



■ Introduction

Welcome to the first edition of our newsletter in 2006. The Partnership would like to extend a very happy and active new year to all. We would like particularly to welcome Andrea Mc Veigh as the newly appointed administrator to the partnership. Andrea will only be too happy to deal with your queries in the day to day running of the office. We hope to be moving to new offices shortly more info about that again. We will still be contactable through Mayo County Council. If you wish to register your club / organization or indeed just yourself for contact details on upcoming courses and events please don't hesitate to contact us on 094- 9047543.

■ Réamhrá

Fáilte chuig an chéad eagrán d'ár nuachtlir i 2006. Ba mhaith leis an bpáirtíocht bliain úr shona agus ghníomhach a ghuí ar gach duine. Ba mhaith linn go háirithe fáilte a chur roimh Andrea McVeigh mar riarthóir nua-cheaptha chuig an bpáirtíocht. Beidh áthas mór ar Andrea déileáil le bhur bhfiosraithe i bhfeidhmiú na hoifige ó lá go lá. Tá súil againn a bheith ag bogadh chuig oifigí nua go luath - tuilleadh eolais maidir leis sin níos deireanaí. Beidh fáil orainn i gcónaí trí Chomhairle Chontae Mhaigh Eo. Más mian leat do chlub/d'eagraíocht nó, go deimhin, tú féin a chlárú maidir le sonraí teagmhála ar chúrsaí agus imeachtaí atá le teacht ná bíodh aon leisce ort teagmháil linn ar 094-9047543.

■ Mayo Sports Partnership Launches Workshop / Training Programme

2006 promises to be a busy year for the Mayo Sports Partnership as outlined in its new programme of activities for winter / spring. The launch of the first strategic plan for the county in the spring will be its first priority. The plan is now at draft stage and has now been referred to the Sports Partnership Board for discussion. The partnership would like to thank all those who participated in the extensive consultation process and gave much generated debate to numerous issues.

Some of the upcoming workshops / training courses are given in the newsletter further information can be obtained by contacting Andrea Mc Veigh the newly appointed Administrator for the Partnership or Charlie Lambert the Sports Co-ordinator at 094 – 9047543.

NEWSLETTER

Contents

	page
■ Introduction	01
■ Réamhrá	01
■ Launch of Workshop/Training Programme	01
■ Plyometrics workshop	02
■ Sports First Aid Awareness	02
■ Women in Sport	02
■ Buntús Programme	03
■ Child protection in sport	03
■ National Disability Scheme	03
■ Special participation grant scheme	04
■ Training & Education grant scheme	04
■ Go For Life	04
■ Funding Workshop	05
■ Club Media training	05
■ Sport for All Leader Training	05
■ Sports Fest for Older people	05
■ S.A.Q. training	05
■ Mayo County Council Cycling skills programme.	06
■ Workshop Programme Jan-April 2006	06
■ Has Your Club Contact Details Changed	06



Plyometrics, Speed & Power training Seminar

The Connacht GAA Council in conjunction with James O'Toole Sports Med West and the Mayo Sports Partnership facilitated in the delivery of the above workshop in early January.

The Seminar/Workshop was presented by Dr. Avery Faigenbaum, National Strength and Conditioning Specialist, The College of New Jersey on Saturday 14th January in St Gerald's College Castlebar from 10am – 2pm. Over 100 Sports Coaches and leaders attended the very informative event.

The course focused on plyometrics and particularly speed and power and the misconceptions and benefits accruing from plyometric training. The seminar also highlighted the essentials of plyometric training and outlined a simple yet effective plyometric conditioning program that can be incorporated into any athletes conditioning program initiatives.



Sports First Aid Awareness Course

A one day course for Sports Volunteers was held in the Mayo Education Centre on Saturday 26th November 2005. The course was organised through Mayo Civil Defence and their Chief Instructor Michael Conlon delivered an excellent course. Topics covered included accident procedures, basic life support C.P.R., wounds & bleeding, fractures, sprains, strains, dislocations, shock, head & spinal injuries. Participants were also brought through the use of a defibrillator and its importance. The Mayo Sports Partnership will run two courses in the spring in the Swinford and Ballina areas for a very nominal fee. For more information or to book please contact 094-9047543



