Welcome to the Spring 2012 edition of our bi-annual newsletter. In this edition we review some of the major projects/events over the last few months and look forward to some major upcoming initiatives. One exciting upcoming project is the “Men on the Move” initiative to target men aged 30 plus for increased physical activity. We look forward to working with key partners such as the HSE and other agencies in providing opportunities for all.

Best Regards
Charlie Lambert, Sports Coordinator

Pictured at the launch of the Men on the Move Initiative at Lough Lannagh Castlebar were left to right Tommy Marren Mid West Radio, Brendan Fitzpatrick Claremorris (Participant), Laurence Gaughan HSE West, James Horan Mayo GAA Senior Team Manager, Pat Doherty Participant, Ray Mc Namara Sports Inclusion Disability Officer, Charlie Lambert Sports Co-ordinator Mayo Sports Partnership

Worried about that extra weight? Thinking about getting more active?

Mayo Sports Partnership in collaboration with HSE West are offering a new programme for men 35+ over the coming weeks in the Ballina, Claremorris and Westport areas.

3 open evenings are being organised, where men can come along and get a free health check, information on healthy eating and sign up to an activity programme. The open nights are in the following venues:
Manor Hotel Ballina on Monday 12th March 7.30pm
Mill Times Hotel Westport on Tuesday 13th March 7.30pm
Mc William Hotel Claremorris on Thursday 15th March 7.30pm

Programmes on offer will include Walking, jogging, cycling and recreational GAA (or Tag Gaelic). There will be leaders there on the night to answer any question that you may have about any of the programmes. So why not come along and give it a go. If you are interested in coming along call the Mayo Sports Partnership office on 094 9047025, email rmcnamara@mayococo.ie or Text your name to 087 6973093.

So get out there and get active and be part of this super programme.
WEST OF IRELAND WOMENS MINI MARATHON 2012 | MION-MHARATÓN NA MBAN 2012

Thousands to take to the streets of Castlebar for Western People West of Ireland Women’s Mini Marathon

The third annual Western People West of Ireland Women’s Mini Marathon will take place in Castlebar on Sunday, May 6, 2012. More than 5,000 women are expected to take part in this year’s event.

The event was officially launched in Áras an Chontae, Castlebar on Thursday evening, January 26, by Minister for Sport and Tourism, Michael Ring. The Minister congratulated the organisers and participants who have made the event possible over the last two years and wished them the very best of luck on the May Bank Holiday Sunday this year.

The event was dreamt up by the Western People in 2010 and enthusiastically taken up by the Mayo Sports Partnership. The inaugural event attracted some 3,000 participants, while 4,000 took to the streets of Castlebar in 2011. It is expected that this year’s event will be bigger and better than ever before.

In developing Western People West of Ireland Women’s Mini Marathon, the intention was to create a fun day, encouraging people to get out, get fit and enjoy the company of other women.

The 10k race is open to serious athletes, fun runners and walkers. It also acts as a major fundraiser for charities and over the last two years, local charities have succeeded in raising €1 million through the Mini Marathon. Some 60 charities were represented in the Mini Marathon in 2011.

In addition to the event itself, the benefits the Mini Marathon brings for Castlebar cannot be underestimated. “Holding the Western People Mini Marathon in the County Town is something we’re very proud of in the Western People and we are thrilled with the economic benefit it brings for Castlebar. Again this year, we are hoping that the town comes out in force to welcome the entrants,” said Cróna Eslor, deputy editor of the Western People, speaking at the launch of the event in the county council chamber, Áras an Chontae.

“The mini marathon has become a major event in Mayo Sports Partnerships calendar and is a vital focus now for women who participate in our walking programmes such as our ‘FitWalk Programme and running programmes such as Fit4life ‘meet and train’ programmes throughout the year. The revenue from the mini marathon has also allowed us to develop many new programmes some targeting minority groups in disadvantaged areas as well as ‘introduction to athletics’ programmes for national school children in Mayo. The Mini Marathon has also allowed us continue our ‘Special Participation Grant Scheme’ which funds worthy sports programmes in clubs and organisations throughout the county. We are really looking forward to the 2012 mini marathon and a new impetus in Physical Activity throughout the county.” added Anne Ronayne, Community Sports Development officer with the Mayo Sports Partnership.

Entrants must be over 15 years of age. To enter, fill in the form in the Western People or enter online at www.westofirelandwomensminimarathon.com. Entry costs €20.

Minister Michael Ring launches Get Ireland Active Website in Mayo

Michael Ring TD, Minister of State, at the Department of Transport, Tourism & Sport launched the “Get Ireland Active” website at a club development seminar organised by Mayo Sports Partnership in Castlebar, Monday 06 February.

The Get Ireland Active website (www.getirelandactive.ie) is a great resource for anyone who would like to get more active and is looking for advice and suggestions on where to begin. The website was developed as a one-stop information source on how to get involved in physical activity.

For more information on getting active, go to www.getirelandactive.ie, Ireland’s only dedicated online source for getting active.

Club Development Seminar

Increased co-operation between sports clubs / organisations and more support for sports volunteers were Minister of State for Sport Michael Rings message to delegates at Mayo Sports Partnerships Club Development Seminar held recently at Breaffy GAA Centre, Castlebar.

“My department will be announcing the new sports capital grant scheme at the end of this month. The scheme will benefit minority sports in particular and will seek applications from clubs who can demonstrate that they are going to share facilities” Minister Ring commented.

The well attended seminar addressed issues such as child protection, better use of facilities, social media use for beginner clubs, club structures/roles and volunteer recruitment.

As a result of the very successful event Mayo Sports Partnership plans to run a series of one night workshops on some of the more popular topics such as the use of social media. A workshop will also be held on the new Sports Capital funding scheme at the end of February / early March. Details of these workshops will be announced in due course and will be available on the Sports Partnership website www.mayosports.ie.

Many thanks to Breaffy GAA Club for the use of their fantastic facilities, Every Sports, partner agencies, presenters and all the sports volunteers who attended the event. For more information contact the Partnership at 094-9047025 or email msp@mayococo.ie
Minister Ring Announces €15,585 in Sports Grants for 46 Older People’s Groups in Mayo

46 Older Peoples Groups in Mayo are among 906 groups nationwide to share an allocation of €300,000 under the eleventh Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Minister of State for Sport and Tourism Michael Ring announced the allocations at an event held in the Breaffy GAA Centre Castlebar.

