Mayo Sports Partnership News August 2012

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1. Deadline this Friday for National Volunteer of the Year Awards

This is the fourth edition of the Volunteers in Irish Sport Awards, which is an initiative of the Federation of Irish Sport in conjunction with the Irish Sports Council, the Department of Transport, Tourism & Sport and The Community Foundation of Ireland. The first awards were presented in 2007 and are designed to recognise the contribution of the 450,000 Irish adults who volunteer in sport every year. Sport remains the single biggest driver of voluntary activity in Ireland

Members of the public are invited to nominate an individual whose contribution to their sport has made a real difference and to provide details on the person nominated. Ten winners will be selected to receive an award from the nominations received. An Overall or Lifetime award to honour a volunteer, who has consistently given of their time for a sport, a team, or an event over many years, will also be awarded. Full details of the scheme and how to enter can be found on line at www.volunteersinsport.ie. The website includes a nomination form and guidelines for the 2012 awards. Nominations can be made by clubs, individuals or sporting bodies.

Previous winners from Mayo include Eric Reilly from Erris United and Jimmy Corbett from Carnacon Ladies GAA Club.

The deadline for nominations for the 2012 Volunteers in Irish Sport Awards is this Friday 3rd August 2012
2. Men on the Move Activity Programme Set for Erris this Autumn

Worried about that extra weight? Thinking about getting more active? Want to improve your overall health and wellbeing?

Mayo Sports Partnership in collaboration with HSE West will be offering the successful Men on the Move Programme in the Erris area this coming Autumn.

Mid West Radio are also rowing in with the initiative and will be calling for men to participate in the 8 week programme which will culminate in a “Men on the Move” 5K walk / run at a date to be arranged.

An open information evening is being arranged where men can come along and get a free health check from 6.30pm, information on healthy eating and sign up to an activity programme.

This information night is being planned for Monday 10th September at the Aras Inis Gluaire Time: 7.30pm

Programmes on offer include walking, jogging, cycling and there is no cost to the participant. There will be leaders and a life coach there on the night to answer any question that you may have about any of the proposed activities.

If you wish to register for the initiative please call the Mayo Sports Partnership office on 094 9047025, email rmcnamara@mayococo.ie or Text your name to 087 6973093. More details will be announced later.

3. Hand Cycling and Tandem Cycling come and try open day a huge success in Kilmovee

With Olympic and Paralympics in London fast approaching Dennis Tommey from Cycling Ireland took time out to come to Kilmovee and support the Hand and Tandem Cycling programme come and try open day that was set up by Mayo Sports Partnership in conjunction with IWA Sport, Spina Bifida Hydrocephalus Ireland and Cairdeas, Kilmovee Family Resource centre and supported by Mayo County Development Board. The day proved to be a huge success with Gerry Towey and Donal Harington from Ballaghaderreen Cycling club instructing and showing lots of young cyclists and Para-Cyclists the way forward. Gerry who has been involved in setting up the programme and who is a Para-Cyclist himself has made giant strides in the past year to challenge the top Para-Cyclists in the country and is certainly a name to watch out for in the future. A hand cycling programme will run every Thursday over the next six weeks and anyone that is interested in coming along and for more information call Ray McNamara on 094 9047023 or Gerry on 087 8717656. Good luck to all our Olympic and Paralympics athletes this summer.
4. Moy Sports Forum Ballina - Update

- Children’s soccer at Parkside outdoors in Parkside ongoing every Tuesday afternoon
- Soccer at Greenhill’s at 3.45pm each Tuesday for children from Greenhill’s and Millview estates.
- Tennis Camp with Allwin tennis in July at Greenhills estate.
- Free Tennis on Tuesday and Thursday through Allwin Tennis at the Ballina Tennis club.

Open Community Day called ‘Fun Family Sports day’

Due to take place on Saturday August 11th from 2-5pm. Moy Sports Forum are working in conjunction with Ardnaree Sarsfields for this fun family event.

Unemployed Men’s Project Proposed to start in September

Through funding from Ballina Town Council the following activities will form the basis of a programme which will target jobseekers and anyone on a social welfare payment.

- 6 week Autumn Soccer Tournament/League for Men at Belleek Astro Turf, Ballina
- 8 week Indoor Soccer Winter Tournament/League for Men at the Ballina Sports and Recreation Centr
- 8 week Men’s ‘Meet and Train’ at Belleek Woods, Ballina
- Boxercise Men’s only classes at Scoil Padraig, Ballina

For more information on any of the above programmes contact Anne Ronayne Community Sports Project Worker Mayo Sports Partnership Tel: 094-9047022 or email aronayne@mayococo.ie
5. ‘West of Ireland Ladies Leisure Cycle’

The Inaugural ‘West of Ireland Ladies Leisure Cycle’ is being held in Swinford, Co. Mayo on Sunday September 16th. All women from Connaught and beyond are invited to participate in this fun, leisurely cycle. Funded by Cycling Ireland and supported by Mayo Sports Partnership, this event aims to encourage all women with an interest in cycling to participate in a fun leisurely cycling event; at their own pace.

6. Intercultural/International Day in September

The subgroup of Mayo Integration forum, of which Mayo Sports Partnership is a member, plan to hold a second international cultural and sports day this year which is provisionally planned for Claremorris on Sunday September 30th.

This will be held at the Community Facility in Claremorris with food and cultural stalls indoors with athletics jamboree outdoors. The goal is to attract various representatives from different countries to showcase sport, tradition, food and music as well as have the children and adults interact through sport. Everyone is welcome to attend.

