On behalf of the board of Mayo Sports Partnership (MSP) and Mayo County Council I would like to welcome you all to the Spring18 edition of our bi annual newsletter. As Health Promotion Officer with the HSE I am delighted to support the Partnerships good work in promoting health and wellbeing in our communities and improving people’s quality of life.

Healthy Ireland is the national Government-led initiative to improve health and wellbeing. Working in partnership with all agencies and groups in society is the only way we can successfully implement Healthy Ireland, we value the positive working relationship we have in Mayo between government departments and agencies and the Mayo Sports Partnership and sporting groups. Sports clubs and groups do so much to improve health and wellbeing every day.

The mental and physical health benefits of being part of a club or group and of taking part regularly in physical activity are numerous and research highlights these benefits on a regular basis. Mayo Sports Partnership have taken a leading role in the local implementation of the Healthy Ireland Framework in Mayo. A project worker Deirdre Donnelly has been employed in Ballina to develop physical activity and health promotion projects as part of Healthy Mayo, a sports equipment bank will be made available to sports hub projects, and a Girls and Sport Seminar was organised as part of the Healthy Ireland Fund. We look forward to continuing this positive working relationship to improve the wellbeing and quality of life of people living in Mayo.

Thelma Birrane  Mayo Sports Partnership Board Member & PPN Representative

WOMEN AND GIRLS IN SPORT SEMINAR
Seimineár ar Mhná sa Spórt

Another successful women and girls in sport seminar was held in the Twin trees hotel Ballina on Friday the 23rd of March. This regional seminar organised by Mayo Sports Partnership in collaboration with Healthy Mayo and Roscommon County Council was one of the initiatives funded by Healthy Ireland national funding. Healthy Ballina co-ordinator Deirdre Donnelly was central to the sourcing of a sports panel consisting of Olympic swimmer Grainne Murphy, Irish rugby player Mairead Hopkins, Irish hammer thrower Michaela Walsh and Mayo ladies footballers Fiona McHale and Sarah Rowe. Angelina Nugent from Mid-west radio sport chaired the event.

The topic up for discussion was addressing the dropout levels of girls in sport and physical activity. Each panel member spoke on their own personal experience and the barriers they have experienced themselves throughout their sporting careers. There was great representation on the day from the girls of St. Marys College and Moyne College Ballina as well as St. Tiernan’s Crossmaliona, who all listened attentively.

One Quote from the day was “Today was very enjoyable and extremely motivating and inspiring, the girls were all business on the journey home discussing the development of a senior girls school rugby team”
Entries Open for the 9th West of Ireland Women’s Mini Marathon

The Western People West of Ireland Women’s Mini Marathon takes place on Sunday 5th June 2016, 12 noon at The Mall in Castlebar, Co. Mayo. Now in its 9th year, the 10km event is one of the premier sporting events in the West attracting over 2000 participants every year and forms part of the Mayo Day 2016 celebrations. Event ambassador Sonia O’Sullivan will once again be present and participating on the day giving encouragement to women of all abilities on this fun filled occasion!

Thanks to sponsors Mayo.ie, Healthy Mayo, Sport Ireland and Mayo Sports Partnership this year all registered participants before the closing date on Friday 27th April will receive a specially commissioned Mayo Day t-shirt, medal and for the first time a Healthy Mayo Goody Bag packed full of sponsored goodies. All just £20, the entry fee since the first event in 2010, an event that can’t be missed.

Registration can be done online at www.westofirelandwomensminimarathon.com or fill out the entry forms in this week’s Western People newspaper and send it to Mayo Sports Partnership, Mayo County Council, Castlebar, Co Mayo.


