Welcome to the Spring 2013 edition of our bi annual newsletter. 2012 saw the development of the Men on the Move physical activity programme which has had a tremendous impact for men aged 35 plus. The programme has been fully evaluated and over 200 men are now engaged in regular physical activity in 6 areas throughout Mayo. Indeed over 17,000 people engaged in the 60 or so programmes that Mayo Sports Partnership offered throughout the year. Success in this and the many other programmes we are involved in is due to the fantastic collaboration between agencies and groups within the county. To all a big thank you and we look forward to working with you in 2013.

Mayo Men on the Move to a Healthier Lifestyle | Tionscnamh ‘Men on the Move’

Mayo men are feeling fitter, looking better and enjoying being more physically active as a result of the Men on the Move Activity programme. This exciting programme which is the first of its kind in Ireland has helped participants to become more physically active, increase fitness levels, lose weight, have more energy and improve their overall health and well-being.

Last year over 100 men took part in the Men on the Move Physical Activity Programme in Ballina, Claremorris & Westport. Over 16 weeks the men met twice a week in the three towns to take part in the programme. A leader in each town led the group and encouraged men to take part in a range of activities including walking, running, cycling and other activities. The men were aged between 35 and 75. A recent evaluation of the programme undertaken by Health Promotion Researcher Lucia Canavan, which was launched in Claremorris on Friday 25th January showed that these men have increased their physical activity levels, lost weight, reduced their BMI (body mass index) improved their fitness levels and overall lifestyle.

To download a copy of the report log on to www.mayosports.ie/news This programme which was funded by the HSE was delivered in conjunction with Mayo Sports Partnership, Croí West of Ireland Cardiology Foundation and media partner Mid West Radio.

The groups in existing areas have continued the programme in a self sustaining format with the aid of local community groups such as athletic clubs and Family Resource Centres. The initiative has recently expanded to include both the Erris and Castlebar areas with more planned in the near future. Currently there are in excess of 200 men actively participating in the programme.

Anyone interested in more information contact Mayo Sports Partnership 094 904 7025 or log on to www.mayosports.ie You can also contact the local leaders of the projects.

Ballina Pat  087 254 0334
Claremorris Paul  087 132 4239
Castlebar Taragh  087 647 1919
Erris Michelle  087 764 6710
Kilmovee Geraldine  086 810 5964
Westport Marian  087 763 2669
The countdown has officially begun the 4th annual Western People West of Ireland Women's Mini Marathon. With just over 12 weeks remaining before the big day, women across the west, all over the country, and beyond, are being encouraged to sign up and be part of an event to remember.

The Mini Marathon is organised annually by the Western People, in conjunction with the Mayo Sports Partnership, and the organisers are thrilled to welcome Connacht Gold on board as the main sponsors of this year’s event.

Of course Connacht Gold is another market leader in the region and its expansion in recent years has contributed enormously to the local economy.

Each year, entrants to the Mini Marathon get involved for a variety of reasons. There will be some serious athletes who are anxious to better their time and perhaps even set a new personal best. Others will be taking part for the first time – perhaps having never even completed 1km, never mind 10km.

Sunday, May 5, is definitely a date for all of our diaries. Register now and let the fun begin!

Calling all Volunteers for the May Bank Holiday Weekend!

Are you interested in being part of a growing team of volunteers on May Bank Holiday Weekend? Join the Mini Marathon volunteer team and become part of a hardworking and fun group. Here’s a chance to meet new people in an active and rewarding environment. The mini marathon has so far raised millions of euro for much needed causes and by volunteering you are helping support charities and organisations in their efforts.

You may be out of work and want to add some quality work to your CV, this is an ideal way for you to do this. There will be lots of opportunities to volunteer in the week leading up to and during the bank holiday weekend.

Is your organisation in need of funding?

All charities are invited to raise money through the mini marathon on Sunday May 5th, the May Bank Holiday weekend. Over the past 3 years charities and organisations throughout our communities have raised in excess of 1.5 million euro.

This year there is a big interest again from charities and also a major interest from clubs and organisations who want to raise much needed funds for facilities or programmes in their clubs or organisation.

Anyone interested in finding out how their charity, club or organisation can be part of this years mini marathon can contact Mayo Sports Partnership ASAP.

Remember everyone who participates must enter either by filling out the application on the Western People Newspaper or logging onto www.westofirelandwomensminimarathon.com (entry is €20)

Women’s Gaelic, Camogie and other sports teams from all over Ireland and the UK have been invited to participate in this years Western People West of Ireland Women’s Mini Marathon. The teams are invited to participate in their club colours and use the mini marathon as a means of fundraising for their club. Special Prizes have been put in place for the teams. The Mini Marathon takes place on the May Bank Holiday Weekend Sunday May 5th at 12noon. Teams interested in being part of the mini marathon should contact Anne Ronayne.

For information on any of the above or to enter a team

Contact: Anne Ronayne at Mayo Sports Partnership T: 094 904 7022 / 087 697 3587  E: aronayne@mayococo.ie
Success for Operation Transformation Programmes | An-rath ar ‘Operation Transformation’

FANTASTIC TURNOUT FOR MAYO OPERATION TRANSFORMATION WALKS

In good weather conditions approximately 1,000 people turned out for the Mayo Operation Transformation walks in Belmullet, Castlebar and Westport. Over 500 alone participated in the Castlebar Lough Lannagh event which was attended by An Taoiseach Enda Kenny, Mayor of Castlebar Brendan Heneghan and CEO Irish Sports Council John Treacy.

In the afternoon Treacy joined Minister of State for Sport and Tourism Michael Ring and Cathaoirleach of Westport Town Council Ollie Gannon in leading approximately 350 people through the grounds of Westport House and linking up with the town Greenway. Minister Ring also launched a new iphone app which has details of more than 400 walking and cycling trails around Ireland, and will make it much easier for everyone to get out and enjoy one of the country’s many recreational trails.

Not to be outdone over 100 people participated in the Belmullet 5K walk which took in some of the breathtaking scenery in the area.

