



Comhpháirtíocht Spóirt Mhaigh Eo

SPORT IRELAND



INTRODUCTION

Welcome to the Winter 2018 Mayo Sports Partnership Newsletter. As Chairman of the Partnership I was heartened to see the 2019 budget increase for sport especially the increase in funding for Sport Ireland who are our core funders. This follows on from the launch in August of the National Sports Policy by Minister Shane Ross. The 10 year policy aims to increase participation, develop more excellence and improve capacity with Local Sports Partnerships at the centre of the participation strand. It should lead to more resources on the ground to assist in providing increased physical activity opportunities for those most needy groups in our society. As 2018 comes to a close I would like to take the opportunity to thank all our partners, stakeholders, volunteers, clubs and organisations throughout the county for their collaborative efforts during the year and we look forward to working with you all in 2019. On behalf of the Partnership I would like to wish you a very Happy Christmas and an active 2019.



Chairman Mayo Sports Partnership

Chairman Mayo Sports Partnership

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BALLINROBE BE ACTIVE NIGHT

On Saturday 29th September a fantastic evening of activity took place at the Green Ballinrobe for the #BeActive Ballinrobe event. Organised through Mayo Sports Partnership in collaboration with Ballinrobe Sports Hub the European Week of Sport event encompassed a showcase of clubs / organisations in the town, a Family Mile Challenge and the formal switch on of the improved lighting at the Green by Minister Michael Ring. Many thanks to all the volunteers from all the clubs who helped out on the night and especially to our Ballinrobe Sports Hub coordinator Janette Slattery.



#BEACTIVE



New Community Sports Development Officer Appointed

Head of Mayo Sports Partnership Charlie Lambert welcomes newly appointed Community Sports Development Officer (funded by Sport Ireland) Deirdre Donnelly to the Sports Partnership team, joining Sports Inclusion Development Officer Ray Mc Namara, Ballyhaunis Sports Hub coordinator Elmer Pieterse, Ballinrobe Sports Hub coordinator Janette Slattery and office administrator Padraic Durcan. Deirdre will have responsibility for our Get Active Programmes including Couch to 5K, Men on the Move, Community Walking Programme, Fit4Work Workplace Programme, Operation Transformation, Primary School Daily Mile, Secondary Schools Girls Active Programme, Women in Sport Initiatives etc. She will also support smaller National Governing bodies in promoting their sports and also Dormant Account funded programmes such as Youth Sport Leadership Training, Community Coaching, Volunteer Training etc. Deirdre can be contacted directly by phone at 094 9064386 or by email dedonnelly@mayococo.ie



Get Active Programmes




Meet and Train

Meet and Train is an initiative where walkers, joggers and runners can come together for an organised training session under the direction of experienced leaders. Whatever your ability there is a place for you.

Your local Meet and Train Leaders

- Ballina** Liz Murphy 0872419309
- Westport** Gerry Kilroy 087 9018052
- Castlebar Ann** Mc Donnell 0868635534
- Claremorris** John Timothy 087 9099910
- Ballyhaunis** Martin Fitzmaurice 087 2455989
- Swinford** Michael Oliver 086 8196511



Community Walking Groups

- Attymass 'Movers & Shakers' Walking group** – Geraldine Walsh 0872780086
- Achill Loopers Walking Group** - Chris 087 2786286
- Ballyhaunis Walking Group** - Anne Cunnane 086 8115769
- Ballyglass Walking Group** - Sheila Gilligan 087 6704916
- Breaffy Walking Group** – Helen Heneghan 0879438894
- Bangor Erris** – Bernie Dunne – 0863904370
- Belmullet** – Bernie Dunne - 0863904370
- Carrowholly Walking Group** - Mary Moore 086 3053776
- Cong Social Walking Group** - Miriam Lenehan 087 2795126
- Claremorris Walking Group** - John Farragher 085 7506104
- Kiltimagh 'Coilte Sole Mates'** – Bernie Byrne 0868294487
- Kilmane Walking Group** – Breda Davin 0872876701
- Newport Walking Group** - Fiona Hopkins 087 7918172

Women in Sport

About 20x20: 20x20 has the full support of the Federation of Irish Sport and Ireland's National Governing Bodies and Local Sports Partnerships. What it needs is for you to show your stripes by pledging to do at least one thing to help get us there. To share your pledge idea to make women in sport a greater part of who we are, please visit 20x20 Instagram, Facebook and Twitter. You can also show your support by putting the two stripes on both cheeks and post online using #20x20, #ShowYourStripes and #CantSeeCantBe online.

