 7.45pm in Ashbourne Community School Sports Hall.

**Carnaross:** Wednesday 26<sup>th</sup> January at 8pm in Carnaross GAA.

**Bettystown:** Wednesday 26<sup>th</sup> January at 8pm, meeting at Colaiste na Hinse.

**Coming Soon...NEW programmes in Summerhill and Dunboyne.**



For more information or to book please call Ruairi on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)

### 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 at the start of February:



- Bective
- Duleek-Bellewstown
- Cortown
- Donaghmore-Ashbourne
- 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.

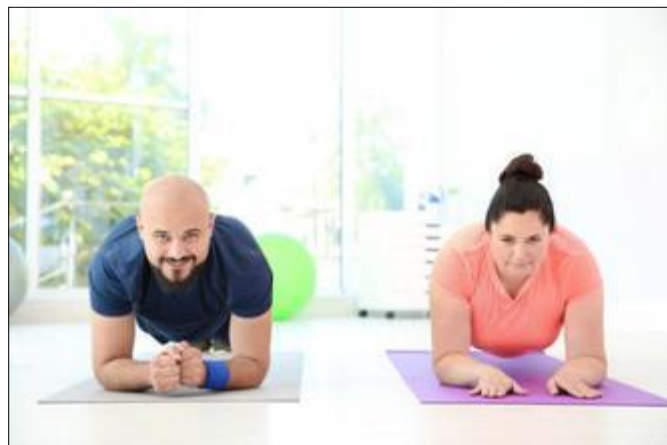
If your club would like to roll out a Dads and Lads programme or you would like to participate, contact Ruairi on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)

## Community Activity Programmes

### Fitness Made Easy

Let's get active at home with Fitness Made Easy online home circuits!

This beginners circuit class is suitable for adults 18+ with any level of physical activity! It will help you to increase your physical activity levels gradually while building strength and aerobic fitness.



Midway through the programme there will be a short Nutrition presentation on some do's and don'ts. This 4 week programme will contain with two classes per week (Mon & Wed) that will be held via ZOOM. There is no gym equipment needed! (mat & chair optional).

**Cost:** €10 for 4 week programme (8 sessions)

**Date:** Monday 7th & Wednesday 9th February at 7pm

To book contact Luke at [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie) or call 046-9067337

### Meath Running Group

Meath Running Group will start 2022 with a 6 week '**Build your Endurance**' programme which will focus on steadily improving your endurance and building a good foundation for the year of running ahead. The programme is suitable for anyone running 5k and over.



Meath Running Group – 'Build your Endurance' programme will start **Wednesday 16<sup>th</sup> February at 7.30pm in Blackwater Park, Navan.**

Our coach will guide and support you through this first block of the year.

**Block 2** will start **Wednesday 6<sup>th</sup> April at 7.30pm in Claremont Stadium** for 8 weeks – this block will focus on strength and conditioning for runners. This will make sure your body is ready to run those miles in the Summer. We will also integrate some track running into this block.

**Block 3** will start **Wednesday 1<sup>st</sup> June at 7.30pm in Claremont Stadium** – this block will speed and middle distance running for 10 weeks on the track.



If you are interested in registering for any of the Meath Running Group blocks contact Ruairí on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)





## Community Activity Programmes

LGBTQ+  
SPORTS CLUBS  
IN IRELAND 2022

#LetsGetVisible



Sporting Pride is the recognised sports association for the LGBTQ+ community in Ireland, whose mission is to inspire the LGBTQ+ community to get active.

Working closely with Sport Ireland, 60+ National Governing Bodies (NGBs), 29 Local Sport Partnerships (LSPs), third level institutions and the LGBTQ+ sport clubs profiled here, Sporting Pride aims to:

SPORTING  
PRIDE

- Increase the number of LGBTQ+ people leading active lives, and
- Promote the positive benefits of fitness and exercise to one's physical and mental health and well-being.

We want to help sporting organisations develop inclusive programmes that will continue breaking down barriers, increase participation rates and making sport in Ireland a safe and welcoming place for the LGBTQ+ community at all levels, whether players, supporters, coaches, officials or volunteers.

GET IN TOUCH WITH US TODAY!