All events were co-organised by Mayo Sports Partnership, Mayo Walking Partnership, Westport Leisure Park and The Erris Community Health Forum. The organisers would like to thank all the volunteers, sponsors etc who contributed towards making all the events safe and enjoyable. A number of follow on programmes are available in all locations.

FURTHER INFORMATION on walking groups or meet / train groups throughout Mayo can be got by contacting the Mayo Sports Partnership at 094 904 7025 or log on to www.mayosports.ie

Project Updates | Tuairisc ar Chláir

CUMAN ABU ADULT HURLING SESSIONS

The Claremorris GAA Club are currently piloting a series of Caman Abu Adult recreational hurling sessions over the month of November. Pictured above are a group who took part recently in the event held at the Claremorris Athletic Club Centre. The games are non-contact ground hurling with emphasis on fun and keeping fit. The series of demonstration sessions is open to all adults - male and female - over the age of 20 who want to either give it a go for the first time, or who wish to re-enact their playing days of the past.

Sessions are held on Friday nights from 8.15 until 9.30 in the Claremorris Athletic Club Centre. For further information ring 087 245 0566.

WESTPORT TEEN FIT PROGRAMME

Westport No Name Club together with Mayo Sports Partnership have initiated a Teen Fit 8 week programme commencing early March.

The Programme consists of a Tuesday evening Session with a Leader (Trainer) with the option of taking part in a further activity run by the No Name Club on a Sat/ Sun morning for the number of weeks. Activities will include walking, cycling, circuits, body gym, spinning, dance etc. There will be no weigh ins. This is just about getting more active, having fun and feeling the benefits. Participants will exercise at a level suitable to their needs. After the 8 weeks we are hoping to put together a challenge for everyone involved.

The programme is open to all teenagers from Junior Cert to Leaving Cert and participants can join at any time. To find out more contact Connie on 086 813 5969.
Goal to Work Initiative Receives Award | Gradam faighte ag ‘Goal to Work’

GOAL TO WORK SPORTS COACH PROGRAMME IS RECOGNISED UNDER AWARDS SCHEME

Congratulations to everyone involved in Goal to Work Sports Coach Training Programme who won an Aontas Adult Learners STAR Award at a presentation function in the Burlington Hotel Dublin. This award was presented to Siobhán Carroll-Webb Mayo North East LEADER Partnership Co, Charlie Lambert Mayo Sports Partnership Co and John Magee Mayo County Development Board by Minister of Training and Skills Ciarán Canon and John Lonergan former Governor of Mountjoy Prison.

The STAR Awards is about showcasing teamwork and awarding recognition, it’s about acknowledging the fantastic work undertaken by adult learning projects throughout the country. Most of all, it is about celebrating the positive contribution that these projects make to our society, our economy and our local communities.

The Awards have been awarded for outstanding, learning centred adult and community education projects that demonstrate high levels of collaboration. They have highlighted and supported the collaborative learning approach which is vital to developing health and vibrant communities.

The Goal to Work sports coach training programme gives unemployed people an opportunity to become fully trained sports coaches. The initiative recognises that many unemployed people have an interest in sport and may offer potential to provide employment opportunities. Sporting bodies involved include the GAA, FAI and IRFU. The programme involves working 2 days per week over 14 weeks as well as a number of evenings and weekends. Another objective of the initiative included improved usage of community / leisure facilities and increased levels of physical activity within local communities due to the availability of qualified sports coaches / leaders.

To date 35 unemployed people in Mayo have benefitted from the initiative. Some have gained employment through internships with governing bodies of sport, local community sports co-ordinators, setting up their own business or have progressed on to further training.

Partners involved in this sports coach training programme, which was originally piloted in Co. Leitrim by Leitrim County Development Board & Leitrim Sports Partnership, include Mayo North East LEADER Partnership Company, Mayo Sports Partnership, Mayo County Development Board, Dept of Social Protection, FAI, Connaught GAA and Connaught Rugby and Conlon Training.

A database of coaches is planned to be launched in the near future however more information on the programme can be obtained by contacting Mayo Sports Partnership at 094-9047025 or by email msp@mayococo.ie

Andy Moran presents coaching awards to successful Goal to Work Sports Coach training programme participants

A group of jobseekers from the East Mayo area have just recently completed a 14 week long specialised sports coaching course which is hoped will provide them with the tools to obtain employment. In addition to sports coach training in GAA, Soccer and Rugby training was provided on how to explore setting up a business, how to develop an enterprise idea and further educational/training opportunities. Other modules included IT, communication skills, progression routes and CV preparation. All of which would help participants to identify possible employment after the 14 week programme.

Already a number of the recently qualified coaches have obtained full time employment with others looking to further their skills through education / training courses.

To find out more about the programme log on to www.mayosports.ie or contact Siobhán Carrol-Webb, Mayo North East LEADER Partnership Company on 094 9256745 or e-mail info@mayonortheast.com

ANDY MORAN PRESENTS COACHING AWARDS TO SUCCESSFUL GOAL TO WORK SPORTS COACH TRAINING PROGRAMME PARTICIPANTS

Club Profile | Cur síos ar Chlub

NAME OF CLUB: Claremorris Colts RFC

AIMS: Claremorris Colts RFC concentrates on the enjoyment, welfare and skill development of our players from U7 right the way up to U17. There are approximately 250 players registered with us for the 2012/2013 season.

AGES CATERED FOR: The club caters for children and youths in Claremorris and the surrounding areas. Our mini rugby program is aimed at children from U7 to U12, while we have Youth rugby teams at U13, U14 & U17 age grade competing in Connacht rugby competitions.

ACTIVITIES: Our mini rugby training sessions run every Saturday morning from 10am until 11.15am. We have a number of blitz days throughout the year where we host clubs from around Connacht. All our boys and girls will also travel to various clubs throughout the season. As we do not have any facilities of our we conduct all our mini rugby training sessions on the Mount St Michael Convent school pitch. Having local support like this is of great benefit to us and we are very grateful to the school. Our Youths train every Tuesday night with all our home games taking place in Ballyhaunis RFC, for which we thank the community. Our Tag Rugby tournament every summer. Last year we had nearly 200 adults competing in our league. Tag rugby is very much a social event and is a great way of meeting new people and getting fit. Teams consist of 7 players with the main rule that there must be three females on the team at any given time.