All secondary schools in the region are invited to participate in the ‘Its For Girls’ Mini Marathon Challenge. This is the 3rd year of the challenge and it is going from strength to strength. The programme ‘Its For Girls’ won a National LAMA award in February which we were thrilled with as it is brilliant awareness around Girls and Physical Activity. For this year’s ‘Its For Girls’ mini marathon challenge we are partnering up with Mayo Roscommon Hospice. Our aim is to get more girls more physically active and by engaging with the Mini Marathon Challenge the school can also be in with an excellent chance of winning prizes up to £2500.

All ‘Its For Girls’ participants have reduced entry of £10 and the girls will receive a goody bag, a finishers medal, a t shirt and many more surprises too. Its a great day out and the lead can in as a way to get girls out walking or jogging with a positive focus. Teachers and Mentors taking part with the girls can avail of the same entry fee. We really look forward to an amazing day on Sunday May 6th. Our Mini Marathon Ambassador this year is Sonia O’Sullivan who will be participating in the Mini Marathon as well as our 2 new young Ambassadors Maeve Gallagher and Michaela Walsh girls who are the pride of Mayo and their secondary schools as National Athletes and Champions in various athletic disciplines.

Primary Schools Mini Fun Run

The annual Mini Fun Run focuses on encouraging primary school children throughout the county to become more physically active. The 2km route is suitable for boys and girls of all ability and starts at 12:10. Parents are also encouraged to participate in this family focused event as part of the days festivities.

For more information on the Western People West of Ireland Women’s Mini Marathon and Mini Fun Run, visit: www.westofirelandwomensminimarathon.com or contact Mayo Sports Partnership on 094 904 7025 or email msp@mayococo.ie

Kelly O’Connor, Manager of the challenge
It's for Girls Programme wins National Award

Community Representatives and Mayo County Council representatives were acknowledged at the annual LAMA Awards event in Croke Park on February 3rd. The national awards recognise and celebrate community and council working together providing great opportunity to highlight the work done within our communities between Local Authorities and Communities in bringing new and progressive projects to fruition.

"It's for Girls' was a winner in the Health and Wellbeing category. It's for Girls Initiative is an overarching initiative devised by Mayo Sports Partnership in conjunction with the Castlebar Sports Forum, which encompasses many strands of MSP's work programmes for girls in sport here in County Mayo. Chairman of Mayo Sports Partnership Cllr Brendan Mulroy expressed his delight on the announcement stating "Congratulations needs to be given to all the partners involved in this fantastic initiative targeting teenage girls in Mayo especially Community Sports Development Officer Anne Ronayne who has put so much effort in to this initiative over the last few years".

Incorporating initiatives such as the West of Ireland Women's Mini Marathon, A Girls and Women in Sport Seminar, Couch to 5K programme and a secondary schools Girls Active programme the "It's for Girls" project has resulted in Mayo being one of only two counties in Ireland where women now outnumber men in weekly participation in sport. This is because of a recent Irish Sports Monitor Report conducted by Sport Ireland. Mayo Sports Partnerships Community Sports Development Officer Anne Ronayne commented: "It can be very difficult to engage young girls in healthy lifestyle programmes but It's for Girls seems to have given momentum through a campaign to engage young women in sport and physical activity. I am delighted that the project has been recognised at national level".

For more information on the "It's for Girls" project contact Mayo Sports Partnership at 094 904 7025 or email msp@mayococo.ie

Achill Come & Try Day

Come and Try for children with a physical disability

A Come and Try for Children with a physical disability took place in Davitt college sports hall on Tuesday 27th March. The come and try was held in association with IWA Sport with the idea of setting up a regular multi sports club. If you are interested in joining or volunteering at a new club for physical disabilities email Ray r.mcnamara@mayococo.ie or Phone 094 904 7023.