Women in Sport

As part of the Government's initiative to increase participation in physical activity amongst women, Mayo Sports Partnership has two projects in place to contribute to this National effort. Currently the "Hip to Hop" dance project (See Below) for teenage girls in five 2nd level schools is underway and is proving to be quite a hit with the participants. The aim of the programme is to give an opportunity for girls, who do not participate in sport to engage in physical activity they can connect with. The anticipated outcome from the 10 week course is to enhance the participants body image and self confidence and that a school/community dance club can be formed. It would be hoped that the programme can be extended to other interested schools in the next school year. The second project "Women Walking" with it's aim to increase participation in walking in the South West Mayo area will commence on February 20th with an information evening in the Wyatt Hotel, Westport, for areas which include Clogher, Murrisk and Mulranny. The groups from each area will receive training in March with walking in April / May on the agenda. For more details in the above programmes, please 'phone 094-9047543.



■ Buntús Soccer

The schools that have completed the generic programme are to be offered the next phase of the programme, Buntus Soccer, which is due to be rolled out in March/April 2006. Buntus Soccer is an extension of Buntus Play/Multi-sport with the same three elements –

1. **Training** – A four hour workshop for teachers
2. **Equipment** – Bag of equipment worth €500 plus goals
3. **Resource Cards** – which illustrate the activities.

This is being offered to all schools who have completed the 1st phase of the generic programme only. Schools must complete the Buntús Play / Multi-Sport before moving on to the Soccer programme.



■ Buntús Play/ Multi - Sport Programme

222 Teachers from a total of 45 Primary Schools have now been trained in the Buntus Play and Multi-Sport Programme. These programmes will support Primary School and Special Needs Teachers in introducing young people to sport based on the principles of fun, inclusion and participation for all. There are 3 elements to the Programme –

1. **Training** – all teachers must attend a four hour workshop
2. **Equipment** – based on the school attending the training, 2 bags of equipment worth €800 will be supplied to the school.
3. **Resource Cards** – each bag contains a set of colourful cards which illustrates the various activities.

150 schools out of a total of 194 in the County have registered for the Programme and every school will receive the training at some stage. Once the school has completed the generic programme they will then be offered Buntus Soccer which is an extension of the initiative. If you need to find out more information, please contact the Partnership at 094-9047543.



■ Child Protection in Sport Workshops

The Mayo Sports Partnership will be holding a number of four hour workshops in the coming months on the above topic for any clubs / organizations which have sport as their focus in the Claremorris & Westport Electoral Areas. The workshop will deal with issues such as club policies, codes of conduct and issues around best practice in sport. The Claremorris Area course will take place on Wednesday & Thursday 18th & 19th January from 7.30pm – 9.30pm both nights in The Dalton Inn Hotel Claremorris. The course in the Westport Area will take place on Saturday 25th February in Westport Leisure Park from 10am – 2.30pm. If you are a group / organisation who wish to participate in these workshops please contact the Mayo Sports Partnerships office at 094-9047543 to arrange a course.



■ National Disability Strategy

Mayo Sports Partnership received funding from Mayo County Council towards a number of participation projects for people with a disability. These projects came from organisations such as Enable Ireland, Irish Wheelchair Association, Special Olympics and Mayo Mental Health/Westport Family Resource Centre. A Project that Mayo Sports Partnership was involved in was the Mind Matters Seminar in Westport on the 8th October in the Wyatt Hotel. The theme of the day was promoting positive mental health through Arts and Physical Activity Workshops (see below). Over 200 people attended the event which was very successful.



■ Special Participation Grant Scheme 2005

A total of 11 projects aimed at increasing participation have received a total of €17,000 in assistance for their initiatives by the Mayo Sports Partnership. Ranging from start up clubs such as Castlebar Kayak Club, Mayo I.C.A.'s Pitch & Putt Training Programme (see below), Moy



Valley Pony Club to community based initiatives such as Club Varios participation projects in Greenhills Estate in Ballina. These targeted initiatives will provide increased opportunities for those who may not be attracted to mainstream sports such as G.A.A. & Soccer.

A workshop to explain more about how to apply for funding under this scheme will take place on Wednesday February 15th in the Mayo Education Centre Castlebar. For more information on this scheme contact 094 - 9047543



■ Training & Education Grant Scheme 2006

An extension to the Mayo Sports Partnership grant scheme which will give financial assistance to sports volunteers who wish to go to specific coaching and education courses will take place in 2006. Up to 50% assistance to the cost of these courses can be given by applying to the partnership. A couple of examples took place in 2005 with participants on a Mayo Football Association Kickstart 1 Coaching Course and an Introductory Level Badminton Coaching Course (See below) receiving assistance. Further details will be delivered at the Sports Partnership funding workshop on February 15th in the Mayo Education Centre Castlebar or by contacting the partnership at 094 - 9047543.