- 20% more media coverage of women in sport by the end of 2020

- 20% more attendance at women's games and events by the end of 2020

- 20% more female participation whether at player, coach, referee or administration level by the end of 2020

20x20 is asking all sections of Irish society to show their stripes and pledge one small action to increase the visibility of women's sport in Ireland because if she can't see it, she can't be it.



Beginners Couch to 5K!

This is an 8 week beginners walking/jogging programme for walkers who want to progress to jogging.

A limited number of places available contact Mayo Sports Partnership at 094 9064386 to book.

- Ballyhaunis** - Contact Justin Mc Donagh 086 6012867
- Ballinrobe** - Contact Mark Smith 087 9884388
- Castlebar** - Contact Elmer Pieterse 0873347824
- Claremorris** - Contact John Timothy 087 9099910




Sofa to Saddle!

Get off the Sofa and on to the Saddle with our 6-week programme for beginner cyclists.

The programme includes Bike Instruction, Safety, Maintenance and 5 sessions.

Contact Mayo Sports Partnership - 094-90-64360



Active 55!

Aged 55+ and looking for something to do? Want to feel fitter, have fun, have more energy and meet new people? Why not get involved in **Active 55** near you.

Ballina	Jackie	096 70905	Active 55s Club
Ballina	Reception	096 78984	Ballina Sports Centre
Castlebar	Emer	094 9044150	Breaffy Club
Claremorris	Reception	094 9371313	Leisure Centre
Crossmolina	Bernie	086 3904370	GAA Club
Mulranny	Reception	098 36709	Park Inn Hotel
Swinford	Margaret	087 4150663	Amenities Park



Youth Sports Partnership Leadership

Youth Sport Leadership is especially designed for teenagers and is accredited by Sports Leaders UK. Students deliver their practical sessions to children from the local Primary School. This is a 33 hour course.

Contact
Mayo Sports Partnership
094-90-64360

MEN ON THE MOVE

Men on the move is now being delivered in 7 areas around the county including, Aghamore, Ballaghaderreen, Ballyhaunis, Ballinrobe, Crossmolina, Castlebar and Erris.

This programme is for Men aged 35 plus looking to get fit and get active. It is led by a physical activity leader.

If your community is interested in Men on the Move Contact us here at Mayo Sports Partnership on 0949064360.

MEN WANTED

Want to start exercising?
Want to feel fitter and have more energy?

We are delivering a men only 8 week programme in your local area:

Area	Start Date	Venue	Time
Aghamore	Thurs 27 Oct	Aghamore GAA Club	8.30pm
Ballaghaderreen	Thurs 27 Oct	Community Grounds Ballaghaderreen	7.30pm
Ballyhaunis	Wed 26 Oct	Full Physical	8.00pm
Ballinrobe	Wed 26 Oct	Lakeside Sports Centre	8.30pm
Castlebar	Wed 27 Oct	An Spórtaí, Castlebar	8.30pm
Crossmolina	Wed 27 Oct	GAA Centre, Crossmolina	7.30pm
Erris	Mon 29 Oct	Aeris Glauze	8.00pm

Please feel free to join at any time!
Contact Mayo Sports Partnership Office on 094 906 4360 to register



Bike Week June 2018

Mayo's 2018 Bike week was yet another very successful and fun-filled week with approx. 600 participants in 26 local events varying from bike workshops, cycling training, bike maintenance and a variety of short family cycle events. Similar to last year Mayo's Bike Week steering committee organised 6 lunchtime schools cycles throughout Mayo which were a brilliant success and helped to raise awareness around bike safety for children and families.



Junior Parkrun for Castlebar

Following in the footsteps of Ballina Castlebar junior Parkrun for 4 – 14 year olds will be officially launched on the 6th of January 2019. There is a committee of ten set up to who have completed Garda Vetting with Athletics Ireland and COE Safeguarding level 1. The junior park run is 2K in distance and will be held every Sunday morning at 9:30am at Lough Lannagh. Anyone interested in volunteering can contact us here at Mayo Sports Partnership or Castlebar Parkrun.



Kilmaine Community Walkway

Congratulations to all in Kilmaine on the opening of their Community Walkway by Minister Michael Ring on the 18th June at the community grounds. The .5km loop walk circles the community pitch and is widely used by the local community. Kilmaine are participating in the Community Walking Programme which took place during the summer months. Well done to Brendan Hughes and all the committee for their hospitality on the opening which was also attended by Caitheoirleach Cllr Richard Finn and local councillors Patsy O'Brien and Damien Ryan.