For more information contact Anne Ronayne Community Sports Project Worker Mayo Sports Partnership Tel: 094-9047022 or email aronayne@mayococo.ie


Key Findings

Participation in sport increased from 34% in 2009 to 46% in 2011

Sedentarism fell from 16% in 2009 to 13% in 2011

Rates of volunteering in sport increased from 7% in 2009 to 15% in 2011

Club membership has increased from 32% to 38%

Attendance at sporting events rose from 17% in 2009 to 22% in 2011

Personal exercise (11%) and swimming (10%) are the most popular physical activities

Increased time a key factor in increased participation with notable increases among the unemployed as well as those among the younger and older groups of adults

The fourth Irish Sports Monitor report, for the year 2011, was recently published by the Irish Sports Council. The report, written by Ipsos MRBI on behalf of the Council,
measures adult participation in sport and physical activity and compares it with previously published information.

To download the full report go to http://www.irishsportscouncil.ie/News_Events/Latest_News/2012_Archive

8. Participants selected for Goal to Work Coaching Programme for East Mayo

12 jobseekers / social welfare recipients have been selected through interview to participate in a 14 week training course to become fully qualified sports coaches. Goal to Work for East Mayo commences on the 4th September in Ballyhaunis. The course is facilitated by Mayo North East LEADER Partnership Company and Mayo Sports Partnership in association with Mayo County Development Board, Mayo Mental Health Association, Connacht Rugby (IRFU), the FAI, Mayo GAA, HSE, and the Department of Social Protection. Best of luck to all who are taking part in the course.

9. NATIONAL TRAILS DAY 2012 is on Sunday October 7th.

This is the 5th year National Trails Day is being organised as a day to celebrate Ireland’s wonderful network of trails and encourage people young and old to come out for a walk, cycle or paddle in the Irish outdoors!

Last year over 230 walking, cycling and other outdoor recreation events were organised all over the country attracting over 10,000 people and it is hoped the number and variety of events being organised in each county will increase again this year!

10. Westport Community Day

Westport Town Council are organising a community day for Sunday Sept 9th as a celebration event for winning the overall award for the Best Place in Ireland to Live. The event will incorporate aspects such as heritage, entertainment and sporting activities. Local sports groups / organisations will be invited to be part of the occasion. To register your clubs interest in taking part in this celebration day contact msp@mayococo.ie
11. New initiative for Primary Schools this September

The Be Active After School Activity Programme (ASAP) is an exciting new initiative that provides opportunities for children to engage in physical activities in a non-competitive after school setting. The programme is led by teachers and supported by parents. The Be Active ASAP supports the PE curriculum. It is funded by the HSE and supported by the Irish Sports Council and St. Patricks College of Education in Drumcondra.

The Be Active ASAP is designed for 7-8 year olds and is FREE to all participating schools. The programme includes a comprehensive resource folder, teacher handbook, teacher training, support and school visits.

It is recommended that schools wishing to achieve the Active School Flag should consider the Be Active ASAP as a means of securing the flag.

To register your school for the programme contact Mayo Sports Partnership at 094-9047025

For more information visit www.beactiveasap.ie , contact Project Facilitator, Paul Friel at 046 9067346 or pfriel@meathcoco.ie

12. Directory of Summer Camps in Mayo Available to Download

Looking for information on what's going on for children this summer? Mayo Sports Partnership have compiled an information directory of summer camps throughout the county. To download the full directory go to www.mayosports.ie/news

13. Local Participation Events in August

Swinford 8k Sunday 5th August & Harvest 5K Series

7th annual Swinford 8k race is Race 4 of Mayo AC C&C Cellular Road League - hosted by Swinford AC in association with Siamsa Sraide. Run, walk, or jog - all welcome.
Race registration is at Gateway Hotel from 2.30pm. Entry 15 euro. Prizes in usual categories, tea and refreshments afterwards in Gateway Hotel.
Race start 4pm.
Preceded by Kids 2k fun run at 3.30pm, entry 3 euro.

First Harvest 5K event takes place in Midfield on Wednesday 8th August. For further information contact Padraic at 086 8738691.
Tourmakeady 10k Mini Marathon Reminder

Calling all mini marathon enthusiasts! Now is the time to book, to enter the Tourmakeady 10K mini marathon this Saturday August 4 2012 at 1pm is €15. You can register online www.runireland.com or www.tourmakeady.com It is a great opportunity to join in this community event and to run, jog or walk the route whichever suits you. Whatever it will be a great craic. Sponsorship cards are available, if you wish, in the hall. Also you can register on the day in the hall from10.30am. Funds raised will go towards the community recreational park project.

Clew Bay Half Marathon

The second annual Clew Bay half marathon will take place on Saturday August 4th 2012. There will be prizes for overall male and female winners as well as category prizes for male and female over 40 and over 50. The half marathon will start at 12 noon. Registration will cost €40 per person.

For more information contact... James Morrison at 087 3540160 clewbay2011@gmail.com

Gaelforce West - August 18th 2012

Gaelforce West is the largest one day adventure race of its kind in the world. It is a multi-sport adventure race involving cycling, running, hiking and kayaking.

The course of approximately 67km stretches from the stunning Glassilaun beach to Westport. En route there are some significant obstacles to cross, including Killary Harbour and the famous holy mountain of Croagh Patrick. It is important to note that you will get wet and dirty; you are running through bogs, along mountain paths and up Croagh Patrick! You are cycling along small country roads, a dirt track and on a small section of the N59.

Gaelforce Extreme covers a course of 78km. It involves the same disciplines as Gaelforce West but with extras!

See www.gaelforceevents.com/west for more