■ Go for Life Grant Scheme 2006

21 older peoples groups from Mayo are among 541 nationally that will benefit from funding announced by the Minister for Sport John O'Donoghue T.D. The total funding is in excess of €300,000.

Welcoming the funding, Mayo sports officer Charlie Lambert said he was delighted to see so many groups from Mayo included in the allocation. "The aims of the funding is to help local clubs and organizations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities", Charlie Lambert said.

The funding announced is made available under phase five of the Go for Life national grant scheme for sport and physical activity for older people.

The full list of clubs that received funding:

Arthritis Foundation of Ireland
Balla ARA
Ballina ARA
Ballina ICA
Bellacorick Women's Group
Castlebar ICA
Charlestown ARA
Crann Mor Centre, Western Care Association
Crossboyne ICA
Crossmolina ARA
CSKA Killasser/Killasser Community Centre
Fr Peyton Centre ARG
Kilcolman ARA
Kilmaine ARA
Kilmovee Active Age
Mayo Local Sports Partnership
Providence ARA
The Lawn
The Tuesday Club ARA
Westport ARA
Westport Leisure Park



Sports Capital Funding Workshop

On November 15th 2005 over 70 people (see below) from over 40 sporting organisations / clubs / community groups attended a very informative seminar in the Mayo Education Centre on the above scheme. Mr Joe Butler who has extensive experience of preparing successful applications on behalf of the Mayo League was the facilitator on the night. Mr Ian Douglas from the Planning Department of Mayo County Council was also in attendance to answer any queries. Application forms are available from the Department of Arts, Sport & Tourism and the closing date was January 20th for receipt of forms.



Sport for All Leader Training

A welcome trend of development in communities has been the establishment of Community Multi – Sport Clubs which aim to give children and adults exposure to a wide range of activities developing their fundamental skills and having fun. Examples of these clubs in Mayo include Killasser C.S.K.A., Tooreen Sports Club, Kilmaine Multi – Sports and Ardagh Sports Club. Ardagh Sports Club (See below) on Saturday mornings cater for up to 100 boys and girls in activities ranging from Karate, Tag Rugby, Basketball to Treasure Hunts and Orienteering.

Often wondered how you could become a Sports Leader in your community? Want to give people in your area young & old a positive and fun experience of physical activity? Well the Sport for All Leader training course could be for you. The course will be held over two Saturdays in March 4th & 11th in the Ardagh Community Centre. The course will comprise of 16 Hours theory and practical. Areas which will be covered include Communication , Observation and Group Management Skills as well as how to conduct a safe and fun Sport for All Session. For further details and queries please contact the partnership on 094 – 9047543.



Funding Information Night

Wondering what funding schemes are available to clubs / organizations in the sporting field? The Sports Partnership will be hosting an information night for smaller funding schemes other than the Sports Capital Scheme. These schemes include the Sports Partnership Scheme, Dormant Accounts, Clar Scheme for disadvantaged Areas and Go for Life for Older People. The workshop will take place on Wednesday 15th February at 7.30pm in the Mayo Education Centre Castlebar. To book place on the night please contact the partnership on 094 – 9047543.

Club P.R.O. Media Training

Want to improve your clubs image? Up the profile of your club / organization? How can you prepare effective and informative press releases? A course held over two Wednesday nights 15th & 22nd March, 7.30pm – 9.30pm both nights, will take place in the Mayo Education Centre Castlebar. The course held in conjunction with Community Radio Castlebar will be facilitated by Noel Beirne who hosts the Saturday Sports Show. Content will include role & function of P.R.O. , Written Communication , Radio Interviews, Other Communications and Legal Aspects. Please contact the partnership for further details as places will be limited.

Sports Fest for Older People

Mayo Sports Partnership in conjunction with the Health Service Executive and Go for Life will be hosting a come and try it day for Older People in South Mayo on Wednesday 15th March 10am – 1pm in the Lakeside Health and Fitness Centre in Ballinrobe. The day will consist of fun, craic and a chance to meet people in a relaxed environment. Whether you are part of a group or not this day will just be the tonic to bring you out of those cold winter days to the longer days of the spring. To find out more about this day please contact the Partnership at 094-9047543.