Commenting on the funding to Mayo, which totaled €15,585, Minister Ring said he was delighted to see so many groups from Mayo included in the allocation.

Mayo Sports Partnership will continue to have older peoples involvement in physical activity as one of its main objectives in 2012. Through its very successful Be Active 55 Programme which is available in 13 Leisure and community Centres throughout the county numerous older people are having fun while taking exercise in a friendly and sociable environment. For more information on this project and other initiatives please contact the Sports Partnership at 094-9047025 or log on to www.mayosports.ie.

Special Participation Grant Scheme 2012

Mayo Sports Partnership will be launching its annual grant scheme in late March 2012. Since 2005 approximately 180 projects in the county have received financial assistance from €500 to a maximum of €1,000 for initiatives which target people from all walks of life for increased participation. Last year 28 initiatives were funded and it is hoped that despite the current economic downturn a similar group of initiatives will be funded this year.

A workshop to give further information on the scheme is scheduled for Monday 26th March in the Mayo Education Centre at 8pm. If interested in attending please contact the office at the number given below to book a place.

Target groups include adults, young people, people with disabilities, ethnic minorities, travelling community and older people. Initiatives should be additional to existing activities and can include assisting new clubs, sports events, new opportunities for participation in communities etc.

More details can be obtained on our website www.mayosports.ie/GrantInformation or contacting the office at 094-9047025.

Grant Scheme 2012

Nine Mayo boxing clubs are to receive a total of €208,854, Minister of State for Tourism & Sport and Mayo TD Michael Ring has confirmed. The funding is being allocated under the Government’s Jobs Initiative. Minister Ring says his aim is to get people of all ages involved in sportThe following clubs will be benefitting:

- Eagle Boxing Club, Westport, €25,000
- Golden Gloves, Belmullet, €25,000
- Ballina Boxing Club, Ballina, €24,743
- Ardagh/Crossmolina Boxing Club, Ballina, €16,700
- Ardnaree Boxing Club, Ballina, €17,604
- Castlebar Boxing Club, Castlebar, €25,000
- St Anne’s Boxing Club, Westport, €25,000
- Ballinrobe Boxing Club, Ballinrobe, €24,807
- Geesala Boxing Club, Geesala, €25,000

Sports Capital Grant Scheme Information Workshop

The Department of Transport Tourism and Sport are due to announce the first Sports Capital funding scheme since 2008 sometime late February. Once we have details of the scheme we will organise an information workshop which will deal with issues such as

- Eligibility for Grants
- Completion of Application Forms
- Preparing a Development Plan
- Planning Permission
- Examples of Good Practice

For more information contact the Partnership at 094-9047025.

Go for Life Grants 2011

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Castlebar ICA</td>
<td>€285</td>
</tr>
<tr>
<td>Providence ARA</td>
<td>€305</td>
</tr>
<tr>
<td>Ballina ARA</td>
<td>€305</td>
</tr>
<tr>
<td>Ballyheane “55” Club ARA</td>
<td>€305</td>
</tr>
<tr>
<td>Balla ARA</td>
<td>€305</td>
</tr>
<tr>
<td>Castlebar Social Services</td>
<td>€305</td>
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<tr>
<td>Charlestown ARA</td>
<td>€305</td>
</tr>
<tr>
<td>Moy Valley Over 55’s Club</td>
<td>€305</td>
</tr>
<tr>
<td>Irish Wheelchair Association Belmullet</td>
<td>€305</td>
</tr>
<tr>
<td>Castlebar ARA</td>
<td>€305</td>
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<tr>
<td>Claremorris ARA</td>
<td>€285</td>
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<tr>
<td>Claremorris Leisure Centre</td>
<td>€500</td>
</tr>
<tr>
<td>Ballina Family Resource Centre</td>
<td>€305</td>
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<tr>
<td>Crossmolina ARA</td>
<td>€305</td>
</tr>
<tr>
<td>Cara Iorrais</td>
<td>€305</td>
</tr>
<tr>
<td>Knockmore/Rathduff Women’s Group</td>
<td>€305</td>
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<tr>
<td>Ballindine/Frishowntown ARA</td>
<td>€285</td>
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<tr>
<td>Mayo Abbey ARA</td>
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<tr>
<td>Ballina ICA</td>
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<tr>
<td>Friends of TACU</td>
<td>€305</td>
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<tr>
<td>Behy ICA</td>
<td>€285</td>
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<tr>
<td>Coiste Cultur Teanga Thuar Mhíc Eadaigh</td>
<td>€305</td>
</tr>
<tr>
<td>Meelick ICA</td>
<td>€285</td>
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<tr>
<td>Ballina Carer’s Group</td>
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<tr>
<td>Lacken Carer’s Support Group</td>
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<tr>
<td>Hi-noon Club (Tithe Cois Trá)</td>
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<tr>
<td>Islandeady Caring Services, Community Future</td>
<td>€285</td>
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<tr>
<td>Tooreen ARA</td>
<td>€305</td>
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<tr>
<td>Claremorris ICA</td>
<td>€285</td>
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<tr>
<td>Arthritis Ireland, Mayo Branch</td>
<td>€305</td>
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<tr>
<td>Clare RIR</td>
<td>€285</td>
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<tr>
<td>Turlough Community Development Association</td>
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<tr>
<td>Club Varia Community Project</td>
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<tr>
<td>The Tuesday Club ARA</td>
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<tr>
<td>Mayo Sports Partnership</td>
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<tr>
<td>Seirbhísí Cuír Chúl Dhomhnaí Teo</td>
<td>€285</td>
</tr>
<tr>
<td>Swinford ARA</td>
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<tr>
<td>Ballyhaunis ARA</td>
<td>€305</td>
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<tr>
<td>Society of St. Vincent de Paul</td>
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<tr>
<td>Ballinrobe ARA</td>
<td>€230</td>
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<td>Crann Mor Centre, Western Care Association</td>
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<td>St. Colman’s Care Centre</td>
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<tr>
<td>St. Attracta’s Society Banda ARA</td>
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<tr>
<td>Ballina Carer’s Group</td>
<td>€305</td>
</tr>
<tr>
<td>Ballindine/Frishowntown ARA</td>
<td>€305</td>
</tr>
<tr>
<td>Total Funding Allocated</td>
<td>€15,585</td>
</tr>
</tbody>
</table>

Funding Search Facility

Don’t know where to look for funding schemes? Well check out Ireland’s funding website www.jdbgrants.ie. Find out about European grants, Irish Government grants and other sources of funding for your business or voluntary group.
SPORT AND DISABILITY | TUAIRISC AR SPÓRT AGUS MHÍCHUMAS

Inclusive Leisure Centre Initiative

To Celebrate International Disability Awareness Day on 3rd December 2011 Mayo Sports Partnership organised two leisure centres to participate in a national awareness campaign in cooperation with the Cara National Adapted Physical Activity Centre.