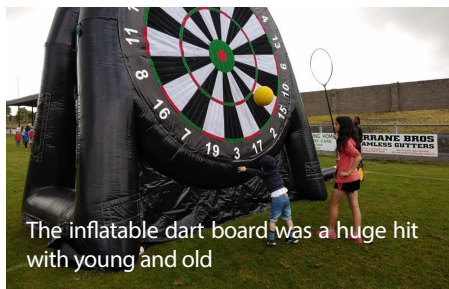


Elmer Pieterse BALLYHAUNIS SPORTS HUB COORDINATOR
Contact Elmer at 094 904 7549 or
email epieterse@mayococo.ie



Come & Try Sports Day

The June Bank Holiday saw the 3rd annual Come & Try Sports Day held at the Ballyhaunis Gaa grounds with over a 100 Students from National Schools given the opportunity to come and try sports and participate in games from different clubs, giving clubs the opportunity to recruit new members and showcase what they have on offer. This event has grown over the years with more and more clubs participating as well as forming part of the Ballyhaunis Summer Festival adding to the festive atmosphere.



The inflatable dart board was a huge hit with young and old



Youngsters queuing up to see if they could be the next Rory McIlroy

Cage Cricket Ballyhaunis

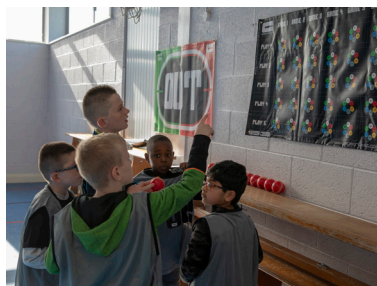
Mayo Sports Partnership and the Ballyhaunis Sports Hub in conjunction with Active Communities Network and Cage4All recently launched Cage Cricket at Scoil Íosa NS Ballyhaunis on the w-end of 20th – 21st October forming part of Mayo Social Inclusion Awareness week.

Community coaches from across Connacht were trained up in the rules of the game on the Saturday with members of the public invited along for the first ever game of Cage cricket played on Irish soil on the Sunday. The new game was a hit with the young crowd, with actor and Cage Cricket co-founder Colin Salmon providing a little extra star power to a great w-end.

Mayo Sports Partnership will be using it as a vehicle to promote social inclusion, physical activity, integration and community involvement by delivering to different community national schools. The game itself is dynamic, played in an enclosed space, it is the only format of competitive cricket played as an individual with one format played across all abilities and ages. Players score points when they bat, bowl and field with the winner having accumulated the most points by the end of the game.

It is also played in a fair manner with every player spending equal time in what's called the Red Zone, running the game making sure all the players abide by the rules eliminating the need for an external umpire or referee. This encourages educational, social and ethical development of both the individual and group by focusing on skills such as leadership, communication, responsibility and respect.

Also in attendance was Cricket Ireland's participation director Elaine Nolan and she had this to say, "I think Cage Cricket is the perfect vehicle for involvement in the sport in Connacht as well as nationwide, I look forward to investigating how we can grow its reach."



Go For Life PAL'S Training Workshop

A Go for Life PAL'S training workshop was delivered to a group of 12 participants lead by Paul Gillen, Health Promotion Officer, HSE on 4th October facilitated by Ballyhaunis Sports Hub Co-ordinator, Elmer Pieterse. Go for Life is the national programme for sport and physical activity for older people in Ireland. A PAL is a Physical Activity Leader who is already part of a group or club and is willing to lead activities. PALs lead their local group in things like short exercise routines, fun games, simple dances and sports like pitch and toss. Groups may be an Active Retirement group, a sports club, an ICA group or some social group that meets regularly. Benefits from having a few PALs to lead activities include groups that:

- are healthier and happier and more energetic
- attract more members because they offer a greater variety of activities
- have more chances to meet with other groups
- have access to more information about the Go For Life programme



PALS Training in the local Parochial Hall, lead by the HSE's Paul Gillen



Janette Slattery SPORTS HUB COORDINATOR
Contact Janette at 094 954 2908 or
email ballinrobesportshub@gmail.com



Summer Camp 2018

Ballinrobe Sports Hub organized a Little Athletes Camp for Pre School Age 4 and 5 from the 18th - 20th July. Approximately 20 children took part in the initiative which was based on FUNdamentals of movement and physical literacy. The programme was ran in conjunction with Lakeside Athletics Club based at the Green Ballinrobe.