[www.sportingpride.ie](http://www.sportingpride.ie)
[info@sportingpride.ie](mailto:info@sportingpride.ie)

BROUGHT TO YOU BY

SPORTING  
PRIDEThis project is proudly  
supported by:

## LGBTQ+ Sport Clubs 2022

Safe and welcoming spaces for  
LGBTQ+ community members,  
their friends and allies

## CONNAUGHT



Teach Solais  
Multisport  
[amachlgbt.com](http://amachlgbt.com)

## MUNSTER



Cork Frontrunners  
Athletics  
[@frontrunnerscork](https://twitter.com/frontrunnerscork)



Cork Hellhounds  
Rugby  
[corkhellhounds.ie](http://corkhellhounds.ie)



Cork Rebels  
Soccer  
[corkrebelsfc.com](http://corkrebelsfc.com)



LINC  
Multisport  
[linc.ie](http://linc.ie)



Gay Project  
Multisport  
[gayproject.ie](http://gayproject.ie)



## ULSTER



Belfast Azlans  
Rugby  
[inclusiverugbyni](https://www.inclusiverugbyni.com)



Belfast Blaze  
Soccer  
[belfastblaze.f.c](https://www.belfastblaze.f.c)

## LEINSTER



Dublin Devils  
Soccer  
[dublindelvisfc.com](http://dublindelvisfc.com)



Na Gaeil Aeracha  
GAA  
[naGaeilAeracha](https://www.naGaeilAeracha.com)



Oscar Wilde's  
Hockey  
[IrelandHockey](https://www.IrelandHockey.com)



Wet & Wild  
Adventure Sports  
[Wet-Wild](https://www.Wet-Wild.com)



Phoenix Tigers  
Soccer  
[phoenixtigers](https://www.phoenixtigers.com)



LGBTQ Girls: Health & Fitness  
Multisport  
[LGBT-girls-health-and-fitness](https://www.LGBT-girls-health-and-fitness.com)



Flaming Feathers  
Badminton  
[FlamingFeathersBadmintonClub](https://www.FlamingFeathersBadmintonClub.com)

Dublin Frontrunners  
Athletics  
[dublinfrontrunners.ie](https://www.dublinfrontrunners.ie)

Emerald Warriors  
Rugby  
[wrfc.ie](https://www.wrfc.ie)

In4Squash  
Squash  
[in4squashireland](https://www.in4squashireland.com)

Out2Tennis  
Tennis  
[out2tennis.com](https://www.out2tennis.com)

Pink Ladies  
Hockey  
[pinkladieshockey.com](https://www.pinkladieshockey.com)

Out & About  
Hiking  
[gay-hiking.org](https://www.gay-hiking.org)

#LetsGetVisible

Click on link to visit that club's webpage  
(Contact details and web links correct at 1st January 2022.)

#LetsGetVisible





## Community Activity Programmes



### Community Sports Hub Navan



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

**All activities will be delivered in line with public health guidelines**

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.

In 2021 over 1660 participants took part in programmes such as: Active Women (outdoor & indoor circuits), Blazing Saddles Cycling programme, Family Activities, Multi-Sport camps, Mini Olympics Camp, Orienteering, Kite Flying, Dance, Cheer Dance, Soccer on the Greens, Community Basketball, Fun Games and much more.

**38  
programmes/345  
sessions  
delivered  
in 2021!**



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 please contact Una Pearson on 046-9067337 or email [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie)**



## Community Activity Programmes



### February Midterm Camp



*Would you like your child to take part in a FREE, fun Multi Sports Camp?*

Check out the time and venue below:

#### Multi-Sport Camp Windtown

Tuesday 22nd – Thursday 24<sup>th</sup> February

10am – 12pm

Blackwater Park, Navan

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

#### Multi-Sport Camp Johnstown

Tuesday 22nd – Thursday 24<sup>th</sup> February

2pm – 4pm

Johnstown Peoples Park, Navan

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

Spaces are LIMITED and will be on a first come basis! All participants must register in advance.

For further information please contact Una at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie) or call 046-9067337.