Claremorris Leisure Centre Had 20 participants who had not been to the leisure centre before participate in a fun activity class and got a full tour of the facility and warm welcome from staff which proved to be a very successful day.

In Westport Leisure Park 30 participants took part in various activities from Gym workouts, over 55s activity class and Boccé. Both centres are very accessible and have various activities running all the time that people with a disability can get involved in. For more information on these activities contact the centres directly or contact us here at the Mayo Sports Partnership.

Go for Life Training Day

As part of the activities taking place as part of the annual Go for Life Grant announcements for older peoples groups on the 21st November 2011 a training refresher session was delivered for physical activity leaders. Mayo Sports Partnership facilitates such sessions on an ongoing basis where leaders are given the tools to conduct fun and safe activity sessions for older people. Activities include coordination, balance, games, exercise to music etc. For more information contact Ray Mc Namara Sports Inclusion Development Officer at 094-9047023.

Disability Awareness Training

In 2011 42 Transition year Students from St Louis Secondary School in Kiltimagh took part in a Disability Awareness Programme delivered by Sports Inclusion Disability Officer Ray Mc Namara. The Programme is aimed at creating awareness amongst students about disability and giving them the confidence to volunteer to include people with a disability in their local clubs. The programme is a mix of both theory and practical helping students to develop a more positive attitude towards the issues faced by people with a disability.

If your schools would like to participate in this training programme contact Ray Mc Namara Sports Inclusion Disability Officer at 094-9047025.
### Wheelchair Basketball

A four-week Wheelchair basketball Programme took place every Thursday evening in an Sportlann Castlebar in December 2011 and it is planned to set up a wheelchair basketball Club in the coming months.

If you would like to get involved in the club as a participant or as a volunteer please contact Ray at rmcnamara@mayococo.ie or contact the Mayo Sports Partnership Office.

### Soccer Blitz

The first soccer blitz of 2012 took place on the 14th February in an Sportlann Castlebar with teams from Rehab Care Castlebar, National learning Network Castlebar and Loughrea Training Centre Galway participating in a 5 a side fun tournament.

The next Blitz will be on the 20th March.

### Erris Mens Team are North West Regional Boccia Champions

Erris mens team won the regional Boccia competition held in Sligo IT on 3rd November. 20 Teams from Mayo, Sligo and Roscommon took part in the event.

After a closely matched final Erris got the better of Sligo team 1 and were deserving winners on the day it is hoped that the event will be an annual event and will complement the county boccia league which has gone from strength to strength.

### Opportunities for People with a Disability

**Sports Inclusion Disability Programmes/Events January - April 2012**

<table>
<thead>
<tr>
<th>Programme/Event</th>
<th>Venue</th>
<th>Date</th>
<th>Time</th>
<th>Target Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children’s Saturday Club</td>
<td>An Sportlann, Castlebar</td>
<td>Saturday 28th January &amp; Every Second Saturday until June</td>
<td>11.00am - 12.00pm</td>
<td>Children with an Intellectual or Physical Disability</td>
</tr>
<tr>
<td>Mayo Autism Activity Club</td>
<td>Arás Attracta, Swinford</td>
<td>Every Tuesday</td>
<td>4.00pm - 6.00pm</td>
<td>Children with Autism</td>
</tr>
<tr>
<td>Boccia League</td>
<td>Breaffy GAA Club House</td>
<td>6th February, 5th March, 2nd April, 14th May &amp; 11th June</td>
<td>12.00pm - 4.00pm</td>
<td>Adults with Physical and Sensory Disabilities</td>
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<tr>
<td>New Boccia Tournament</td>
<td>Ballina Glasgow Kennedy Centre</td>
<td>Thursday 22nd March</td>
<td>12 noon - 4.00pm</td>
<td>Everyone Welcome</td>
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<tr>
<td>Visually Impaired Come and Try Day</td>
<td>TBC</td>
<td>TBC</td>
<td>TBC</td>
<td>TBC</td>
</tr>
<tr>
<td>Special Olympics Boccé Club</td>
<td>Westport Leisure Park</td>
<td>Every Thursday</td>
<td>6.00pm - 7.00pm</td>
<td>Adults and Children with Physical Disabilities</td>
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<tr>
<td>Wheelchair Basketball</td>
<td>Castlebar</td>
<td>Tuesday 21st February</td>
<td>11.00am - 3.00pm</td>
<td>Adults and Young People with Intellectual Disabilities</td>
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<tr>
<td>Soccer Blitz</td>
<td>Castlebar Celtic Astro Turf</td>
<td>Wednesdays</td>
<td>Varied</td>
<td>Pan-Disability (Over 16's Only)</td>
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<tr>
<td>Inclusive Gym/Fitness Initiative</td>
<td>Westport Leisure Park</td>
<td>Thursdays</td>
<td>11.30am</td>
<td>Adults with Intellectual Disabilities</td>
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<tr>
<td>Swimming Lessons</td>
<td>Castlebar Swimming Pool</td>
<td>TBC</td>
<td>TBC</td>
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<tr>
<td>Children’s Swimming Lessons</td>
<td>Westport Leisure Park</td>
<td>Every Friday</td>
<td>3.30pm - 4.30pm, 4.40pm - 5.30pm &amp; 5.30pm - 6.30pm</td>
<td>Intellectual Disabilities</td>
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<tr>
<td>Inclusive Gymnastics</td>
<td>Westport Leisure Park</td>
<td>Every Friday</td>
<td>TBC</td>
<td>All Children</td>
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<tr>
<td>School Activity Programme</td>
<td>St. Anthony’s, Castlebar</td>
<td>Every Wednesday</td>
<td>1.15pm - 2.30pm</td>
<td>TBC</td>
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<tr>
<td>Autism Activity Day</td>
<td>Lough Lannagh Village, Castlebar</td>
<td>Sunday 1st April</td>
<td>2.00pm - 4.00pm</td>
<td>TBC</td>
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<tr>
<td>Outdoor Activity Day</td>
<td>TBC</td>
<td></td>
<td>TBC</td>
<td>TBC</td>
</tr>
</tbody>
</table>
Mayo Traveller Support Group