Primary Schools Little Athletics Programme

Ballinrobe Sports Hub organised a training course in St Joseph's NS Ballinrobe for primary school teachers. Attended by 12 representatives from the 4 National Schools in the area the course dealt with the FUNdamental movement skills ie balance, co-ordination, movement, speed etc. Allk 4 schools received an athletics equipment pack to aid them in delivering the athletics strand of the P.E. curriculum.



Social Inclusion Heritage Walk, Talk and Golf Come and Try

On Thursday 15th Oct as part of 'Social Inclusion Week', In partnership with Joanne Hoban (Western Care Association), Ballinrobe Golf Club and Marteen Lane (Tour guide and cultural heritage writer), Ballinrobe Sports Hub hosted an inclusive heritage walk, talk and tour of Ballinrobe Golf Course grounds followed by a 'Come and Try' at the Golf Range. Social story and visuals were available. 16 adults and 14 kids were in attendance. The event was a great success, with great positives from all, so much so that plans are in progress to put in place similar events in Ballinrobe the spring, with a stronger focus on Golf and other 'Come and Try' sporting activities.

Other events from the hub include: The recent #BeActive event, Men on the Move, Couch to 5k, Little Athletes, Safeguarding and much more.

For further information on upcoming events and activities contact: Ballinrobe Sports Hub Coordinator Janette on 087 609 1463.

Age and Opportunity Go for Life Games

Castlebar hosted the latest round of games on the Go For life Games Programme. People can get involved by either going along to groups that are already playing or if they have a group that would like to get started then we can help get them off the ground and get started.

If you don't know the contacts of the group leaders then the easiest way is to give us a call on 094 9047025 or an email rmcnamara@mayococo.ie in the sports partnership and we will be able to put you in contact with group leaders and get you involved.



Pickleball

The last active age game to be added to the Mayo Sports Partnership Active Age Programme is Pickleball. Pickleball – a paddle sport which is relatively new to Ireland – was invented in the United States in 1965 as a backyard game. It combines elements of badminton, tennis, and table tennis, and has seen a global surge in popularity in recent years, particularly amongst older age-groups.

The mixed-gender sport is played in singles or doubles, on a badminton court, with paddles. It follows a similar manner of play to tennis and has become popular amongst older people, in particular, due to the high-intensity workout achieved from this low-impact sport. There was a huge turn out at the demonstration held in Parke Community Centre on 27th September as part of the European week of Sport held in Conjunction with Age and Opportunity. As a result of the day Parke Young at Heart group plan to take up sport as a regular activity for their group with the help of Ray Mc Namara.

If you would like more information contact Ray at rmcnamara@mayococo.ie



Go for Life Grant Scheme

Applications for the annual Go for Life Grant Scheme closed on the 28th September 2018. Grants are available to all eligible local clubs, groups and organisations that promote increased participation in recreational sport or physical activity for older people as a main element of their activities. Funds permitting, grants awarded will be between €200 and €600. An announcement on successful recipients will take place shortly approximately end of November.



The National Programme for Sport and Physical Activity for Older People

Sports Capital Grant Scheme 2018

The 2018 Sports Capital Application process closed on Friday 20th October. 80 clubs have made applications to the scheme and an additional four applications for regional projects. It is expected that the successful applicants wouldn't be known until April 2019.



An Roinn Iompair
Turasóireachta agus Spóirt

Department of Transport,
Tourism and Sport

€19,000 in funding distributed to 36 Sports and Community groups by Mayo Sports Partnership

Mayo Sports Partnership Board allocated €19,000 in funding to 36 clubs / organisations in Mayo through the Partnerships 2018 special participation grant scheme. Special guest at a recent presentation evening

was Minister for Rural and Community Development Michael Ring, This year the scheme has funded initiatives including mothers and others programmes in Ladies GAA Clubs, new table tennis club in Ballyhaunis, athletic club development in Ballycastle, Ballinrobe and Castlebar, basketball club development in Charlestown, rounders in Breaflay, inline hockey in Castlebar, further development of Mayo Volleyball Club, junior golf programmes targeting disadvantaged in Ballina and Ballinrobe plus much more. Programmes for people with disabilities, community groups in Ballyhaunis, Louisburgh and Westport were also supported under the initiative. The scheme is now closed for 2018 and will open again in March 2019

Any further information on the above can be obtained by contacting Mayo Sports Partnership at 094-9047025 or by logging on to www.mayosports.ie

Funding Information | Maoiniú



What we offer primary schools

Mayo Sports Partnership offers a variety of programmes and information to schools in support of physical education and in particular the Active Schools Flag.