S.A.Q. Workshop

A one day Foundation Level Seminar in Speed Agility and Quickness was held on Friday November 11th in the Lakeside Health and Fitness Centre Ballinrobe. Forty Sports Coaches / Volunteers from a wide range of Sports attended the seminar which was facilitated by Jim Kilty. Participants were brought through the first three steps of the programme and various drills / exercises to implement the system. The course ran from 4pm -10pm and provided much thought and debate on the up to date methods. The Partnership aims to run a course in the Kiltane Community Complex on the 31st March 2006. Details can be obtained on our Calendar of Events for Winter / Spring 2006.



■ Mayo County Council Cycling Skills Programme / Get on your Bike Week

In October 2006 Mayo County Council launched a road safety initiative throughout the primary schools. Co-ordinated by Mayo Road Safety officer and Western Lakes Cycling Club Member Noel Gibbons the aim of the programme is to raise awareness of road safety and develop the cycling skills of 5th & 6th students. The programme is delivered on site for four weeks and it is hoped that this programme can be developed, through funding by the Sports Partnership, to include weekend leisure cycle sessions to encourage parents to participate in the activity. A most recent survey of Irish kids shows that over 70% of schoolchildren are driven to school each day this in itself shows the increased need for these types of programmes.

In Mayo, the county road safety officer Noel Gibbons is planning a "Get on Your Bike" week to be held in Ballinrobe Community School in February. The message will be that cycling is a desirable and healthy mode of transport that is personally beneficial.

■ Mayo Sports Partnership Workshop Programme February-April 2006

DATE	Event	TIME	VENUE
Fri & Sat 3rd & 4th Feb 2006	Fundamental workshop & seminar on GAA games (Terence McWilliams-Ulster Games Manager)	Fri (7pm-9pm), Sat (10am-1pm)	NUIG Galway
Mon 6th Feb 2006	Sports forum meeting	8pm-10pm	Mayo Education Centre.
Wed 15th Feb 2006	Information on Funding schemes- Mayo Sports Partnership, Go For Life, Clár, Dormant accounts.	7:30pm-10pm	Mayo Education Centre
Sat 18th Feb 2006	Sports First Aid Awareness course (Swinford area)	10am-4pm	Áras Attracta, Swinford
Mon 20th Feb 2006	Walking Leader Training Information Night	8pm	Wyatt Hotel, Westport
Sat 25th Feb 2006	Code of Ethics & Best Practice (Westport Area)	10am-2:30pm	Westport Leisure Park
Sat 4th & Sat 11th March 2006	Sport for All Leader training (North Mayo region)	10am-4pm(both days)	Ardagh Community Centre
Wed 15th & Wed 22nd March 2006	Club P.R.O. Media training	7:30pm-9:30pm(both nights)	Mayo Education Centre.
Wed 15th March 2006	Sports Fest for Older People (Ballinrobe area)	10am-1pm	Lakeside Health and Fitness
Fri 31st March 2006	S.A.Q. foundation level course (North Mayo region)	4pm-10pm	Kiltane Community centre
Sat 29th April 2006	Sports First Aid Awareness course (Ballina area)	10am-4pm	Ballina Area
Wed 3rd & Thurs 4th May 2006	Code of Ethics and Good Practice (Castlebar)	7.30pm-9.30pm(both nights)	Mayo Education Centre

Other Training dates to be fixed include; Buntús Training in Primary Schools, Buntús Start for Pre-Schools, Walking Leader Training (Women in Sport). For further details please contact Andrea or Charlie at Mayo Sports Partnership, Tel: 094 9047543

■ Has your Club Contact Details Changed this Year?

If you have appointed new club officers for your club for 2006 please contact the Partnership at 094-9047543 so that information can be sent to the new contact. This information is vital so as to keep our database up to date and to make sure that information on events etc can be delivered to the appropriate personnel. Mayo Sports Partnership will endeavour to support the Sports Volunteer base throughout the county to the best of its ability.

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

Community & Enterprise, Mayo County Council, Áras an Chontae, Castlebar, Co. Mayo.
Tel: (094) 90 47543 Fax: (094) 90 47498 E-mail: clambert@mayococo.ie Web: www.mayocdb.ie/sport