## Community Activity Programmes



## Community Sports Hub Navan

### Community Activity Programmes – Jan 2022

All programmes are **FREE!**



Programme	Description	Time	Venue	Age	Dates
MONDAY					
Basketball	Come & Try Basketball	4:30-5:30pm 5:45-6:45pm 7-8pm	Scoil Naomh Eoin Scoil Naomh Eoin Scoil Naomh Eoin	6-12yrs 13-17yrs 17yrs+	Mon 31 <sup>st</sup> Jan – Mon 14 <sup>th</sup> Mar
TUESDAY					
Multi-Sport	Fun sports activities and games to come and try	4-5pm 5-6pm	St. Stephen’s NS St. Stephen’s NS	6-9yrs 9-12yrs	Tues 1 <sup>st</sup> Feb – Tues 15 <sup>th</sup> Mar
WEDNESDAY					
Futsal	Come & Try fun Indoor football	4:30-5:30pm 5:45-6:45pm	Scoil Naomh Eoin Scoil Naomh Eoin	6-12yrs 12-17yrs	Wed 2 <sup>nd</sup> Feb – Wed 16 <sup>th</sup> Mar
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	Over 18yrs	Wed 2 <sup>nd</sup> Feb – Wed 16 <sup>th</sup> Mar
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	Blackwater Park	Over 18yrs	Thurs 3 <sup>rd</sup> Feb – Thurs 24 <sup>th</sup> Mar
Tag Rugby	Come and try Tag Rugby	4-5pm 5-6pm	St. Stephen’s NS St. Stephen’s NS	6-9yrs 9-13yrs	Thurs 3 <sup>rd</sup> Feb – Thurs 24 <sup>th</sup> Mar
Fit Dance 4 Kids	Fun Dance class with various types of dance – Cheer, Jazz, Ballroom, Latin etc. Suitable for all	6-7pm	Claremont Stadium	6-12yrs	Thurs 3 <sup>rd</sup> Feb – Thurs 24 <sup>th</sup> Mar
SATURDAY					
Family Activities	Exercise based activity for parents including walking, toning and circuit classes, while children participate in fun games.	11am -12pm	Blackwater Park, Navan	Parent & children	Sat 5 <sup>th</sup> Feb – Sat 19 <sup>th</sup> Feb

**Note: All programmes take a break during midterm 21st-25th Feb & St. Patrick's Day (17<sup>th</sup> March).**

Spaces are LIMITED and will be on a first come basis! All participants must register in advance.

To book contact Una at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie) or call 046-9067337.



## Women in Sport

### Social Basketball for Women 18+


**Basketball  
Ireland**

Meath LSP and Basketball Ireland are collaborating to introduce a new Basketball initiative for women with the main emphasis on participation, fun and fitness.

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

This 6-week programme is aimed towards complete beginners and those with previous experience. This is inclusive of all ages and fitness levels and will be delivered by qualified coaches. Cost is €20 for 6 weeks.

Age Group	Venue	Start Date	To book
<b>Girls 14-16yrs</b>	Colaiste na hInse, Bettystown	Tuesday 18 <sup>th</sup> January at 8pm	eccbasketballregistrar@gmail.com
<b>Women 18yrs+</b>	Colaiste na hInse, Bettystown	Wednesday 19 <sup>th</sup> January at 7pm	eccbasketballregistrar@gmail.com
<b>Teens 13-17yrs</b>	Ashbourne Community School	Wednesday 2nd February at 5.45pm	ctryon@ireland.basketball
<b>Women 18yrs+</b>	Ashbourne Community School	Wednesday 2nd February at 6.45pm	ctryon@ireland.basketball





## Women in Sport

### Netball for Women & Girls 16+ - Come & Give it a Try!

Following the highly successful Social Netball for Women as part of HER Outdoors initiative, Meath LSP are delighted to be part of a new Netball group which started in Mornington, Co. Meath.



This newly formed group is now encouraging women and girls aged 16+ to come along and give Netball a try...you'll be surprised how much you will enjoy it!

Netball is a great way to improve your fitness levels in what is very much a social setting. Come along, give it a try...beginners welcome, no prior experience in Netball required.

**Start Date:** Monday 17th January

**Time:** 7pm

**Venue:** Drogheda Grammar School, Mornington.

**How to book:** Email

[boynenetball@gmail.com](mailto:boynenetball@gmail.com)



### Women in Sport Week (7th-13th March)

To celebrate International Women's Day (March 8<sup>th</sup>) and Women in Sport Week (7<sup>th</sup> – 13<sup>th</sup> March), Meath LSP are providing a range of activities specifically aimed towards teen girls and women of all ages.

This is an excellent opportunity to discover or re-discover a passion for physical activity and find the sport that fits your lifestyle. Why not come and try out something new and reap the benefits of being active!

Please see below a list of activities available during Women in Sport Week. Keep an eye on our website and social media for timetable in the coming weeks!