Programmes include:

- Primary**
- The Daily Mile
 - Spikeball
 - Introduction to Athletics
 - Be Active After School Activity Programme
 - Goal to Work Sports Coach Placement Programme
 - Annual Mini Mini 1km Run as part of Mini Marathon
 - National initiatives such as Operation Transformation and Bikeweek.
 - Tennis Blitz Days
 - Playground Markings
 - Little Athletics

Secondary

- Disability Awareness
- Girls Active
- Youth Leadership Training
- 2nd year Healthy Living Workshops
- 'Its for Girls' Challenge as part of the West of Ireland Womens Mini Marathon



Please note that some of the above programmes may not be available in every location in the county and are dependent on available funding streams. If you would like further information on any of the above programmes see www.mayosports.ie or if there is or email misp@mayococo.ie

The Daily Mile - Will Your School Go the Extra Mile?

Mayo Sports Partnership in association with Athletics Ireland, HSE West and the Mayo Education Centre are making a new call for Primary Schools throughout Mayo to participate the Daily Mile programme. Following the recent launch of the programme in Scoil Iosa Ballyhaunis there is a nation wide drive to get more schools participating in this simple and very effective initiative. Approx 35 Primary schools in Mayo are engaged and these can be seen on the Daily Mile participation map <https://thedailymile.ie/participation-map/>. If you would like to set up The Daily Mile at your school, please call Nick Skelly at: 085- 801 77 38 or email: dailymile@athleticsireland.ie

Expressions of interest by schools can be lodged by contacting Mayo Sports Partnership at 094 906 4386 or email: misp@mayococo.ie

WILL YOUR SCHOOL GO THE EXTRA MILE?

Today's children are caught up in a physical activity crisis, compromising their health and wellbeing both now and for the future. Experts agree that something must be done to change this - and The Daily Mile is a simple, free and effective answer.

The Daily Mile, endorsed by the Irish Olympic Committee, is the Daily Mile, a simple, free and effective answer. It's a simple answer that supports children's learning and progress. It's a simple answer that supports children's learning and progress. It's a simple answer that supports children's learning and progress. It's a simple answer that supports children's learning and progress.

For more information, contact Nick Skelly by email: dailymile@athleticsireland.ie or visit our website: www.dailymile.ie

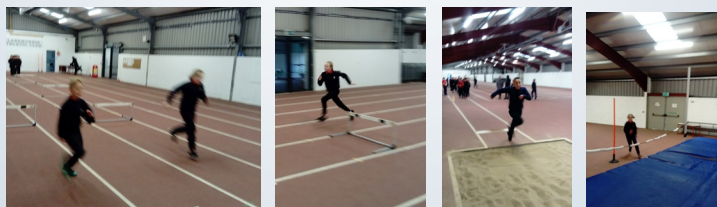


Primary School Athletics 2018

Axson sports in conjunction with Claremorris Athletic and Sports club delivered the primary schools athletics programme to 5 schools. There are approximately 100 children attending the primary schools' athletics programme weekly. The cost of the programme is €2 per child and schools can book via a link on a letter sent to schools, on this schools can select from the calendar which dates suit themselves to attend.

These sessions focus on the fundamentals of athletics and are broadly in line with the primary school PE curriculum. They contain an introduction to running, jumping and throwing and focus on track & field events such as the sprints, hurdles, middle distance, high jump, long jump and shot putt. All activities are appropriate for children of primary school age and stage of development.

For further information contact Community Sports Development Officer Deirdre Donnelly 094 906 4386



Get Ireland Swimming

Swim Ireland in conjunction with Healthy Ireland and the HSE have developed a programme for 3rd and 4th class students to develop their swimming skills. This programme is aimed at schools who are not currently swimming

Swim Ireland will work with your school closely in a pathway to support the programme. They will work with both you and the chosen facility on a day and time that would accommodate you both for the swimming lessons. Each child will be provided with a goodie bag which will include a swimming hat and goggles, this bag is for them to keep. Contact us here at Mayo Sports Partnership for more information or Grainne at Swim Ireland.