Fitness Classes for Women and Men

Mayo Traveller support Group supported by Mayo Sports Partnership recently held Pilates and Boxercise classes for Traveller Women in the Ballina area. The classes were really well attended and the women loved the classes. Women of all ages, young and old attended and the classes were a lot of fun in a relaxed environment. Cora Staunton and Vivienne Fitzmaurice of MTSG were on hand to organise and motivate the women. Vivienne said “The exercise programme really appealed to the Traveller women, it was an opportunity for the women to improve their overall health and fitness in a fun way”.

A boxercise programme for Traveller men will start on Friday February 24th at 4pm for 6 Fridays in the Ballina Sports and Leisure Centre.

Further information contact Vivienne Fitzmaurice, Primary Health Care Coordinator, Teeling Street, Ballina 096 75538/087 0524891 or email: health@mtsg.ie

Men’s 5-A-Side Indoor Soccer Tournament

Moy Sports Forum Men’s 5 aside indoor soccer tournament which ran over two months in Scoil Padraig concluded on Saturday 28th January in a thrilling final between Rovers and Ardnaree. Eight teams took part in the tournament, five from the Parkside area, two from Ardnaree and a team from the Karen Burmese community. The game, which went to extra time, was won 4-3 by Rovers. The winning team was captained by Shane Maughan with players Paddy Maughan, Stephen Maughan, John Paul Collins and Daniel Gorman. Ardnaree was captained by Trevor Marshall with Players Jason Moran, John Casey, Gerry Casey, Nigel Lackey and Brendan Lackey. The match officials were Tommy Humber and Paul Byrne of the FAI. Presentations were made by Christina Kavanagh, Rapid Coordinator Mayo County Council. The tournament was funded by the Rapid Community Support Programme and Mayo North East, and was coordinated by James Maughan, Involve.

Mid Term Break

School Children’s Sports Blitz

On February 16th 2012 a children’s soccer, gaelic and rugby blitz was held for school children from the parkside and ardnaee areas in Cluain Na Ri.

The blitz was led by 4 coaches all trained through the Goal2Work programme phase 1 and phase 2. The children were put through their paces in a very exciting and fun few hours and learnt skills in the various disciplines. Member of the Moy Sports Forum were on hand to help out on the day from Mayo Sports Partnership, Ballina Town Council, Mayo North East, Parkside Youth Centre, Mayo Travellers Support Group, FAI and community representative to help out. The day was a bit wet but it didn’t dampen the spirits of the children who were there from Millview, Cluain Na Ri, Greenhills and Parkside. Soccer, Gaelic and Rugby programmes will be rolled out throughout the year outdoors, starting after Easter.

Contact Anne Ronayne, Community Sports Development Project Worker for further details. Email aronayne@mayococo.ie or 087 6973587 / 094 9047022.
**Fit4Work Guidelines Now Available for Your Workplace**

The Castlebar Fit4Work programme has been running successfully for the past number of years. The objective of the programme is to have a more active workforce using facilities available to the workplace organisations. The organisations involved in Castlebar Fit4Work are HSE, GMIT, Mayo County Council, VEC and Western Care. The programme is a timetable of activities offered to workers which include Pilates, Boxercise, Circuits, Kettlebells, Metafit, Kundalini Yoga, Meet and Train walking and jogging etc.

The Fit4Work in Castlebar has meant that participants who had a busy schedule and cannot exercise before or after work can get some exercise done in their lunch hour leading to a much happier and fitter workforce. The classes are inexpensive and the Fit4Work committee are happy to advise if other organisations would like to develop some similar programme in their workplace. The programme now has a set of guidelines developed as to how other companies or organisations can develop similar workplace initiatives.

**Contact Anne Ronayne, Community Sports Development Project Worker for further details. Email aronayne@mayococo.ie or 087 6973587 / 094 9047022.**

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**What is the Moy Sports Forum?**

Moy Sports Forum was established in November 2010 by Mayo North East, Mayo Sports Partnership, FAI and local resident representatives from Parkside and Ardnaree. The aim of the Forum is to encourage sport and physical activity among all age groups and to promote the responsible use of the outdoor sports facilities in Cluain na Ri, Greenhills Estate and Mercy Park.

The Forum is particularly interested in encouraging participation from those who are not members of mainstream organisations. Activities have included soccer and tennis coaching, sports days, guided walks and Boxercise. The Forum meets once a month in the Ballina Family Resource Centre to plan activities and has expanded membership to include the Mayo Traveller Support Group, Involve youth project, Sean Duffy Centre, Ballina Town Council under the Rapid Programme. Ballina Neighbourhood Youth Project and Over 55s also attended the last meeting.

**Contact Anne Ronayne, Community Sports Development Project Worker for further details. Email aronayne@mayococo.ie or 087 6973587 / 094 9047022.**

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**‘Walking and Jogging’ Going Strong in Mayo**

Are you interested in starting up a meet and train group in your area?

This year there is more interest than ever in people wanting to set up groups in their communities. For Example there is a new daytime group in Castlebar meeting at lunchtimes at the track at GMIT on Wednesdays and Fridays at 1.10pm. There is also a new group in Ballyhaunis going strong meeting twice per week at the Friary Field. Westport Leisure Park have a new meet and train group set up meeting twice per week (10weeks to get ready for a 10k).

With the women’s mini marathon approaching on May 6th the time is ideal in your community to set up a FitWalk Programme or a Fit4life programme.

Presently Mayo Sports Partnership are busy assisting the coordination of groups in Ballina, Ballinrobe, Claremorris, Castlebar, Breaffy, Swinford, Westport, Carnacon, Roundfort, and many more areas.

Below is the Fit4Life meet and train timetable for Mayo with contact details for the leaders of the groups.