- Rounders
- CrickHITT (new indoor Fitness class)
- Anti-Natal Pilates
- Badminton
- Archery (Teens)
- Tennis



#WomenInSportIRE

For more information please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)

## Club Section



### Coaching Teenage Girls

Following the release of the [Adolescent Girls Get Active Report](#), Sport Ireland are happy to announce the launch of a Coaching Teenage Girls in Sport Workshop, designed specifically to support coaches of girls aged 12-17 years of age.

Developed by Sport Ireland Coaching in conjunction with the Federation of Irish Sport, the School of Health & Human Performance Dublin City University and Lifes2Good Foundation, the workshop is developed to enable coaches to create a positive experience of sport and physical activity for girls in their formative years and provide an environment where girls and young women can develop holistically.

#### Key Learning Outcomes

On completion of the workshop, and the pre and post workshop activities, coaches will be able to:

- Identify the key reasons why girls engage in physical activity and sport and why they drop out.
- Gain an understanding of the relationship between physical activity participation and mental health for adolescent girls.
- Understand the importance of communication (coach to player and player to player) in retaining girls in sport.
- Raise awareness around the effects maturation and puberty can have on females.
- Identify the role of actual competence, perceived competence and confidence for engaging girls in sport and physical activity.
- Examine coaching practices and communication that foster autonomy, confidence, and belonging in girls across team and individual sports.
- Design environments that cater for relationships, connectedness and competition.

**Certification:** On completion of the workshop, and the pre and post workshop activities, coaches will receive a certificate of attendance.

This **ONLINE** workshop will take place over two evenings (3 hours in total). Places on each course are limited – Cost is €20.

Taking place on [Monday 21st and Wednesday 23rd February](#), 7pm-8.30pm online via Zoom.

Register [HERE](#). For more information please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)



## Club Section

### Strategic Planning Workshop

Meath LSP in association with 2 into 3 Consultants are delivering a Strategic Planning online workshop for sports clubs on **Wednesday 26th January at 7.30pm-9pm online via Zoom.**



This workshop will help set clear direction to club's objectives to ensure focused future development.

This workshop is aimed at sports clubs with ambition to grow their club sustainably.

\*Strictly 1 participant per club. Please ensure this is someone on the club committee who drives development of the club and has some sort of knowledge/ interest in strategic planning.

Cost is €20 per person. Register at: <https://eventmaster.ie/event/1E6BhwDHeM>.

For more information please contact Una Pearson at 0469067337 or email [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie)



### Bike Week 2022—date for your diary!!

Great news—Bike Week 2022 has been moved forward!

**This year it will take place from 14<sup>th</sup> – 22<sup>nd</sup> May.**

Keep an eye on our webpage for details of events and funding supports available:

<https://www.meathsports.ie/communities-and-men/bike-week/>

For more information please contact Una Pearson at 046-9067337 or email [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie)

## Club Section

### Safeguarding 1 Basic Awareness in Child Protection Workshop

**24th February | 14th March | 31st March | 6.30pm-9.30pm | Online via Zoom**

This course looks at best practice for all regarding child protection, with clubs now being asked to utilise and implement the relevant NGB Code of Ethics. The course maintains an essential component of coach education for all who are involved in coaching children.



The workshop will highlight the main principles of the Code and look at measures that clubs can take to create and maintain the safest possible environment for sport for young people. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

It is recommended that you renew your Safeguarding certificate every 3 years for good practice. Participants attending this workshop must be over 18 years of age. The cost is €20pp for clubs in Meath and €30pp for clubs outside of Meath. A good internet connection is required for this course.

Please call 046-9067337 or email [lynn.oreilly@meathcoco.ie](mailto:lynn.oreilly@meathcoco.ie) to book.

### Safeguarding 2 Club Children's Officer Workshop

**23rd March | 26th April | 6.30pm-9.30pm | Online via Zoom**

Recommendations from Sport Ireland are that every club involved with children and young people should appoint a Club Children's Officer. This person is the link between the children and the adults in the club and also take responsibility for monitoring and reporting to the Club Management Committee on how club policy etc. impacts on children and their Sports Leaders.



**It is essential that those who wish to attend the Safeguarding 2 Club Children's Officer (CCO) Training have attended the Safeguarding 1 Basic Awareness course.** It is recommended to have at least one Club Children's Officer per club or if there is a large number of both boys and girls in the club, to have two Club Children's Officers – one male and one female.