Development of Sports Hubs a Key Priority for Mayo Sports Partnership

21,004 people participating in 57 local programmes, Dormant Account funding for two Community Sports Hubs in Ballyhaunis and Ballinrobe, Healthy Ireland funding for sports equipment library and Women in Sport seminars, 1,200 people participating in the Operation Transformation Mayo programme, further expansion of the Mayo parkrun network in Claremorris, 2,000 participants in the 8th West of Ireland Women's Mini Marathon / Primary Schools Mini Mini Fun Run and 42 sports initiatives supported through the annual Special Participation Initiative small grants scheme were key outcomes from the recently published 2017 annual report of the Mayo Sports Partnership.

Full report can be downloaded on this link <http://www.mayosports.ie/media/Media,30982,en.pdf>

The Mayo Sports Partnership Office can be contacted at 094-9064360 email: mstp@mayococo.ie



National Sports Policy Launched

Ministers Ross and Griffin launch National Sports Policy 2018 to 2027. The Minister for Transport, Tourism and Sport, Mr. Shane Ross, TD, and the Minister with responsibility for Tourism and Sport, Mr. Brendan Griffin, TD, launched the Government's National Sports Policy 2018–2027 in August. To view the policy document use this link <http://www.dttas.ie/sites/default/files/publications/sport/english/national-sports-policy-2018-2027/national-sports-policy-2018.pdf>

The High-Level Goals of the National Sports Policy are:
Increased Participation, More Excellence and Improved Capacity

Key targets of the National Sports Policy 2018–2027 include:
Overall participation in sport to rise from 43% to 50% of the population by 2027 (the equivalent of an extra 260,000 people participating in sport)
More targeted high performance funding to deliver more Olympic/ Paralympic medals (From the securing of 13 medals in 2016 to a target of 20 in 2028)

All funded sports bodies adopting the Governance Code for the Community, Voluntary and Charity (CVC) Sector

Launching the National Sports Policy 2018-2027, Ministers Ross and Griffin reaffirmed the Government's intention to doubling funding for sport, from €112million in 2018 to €220million in 2027. The Government will also seek to deliver greater certainty in funding year-on-year, particularly in respect of Sport Ireland high performance funding.



Child Protection in Sport / Safeguarding Training

All clubs are mandated by law to have a Safeguarding statement displayed in their clubs after completing a risk assessment. Mayo Sports Partnerships safeguarding programme targets sports leaders and adults involved in the organisation of sport for young people to promote child welfare and protection policies and procedures.

The Safeguarding programme consists of three workshops:

- Safeguarding 1 - A 3-hour basic awareness training module for leaders within sports club
- Safeguarding 2 - A further 3 hour club children's officer workshop to support club children's officers in the implementation of the code in their clubs.
- Safeguarding 3 - A 3 hour workshop for designated officers in clubs who would deal in reporting to statutory authorities.

Following the Children's First Act all clubs are legally obliged to have a Child Protection Policy for their club, all volunteers must be Garda Vetted and clubs should have Children's Officers. Mayo Sports Partnership operates a full programme of safeguarding workshops which can be seen on the Partnerships website www.mayosports.ie/news.

To find out more about safeguarding or to arrange training for your club contact the Sports Partnerships office at 094-9064360.



Community Walking Leader Training Level 1

Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. The course comprises of 1 day of training followed by a 4 walk task to try out your new Walking Leader skills.

16 trainee leaders attended training on Saturday the 24th of November 9am-5pm in Westport GAA Club, Newport Road, Deerpark East, Westport, Co. Mayo. Course content:

- Physical activity guidelines for adults and how they relate to walking
- Structuring a walking session
- Creating a walking programmes suitable for people of different fitness levels
- Advice on issues such as posture, technique, stretching, intensity, clothing, etc.
- Safety issues and risk assessment
- Practical walking sessions covering a stroll and a faster paced walk

It is hoped that many of these leaders will activate a walking group in their community and maybe participate in the Community Walking Programme through Get Ireland Walking. If you are interested in getting a walking group going in your community in 2019 contact Community Sports Officer Deirdre Donnelly at 094-9064386.



Castlebar Community Coaching Course

Currently 8 sports coaches are undertaking a 10 week long Community Sports Coach Training Course to qualify them to be a multi sport coach. Disciplines include GAA, Soccer, Rugby, Basketball, Athletics and just recently boxing. They attended a pilot Fundamentals of Boxing coaching course at the Connacht Boxing Centre of Excellence Lough Lannagh Castlebar. Thanks to James Geraghty IABA Club Development and Paddy Gallagher tutor for delivering the training and also to Castlebar Boxing Club. The coaches will be commencing their school based practical coaching sessions next week where they will put all their training into practice.