<table>
<thead>
<tr>
<th>Venue for fit4life 2012</th>
<th>Day</th>
<th>Time</th>
<th>Contact Person</th>
<th>Contact Detail</th>
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</thead>
<tbody>
<tr>
<td>Ballina (Belleek Track)</td>
<td>Tues</td>
<td>8.30pm</td>
<td>Liz Murphy</td>
<td>087 2419309</td>
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<tr>
<td>Ballina (Belleek Track)</td>
<td>Thurs</td>
<td>7.00pm</td>
<td>Liz Murphy</td>
<td>087 2419309</td>
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<tr>
<td>Ballinrobe (at Soccer Club)</td>
<td>Thurs</td>
<td>7.45pm</td>
<td>Joan Walshie</td>
<td>087 6726029</td>
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<tr>
<td>Ballinrobe (at Soccer Club)</td>
<td>Sun</td>
<td>10.00am</td>
<td>Joan Walshie</td>
<td>087 6726029</td>
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<tr>
<td>Claremorris (Running Track)</td>
<td>Thurs</td>
<td>7.30pm</td>
<td>Michael McGrath</td>
<td>086 8534729</td>
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<tr>
<td>Breaffy (GAA Pitch)</td>
<td>Mon</td>
<td>7.00pm</td>
<td>Ann McDonnell</td>
<td>086 8635354</td>
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<td></td>
<td></td>
<td></td>
<td>Maggie Heneghan</td>
<td>087 6322452</td>
</tr>
<tr>
<td>Westport (Horkans Hill)</td>
<td>Tues</td>
<td>7.30pm</td>
<td>Gerry Kilroy</td>
<td>087 6363188</td>
</tr>
<tr>
<td>Westport (Horkans Hill)</td>
<td>Tues</td>
<td>7.30pm</td>
<td>Gerry Kilroy</td>
<td>087 6363188</td>
</tr>
<tr>
<td>Ballyhaunis (Friary Field)</td>
<td>Tues</td>
<td>7.00pm</td>
<td>Anne Cunnane</td>
<td>094 9630311</td>
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<td></td>
<td></td>
<td></td>
<td>Tracey Cunnane</td>
<td>086 0618126</td>
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<tr>
<td>Ballyhaunis (Friary Field)</td>
<td>Sat</td>
<td>9.00am</td>
<td>Anne Cunnane</td>
<td>094 9630311</td>
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<td>Tracey Cunnane</td>
<td>086 0618126</td>
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<tr>
<td>Swinford (Amenity Park)</td>
<td>Tues</td>
<td>7.00pm</td>
<td>Michael Oliver</td>
<td>086 8196511</td>
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<tr>
<td>Swinford (Amenity Park)</td>
<td>Sun</td>
<td>12 noon</td>
<td>Michael Oliver</td>
<td>086 8196511</td>
</tr>
<tr>
<td>Castlebar (GMIT Running Track)</td>
<td>Wed</td>
<td>1.10pm</td>
<td>Anne Ronayne</td>
<td>087 6973587</td>
</tr>
<tr>
<td>Castlebar (GMIT Running Track)</td>
<td>Fri</td>
<td>1.10pm</td>
<td>Anne Ronayne</td>
<td>087 6973587</td>
</tr>
</tbody>
</table>

Would you like to set up a Fit4Life‘meet and train’ group in your area or set up a 5 week FitWalk programme indoors in your area?

**Contact Anne Ronayne, Community Sports Development Project Worker for further details. Email aronayne@mayococo.ie or 087 6973587 / 094 9047022.**
Name of Club: Westport Youth Activities Club (WYAC)

Aims: The clubs main aim is to facilitate and promote Sporting and Recreational Activities for the Primary School children who attend the 20 Primary Schools in the Westport and surrounding areas, which also includes children from the Louisburgh & Newport school areas.

Ages Catered For: The club caters for children in the 3 following categories: (1) the 5-8 year olds, (2) the U-10's (3) the U-12’s. From time to time, we run a Mixed First Year Indoor Futsal Competition in conjunction with Rice College, Westport for the 1st Year students who attend Secondary School in the Westport/Louisburgh area and this adds a fourth category for the club called “12+”.

Activities: The WYAC Activities is open to every school child and our activities include our National Schools Table Quiz, National Schools Talent Show, Trip(s) to Westport Cineplex, Tours and occasional Trip’s to International Games and our main activity is the Indoor Soccer/Futsal Winter League in Rice College which runs from September until March each year on a Saturday.

Future Plans: The Club is celebrating its 30th Anniversary this year, and with over 550 primary school children taking part in the clubs activities, we hope to maintain and strengthen this number over the coming years, while adding additional activities to our season programme.

School Get Active Campaign

Following the recent exposure of the Operation Transformation initiative with a class of secondary school teenagers re Bleep Fitness Test which illustrated the low levels of physical fitness in the system, Mayo Sports Partnership have invited VEC schools in the county to participate in a similar initiative locally.

8 2nd level schools, 4 VEC and 3 non VEC, are to select a senior level class to take on a 6 week programme to increase their levels of physical fitness. Staff of Mayo Sports Partnership would conduct the testing before and after to ascertain improvement. Both Mayo VEC and Elverys have agreed to support the initiative with Elverys supplying their power team to visit the school on an agreed date. Along with goodie bags participating classes will receive an allocation of €250 towards a leisure activity of their choice if they all improve their fitness levels within the specified time. Advice and support will be given to the co-ordinating teacher who will oversee the initiative within the school.

For more information contact Ray Mc Namara Sports Inclusion Development Officer at 094-9047023 or email rmcnamara@mayococo.ie.

Be Active After-School Activity Programme Comes to Mayo

The Be Active ASAP is a weekly programme of varied after-school activities supervised by volunteer teachers and supported by volunteer parents. The Programme is an initiative of the Health Promotion Department of the HSE Dublin North East and was named Best Health Promotion Project at the 2011 National Health Literacy Awards.

The Be Active After-School Activity Programme...

...takes place after school on school grounds.
This offers a safe, familiar, convenient setting for an age-appropriate introduction to after-school physical activity.

...is designed for 7-8 year olds.
This is an age at which children begin to make decisions regarding their likes/dislikes or abilities regarding physical activity.

