Achieving Success in Sport
What does it take?

This event is aimed at coaches, leaders, teachers, parents, sports development officers, players, athletes and anybody who has any interest in sport.

As part of the Western Region Drug and Alcohol Awareness Week 2012 from the 12th - 16th of November, the Western Region Drugs Task Force in association with South West Mayo Development Company, Mayo Sports Partnership, Mayo County Development Board aim to explore all aspects of sporting life including topics such as:

- Sport and Health
- Sport and Management
- Sport: The Culture of Alcohol
- The Demands of High Performance Athletes

This is an open debate titled “Achieving Success in Sport. What does it take?”

Top sporting personalities from varying backgrounds including G.A.A., Soccer, Rugby will be joined by Olympic Gold Medalist Katie Taylor.

For Further Information Contact:
Mayo Sports Partnership
T: (094) 9047025

Wednesday, 14th November 2012
7.30 - 10pm
Breaffy House Hotel, Castlebar, Co, Mayo.

Please detach & return your completed registration form to:
Mayo Sports Partnership,
Mayo County Council,
Aras an Chontae,
Castlebar,
Co. Mayo.

By Tuesday, 13th November.

Please note that in the event of a fully booked out event, there will be no registration taken on the night.
Sonia O’Sullivan began her running career in Ballymore Running Club which is located in the eastern side of Cobh Town. She was one of the world's leading female 5000 m runners for most of the 1990s and early 2000s (decade). Her crowning achievement was a gold medal in the 5000 m at the 1995 World Athletics Championships. She won silver medals in the 5000 m at the 2000 Olympic Games and in the 1500 m at the 1993 World Championships. She has also won three European Championship gold medals and two World Cross-Country Championship gold medals. In 2012 Sonia carried the Olympic flame when it arrived in Dublin on the 6th of June. For the Olympics in 2012 Sonia was made Chef de Mission for Team Ireland.

Gavin Duffy is a rugby union footballer who plays at full back or at centre for Connacht Rugby. Educated at Cistercian College, Roscrea and UCG he first played for Ireland at Schools level in 1998 and at Under-21 level before he was brought into their senior side during the 2000/01 season. Gavin first played Magners League rugby with Connacht, where he attracted the attention of larger sides. Duffy joined Harlequins from Connacht in the summer of 2003 and he rejoined Connacht in late 2006. He has since become a mainstay of the Connacht and was named as captain for the 2011-12 season. In the 2011-12 Heineken Cup Duffy scored tries against Harlequins and Gloucester.

Duffy also played Gaelic football for Mayo in the 1999 All Ireland Minor Football final losing to Down 1–14 to 0–14 in a team that included many players who have gone on to become household names in the GAA at senior inter-county level.

Brendan Murphy is chairman of the ASAP committee of the GAA. The Alcohol & Substance Abuse Prevention (ASAP) Programme is a joint venture by the GAA and the Health Service Executive that aims to reduce the harm being caused by alcohol and other drugs. The ASAP Programme is prevents, educates and responds to alcohol and other drug related issues through it’s network of ASAP Officers and partners with local helping agencies.

Aidan O’Shea

The Breaffy 22 year old has packed a lot in to his fledgling GAA career. Since togging out with the Breaffy minors as a 13 year old against Knockmore 9 years ago the 6ft 4 inch O’Shea has an imposing presence on the GAA field. Aidan first came to national prominence in the summer of 2008. Mayo reached the All-Ireland minor final that year and drew with Tyrone in a thrilling game in Croke Park only to lose to the Red Hands in the Longford replay. Despite being plagued by injury O’Shea has become a key man in James Horans side, leading to fine performances in the Mayo teams march to the All Ireland Final this year. Already the holder of 3 Connaught medals the future is bright for this talented footballer.