



spring 07



Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

mayo sports partnership

# newsletter



## Introduction

Mayo Sports Partnership would like to wish everybody a Happy New Year and we look forward towards working with you in 2007. With the Christmas over everybody is thinking of New Year Resolutions and getting more active is one of them. Mayo has such a diverse range of opportunities for participation through sports clubs, leisure facilities, community centres, walkways, playgrounds and the natural environment. In 2007 this information will be available through our new website [www.mayosports.ie](http://www.mayosports.ie). So whatever you are in to make a resolution to get active in Mayo. For further information on opportunities contact the Partnership at **094-9029911**.

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## Grants available for increasing participation of 'Disadvantaged Young People' in sporting activities

Mayo Sports Partnership is inviting applications from Sports Clubs, Youth Groups and Organisations to apply for funding under the Dormant Accounts-Social & Economic measure – *Increasing Participation in Sporting Activities by Disadvantaged Young People*. The Minister for Community, Rural and Gaeltacht Affairs and the Minister for Arts, Sports and Tourism have made available up to €2 million from the Dormant Accounts fund.

The €2 million has been apportioned across the 33 Local Sports Partnerships and is based on the cohort of young people in a particular county as per 2002 Census. Mayo Sports Partnership has been approved funding of €57,000. This funding will be provided in the form of grants of between €500 and €10,000 to applicant groups to fund increased participation of disadvantaged young people in sporting activities.

**Applications must be returned to Mayo Sports Partnership's office by close of business on Friday 9th February 2007.**

## Sport and Disability "Inclusion for All" Conference, Saturday October 7th 2006

Approximately 100 people attended a one day conference on Sport & Disability co-organised by the Mayo Sports Partnership and the Mayo Adapted Sport & Recreation Group in the T.F. Royal Hotel in Castlebar. The theme for the day was "Inclusion for All" in sport and recreation with particular emphasis on the need to integrate people with a disability within mainstream sports clubs, activities etc.

A number of keynote speakers, which included Pat Flanagan I.T. Tralee and Mary Davis Special Olympics, addressed issues such as the way forward for adapted physical activity, current research in the area, the importance of inclusion in sport and inclusion in physical education in schools. Delegates could choose from a number of practical presentations in a number of areas including Boccia, Halliwick method in swimming, Adapted GAA, Adapted Soccer, Inclusive Games and Leisure Centre Awareness. Local athletes Conal Mc Namara and Agnes Mc Gee gave an outline of how much involvement in sport meant to them and how it has contributed to where they are today.

The conference concluded with an open forum with issues such as unity of purpose between interested groups being discussed and the whole topic of what can we do in physical education. It was agreed that conferences / seminars such as today is a great way to network and share information. Delegates also agreed to give the Sports Partnership a mandate to push forward on the issues highlighted during the day.

Applications can be downloaded from our website, or obtained by emailing [mssp@mayococo.ie](mailto:mssp@mayococo.ie) or calling us on **094 9029911**.

**A Funding Information Workshop** has been organised for **Wednesday 24th January at 8pm** in the Mayo Education Centre, Castlebar. If you are interested in attending, please reserve your place by contacting us at the office.





## Pre- Schools Buntús Start Programme



Buntús Start is a comprehensive physical activity programme for children aged 2-5 years old. It has been designed for use in pre-school settings so that pre-school and playgroup leaders can provide a wide range of learning opportunities for young children to develop their fundamental motor skills, manipulative skills, co-ordination and balancing skills and develop a positive attitude to physical activity. Phase 2 of the programme has just recently finished currently 18 Pre schools are participating in the programme with 76 practitioners trained. The training consists of an initial four hours training programme with a further 2 hour follow up approximately 6-8 weeks after the programme is used in the pre-school. Training will take place in a central venue. At the end of the training session, each participating centre will be provided with a set of resource cards and a Buntús Start bag (Value €200). **For further information contact the County Childcare Committee at 094-9034779**

## World Champion Returns Home

Congratulations to Dr Michael Loftus on his wonderful achievement in the Huntsman World Senior games in Utah. Where he won a gold medal in the 3000m and three silver in 5000m, 1500m and 800m. A truly marvellous feat considering the numbers that took part over 20,000 athletes from all over the world he was the only one from Ireland.

Dr Michael and Edie arrived home to a huge welcome. The Convent of Jesus and Mary, St Tiernan's College, boy's and girl's NS were out in force.