For more information about Community Coaching contact Deirdre Donnelly Community Sports Development Officer at 094 9064386



New Coaching Children Workshops Now Available to Clubs, Communities etc

Mayo Sports Partnership are also seeking expressions of interest from communities, clubs etc who would be interested in having their coaches receive a series of child centred coaching children workshops which will introduce sports coaches to physical literacy through sport, coaching children how to move and think. These workshops are aimed at anybody who works with children in sport / physical activity ie sports coaches, teachers, youth leaders, community workers etc.

If you would like to find out more about the Coaching Children Workshops contact Deirdre Donnelly Community Sports Development Officer at 094 -9064386

COACHING CHILDREN WORKSHOP SERIES

Coaching Ireland have developed 4 workshops to provide coaches with a basic understanding of children's sport and physical activity, and the best way to ensure children's engagement, participation and positive outcomes.

WORKSHOPS 1: Coaching Children Successfully in Sport
Coaching Children in Sport
Coaching Children in Sport
Coaching Children in Sport

WORKSHOPS 2: Child Centred Coaching
Coaching Children in Sport
Coaching Children in Sport
Coaching Children in Sport

WORKSHOPS 3: Developing Physical Literacy
Coaching Children in Sport
Coaching Children in Sport
Coaching Children in Sport

WORKSHOPS 4: Developing Physical Literacy
Coaching Children in Sport
Coaching Children in Sport
Coaching Children in Sport

Value: Westport GAA Clubhouse
Title: 7PM - 9:30PM
Date: Mon 19th Feb, Mon 20th Feb, Mon 21st Mar & Mon 12th Mar
Fee: All workshops free to attend (donation to Castlebar Boxing Club)
Cost: No Cost (Pilot Programme)

To register or for more information contact: Eilish Flanagan, Mayo Sports Partnership
Tel: 094-9064386 Email: epflanagan@mayosports.ie

Healthy Ireland Funding

Following on from successful delivery of round 1 Healthy Ireland actions round 2 applications for funding were made through LCDC and CYPSC committees. Mayo Sports Partnership were successful on three fronts with walking, cycling and swimming programmes supported. The Partnership are involved in 3 actions namely Mayo on the Move – Girls Active Programme, Coaching Children Workshops Sports Programme for older people and people with disabilities Health and Wellbeing Coordinator



Healthy Mayo



Operation Transformation 2019

Mayo Sports Partnership is delighted to be working in association with RTE's Operation Transformation Programme for the ninth year running in 2019. The annual Nationwide Walking Events will take place on Saturday the 12th of January, and we will be holding walks in several locations in conjunction with local parkrun areas. Over 1,200 people took part in the seven Mayo walks in 2018, which are a great way of promoting walking as a fun way to get and stay active. If you plan to hold a walk in your area please let us know and we will add you to our schedule of events. For more contact Deirdre Donnelly Community Sports Development Officer at 094 9064386

OPERATION TRANSFORMATION NATIONAL WALKS DAY Saturday, 12th January, more details in due course

GAELIC 4 BEGINNERS

Would you like to try a new activity, maybe you would like to give Gaelic a go? Westport Family & Community Resource Centre in partnership with the Western Regional Drug Task Force, South West Mayo Development Company, Westport GAA Club & Mayo Sports Partnership are starting 'Gaelic4Beginners' aimed at young people aged 18-25 years.

The sessions will be fun and relaxed, a chance to meet new people, have a laugh and food will be provided! If you are interested, please the programme commences the 27th November.

For more information contact John at 087 9602490 or Pat at 7400011



Sports Equipment Library

Funded through Healthy Ireland a Sports Equipment Library is being developed which will include an inflatable events arch, timing clock and event distance markers which will be available to be loaned to community groups for a small refundable deposit.

To find out more about our library contact Ray Mc Namara at 094 9064362 or email rmcnamara@mayococo.ie

New Playground for Belcarra

Congratulations to the Belcarra community on the recent opening of their new playground and riverside walk by Minister Michael Ring recently. This brings to 106 the number of playgrounds and Multi Use Games areas across the length and breadth of Mayo. Great credit is due to Mayo County Council and its Parks Superintendent Peter Gill, Councillors, management and all agencies / stakeholders involved in putting this vital infrastructure in place.