FUTURE PLANS: In 2012 Claremorris Colts RFC was granted a 25 year lease in a 5.6 acre site at Claremount, Claremorris by the Claremorris Racecourse Trustee Committee. Currently a site development plan is being drawn up which when complete, will provide an all-weather playing pitch and associated training areas for the club mini’s, youths and junior teams into the future. We are currently running a pitch development fundraiser and hope to have some of the necessary funding in place later this year.

Sonia gives Taste of Success in Seminar | Seiminéar tugtha ag Sonia O’Sullivan

TASTE OF SUCCESS SPURRED SONIA TO SUCCESS

Self motivation, good friends and a liking for the taste of success were three of the things Sonia revealed as part of her winning formula at a sports seminar held in November as part of the Western Regional Drugs Task Forces drug and alcohol awareness week.

Speaking to sports commentator Liam Horan, she said that when she was a teenager training mostly alone in Cobh, she preferred to be able to go for a run than stay out late with her friends. It was this ability to adapt, from an early stage, to what other people might see as big sacrifices, like drinking or going to discos, which she said helped make her one of Ireland’s sports legacies. “It’s important to get a taste of success,” she told the audience of over 200 people gathered for the Achieving Success in Sport seminar. “Once you get that taste you want more. You know what it takes to achieve things but you will do anything to get back to it.”

She also said that aspiring athletes had to surround themselves with a good team – not just a team to look after physical and mental needs – but friends and “people who know whether you’re having a good day or not.” Gavin Duffy, Connacht Rugby Captain, Irish cap and former Mayo Minor Footballer said that his parents, and particularly his father, were the ones who looked out for his welfare when he was a young, enthusiastic player. He recalled the day that former Mayo manager John Maughan called him up to the senior team bench but Gavin’s father told John that his son would be going home for his Sunday lunch because he had already played a tough minor match on the Saturday. As Gavin said; “there weren’t many men who would say no to John Maughan.”

Mayo Star Aidan O’Shea said that while talent was important it was not the thing that was going to get any sports person to the top alone. As well as talent, you need a super attitude and huge self-discipline, he said, particularly in an amateur sport like GAA, he said. Sligo Rovers goalkeeper Ciaran Kelly agreed. He said that success in sports was 80% attitude and 20% talent. Every top sports person, he said, had worked hard for what he or she had achieved. He also said that it was important to be focused and to be ready to be the best at all times.

The seminar was one of the key Mayo events during the Western Region Drug and Alcohol Awareness Week, which took place from the 12th to 16th of November. The event was organized by the Mayo Sports Partnership in association with the Western Region Drugs Task Force (WRDTF), Mayo County Development Board and South West Mayo Development Company.

For more information contact: Edel Hackett, Tel: 087-2935207
€777,293 FOR 15 NEW SPORTS PROJECTS IN MAYO

Minister of State for Tourism & Sport Michael Ring has announced almost €26 million in new funding for local sports projects across the country, the first round of sports capital funding in four years. €777,293 was provided for 15 sports projects in Mayo. The funding will help fund projects including floodlighting, artificial sports pitches, tracks, courts and multi-use games areas, security fencing and ball stop netting and the building or refurbishment of dressing rooms, showers and toilets.

The 2012 round of the Sports Capital Programme is the first round of the programme since 2008. New criteria were introduced for this year’s programme with a particular emphasis on clubs in disadvantaged areas.

Between 1998 and 2010, €140 per person was provided in sports capital funding across the country. However, the allocations to individual counties varied significantly. While the best performing county got €196 of sports funding on a per capita basis, other counties got only a little over half of that. Therefore on this occasion funding has been allocated on a per-capita basis to each county with a weighting for past performance.

Funding Information

<table>
<thead>
<tr>
<th>CLUB</th>
<th>AMOUNT</th>
<th>PURPOSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballina Golf Club</td>
<td>10,000</td>
<td>Equipment</td>
</tr>
<tr>
<td>Ballintubber GAA</td>
<td>13,000</td>
<td>Equipment</td>
</tr>
<tr>
<td>Ballyhaunis Rugby Football Club</td>
<td>30,000</td>
<td>Indoor Hall/gym</td>
</tr>
<tr>
<td>Co. Mayo VEC in partnership with Kilmorenay Ladies football club</td>
<td>90,000</td>
<td>Natural pitch development</td>
</tr>
<tr>
<td>Davitts GAA Club</td>
<td>80,000</td>
<td>Dressing rooms</td>
</tr>
<tr>
<td>Islandeady Clay Pigeon Club</td>
<td>10,000</td>
<td>Equipment</td>
</tr>
<tr>
<td>Kilmurry Youths Soccer Club</td>
<td>4,000</td>
<td>Equipment</td>
</tr>
<tr>
<td>Kiltimagh IRD</td>
<td>10,000</td>
<td>Equipment and outdoor gym</td>
</tr>
<tr>
<td>Knockmore Boxing Club</td>
<td>14,000</td>
<td>Equipment</td>
</tr>
<tr>
<td>Louisburgh GAA Club.</td>
<td>70,000</td>
<td>Artificial pitch development</td>
</tr>
<tr>
<td>Neale GAA Club</td>
<td>40,000</td>
<td>Artificial pitch</td>
</tr>
<tr>
<td>Newport Handball Club</td>
<td>62,000</td>
<td>Handball alley</td>
</tr>
<tr>
<td>Parke/Keelologue/Crimlin GAA Club</td>
<td>64,293</td>
<td>Pitch development</td>
</tr>
<tr>
<td>Tourmakeady Community Committee in partnership with Mayo Co. Co.</td>
<td>80,000</td>
<td>Artificial pitch development/lighting/fencing</td>
</tr>
<tr>
<td>Westport United Community Soccer Club Limited.</td>
<td>200,000</td>
<td>Pitch development/dressing rooms/showers/toilets</td>
</tr>
</tbody>
</table>

MINISTER RING ANNOUNCES €15,865 IN SPORTS GRANTS FOR 50 OLDER PEOPLE'S GROUPS IN MAYO

50 groups in Mayo were among 872 groups nationwide to share an allocation of €285,000 under the twelfth 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 Dublin. The Irish Sports Council is awarding the money under the Go for Life national grant scheme, which aims to help local clubs and organisations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities.