Achill Sporting Clubs Sports Inclusion Day

Various sports clubs in Achill took part in the inaugural Achill Inclusion Day in Coláiste Acla, Doogea on the 3rd February. The day was a chance for children of all abilities to try out different sports that they may not have tried before. Clubs present on the day included Achill Boxing Club, Achill Cycling Club, Achill Juigutsu Club, Achill Bord na nDú, Achill Ladies Gaa and Achill Rovers. The Day was set up by Mayo Sports Partnership's Sports Inclusion Development Officer Ray Mc Namara in association with the Achill Inclusion group and the Achill Sports Network. Disability Awareness Training had previously been delivered to transition year students at Coláiste Poláb Acla who also helped on the day. The Day was supported by local Cllr Paul Mc Namara and members of the various sporting clubs and Achill Sports Network who were present on the day. Special thanks to Marty Mannion and Coláiste Acla for facilitating the day.

For more information contact r.mcnamara@mayococo.ie or 094 904 7023.

Soccer Blitz

Mayo Sports Partnership in association with FAI held a Soccer Blitz for people with a learning difficulty on Wednesday 21st March in Solar 21 park at mile bush, this is one of numerous blitzes held throughout the year as part of the Sports Inclusion Development Programme. The next Blitz will take place on 5th June and there will be a blitz also on 25th September.

Aghamore Gaa Club Participate in Disability Awareness Training workshop

Aghamore Gaa Club Participated in a Disability Awareness Training workshop in their Clubhouse on 19th February. The workshop was delivered by Sports Inclusion Development Officer Ray Mc Namara from Mayo Sports Partnership. Aghamore Gaa Club want to make their club more inclusive and cater for children of varying abilities in their community. The workshop was 2 hours long and 19 coaches and officials from the Aghamore club participated on the night.

"It is great to see a club being proactive and making their club more inclusive and Aghamore are a very forward-thinking club, they are already involved in the healthy Clubs initiative and it is great to work with this type of club" said Ray Mc Namara.

This work shop is available to all clubs and Ray Mc Namara is more than willing to help clubs who want to become more inclusive. For more information contact Ray r.mcnamara@mayococo.ie or 094 904 7023.

Healthy Ballina Pilot Project

Deirdre Donnelly

Healthy Ballina Co-ordinator

Contact Deirdre at 087 630 5577 or email deirdredublin@gmail.com

With the assistance of Healthy Ireland funding, through the Local Community Development Committee, a pilot Healthy Ballina Project was established. A co-ordinator Deirdre Donnelly was appointed and managed through the Sports Partnership office. Since January Deirdre has been very busy and below are some of the initiatives she has been involved in. It is hoped that some of these initiatives can be expanded in to a Healthy Mayo project.

Outdoor Come and Try Day

As part of the pilot project in Ballina an outdoor "come and try" day was organised at the Quay in Ballina on Saturday the 23rd of March. Activities on the day included kayaking, games and kayak control. Over 20 children attended the Saturday afternoon activities, with David Horkan from Paddle and Pedal facilitating the activities. This gave children the opportunity to try water sports that they may not have access to on a regular basis and possibly develop an interest in to further develop.

Girls Active in Ballina

For 4 sessions students from both secondary school in Ballina. St. Marys girls secondary school and Moyne College secondary school have come together to participate in the girls active programme on their lunchtime. David Horkan from Paddle and Pedal is introducing Kayaking to the girls. In total 24 students are taking part and are enjoying the experience of coming together with girls from other schools as well as being introduced to a water sport that the girls would not have the opportunity to take part in on a regular basis.

Tobacco free school gates

The tobacco free school gates initiative is the idea of Claire Barrett a practise nurse in Ballina with research into preventative cardiology. Similar initiatives have been rolled out in the UK and have been quiet successful. The idea is that a boundary is set around the school gates and that there is no smoking either tobacco or e-cigarette inside that boundary set out by the school. This creates awareness around smoking and signposting in the direction of how to go about quitting.