The cost of this workshop is €20pp for clubs in Meath and €30pp for clubs outside of Meath. A good internet connection is required for this course. Please call 046-9067337 or email [lynn.oreilly@meathcoco.ie](mailto:lynn.oreilly@meathcoco.ie) to check availability of spaces.



## Club 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

The next Sports Injuries First Aid workshop is taking place on **Monday 7th March, 6.30pm-10pm** in **Claremont Stadium, Navan**. To book a place, please call 046-9067337 or email Lynn on [lynn.oreilly@meathcoco.ie](mailto:lynn.oreilly@meathcoco.ie) to check availability of spaces.

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

### 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 anyone and while some cycling or coaching experience is helpful it is not essential. The cost is €40 for Cycling Ireland Members / €50 for Non-Cycling Ireland Members and after the course you are fully qualified to deliver the Sprocket Rocket programme

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, with an aim of increasing the competence and confidence of riders.

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.

**Date:** Saturday 26<sup>th</sup> February

**Time:** 9am – 4pm

**Cost:** €40 Cycling Ireland members / €50 non Cycling Ireland members

**Venue:** Claremont Stadium, Navan

**How to book:** Contact Una Pearson at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie) or call 046-9067337



## 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](http://www.meathsports.ie) or contact us at 046-9067337 or email [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)

### Sports Leader Award

The Sports Leadership Award is accredited by Sport Ireland partners – Sports Leader SLQ. For students wishing to pursue a career in sports, management or leadership this is their opportunity to get ahead in terms of their own career pathway.



**Sports Leader Level 1 Award** in Sports Leadership is ideally suited to transition

students of transition year provides the ideal starting point for learners who wish to develop their leadership skills, whilst under the direct supervision of their tutor. 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. It has a multi-sport approach where learners get the opportunity to try a wide variety of sports and games throughout the training initiative.

**Sports Leader Level 2 Award** is available to those who have completed Sport Leader 1. This progressive programme includes an advanced leadership strand where learners get the opportunity to progress their leadership skills within their own community setting.

Participants from St. Patrick's GAA Club Stamullen

For more information or to book a course please email Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) or call 046-9067337.





## Schools Section

### 2022 Olympic Handball School Programme

Olympic Handball is a popular sport for primary school pupils. Meath LSP & Irish Olympic Handball Association (IOHA) are working together to introduce an Olympic Handball School Programme for primary schools in Meath in 2022. Together we are working to increase participation rates in the sport of Olympic Handball and increase opportunities for children to experience new activities.



This programme is available to all primary schools in Meath who would like to incorporate Olympic Handball as part of their school sports curriculum.

Primary schools who commit to the programme will receive:

- Teacher training
- Olympic Handballs
- Teacher training resources
- Free school registration to the School league
- Free entry into Meath School Olympic Handball Blitz

**Suitable for:** 3<sup>rd</sup> and 4<sup>th</sup> class students

**Available to:** All Primary Schools in Meath

**Cost:** €25 per school

For more information please contact Lisa at 046-9067337 or email [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)

*"We have seen children who don't normally get involved in team games embrace Olympic Handball, they absolutely love it"*

*"The Blitz was the best day ever!"*





## 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](mailto:lodowd@meathcoco.ie) or email [lodowd@meathcoco.ie](mailto: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](mailto:lodowd@meathcoco.ie) to take part in this programme for 2022.



## Schools Section

### 2022 School Basketball Programme

**Basketball  
Ireland**

Meath LSP and Basketball Ireland have teamed up to introduce a new schools basketball programme for primary schools.

The basketball programme will introduce 5v5 and the new 3v3 format. The new 3v3 structure is a 10-minute game played by two teams on a half court with each team made up of three players. This new formation increases speed and agility but requires less stamina allowing for a more inclusive environment.

The proposed school basketball programme will consist of:

- Teacher Training
- Basketballs supplied to schools
- Teacher Training Resources
- Basketball Ireland coach to visit school for class training session
- Basketball Blitz for all pupils taking part in the programme

#### Teacher training:

To help minimize disruption to schools, training sessions are clustered and will take place in a local school near you. Basketball Ireland will facilitate the teacher training session and will also visit your school for a student training session.

**Suitable for:** 4<sup>th</sup> & 5<sup>th</sup> class students.

Available to all primary schools in Meath.

**Cost:** €25 per school

For more information please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)



## Older Adult Programmes

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

Our 6 week Walk n' Tone programme for all adults 55+ recommences in January. Walk'nTone is a blend of gentle exercises in the outdoors incorporating walking. The blended mix helps to improve strength, balance and cardiovascular system.