This year over 1000 applications were received from older people’s groups all over the country. The 872 successful applicants include active retirement associations, senior citizens clubs, ICA guilds, sports clubs, Local Sports Partnerships, day centres and community centres in 26 counties. The grant aid is being used to buy sports equipment and to fund sport and activity programmes.

This years allocation brings to €4 million the amount granted under this scheme to older people's groups over the last twelve years. Mayo Sports Partnership will continue to have older peoples involvement in physical activity as one of its main objectives in 2013. Through its very successful Be Active 55 and County Boccia league programmes throughout the county numerous older people are having fun while taking exercise in a friendly and sociable environment. For more information on these projects and other initiatives please contact the Sports Partnership at 094 904 7025 or log on to www.mayosports.ie
The Mayo Sports Partnership and GMIT hosted a talk on ability and outdoor activities on Monday 3rd December in GMIT Castlebar to Celebrate International Disability Awareness Day. The day organized by Ray Mc Namara (Sports Inclusion Officer with the Mayo Sports Partnership) and Nigel Jennings (Sports Officer in GMIT) was launched by Mayor of Castlebar Brendan Heneghan, he spoke about the importance of sport and physical activity to people of all abilities and welcomed Dennis Toomey to Castlebar. The talk was given by Dennis Toomey, Irish Para Cycling Manager and Chairman of the Para Cycling Commission.

After a very successful hand cycling programme in Kilmmovee Mayo Sports Partnership received funding for a hand cycle from the Department of Children and youth affairs play and recreation week 2012 through Mayo County Council and aim to promote the sport and give people the opportunity to participate and nurture future Para Olympic athletes. As part of the National event xcessible -“Inclusive Outdoors Initiative” organised by the CARA National Adapted Physical Activity Centre in cooperation with local Sports Partnerships around the country, there was an outdoor adventure day in Lough Lannagh Castlebar following the talk in GMIT. The xcessible outdoors initiative aims to heighten the benefits of an active healthy lifestyle and participation opportunities for people with disabilities within the outdoor environment. Activities included Hand Cycling, Walking, Open boating & Tandem Cycling. A special thank you to GMIT outdoor education students and tutors who ran the activities.

If you would like more information on hand or tandem cycling or outdoor activities please contact Ray Mc Namara in Mayo Sports Partnership on 094 904 7023 or rmcnamara@mayococo.ie

 OPPORTUNITIES FOR PEOPLE WITH A DISABILITY SPORTS INCLUSION PROGRAMMES / EVENTS MARCH - JULY 2013

<table>
<thead>
<tr>
<th>Programme / Event</th>
<th>Venue</th>
<th>Days / Start Date</th>
<th>Time</th>
<th>Target Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children's Saturday Club</td>
<td>De La Salle, Castlebar</td>
<td>Every Second Saturday until June</td>
<td>11.00am - 12.15pm</td>
<td>Children with intellectual or physical disability</td>
</tr>
<tr>
<td>Mayo Autism Activity Club</td>
<td>Aras Atláтра, 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>4th March, 8th April, 13th May &amp; 10th June</td>
<td>12.00pm - 4.00pm</td>
<td>Adults with physical &amp; sensory disabilities</td>
</tr>
<tr>
<td>Para Cycling Development Day</td>
<td>Ballaghadreen GAA Clubhouse</td>
<td>1st Day, 9th March 2013</td>
<td>11.30am</td>
<td>Adults &amp; Children with physical &amp; visually impaired disabilities</td>
</tr>
<tr>
<td>Deaf Hear Easter Camp</td>
<td>An Sporláinn, Castlebar</td>
<td>3rd &amp; 4th April</td>
<td>10am - 2.30pm</td>
<td>Visually Impaired</td>
</tr>
<tr>
<td>Special Olympics Boccé Club</td>
<td>Westport Leisure Park</td>
<td>Wednesdays</td>
<td>5.00 - 6.00pm</td>
<td></td>
</tr>
<tr>
<td>Hand and Tandem Come &amp; Try</td>
<td>Lough Lannagh, Castlebar</td>
<td>Saturday 4th May</td>
<td>12 Noon</td>
<td>Adults &amp; Children with physical &amp; visually impaired disabilities</td>
</tr>
<tr>
<td>Soccer Blitz</td>
<td>Castlebar Celtic Astro Turf</td>
<td>Thursday 23rd may</td>
<td>11.00am - 3.00pm</td>
<td>Adults &amp; young people with intellectual disabilities</td>
</tr>
<tr>
<td>Inclusive Gym / Fitness Initiative</td>
<td>Westport Leisure Park</td>
<td>Wednesdays</td>
<td>Varied</td>
<td>Pan-Disability (Over 16's Only)</td>
</tr>
<tr>
<td>Swimming Lessons</td>
<td>Castlebar Swimming Pool</td>
<td>Thursdays</td>
<td>11.30am</td>
<td>Adults with Intellectual Disabilities</td>
</tr>
<tr>
<td>Adult Come and Try Day</td>
<td>Breaffy GAA Club</td>
<td>Saturday, 18th May</td>
<td>11am</td>
<td>Adults with Spina Bifida or Hydrocephalus</td>
</tr>
<tr>
<td>Children's Come and Try Day</td>
<td>Breaffy GAA Club</td>
<td>Saturday, 15th June</td>
<td>11am</td>
<td>Children with Spina Bifida or Hydrocephalus</td>
</tr>
<tr>
<td>School Activity Programme</td>
<td>St. Antony's Castlebar</td>
<td>Every Wednesday</td>
<td>1.15pm - 2.30pm</td>
<td>Children with an Intellectual or Physical Disability and their friends</td>
</tr>
<tr>
<td>Inclusive Summer Camp</td>
<td>An Sporláinn, Castlebar</td>
<td>22nd - 26th July</td>
<td>10am - 2pm</td>
<td>Children with an Intellectual or Physical Disability and their friends</td>
</tr>
</tbody>
</table>

Play & Recreation Week 2012

After a very successful hand cycling programme in Kilmmovee, Mayo Sports Partnership received funding for a hand cycle from the Department of Children and youth affairs play and recreation week 2012, through Mayo County Council and aim to promote the sport and give people the opportunity to participate and help nurture future ParaOlympic athletes.