SPRING / SUMMER

2018

#MayoSport1
Go for Life Games

Go for Life Games programme is going from strength to strength with a go for life games day held in The Kennedy centre Ballina on 22nd March. Games days are also planned for Parke Community Centre on 19th April, Ballyhaunis Community Centre on 23rd May and Swinford on 14th June. The National Games take place in Dublin on 09th June. Mayo will send a team to Dublin for the National Games in June. If your group is interested in Go for Life Games contact Ray at 094 904 7023 or rmcnamara@mayococo.ie

Older People Programmes

Clár Siúlóide agus Rothaíochta

Bike Week 2018

Building on the fantastic participation of groups around the county over previous years, Mayo Sports Partnership in conjunction with Mayo County Council will once again be inviting applications for funding from interested community groups / sports clubs for Bike Week 2018 (9th - 17th June) events.

If your group is interested in promoting cycling as part of a fun, national programme, this is an ideal opportunity to apply for funding to help deliver your event. Grants for Community Groups, who are properly constituted, are available up to a potential maximum of €300, depending on the size and nature of the event. Groups will be able to get an application form by contacting Mayo Sports Partnership at 094 904 7025 or email msp@mayococo.ie

Want to Form a Walking Club / Group in your Community?

The Active Community Walking Programme aims to support the creation of vibrant walking communities throughout Ireland. The programme will work with communities to increase the capacity and potential of people with low levels of physical activity to become more active through walking. This, in turn, will lead to increased numbers of people participating walking in Mayo. In 2015 and 2016 Mayo Sports Partnership in association with Get Ireland Walking and Sport Ireland facilitated the delivery of the programme in 12 areas across the county. Groups involved came from Achill, Ballina, Ballglass, Ballintubber, Ballinasloe, Newport, Cong, Carrowhork, Carracastle, Charlestown, Claremorris and Newport. We are currently seeking expressions of interest from communities within the county to become involved in this programme in 2017. Successful groups will receive 6 free facilitated sessions from a walking leader, advice, materials and support. If you would like to register your group for this programme contact Mayo Sports Partnership at 094 904 7025 or email msp@mayococo.ie

Walking & Cycling Programmes

Clár Siúlóide, Rothaíochta agus Snámha

Sofa 2 Saddle Beginner Cycling Programme

Mayo Sports Partnership in conjunction with Mayo County Council, Westport Smarter Travel, HSE West, the Road Safety Authority, An Taisce and local cycling clubs will commence a 6 week pilot beginner cycling programme called Sofa 2 Saddle in Castlebar, Westport and Ballyhaunis this May. The programme will include basic road bike instruction, safety and maintenance and 6 week outdoor cycle in preparation for events during Bike Week. The cost of the programme will be €20 and there will be a limit of 20 people on each course. For more information contact Mayo Sports Partnership at 094 -9047025 email: msp@mayococo.ie
Mayo Sports Partnership announces new Sport Investment Scheme

The Mayo Sports Partnership has launched a new Sport Investment Scheme for 2018. The scheme, supported by Sport Ireland, invites clubs and organizations who have sport / recreation as their central focus to submit proposals which would increase participation amongst target groups such as youth at risk, disadvantaged communities, unemployed, women, travelling community, middle aged men, disabilities and ethnic minorities.

The investment package of over €6.07 million from Sport Ireland to support the Mayo Sports Partnership board will decide on all successful applications and its recommendations are final.

Minister Michael Ring welcomes investment for Mayo Sports Partnership

Minister Michael Ring, Minister for Community Development and Social Inclusion, welcomed the Government’s investment for Mayo Sports Partnership. "This investment is a vote of confidence in Mayo's passion for sport, health and wellbeing." The Minister outlined the key outcomes of the agreement.

The Daily Mile - Call for New Schools to Get Involved

In 2012 Elaine Wylie, Headteacher of a large Scottish primary school, realised that her pupils, like many others, were unfit. She introduced a daily run for 15 minutes of physical activity, and the results were so positive that she continued the practice the following year.

The Daily Mile initiative was born and now has become so popular that hundreds of schools in Scotland, England and Ireland have introduced it.