WINTER 2018 / 19 PROGRAMME OF TRAINING & EVENTS

DATE AND TIME	WORKSHOP / COURSE	VENUE	FEE	FURTHER INFORMATION
DECEMBER				
TBC Dec (7.30pm – 9.30pm)	Ballinrobe Sports Network Meeting	An Tacu Family Resource Centre	N/A	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
JANUARY				
Sun 7th Jan	Launch of Castlebar Junior parkrun	Lough Lannagh Castlebar		www.mayosports.ie dedonnelly@mayococo.ie
Sat 12th Jan at 9.30am	Mayo Operation Transformation Walks	Belmullet, Ballinrobe, Ballyhaunis, Ballina, C/bar, Cmorris, Kiltimagh, Wport	N/A	www.mayosports.ie msp@mayococo.ie
Mon 14th Jan – Sat 23rd Feb	Operation "Get Mayo Active" (6 week Programme with communities, groups, clubs throughout Mayo)	Various Locations in Mayo	N/A	www.mayosports.ie msp@mayococo.ie
Mon 14th – Thurs 17th Jan	Men on the Move re-registration (8 week Programme with communities, groups, clubs throughout Mayo)	Belmullet, Ballaghderreen, Ballinrobe, C/bar, Aughamore, Crossmolina, Ballyhaunis, Wport	€25	www.mayosports.ie rmcnamara@mayococo.ie
Mon 14th-Fri 22nd Feb	Fit4Work (5 week staff/student programme for HSE, GMIT, ETB, MCC)	Castlebar	€25	www.mayosports.ie dedonnelly@mayococo.ie
TBC (Mid January)	Beginners Couch to 5k Mayo Programme	Ballinrobe, Ballyhaunis, Castlebar, Claremorris,	€30	www.mayosports.ie dedonnelly@mayococo.ie
TBC (Mid January)	Coaching Children Workshops	Ballinrobe	N/A	www.mayosports.ie ballinrobesportshub@gmail.com
TBC (Mid January)	Primary School Athletics Programme	Claremorris	N/A	www.mayosports.ie dedonnelly@mayococo.ie
Tues 22nd Jan (7pm – 10pm)	Code of Ethics and Best Practice in Sport (Safeguarding 1 Workshop)	Mayo Education Centre	€15	www.mayosports.ie msp@mayococo.ie
Wed Jan-June	Kids Afterschool Fitness Programme	Ballinrobe	N/A	www.mayosports.ie ballinrobesportshub@gmail.com
TBC	Fitness Programme for Young Men 18+ in partnership with Mayo Traveller Support	Ballinrobe	N/A	www.mayosports.ie ballinrobesportshub@gmail.com
FEBRUARY				
Mon 4th Feb 12.30pm	Boccia County League	Breaffy Castlebar	N/A	www.mayosports.ie rmcnamara@mayococo.ie
Wed 6th Feb (7-10pm)	Childrens Officer in Sport - Safeguarding 2 Workshop (Follow on to Code of Ethics & Best Practice Awareness course)	Mayo Education Centre	€15	www.mayosports.ie msp@mayococo.ie
Sat & Sun (10am – 4pm) T.B.C.	Occupational Sports First Aid (FETAC level 5) (for Sports Volunteers Primarily)	Ballyheane	€80	www.mayosports.ie msp@mayococo.ie
Thurs 7th Feb	Launch of the 10th Western People West of Ireland Women's Mini Marathon	The Mall Castlebar	€15	www.mayosports.ie msp@mayococo.ie
Wed 13th Feb (7pm – 10pm)	Code of Ethics and Best Practice in Sport (Safeguarding 1 Workshop)	Ballina Sports Complex	€15	www.mayosports.ie msp@mayococo.ie
Sat 16th Feb 9.30am	Mayo Operation Transformation 5K Run / Walk	Belmullet, Ballina, Castlebar, Claremorris, Westport	N/A	www.mayosports.ie msp@mayococo.ie
Feb/Mar TBC	Childrens Officer in Sport - Safeguarding 2 Workshop (Follow on to Code of Ethics & Best Practice Awareness course)	Ballinrobe	N/A	www.mayosports.ie ballinrobesportshub@gmail.com
MARCH				
TBC	Ballinrobe Volunteers Awards Ceremony	Ballinrobe	N/A	www.mayosports.ie ballinrobesportshub@gmail.com

Further information on courses and applications can be downloaded from our website www.mayosports.ie, before posting application, please check with office to ensure places are left on your chosen course by email msp@mayosports.ie or phone **094 906 4360**. Thank You.

Note: Dates of courses / events may be subject to change. N/A: means non applicable. TBC: means To Be Confirmed