Pictured at a come and try Hand cycling event to celebrate National play and Recreation week are some potential athletes.

Children’s Come & Try

Skill, Balance & Coordination Inclusive Workshop for Children of all abilities goes down a treat!

The Work shop held in Kiltimagh / Knock United on the 31st October 2012 in conjunction with the Goal to Work Programme went down a treat with participants and coaches. The weather held off and children of various abilities were able to practice their skills and enjoyed a fun day of activity.

An Easter Camp will take place in An Sporláinn Castlebar on the 3rd and 4th of April for children with hearing difficulties and their siblings from 10am – 2.30pm. For more information contact Ciara O’Brian on 094 9049109.
Primary School Athletics Spring 2013

The Primary School Athletics Programme is completely full up this spring. The popularity of the programme for primary schools has grown over the past few years and with the brand new indoor and outdoor facilities at Claremorris Athletic Club the programme is going from strength to strength.

Children from national schools throughout the south and east of the county participate in this programme. The children are aged between the age of 5-13 years of age are participating in this programme which is facilitated by Jim Ryan and coaches or 094 904 7022.

Primary School Spikeball Programme Available in Barnacarroll

At least 3 primary schools have availed of three one hour free coaching Spikeball sessions in Barnacarroll hall Claremorris. 42 girls and 9 boys from Barnacarroll NS, Meelickmore NS and Mayoabbey NS have participated in the programme to date. Taugheen NS and Tooreen NS hope to take up the programme in the near future. For more information, contact Michael Collins.

ANDY MORAN RAISES ACTIVE SCHOOL FLAG FOR KINAFEE NATIONAL SCHOOL

The Active School Flag Award is awarded by The Department of Education and Skills to schools that provide a broad and balanced P.E. curriculum ensuring that all strands of P.E. are provided for and that all children are involved. The Active School Flag Award was awarded to Kinaffe NS (near Swinford) in October 2012 following a two year accreditation programme. The school was commended for its links with the community and local clubs in providing an inclusive P.E. programme for all pupils.

Kinaffe N.S. provided excellent provision for play and break time activities, which include an inviting junior/kindergarten play area, basketball court and a fully enclosed Astro turf pitch which provides a safe haven for everything from rugby, soccer and gymnastics to take place. Irish dancing and swimming are encouraged from infants to 6th class. The children’s parents were actively involved throughout the process from fund raising to helping with the Active School Week activities. A healthy lunch policy and provision of fresh fruit and water each day for all pupils supported the active and healthy lifestyle initiative in the school.

The teachers Ms Linda Devaney and Ms Margaret Reilly were cited as the “driving forces” in the schools quest in achieving this accolade for their school. The school was commended for its links with the community and local clubs in providing an inclusive P.E. programme for all pupils.

To obtain information on how your school can achieve the Active School Flag log on to www.activeschoolflag.ie Or contact Mayo Sports Partnership at 094 904 7025 for information on supports available.

To obtain information on how your school can achieve the Active School Flag log on to www.activeschoolflag.ie Or contact Mayo Sports Partnership at 094 904 7025 for information on supports available.

12 SCHOOLS ATTEND BE ACTIVE AFTER SCHOOL WORKSHOPS

A number of schools are implementing this new initiative after attending a series of workshops last year. Mayo Sports Partnership is to deliver phase 2 of a new initiative this Autumn to assist primary schools in providing additional physical activity opportunities. The Be Active After School Activity Programme (ASAP) is an exciting new programme that provides opportunities for children to engage in physical activities in a non competitive after school setting. Led by teachers and supported by parents the Be Active ASAP supports the PE curriculum. It is funded by the HSE, supported by the Irish Sports Council and St. Patrick’s 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.

For more information visit www.beactiveasap.ie Any schools wishing to participate in this programme can express their interest in the Autumn 2013 delivery by contacting the contact Mayo Sports Partnership at 094 904 7025 or email msp@mayococo.ie
INDOOR FIT WALKING

A number of indoor fit walking programmes are in operation at various venues around the county. The overall aim of this 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 & Power Walking.

Cost for the 5 week programme is usually €20, working out at 4 euro per class. This fee will cover use of materials and equipment ie Heart Rate Monitors and Step Counters. The group should be about 15 -20 in number.

Claremorris Athletic Indoor Centre on Mondays 8.15pm- 9.15pm; Roundfort Community Centre on Tuesdays from 8-9 pm Barnacarroll Community Centre Wednesday mornings 10.30-11.30am; Tourmakeady Wednesdays 7.30pm – 8.30pm

For more information or to register contact: Joan Walsh at 087 6726029

MEET AND WALK

Are you interested in losing some weight and getting a bit fitter but don’t know where to start? Want to meet up with a group, meet people and chat while on the move. A number of Meet and Walk Groups have set up in recent weeks in tandem with the Operation Transformation Series. If you would like the support of a group and a trained instructor / leader then feel free to contact any of the leaders given below in the given areas:

Belmullet Contact Michelle Healy at 087 764 6710
Castlebar Contact Deirdre at 087 630 5577
Irishtown Contact Gretta Mc Manus at 087 9408967
Westport Contact Westport Leisure Park at 098 29160

BIKE WEEK 2013

Mayo Sports Partnership is happy to announce that it will be co-ordinating Mayo Bike Week 2013. Bike Week 2013 will be held from 15 to 23 June.

Last year approximately 400 people took part in Bike Week with 20 events taking place across the county. We hope to build on that success and to ensure that everyone who wants to take part in Bike Week will have the chance to do so at a local event.

The aim of Bike Week is to celebrate cycling and get more people cycling – so events can be aimed at families, amateur sports cyclists, regular commuter cyclists and particularly the lapsed cyclist.