...is led by trained teacher leaders.
Teachers were chosen to lead the programme as they have the knowledge to adjust activities to challenge children appropriately, irrespective of ability.

...involves parents in their children’s physical activity.
Parental support is crucial to the programme to improve the adult:child ratio, to support to the teacher and to set a good example for the children.

...gives children the chance to succeed.
This programme concentrates on building confidence across a broad range of activities echoing the Physical Education Curriculum for Primary Schools experienced by children during the school day.

Schools who register to deliver the Be Active After-School Activity Programme receive a free resource folder, free training for teachers, certificates for participants and ongoing advice and support. To register contact the Partnership at 094-9047025 or for more information visit the programme website at www.beactiveasap.ie.
Primary School Athletics Initiative Spring Programme

The next phase of the ‘Primary School Athletics Initiative’ is being rolled out from February to March in association with Mayo Sports Partnership. This programme has run for the last few years with great interest from primary schools in the south and east areas of Mayo.

Experienced international athletics coaches, Jim Ryan of Claremorris AC and other Claremorris AC coaches, will provide an introduction to track & field athletics to primary school children from primary schools in the locality.

Jim has close to 30 years of coaching experience and has worked with athletes from introductory level through to senior international competitor. This proposal comes about through the generosity of the coaches and their love of coaching and they have offered to provide this service in their own free time and at no cost.

The coaches invites primary schools in the locality to send a group of approx 30-35 children, to travel to Claremorris Community Development (new indoor and outdoor) facilities for 105 minutes coaching session.

Coaching Session Content

The session will focus on the fundamentals of athletics and will be broadly in line with the primary school PE curriculum. It will contain an introduction to running, jumping and throwing and will focus on track & field events such as the sprints, hurdles, middle distance, high jump, long jump and shot putt. All activities will be appropriate for children of primary school age and stage of development. Each session will last approximately 90 minutes.

We are now in a position to offer this new ‘short spring programme’ to primary schools in the area and we also plan to have a follow on spring/summer programme which will run up to June 2012.

Contact Anne Ronayne, Community Sports Development Project Worker for further details.
Email aronayne@mayococo.ie or 087 6973587 / 094 9047022.

10 Post Primary Schools Participating in 2011/2012 Girls Active Project

After the fantastic success of the inaugural Girls Active Programme last year a large number of schools have expressed an interest in participating in the initiative during this school year. Mayo Sports Partnership are delighted to announce that 10 schools have been selected to participate in a 10 week programme.

Girls Active is targeted at teenage girls who do not participate in mainstream sport and are given opportunities to participate in activities such as Boxercise, Bootcamp, Zumba Dance, Pilates, Yoga, Aerobics etc. The girls select the activities themselves and classes are delivered by accredited Sports Partnership tutors during lunchtime or afterschool.

After Easter 2012 the participating schools will be invited to participate in a jamboree day at a venue to be arranged. Participants will experience more activities and will be presented with certicates of completion of the programme.

More information can be found on www.mayosports.ie or by contacting the Partnership at 094-9047025.

Playground Markings

Mayo Sports Partnership in association with Health Promotion Services HSE West would like to inform Primary Schools about an initiative called ‘Playground Markings’. The Mayo Sports Partnership office has 2 sets of playground stencils which will be available to schools on loan. The stencils can be used to paint traditional playground games onto the school playground. These games include Hopscotch, A Maze, the Snail Game and an Activity Circuit.

The rationale behind the initiative is that because it is well documented in research that physical activity is central to a person’s physical, psychological, emotional and social health. This is very important in light of the increasing rates of physical inactivity and obesity in Irish children.

Laying the markings is the onus of the school. It is suggested that help can be sought from a number of services for the school to lay out the markings. These include senior primary school students, teachers, the care-taker, parents or local community groups.

To register your schools interests contact the office at 094-9047025.

New Teacher / Refresher Training in the Generic Buntús Programme

Following the roll out of the Buntús Generic programme to primary schools in the county the Sports Partnership is offering training to new teachers or existing teachers who may like to be refreshed in the programme. The Sports Partnership is now in a position to offer this 2 hour training programme to primary schools throughout the county. If your school is looking to upskill teachers on physical activity ideas etc then this workshop would be perfect for you. Training can take place after school ie 3pm - 5pm.

If you require more information on this refresher training contact the Sports Partnership office at 094-9047025.
Meet and Spin

Cycling Clubs such as Westport Covey Wheelers have designated leisure cycling sections in their clubs which are going from strength to strength. The Westport Club meet every Sunday morning at 9am at the clock with appropriate group structures for beginner, intermediate and advanced. Log on to www.westportcc.ie for more information.

Mayo Sports Partnership hopes to work with cycling clubs and community groups throughout the county in the development of meet and spin initiatives. If you are interested in setting up a similar initiative in your area contact the office at 094-9047025.

Fantastic Turnout for Operation Transformation Walk

In prime weather conditions the Mayo leg of the national Operation Transformation walk went ahead on Saturday 14th January on the greenway in Westport. Approximately 300 people, including Mayo Ladies GAA and Carnacon star Cora Staunton, participated in the event organised by Mayo Sports Partnership, Mayo County Council and Westport Leisure Park.

Trained leaders led the participants who were organised into groups based on their level of fitness and ability. All completed the 5K walk and were treated to welcome refreshments at the Westport Leisure Park afterwards.

As an outcome of the event the group has decided to continue walks on the Greenway every Tuesday at 7pm. The meeting point is the Westport Leisure Park and all are welcome. People call exercise at their own pace in a social group setting with a walking leader in attendance.

The Sports Partnership would like to thank all who participated and assisted with the organisation event including walking leaders, Mayo County Council Walking Officer Anna Connor, Dermot Langan Westport Leisure Park and Supervalu who sponsored water for attendees.

Further information on walking groups or meet / train networks in Mayo can be got by contacting the Mayo Sports Partnership at 094-9047025 or log on to www.mayosports.ie.

Westport Wins Smarter Travel Initiative

Minister for State at the Department of Transport, Tourism & Sport, Michael Ring, recently announced a major smarter travel investment programme for Westport totaling €5million.

The county Mayo town has beat off stiff competition to be selected as one of Ireland’s Smarter Travel Demonstration Areas 2012-2016. The Westport Smarter Travel proposal was developed by Westport Town Council and Mayo County Council with strong community support from the people of Westport.