The Daily Mile is a programme that promotes the importance of daily physical activity and the benefits of running in the open air. The programme is simple and free and can be implemented by schools and community groups, with minimal equipment and resources.

Clann Credo Team Up With The Federation of Irish Sport for €10 Million Loan Fund

Clann Credo has teamed up with the Federation of Irish Sport to support community clubs and organizations in their efforts to develop and improve their facilities. The loan fund, amounting to €10 million, will be available to clubs and organizations throughout the country.

The Federation of Irish Sport has teamed up with Clann Credo, a charity that provides loan finance to community projects nationwide. Clann Credo has funded over 300 voluntary sports clubs and community-managed sports facilities to date. The Federation of Irish Sport and Clann Credo have worked together to raise awareness of the loan fund and to ensure that as many clubs and organizations as possible are aware of the opportunities available.

What we offer schools

Mayo Sports Partnership offers a variety of programmes and information to schools in support of physical education and in particular to Active Schools Flag.

Programmes include:

- National Initiatives such as Operation Transformation, Bláth na hÉireann/Week of Sport etc.
- Disability Awareness
- Disability Inclusion Training
- Youth Leadership Training
- 2nd year Healthy Living Workshops
- Girls Active

Please note that some of the above programmes may not be available in every location in the county and are also dependent on National Governing Bodies of Sport involvement.

Large number of Post Primary Schools Participating in 2018 Girls Active Project

Mayo Sports Partnership in association with the HSE and Mayo County Council are continuing to support the roll out of Girls Active throughout Mayo. 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 they wish to participate in and these activities are delivered by accredited Sports Partnership Tutors during lunchtime or after school.

For 4 sessions from students from both secondary schools in Ballina, St. Mary's school and Coney Island College school have come together to participate in the Girls active programme on their lunchtime. David Horkan from the girls active project is bringing Kayaking to the girls. In total 24 students are taking part and are enjoying the experience of coming together with girls from other schools as well as being introduced to a water sport that the girls would not have the opportunity to take part in on a regular basis.

Sport Leaders UK is a national charity with the aim of empowering young people to take leadership roles in sport. The charity trains young people to become Sports Leaders, who can then lead their peers in delivering a variety of activities, including Positive Youth Development, Healthy Living Workshops, 2nd Year Healthy Living Workshops, and Youth Leadership Training.

These programmes are designed to help young people develop essential life skills such as communication, team work, and problem solving.

Youth Sport Leadership

Expressions of interest are sought from schools or community organisations who would like to engage teams of four to five youth leaders in the programme. The programme will run over a period of 10 weeks during lunchtime or after school.

Local community clubs and organizations are encouraged to contact their local Sports Partnership to register their interest in participating in the programme.

Tel: 094 904 5125 Fax: 094 904 7668 E-mail: msp@mayococo.ie Web: www.mayosports.ie

Funding Information

Maoiníú

Westport Basketball Club recipients of 2017 special participation grant scheme

Spring / Summer

2018

Placement Programme

• Placement (1 day)

• Practical Coaching

• Youth Leadership Training

• Disability Inclusion Training

• Operation Transformation

• 2nd year Healthy Living Workshops

• Girls Active

• Youth Leadership Training

• West of Ireland Women’s Mini Marathon

Funding Information

Reaching for Scoileanna

The Federation of Irish Sport has teamed up with Clann Credo, a charity that provides loan finance to community projects nationwide. Clann Credo have funded over 100 voluntary sports clubs and community-managed sports facilities to date. The Federation of Irish Sport and Clann Credo have worked together to raise awareness of the loan fund and to ensure that as many clubs and organizations as possible are aware of the opportunities available.

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Ballinrobe Town doesn’t measure success in the trophies won or individual achievements, we measure success by the participation and enjoyment of all our players, and the benefits to our community,” says club chairperson, Declan Commins. 

Ballinrobe Town is by our measure a great success and we hope to continue this for many years to come. We have seen a huge increase in the numbers of young players. We have over 300 children playing soccer making us one of the biggest sporting organisations in South Mayo.