Bike Week is all about people getting involved and cycling. Events can be targeted at the whole community, such as a town centre cycling festival with events for the whole family or events can be targeted at specific groups such as ‘silver cyclist’ events for the over 60’s, BMX try outs for teenagers, women - only leisure cycles etc. Long distance cycles can be held for the sports cyclist and mountain biking for those who like to get muddy.

Mayo Sports Partnership hopes to invite communities to submit events for inclusion in the programme. More information in due course.

MEET & TRAIN - Fit4Life Groups

The Meet and Train or otherwise known as Fit4Life Groups are in full swing preparing for upcoming events etc. All the groups cater for people of all abilities and have fantastic leaders who cater for peoples needs. They have a great social scene with many events taking place throughout the year. So if you need some motivation to become more physically active or would like to be part of a group environment then this could be your thing!

Ballina Liz Murphy at 087 241 9309
Ballinrobe Joan at 087 672 6029
Ballyhaunis Martin Fitzmaurice at 087 245 5989
Claremorris Michael McGrath at 086 853 4729
Castlebar Ann McDonnell at 086 863 5334
Erris Michelle Healy at 087 764 6710
Swinford Breda at 087 643 3623
Westport Gerry Kilroy at 086 063 8188

WELCOME TO BOTH PAT BOYLE AND CONOR KELLY WHO HAVE COMMENCED 9 MONTH INTERNSHIPS UNDER THE GOVERNMENTS JOBBRIDGE PLACEMENT SCHEME. PAT TAKES ON THE ROLE OF AN ASSISTANT SPORTS DEVELOPMENT OFFICER GIVING SUPPORT TO BOTH ANNE RONAYE AND RAY MC NAMARA IN THE MANY PROGRAMMES WHICH ARE BEING DELIVERED. ONE OF THE TASKS THAT PAT HAS BEEN CHARGED WITH IS UPDATING OUR CLUB DATABASE. SO IF YOUR CLUB CONTACT PERSON HAS CHANGED RECENTLY PLEASE LET PAT KNOW AT PBOYLE@MAYOCOCO.IE

CONOR MEANWHILE IS TO FURTHER DEVELOP OUR COMMUNICATIONS SYSTEMS IN TRANSMITTING OUR MESSAGE TO THE PUBLIC. THIS WILL INVOLVE SOCIAL MEDIA, ELECTRONIC MAILING, WEBSITE DEVELOPMENT, PROMOTION OF EVENTS AND PROGRAMMES ETC. WE ARE DELIGHTED TO HAVE THEM BOTH ON BOARD AND WISH THEM THE BEST FOR THEIR TIME WITH US.
BALLINA MEN’S HEALTH EVENING

Over 80 men attended the Men’s Health Evening held at the end of 2012 at Ballina Rugby Club Facilities which was organised by Moy Sports Forum. The forum consisting of various agencies such as Mayo Sports Partnership, Mayo North East, Ballina Town Council, FAL, Involke, MTSG, Moy Valley Resource Centre, Sean Duffy Centre and resident representatives actively encourages all people in the Ballina area and surrounds to be physically active through their organising of programmes while using the various outdoor and indoor facilities throughout Ballina.

The evening incorporating a men’s soccer tournament was a definite success with 8 teams participating in the soccer and almost all the men availing of the free medical health check delivered by Ailish Houlihan of Croi and Eithne Garrick, PHN Ballina. Ballina Based Physiotherapist Liam Moffatt from the Mayo Sports Clinic offered advice on health and sports for men including sports injury prevention and nutritional advice and help was offered by Marian Gallagher from the ‘Weighting Room’ Castlebar. The evening was a good success with all men who attended engaging in screening and health advice.

Further information on Moy Sports Forum: Anne Ronayne, Mayo Sports Partnership T: 094 904 7044 / 087 697 3587 E: aronayne@mayococo.ie

THE MOY SPORTS FORUM MEN’S SOCCER TOURNAMENT

An 8 week men’s soccer programme at the Astro Turf pitches at the Rugby Club in Ballina came to a wonderful finale this February when the Parkside lads played against the town lads in a thrilling final. The Parkside lads had a convincing win in the end with the final score of 10 goals to 4. A 3rd and 4th way play off was won by the ever improving Karen team. The Cup was awarded to the Parkside Lads by Keith Maughan representing Moy Sports Forum.

As a lead on from this tournament the Parkside Lads team and the Karen team are going on to play in another tournament which will take place in Tuam on May 24th this is being run by the Western Traveller Intercultural Development. This tournament is being run during Traveller Pride Week and members of the Moy Sports forum will be helping to organise and support the event.

For further information on Moy Sports Forum: Anne Ronayne, Mayo Sports Partnership T: 094 904 7044 / 087 697 3587 E: aronayne@mayococo.ie

MOY SPORTS FORUM INVITE YOU TO ... BALLINA WOMEN’S HEALTH EVENING

Women from Ballina and the surrounding areas are invited to a health evening in Ballina on Thursday April 18th from 6-9pm at Mayo Sports Clinic. Ballina Medical Centre, Kevin Barry St, Ballina. The Evenings Timetable includes:

- Free Health Screening for women carried out by nurses from Croi and Mayo PCCC, HSE West.
- Women’s Nutritional Information
- Health and Beauty Advice
- Osteoporosis Advice and Prevention
- Health Advice from Marie Keating Foundation
- Sports Injury Prevention and Physiotherapist advice
- Fitness and Exercise for women ‘Come and Try’ some activities. Meet local groups involved in promoting Health and Fitness.
- And much more.

This health evening is free of charge and is supported by Ballina Beverages. Further information from Anne Ronayne, Mayo Sports Partnership 087 6973587 or Cora Staunton MTSG on 087 6101577

CASTLEBAR SPORTS FORUM

The first meeting of Castlebar Sports forum was held in December with view to encouraging all people in the Castlebar area to become more active through the use of the facilities both indoor and outdoor in the town. The forum comprises of representatives from agencies, community and sporting organizations. One of the projects to be undertaken by the forum this year is the running of a Castlebar Sports Weekend on the May Bank Holiday Weekend. Activities will include Pink Ribbon Cycle, Mini Marathon, an invitational soccer tournament, outdoor adventure activities on Lough Lannagh. The weekend is part of the “Gathering” activities and it is hoped that many people will travel to the county town.