The Smarter Travel Demonstration Areas is a national competition that looked at towns to provide the best package to facilitate initiatives that would encourage people out of their cars and into using walking, cycling and coordinated public transport. Westport’s bid had strong community support and was based around active tourism so that Westport will offer visitors a high quality smarter travel experience.

“Westport will now join Limerick and Dungarvan and lead the way in terms of transport initiatives for the country. Other local authorities will use the example set in Westport in their own towns and will work towards reducing the carbon footprint of travel in our towns. Change in travel behaviour in Westport will be based on hard and soft measures supported by partnership with community, business and voluntary groups in the area”. Minister Ring stated.

Community Fit Walk Programme

Now in 6 Areas Throughout Mayo

The Community Fit Walking Programme is continually expanding throughout communities in Mayo.

The overall aim of this 5 week programme is to promote fitness through Walking.

The Programme comprises 5 x 1hr once-weekly sessions delivered in an indoor setting. The key outcomes are that participants will;

• understand the key components of physical fitness and how to get best fitness benefits from walking;
• understand how to use Step Counters and Heart Monitors and their function in getting best fitness benefits from walking;
• be familiar with the techniques of StrideWalking and PowerWalking.

Participating communities must have access to an indoor hall, minimum badminton court size, for 1 hour per week for 5 weeks. The group should be about 20 in number. Classes can also be scheduled in the mornings as well as evening time.

If your community or group is interested in taking up this programme, expressions of interest can be made to the Sports Partnership Office 094-9047025 or by email to msp@mayococo.ie.

Programme Details

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<thead>
<tr>
<th>Venue</th>
<th>Days</th>
<th>Times</th>
</tr>
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<tbody>
<tr>
<td>Claremorris Athletic Club</td>
<td>Mondays (March 5th)</td>
<td>8-9pm</td>
</tr>
<tr>
<td>Roundfort Community Centre</td>
<td>Tuesdays</td>
<td>8-9pm</td>
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<tr>
<td>Mulranny Park Inn</td>
<td>Tuesdays</td>
<td>10.45-11.45am</td>
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<tr>
<td>Carnacon Community Centre</td>
<td>Wednesdays</td>
<td>8-9pm</td>
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<tr>
<td>Knockmore Resource Centre</td>
<td>Wednesdays (11th April)</td>
<td>9-10pm</td>
</tr>
<tr>
<td>Tourmakeady Comm Centre</td>
<td>Thursdays</td>
<td>8-9pm</td>
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Walk of Hope

Pictured on the “Walk of Hope” on the Ox Mountains organised by Foxford Ramblers Walking Club in aid of Hope House are left to Right Paddy Burke Caitheoirleach of the Seanad, Cllr Michael Kolmes, Cllr Seamus Weir, Michelle Mulherin T.D., Peter Hynes County Manager, An Taoiseach Enda Kenny, Charlie Lambert Sports Co-ordinator and Anna Connor Walking Officer.

Tel: (094) 904 7025 Fax: (094) 904 7480 E-mail: msp@mayococo.ie Web: www.mayosports.ie
**Operation Transformation Star Presents Goal to Work Certificates to Ballina Sports Coaches**

13 jobseekers from the Ballina area recently completed a 14 week long specialised sports coaching course which it is hoped will provide them with the tools to obtain some part time employment. The 2 days a week “Goal to Work” programme allowed trainees to become fully qualified G.A.A., Rugby and Soccer coaches with additional sports modules in child protection, first aid, disability awareness and active leadership completed. Trainees also honed their skills while on placement in Ballina urban area national schools for one of days, giving many school children some quality coaching experiences.

Mr Ronan Scully of recent Operation Transformation fame presented the coaches with their Goal to Work certificates at an event held in Hotel Ballina.

Also speaking at the event was Ballina Town Council Mayor Cllr Peter Clarke who earlier this year attended the launch of the initiative and commended the project co-ordinators Mayo North East LEADER Partnership Co., Mayo Sports Partnership and Mayo County Development Board for their foresight in bringing such an innovative programme to fruition.

Already several of the trainees have taken up internships with others looking to further their skills through other training courses. Some plan to work with the governing bodies of sport while also continuing to assist schools and local communities in developing participation opportunities.

It is hoped that the initiative will benefit the Ballina area with many of the coaches linking in with the recently formed Moy Sports Forum to provide participation opportunities for disadvantaged sectors of the community.

The organising committee mentioned above would like to thank Ballina Town Council, Department of Social Protection, Mayo Mental Health, Mayo Jobs Club, Mayo GAA, FAI, Connaught Branch of the IRLFU, Ballina Urban area primary schools and all the participants on the programme.

To find out more about the programme log on to www.mayoarts.ie or contact Mary Glynn at Mayo North East LEADER Partnership Company Knock Office on 094 9376627 or e-mail info@mayonortheast.com.

**Minister of State for Tourism and Sport Michael Ring together with the Chairman of the Mayo Sports Partnership Henry Kenny relaunched Link2BActive, an initiative from the Mayo Sports Partnership that seeks to provide opportunities in sport/physical activity for unemployed in Mayo.**

With Link2BActive Mayo Sports Partnership is looking to link in job seekers with the local facilities such as gyms, leisure centres, all weather pitches, golf clubs and other facilities where, coincidently, pressure is also on from people dropping off due to economic constraints. It has asked local sports providers to come up with an offer, complete with terms and conditions, for the use of their facilities by jobseekers.

You can also download contact details, offers etc by logging on to www.mayoarts.ie/ProgrammesGrants/Link2BActive. If you are interested in the programme please contact the facility directly quoting the “Link2BActive” slogan.

**List of participating Centres for Link 2B Active programme:**

- Leisure and Spa Hotel Ballina
- Castlebar Swimming Pool
- Lakeside Sports and Fitness
- Ballina Swimming Pool
- Hotel Westport Ocean Sport Spa and Leisure
- Foxford Sports and Leisure Centre
- Barnacarroll Community Centre
- Castlebar Tennis Club
- Carne Golf Links
- Claremorris GAA Club
- Castlebar Driving Range
- Breaffy Leisure and Spa
- Bemullet Sports Complex
- Ballina Sports and Leisure Centre
- Claremorris Leisure Centre
- Westport Leisure Park
- Mulranney Park Hotel
- Manulla Soccer Club
- Killala Community Centre
- McWilliam Park Hotel
- Balla Golf Club
- Martial Arts Mayo
- Fitness West

**Greenway 10K**

Following on from the great success of the 2011 event as part of the Get Out There festival Westport Town Council, Mayo Sports Partnership and Westport Leisure Park plan to run this event on Saturday 26th May. To coincide with the event a family fun day will take place at the finishing venue. More details will be announced in due course but keep an eye on www.mayoarts.ie for updates.