Since the opening of the new Astro pitch facility we are now able to continue training year round giving children a fantastic opportunity to play sport, meet new friends and lead an active life. The Club is very grateful to the Town Parks for their continued investment and development of the Green as a venue for sports and recreation. It’s not just the young that can play soccer and last year the Club introduced a new sport to Ballinrobe. Walking Football. This version of the great game can be played whatever your age and equally by men and women. There is skill, passing and plenty of goals but without the tackles. The only difference really is that you are not allowed to run. You still do plenty of walking, up to 12,000 steps in an hour, considering that the recommended daily steps is 10,000 this is a great way to get some exercise and is a fun social event as well. Walking football takes place on Tuesdays from 9-10pm on the Astro Pitch at the Green, and now players are always welcome.

Safeguarding

All clubs are mandated by law to have a Safeguarding statement displayed in their clubs after completing a risk assessment. Mayo Sports Partnerships safeguarding programme targets sports leaders and adults involved in the organisation of sport for young people to promote child welfare and protection policies and procedures.

The Safeguarding programme consists of three workshops:

- Safeguarding 1 - A 3 hour basic awareness training module for leaders within a sports club
- Safeguarding 2 - A further 3 hour club children’s officer workshop to support club children’s officers in the implementation of the code in their clubs.
- Safeguarding 3 - A 3 hour workshop for designated officers in clubs who would deal in reporting to statutory authorities.

Following the Childrens First Act on the 11th December all clubs are legally obliged to have a Child Protection Policy for their club. All volunteers will have to be Garda Vetting and clubs should have Childrens Officers in their clubs. Mayo Sports Partnership operates a full programme of safeguarding workshops which can be seen on the Partnerships website www.mayosports.ie/news. To find out more about training etc you can contact the Sports Partnership office at 094 904 7025.

Coaching Children Workshops

Mayo Sports Partnership recently hosted a pilot programme ‘Coaching Children Workshops Series’ in Westport. All too often in the past, programmes offered to children in sport are scaled down versions of adult activity. Children are not mini adults and their needs in sport are different.

Basketball Ireland have commenced a “Goal to Work” Sports Coach Training Programme in Ballina. Course content includes a classroom based learning component including a FETAC accredited module in Occupational First Aid. It will also deliver accredited training in Child Protection in Sport - Safeguarding.

1. Sport Ireland Active Leadership and Disability Awareness. A new Childrens Coaching Programme accredited by Coaching Ireland is also included in this new phase and can be used to facilitate the opportunity to afford both the coaching to train in local primary schools and also deliver some local community participation initiatives.

For more information please contact - Siobhan Carroll Webb, Mayo Sports Partnership at 094 904 7459 Email: siobhanwebb@mayonortheast.com or call 094 925 6745 for more information. For more information, contact Elmer Pieterse Mayo Sports Partnership tel: 094 904 7459 Email: epieterse@mayococo.ie