All programmes are delivered whilst adhering to current HSE guidelines. 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](mailto:luke.condie@meathcoco.ie) or call 046-9067337.

Area	Date	Time	Meeting Point
Navan	25 <sup>th</sup> January	11am	Claremont Stadium
Trim	26 <sup>th</sup> January	11am	Porchfields
Kells	27 <sup>th</sup> January	11am	Fairgreen
Nobber	28 <sup>th</sup> January	11am	O'Carolan College

### 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 or

[luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)





## Older Adult Programmes

### 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. **Find a venue near you!**



Area	Date	Time	Location
Navan	24/01/2022	10am	Claremont Stadium
Donore	24/01/2022	2pm	Donore Parish Hall
Piltown	24/01/2022	11am	St. Colmcille's Gaa
Piltown	24/01/2022	12:15pm	St. Colmcille's Gaa
Athboy	25/01/2022	12pm	St. James Hall
Ballinacree	25/01/2022	2pm	Ballinacree parish hall
Trim	26/01/2022	10am	Trim GAA
Kells	26/01/2022	12pm	Eureka House
Ashbourne	26/01/2022	4:30pm	Ashbourne Community School (Mezzanine)

Places are limited. To book your place please email Luke at [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie) or call 046-9067337.

## Older Adult Programmes

### Dance for Life 50+

Meath LSP is delighted to announce that Dance for life 50+ is back! This is a 6 week programme for all adults 50+.



This will include in various types of line dances such as slow waltz, cajun skip and many more! This programme is ideally suited for older adults as it provides social interaction whilst improving many health benefits. It will help improve balance, agility, strength and flexibility.

If you would like to take part, please contact Luke at [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie) or call 046-9067337. Spaces are limited so don't miss out! Cost is €30 for 6 weeks.

Area	Date	Time	Venue
Trim	14th February	10am	Trim GAA
Kells	14th February	12pm	Eureka House
Navan	16th February	6pm	Claremont Stadium

### Age & Opportunity Grant Scheme

What is the Age & Opportunity Active National Grant Scheme?



The Age & Opportunity Active National Grant Scheme offers financial supports – provided by Sport Ireland – to local clubs, groups and organisations, nationwide who promote increased participation in recreational sport or physical activity for older people.

Due to the impact of Covid-19, most groups have not yet had the opportunity to spend their grant money from 2019 or 2020. Opening the grant in February 2022 allows more time for those to use their previous grant monies before then, particularly now as activities are opening up and the roll out of the national vaccination programme. **Applications will be available from the end of January/ Start of February.**

If you would like more information please visit <https://ageandopportunity.ie/active/age-and-opportunity-active-national-grant-scheme/> or call Luke on 046-9067337.



## Sports Ability Programmes

### Learn 2 Cycle

Learn 2 Cycle aims to assist children with a disability to cycle independently. This programme which is held over 6 weeks 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 February 3<sup>rd</sup> – March 10<sup>th</sup>

**Time:** 4:30pm- 5:30pm

**Venue:** Claremont Stadium Navan

**Cost:** €15

To book a place, please contact Terry on 046-9067337 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

### 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 will 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.



Area	Venue	Date	Time	Cost
<b>Bettystown</b>	Coláiste Na Hinse	Wednesdays February 2nd – March 16th	5pm-6pm	€10 per family
<b>Navan</b>	Claremont Stadium	Mondays January 31st – March 14th	5pm-6pm	€10 per family
<b>Dunshaughlin</b>	Dunshaughlin Community Centre	Thursdays February 3 <sup>rd</sup> - March 10th	5pm-6pm	€10 per family
<b>Kells</b>	Eureka House	Tuesdays February 1 <sup>st</sup> – March 15 <sup>th</sup>	4pm-5pm	€10 per family

To book please contact Terry at [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie) or call 046-9067337.