**Sports Forum for Westport**

Westport Town Council, in conjunction with the Mayo Sports Partnership and Westport Leisure Park, propose to establish a forum to develop a strategy and action plan to make Westport the Activity Capital of the Country.

In this regard local sports organisations are invited to nominate one representative to this forum. It is anticipated that the Strategy and Action Plan would be completed within a period of three months and work on its implementation would commence early in 2012.

The inaugural meeting of the group took place on Tuesday 7th February in the Plaza Hotel Westport. Approximately 20 people represented 17 different organisations on the night.

Contact Anne Melvin Westport Town Council at 098 50400 for further information.

**Late Night Soccer in Westport**

Westport Town Council, FAI, Westport Family Resource Centre and Mayo Sports Partnership are running a late night soccer programme in Rice College for 1st, 2nd, 3rd and Tran Year students. Teams are formed on the night.
### Spring 2012 Programme of Training / Events

**Date & Time** | **Workshop / Course** | **Venue** | **Fee** | **Further Information**
---|---|---|---|---
**March**

Thursday 8th March (7.00pm - 9.00pm) | DISABILITY AWARENESS TRAINING | Mayo Sports Partnership Offices. | N/A | rmcnamara@mayococo.ie 094 9047023

Friday 9th March - Sunday 11th March | WALKER LEADER TRAINING COURSE | Ballina, Co. Leitrim. | €50 | Irish Heart Foundation tccuran@irishheart.ie (01) 668 5001

Saturday 10th March (10.00am - 2.00pm) | BUNTUS START NEW CENTRE TRAINING (For Pre-School Practitioners) | Ballyheane, Community Centre. | €50 | Mayo County Childcare Committee 094 90 47010

Monday 26th March (8.00pm - 9.30pm) | SPORTS CAPITAL & OTHER FUNDING SCHEMES INFORMATION EVENING (Sports Partnership Grant Scheme & Others) | Mayo Education Centre, Castlebar. | N/A | msp@mayococo.ie www.mayosports.ie

Tuesday 27th March (7.00pm - 10.00pm) | CODE OF ETHICS & BEST PRACTICE IN SPORT AWARENESS COURSE | Lakeside Centre, Ballinrobe. | €15 | msp@mayococo.ie www.mayosports.ie

**April**

Tuesday 17th April (7.00pm - 10.00pm) | CHILDREN OFFICER IN SPORT COURSE PART 1 (Follow on to Code of Ethics & Best Practice Awareness Course) | Mayo Education Centre, Castlebar. | €25 | msp@mayococo.ie www.mayosports.ie

Wednesday 25th April (7.00pm - 10.00pm) | CHILDREN OFFICER IN SPORT COURSE PART 2 (Follow on to Code of Ethics & Best Practice Awareness Course) | Mayo Education Centre, Castlebar. | msp@mayococo.ie www.mayosports.ie

**May**

Sunday 6th May | WESTERN PEOPLE WEST OF IRELAND WOMENS MINI MARATHON 2012 | Castlebar. | €20 | www.mayosports.ie

Tuesday 15th May (7.00pm - 10.00pm) | CODE OF ETHICS & BEST PRACTICE IN SPORT AWARENESS COURSE | Mayo Education Centre, Castlebar. | €15 | msp@mayococo.ie www.mayosports.ie

Friday 18th May - Sunday 20th May | WALKING LEADER TRAINING COURSE | Sligo Town. | €50 | Irish Heart Foundation tccuran@irishheart.ie (01) 668 5001

Saturday 19th May (10.00am - 2.00pm) | BUNTUS START REFRESHER TRAINING (For Pre-School Practitioners) | Ballyheane Community Centre. | €5 | Mayo County Childcare Committee 094 90 47010

Saturday 26th May (2.00pm) | GREENWAY 10K | Westport. | €20 | msp@mayococo.ie www.mayosports.ie

**June**

1st - 30th June | MAYO IN MOTION WALKING & CYCLING MONTH | Various. | N/A | msp@mayococo.ie www.mayosports.ie

TBC | BIKE WEEK | Various. | N/A | msp@mayococo.ie www.mayosports.ie

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 9047025. Thank You.

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**Mayo GAA Coaching & Games Committee Education Programme 2012**

**FOUNDATION AWARD FOOTBALL**

**Award 1 Adult Football**
12-3-2012 Mc Hale Park Stadium at 7pm.

**Award 1 Adult Hurling**
12-3-2012 Mc Hale Park Stadium at 7pm. (Add On Modules) Primary School Teacher Inservice Training, Fundamentals Of Sport (Gaa Foundation Award) is on 2-7-2012 to 6-7-2012 in Mc Hale Park Stadium at 9.30am each day.

**Foundation Award Hurling**
18-11-2012 and the 21-11-2012 at 7pm each evening in Mc Hale Park Stadium.

**Tutors (Football)**
Denis O Boyle 087 2210881, Martin Connolly 087 6328493, Eugene Lavin 086 3998434, Billy Mc Nicholas 087 2497407, Eoin Sweeney 086 3790576, Mike Fitzmaurice 086 8123432, Sheilie Gibbons 085 1141749

**Tutors (Hurling)**
Adrian Hession 087 2450566, Peter Cassidy 087 9190069

To Book On Courses You Can Contact Your Local Club Coaching Officer or Any Of The Tutors Listed Above.

**Cost Foundation:** €20 Award 1: €50 Award 1 Adult: €20 (Add On Modules) Child Protection Course: €15

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**FAI Coach Education Dates 2012**

**Kick Start 1 Course**

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**Kick Start 2 Course**

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**Small Sided Games Workshop**

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**Strength and Conditioning Workshop**

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<tr>
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For more bookings or more information contact Paul Byrne on 0868579678 or email paul.byrne@fai.ie