Ballina Sports Coach Training Programme Underway

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<table>
<thead>
<tr>
<th>DATE AND TIME</th>
<th>WORKSHOP / COURSE / EVENT</th>
<th>VENUE</th>
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<tr>
<td><strong>APRIL</strong></td>
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<tr>
<td>Mon 9th April 12.30pm</td>
<td>Boccia County League</td>
<td>Breaffy Castlebar</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<tr>
<td>Wednesday April 11th (7-10pm)</td>
<td>Childrens Officer in Sport Safeguarding 2 Workshop</td>
<td>Mayo Education Centre Castlebar</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<td>Tues 17th April 7.30pm</td>
<td>Couch to 5K</td>
<td>Ballinrobe, The Green</td>
<td>€30</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<td>Thurs 19th April 11am</td>
<td>Go For Life Games</td>
<td>Parke</td>
<td>€3</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<td>Tues 24th April 11am</td>
<td>Go For Life Games</td>
<td>Ballinrobe, Lakeside Sports and Leisure Centre</td>
<td>N/A</td>
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<td>Wed 25th April</td>
<td>Goal to Work Ballina</td>
<td>Ballina Sports and Leisure Complex</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<td>Friday 27th April 9am – 3pm</td>
<td>Basketball Foundation Level Coaching Course</td>
<td>Ballina Sports and Leisure Complex</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<td>Tuesday 1st May, 10am – 4pm</td>
<td>Disability Inclusion Training</td>
<td>Ballina Sports and Leisure Complex</td>
<td>€45</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<td>Thursday 3rd May 9am – 3pm</td>
<td>Rugby Youth Level Coaching Course</td>
<td>Ballina Rugby Club</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<td>Friday 4th May 9am – 4pm</td>
<td>Kick Start 1 Soccer Coaching Course</td>
<td>Ballina Sports and Leisure Complex</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Sun 6th May 12 Noon</td>
<td>Western People West of Ireland Women’s Mini Marathon 2017</td>
<td>Castlebar</td>
<td>€20</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Sun 6th May 12.10pm</td>
<td>Primary Schools Mini Mini Fun Run</td>
<td>Castlebar</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Wednesday 9th May 9.30am – 3pm</td>
<td>PALs (Physical Activity Leader Training)</td>
<td>An Sportslann Castlebar</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<tr>
<td>Wed 9th May 9am – 4pm</td>
<td>Athletics Leader Coach Education Training Course</td>
<td>Ballina Sports and Leisure Complex</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<td>Thurs 10th May 10am – 1pm</td>
<td>GAA Foundation Level Coach Education</td>
<td>Ballina Stephenites GAA</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Fri 11th May 6pm – 9pm &amp; Sat 12th May 9am – 4pm</td>
<td>Active Leadership Training</td>
<td>Ballina Sports and Leisure Complex</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Mon 14th May 12.30pm</td>
<td>Boccia County League</td>
<td>Breaffy Castlebar</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Wednesday 16th May, (9am-12pm)</td>
<td>Code of Ethics &amp; Best Practice in Sport Safeguarding 1 Workshop</td>
<td>Ballina Sports and Leisure Complex</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Monday 21st May, (7-10pm)</td>
<td>Code of Ethics &amp; Best Practice in Sport Safeguarding 1 Workshop</td>
<td>Mayo Education Centre Castlebar</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Wednesday 23rd May 9.30am – 3pm</td>
<td>PALs (Physical Activity Leader Training)</td>
<td>Parochial Hall Ballyhaunis</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Thurs 24th May 11am</td>
<td>Go For Life Games</td>
<td>An Sportslann Castlebar</td>
<td>€3</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Thurs 24th &amp; Fri 25th May 10am – 4.30pm both days</td>
<td>Coaching Children Successfully in Sport – An Introduction for Coaches</td>
<td>Ballina Sports and Leisure Complex</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>Mon 28th May 11am</td>
<td>Go for Life Games</td>
<td>Communal House, Ballyhaunis</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
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<tr>
<td><strong>JUNE</strong></td>
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<tr>
<td>11th – 18th June</td>
<td>Bike Week</td>
<td>Various</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>14th June 11am</td>
<td>Go for Life Games</td>
<td>Swinford Cultural Centre</td>
<td>€3</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
<tr>
<td>TBC</td>
<td>Presentation of Special Participation Grants</td>
<td>Castlebar</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
</tr>
</tbody>
</table>

Further information on courses and applications can be downloaded from our website [www.mayosports.ie](http://www.mayosports.ie), before posting application, please check with office to ensure places are left on your chosen course by email [msp@mayococo.ie](mailto:msp@mayococo.ie) or phone 094 904 7025. Thank You. **Note:** Dates of courses / events may be subject to change. N/A: means non applicable. TBC: means To Be Confirmed