## Sports Ability Programmes

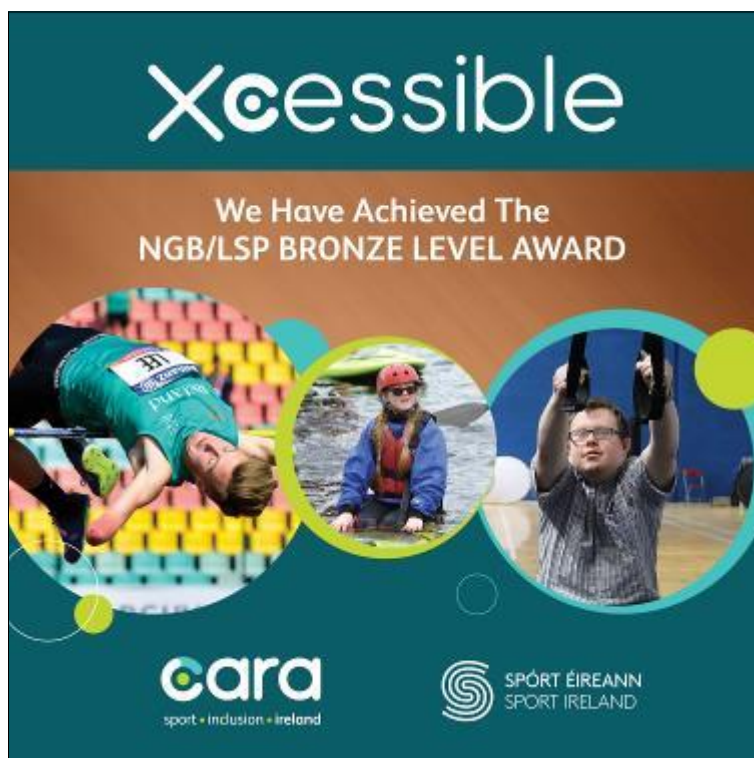
### Meath Local Sports Partnership receives CARA Sport Inclusion Ireland Xccessible Bronze Award

Meath Local Sports partnership is delighted to announce that we have been awarded the Cara Xccessible Bronze Award.

Xccessible is three staged resourced pathway designed to ease an NGB or LSP into the area of Inclusion and supports them through the process of developing and increasing their capacity to support people with disabilities within sport and physical activity.

Massive thanks to the board & staff of Meath Local Sports Partnership and all other key stakeholders involved in this process.

Meath LSP looks forward to linking with Cara in 2022 in working towards the Silver Award.



### 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 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 15th February

**Time:** 7pm-8:30pm

**Venue:** Zoom

**Cost:** Free

For more information please contact Terry Donegan on 046-9067337 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)





## Sports Ability Programmes

### 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 **Thursdays 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](mailto: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](mailto:tdonegan@meathcoco.ie)





## Sports Ability Programmes

### 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](mailto:tdonegan@meathcoco.ie)

## East Coast Amenity Hub

**Calling all clubs, community groups, facility owners, service providers in the Bettystown, Laytown & Mornington areas of Meath!**

Meath LSP has secured funding to further develop sport & physical activities for everyone within this area.

Over the past year, Meath LSP has linked with a number of agencies, schools, community groups and clubs to assist with the delivery of programmes in the area.

Our ultimate goal for this area is to develop on East Coast Amenity Hub which provides opportunities for everyone to remain active all year round.



If your agency, club, school or community group can assist us in achieving this goal, we would love to hear from you. Please reach out to us at [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)



## Calendar of Courses and Events 2022

Activity	Date	Time	Venue
Physical Literacy Workshop	19th January	6.30pm-8.45pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	25th January	6.30pm-9.30pm	Zoom
Strategic Planning Workshop	26th January	7.30pm-9pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	10th February	6.30pm-9.30pm	Zoom
Sports Inclusion & Disability Awareness Training	15th February	7pm-8.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	15th February	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	24th February	6.30pm-9.30pm	Zoom
Sports Injuries First Aid Training	7th March	6.30pm-10pm	Claremont Stadium, Navan
Safeguarding 1 Basic Awareness in Child Protection	14th March	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person Workshop	16th March	6.30pm-9.30pm	Claremont Stadium, Navan
Safeguarding 2 Club Children's Officer Training	23rd March	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	31st March	6.30pm-9.30pm	Zoom
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
Sports Injuries First Aid Training	25th April	6.30pm-10pm	Claremont Stadium, Navan
Safeguarding 2 Club Children's Officer Training	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
Safeguarding 1 Basic Awareness in Child Protection	17th May	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	25th May	6.30pm-9.30pm	Claremont Stadium, Navan

PLEASE CHECK OUT OUR WEBSITE [www.meathsports.ie](http://www.meathsports.ie) OR CONTACT OFFICE FOR INFORMATION

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

Tel: 046-9067337; Email: [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)