For more information on the forum contact Anne Ronayne Community Sports Project Worker at 094 904 7022 or email aronayne@mayococo.ie

ADVENTURE SPORTS AT LOUGH LANNAGH ON MAY 4TH AND 5TH

As part of the Castlebar Sports Gathering Weekend, GMIT have organised a festival of adventure sports on Lough Lannagh on Saturday May 4th and Sunday May 5th. All activities will be free of charge and include kayaking, Climbing Wall, Mountain Biking, Archery and much more. Contact Nigel Jennings, Sports Officer at GMIT T: 0872496348 E: Nigel.Jennings@gmit.ie

Jim Ryan
Claremorris
Athletic Club Wins
National Sports Volunteer of the Year Award

Nominated by Mayo Sports Partnership Jim Ryan picked up the National Award for the Sports and Recreation Category at a function in Dublin recently. Jim always makes himself available to run or assist in the running of many valuable sports and recreation programmes in his local community. Jim volunteers his time securing funding for his local club, that recently was awarded €400,000 for the development of a new all-weather tartan track at their facilities, thanks in no small way to Jim’s trojan voluntary effort.

Castlebar ‘Women in Sport’ Seminar on May 3rd

A Women in Sport seminar titled ‘Women in Sport-Gaining Ground?’ will be held at GMIT on Friday May 3rd. This seminar will deal with many aspects of girls and women sports and is one not to be missed. Some high Profile Sportswomen will be in attendance offering their experience and their help to girls and women involved in sport and recreation.

All schools, colleges, womens sports teams / clubs and individuals with an interest in womens sport and recreation are invited.

Further information on the Seminar: Anne Ronayne, Mayo Sports Partnership T: 094 904 7044 / 087 697 3587 E: aronayne@mayococo.ie
Education & Training | Cúrsaí Traenála

WALKING AND CYCLING LEADER TRAINING PROGRAMMES

Included in our Spring 2013 programme is walking and cycling leader training in May at dates yet to be finalised. Both courses will take place on separate weekends with the Walking Leader training being delivered by the Irish Heart Foundation and the Cycling Level 1 programme by Cycling Ireland.

With the huge growth of these activities in communities throughout the county there is a need for more leaders to lead groups etc. If you are interested in this type of training you should register your interest as soon as possible with the Partnership as places are limited. All courses are subsidised and participants can book their places on this and other courses events by contacting the office at 094-9047025 or email msp@mayococo.ie

CHILD PROTECTION IN SPORT AWARENESS TRAINING

The Code of Ethics and Good Practice for Children's Sport in Ireland is for the benefit of everyone involved in children's sport - children, parents/guardians, Sports Leaders, teachers etc. By following the principles, policy and practice guidelines contained in the Code, adult sport leaders are playing their part in providing an enjoyable and safe environment in which children can learn and thrive.

Minimum age to participate in the awareness training is 18.

As citizens, adults have a responsibility to protect children from harm and to abide by government guidelines in responding to and reporting child protection concerns.

This responsibility exists wherever such concerns might arise, whether inside or outside sport. The full application of the Code of Ethics and Good Practice for Children's Sport in Ireland by everyone in sport will help to ensure the promotion of happy, healthy and successful experiences for children and their Sports Leaders.

Parents and anyone working with young people in sport. The training will enable Children's Officers/Sports Leaders to:

- Implement best practice in protecting the welfare of participants
- Create a child-centered environment within the sports club
- List categories of abuse and some indicators associated with abuse
- Make appropriate response to a disclosure
- Make a report to designated officer or appropriate Statutory Authorities

Should your sporting club/organisation wish to avail of this course please contact Padraic at 094-9047025 with venue and possible dates and we will do our best to accommodate same. A maximum number of 16 members are required. For further Child Protection in Sport Awareness Training courses please see calendar of events at the back of this newsletter or see www.mayosports.ie

INDOOR PROGRAMME

The Fit4Work indoor programme organised by a committee of 3 representatives from GMIT, HSE and Mayo County Council has been up and running for quite a few years now. Fit4Work offers employees and students at the 3 organisations mentioned as well as EPA, Western Care and VEC an opportunity to partake in exercise classes at lunchtime or directly after work at a very affordable rate. Thanks to GMIT rooms are made available for the Fit4Work programme providing a brilliant and accessible facility for all. Other facilities used too are the Castlebar Tennis Club and Castlebar Celtics facilities.

The indoor programme winds up at Easter time but after Easter there will be some great outdoor programmes including Cardio Tennis, Bootcamps, Meet and Walk and Jogging/running the mini marathon programmes.

Throughout the spring the programme consisted of a wide range of programmes including Zumba, Metafit, Pilates, Cardio Tennis, Zumba, bootcamp and many more. In the Autumn/Winter programme lunchtime 5k events were held in October and December which proved very successful and great fun!

Contact: Anne Ronayne, Mayo Sports Partnership 094 904 7022 / 087 697 3587

OCCUPATIONAL SPORTS FIRST AID

Mayo Sports Partnership are now hosting weekend courses in occupational sports first aid. The course deals with accident management, bleeding wounds and shock, Respiration and consciousness, CPR for Adult, child and infant, Fractures, Sprains, Strains and Dislocations, Burns, scalds and poisons, Medical Emergencies, Lifting and monitoring of a casualty. Upon successful completion of the course students will be awarded an Occupational First Aid Certificate recognised by the HSA, valid for 3 years.

To register interest in attending a course please contact the office at 094 904 7025. Note places are limited and all courses are subsidised by the Partnership.

CHILDREN'S OFFICER IN SPORT TRAINING

This training is offered as a follow on from the basic awareness course and the duration of this course is 6 hours usually over 2 nights. Each sporting club is required by the Irish Sports Council and your National Governing Body to have a Children's Officer. Persons attending the Child Welfare Officer Course must have completed the 3 hour Child Protection Awareness Training and have same implemented in the club for a minimum of 6 months.

Please see our Calendar of Events for information on upcoming courses.
## Upcoming Events | Imeachtai

### SPRING / SUMMER 2013 PROGRAMME

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Workshop / Course</th>
<th>Venue</th>
<th>Fee</th>
<th>Further Information</th>
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<tbody>
<tr>
<td><strong>MARCH</strong></td>
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<tr>
<td>Fri 1st March (7.30pm – 9.30pm)</td>
<td>Nutrition talk for People with a Disability and their families</td>
<td>Castlebar Tennis Club</td>
<td>N/A</td>
<td>094 9047023 <a href="mailto:rmcnamara@mayococo.ie">rmcnamara@mayococo.ie</a></td>
</tr>
<tr>
<td>Sat 9th &amp; Sun 10th March (9:30am-4:30pm)</td>
<td>2 Day Occupational Sports First Aid Course</td>
<td>Ballyheane Community Centre</td>
<td>€80</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Mon 25th March (8pm-9:30pm)</td>
<td>Funding Information Evening (Sports Partnership Grant Scheme &amp; Others)</td>
<td>Mayo Education Centre Castlebar</td>
<td>N/A</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Wed 27th March (7-10pm)</td>
<td>Code of Ethics &amp; Best Practice in Sport Awareness Course</td>
<td>Curam Centre Claremorris</td>
<td>€15</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
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<td><strong>APRIL</strong></td>
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<tr>
<td>Tues April 9th (7-10pm)</td>
<td>Childrens Officer in Sport Course Part 1 (Follow on to Code of Ethics &amp; Best Practice Awareness course)</td>
<td>Mayo Education Centre Castlebar</td>
<td>€25</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Monday, April 15th at 8pm</td>
<td>Information Workshop on National Vetting Bureau Act! (How it effects your club?)</td>
<td>Mayo Education Centre Castlebar</td>
<td>N/A</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Tues April 16th (7-10pm)</td>
<td>Childrens Officer in Sport Course Part 2 (Follow on to Code of Ethics &amp; Best Practice Awareness course)</td>
<td>Mayo Education Centre Castlebar</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
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<tr>
<td><strong>MAY</strong></td>
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<tr>
<td>Fri 3rd May</td>
<td>Women in Sport Seminar “Gaining Ground?”</td>
<td>Castlebar</td>
<td>N/A</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Sun 5th May</td>
<td>Western People West of Ireland Womens Mini Marathon 2011</td>
<td>Castlebar</td>
<td>€20</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Dates TBC</td>
<td>Active Leadership/Sports Leader Training</td>
<td>Castlebar</td>
<td>€20</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Fri (7pm – 9.30pm) Sat &amp; Sun (10am-4pm) T.B.C.</td>
<td>Walking Leader Training</td>
<td>Westport</td>
<td>€50</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Sat 25th and Sun 26th May TBC</td>
<td>Cycling Level 1 Coaching Course &amp; Bike for Life</td>
<td>Westport</td>
<td>TBC</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
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<tr>
<td><strong>JUNE</strong></td>
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<tr>
<td>1st – 30th June</td>
<td>Mayo in Motion Walking &amp; Cycle Month</td>
<td>Various</td>
<td>N/A</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Sat 8th – Sat 15th June</td>
<td>Wesports ‘Get Out There’ Adventure Festival</td>
<td>Westport</td>
<td>Various</td>
<td>westportadventurefestival.ie</td>
</tr>
<tr>
<td>Sun 9th June at 2pm</td>
<td>Greenway 10K</td>
<td>Westport</td>
<td>€20</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>TBC</td>
<td>Bike Week</td>
<td>Various</td>
<td>N/A</td>
<td><a href="http://www.mayoysports.ie">www.mayoysports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
</tbody>
</table>

Further information on courses and applications can be downloaded from our website www.mayoysports.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.

### SPORT DEVELOPMENT OFFICER CONTACTS

<table>
<thead>
<tr>
<th>SPORT</th>
<th>CONTACT NAME</th>
<th>TEL / EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics</td>
<td>Paul McNamara</td>
<td>087 269 3675 <a href="mailto:paul@athleticsireland.ie">paul@athleticsireland.ie</a></td>
</tr>
<tr>
<td>Badminton</td>
<td>Tom Hehir</td>
<td>086 399 8894 <a href="mailto:tom.hehir@badminton.ie">tom.hehir@badminton.ie</a></td>
</tr>
<tr>
<td>Camogie</td>
<td>Caroline Murray</td>
<td>087 258 0294 <a href="mailto:cmurray@campgie.ie">cmurray@campgie.ie</a></td>
</tr>
<tr>
<td>Cycling</td>
<td>Gerry Butler</td>
<td>087 258 0294 <a href="mailto:gerardbutler2004@eircom.net">gerardbutler2004@eircom.net</a></td>
</tr>
<tr>
<td>Golf</td>
<td>Justin O’Byrne</td>
<td>087 996 2117 <a href="mailto:jobyrne@juniorgolfireland.com">jobyrne@juniorgolfireland.com</a></td>
</tr>
<tr>
<td>Hurling</td>
<td>Adrian Hession</td>
<td>087 245 0566 <a href="mailto:adrianhess@eircom.net">adrianhess@eircom.net</a></td>
</tr>
<tr>
<td>LADIES GAA</td>
<td>Noelie Gormley</td>
<td><a href="mailto:ngconnachtdev@gmail.com">ngconnachtdev@gmail.com</a></td>
</tr>
<tr>
<td>MENS GAA</td>
<td>Billy McNicholas</td>
<td>087 249 7407 <a href="mailto:billymacn@eircom.net">billymacn@eircom.net</a></td>
</tr>
<tr>
<td>Rugby</td>
<td>Lyndon Jones</td>
<td>087 248 3073 <a href="mailto:lyndonjones@gmail.com">lyndonjones@gmail.com</a></td>
</tr>
<tr>
<td>Soccer</td>
<td>Paul Byrne</td>
<td>086 857 9678 <a href="mailto:paul.byrne@fai.ie">paul.byrne@fai.ie</a></td>
</tr>
<tr>
<td>Swimming</td>
<td>Chantal Gibney</td>
<td>01 625 1190</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Paul McKeever</td>
<td>087 419 5516 <a href="mailto:ddc@volleyballireland.com">ddc@volleyballireland.com</a></td>
</tr>
</tbody>
</table>