Speakers included in the address of welcome were Padraic Langan, Community Council, Eddie Staunton, Mayo County Council, Charlie Lambert, Mayo Sports Council, Cathal Prior, Cross-molina GAA Club and St Tiernan's College, Kieran Mulhern, Town Development and Fr Michael Conway on behalf of the people of the parish.

In reply Dr Michael said he was amazed at the huge turn out and thanked everybody for making his return to Crossmolina so special. He said the Huntsman games were organised to promote and develop friend-ship within sport.

Ms Edie Loftus, also a very fit lady was presented with a bouquet of flowers.

## Primary School Buntús Programme Update

The National School's Teacher training programme-Buntús, continues to be resounding success.

There are now 115 National Schools, out of a total of 194 in Mayo, participating in this programme. Over 500 teachers have now undertaken a 4-hour training workshop and each school received activity equipment worth €800 and illustrative cards detailing different activities.

All National Schools in the county are invited to participate in the programme. If your school has not yet registered with us, please call us and complete registration form.

The next stage of the Buntús Generic programme is the Buntús Soccer, this has been offered to

schools which have completed the Generic phase. To date 36 schools are participating in the programme and phase 3 will be delivered in the Spring.

Two further programmes, Buntús Badminton and Buntús Basketball are to be rolled out in 2007. Selection of schools will follow the procedure in place for Buntús Soccer, schools who have completed the Generic and Soccer phases will be offered these programmes first. All National Schools registered with us will be offered the chance to participate in all these 4 programmes, with 194 National Schools in the county to get through this will take time and we ask you to be patient, thank you.



## Children Officer in Sport Training



Photo Caption: Participants of the Children Officers in Sport training course. Front L-R: Mena Mahon, Donal McLoughlin, Sandra Claxton (Facilitator), Kate Hill (Facilitator), Kay Hopkins, Maura Walsh. Back L-R: Padraic Corrigan, Pat Sweeney, Martin Peyton, Sean Rooney, Michael Gavin, Matthew Meer, Michael Murray, Paul McLoughlin, Michael Joyce, John Ruane, Michael Howley: Photo © KWP Studio

The inaugural Children Officer in Sport Training course took place recently in the Mayo Education Centre, Castlebar. This one day training workshop, organised through the Mayo Sports Partnership, is a follow on from the Code of Ethics and Best Practice in Sport awareness workshops which are currently being delivered throughout the county.

On completion of the basic awareness workshop sports clubs should nominate a designated Childrens Officer who would deal with all related issues in their club. This is the officer who should attend the follow up training day and be made aware of the policies and procedures for best practice which should form the basis of any sports club who are dealing with children.

*"Every sports club in the county should be sending representatives to the basic awareness course and then should nominate a designated officer to attend this one day training. It is best to have the correct policies in place if ever a problem occurred."* Stated Charlie Lambert Sports Co-ordinator Mayo Sports Partnership.

The course was facilitated by Sandra Claxton-Children First Officer with the H.S.E., and Kate Hills-Children Officer for Swim Ireland. **Please see our Programme of Events on the back page for details of the next course being run by Mayo Sports Partnership.**

## Child Protection in Sport



300 sports volunteers in Mayo have now been trained by Mayo Sports Partnership in Code of Ethics and Best Practice. This Irish Sports Council certified Child Protection course is aimed at Children's Officers and/or Designated Persons, Sports Leaders and other adults involved in the organisation of sport for young people. It aims to assist Sports clubs in creating a safe, positive and nurturing environment where children can develop and enhance their physical and social skills.

The next stage of training is the Irish Sports Council's certified Childrens Officer in Sport Training. This course is aimed at Designated Childrens Officers within clubs, once they have completed the Code of Ethics & Best Practice course. **Details of the next courses being held by Mayo Sports Partnership are listed in our Programme of Events on the back page.**

### The training enables Children's Officers/Sports Leaders to:

- Implement best practice child protection policies and procedures,
- Create a child-centred 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



## Mayo Air Rifle Club launch 2006/07 season

Mayo Air Rifle Club, based at Breaffy Community Centre, Breaffy, Castlebar, were pleased to have in attendance, Mr Charlie Lambert, Sports Coordinator with Mayo Sports Partnership, for the launch of the 2006/2007 season.

The club which formed in 2000 is one of the great success stories of supporting and fulfilling the needs of the younger Mayo population and in particular people with disabilities.

At the launch Mr Lambert said: "It is great to walk into a facility such as this and to have everything under the one roof with a number of qualified instructors on hand to coach and advise in a friendly atmosphere." Mr Lambert went on to praise the work being done by the members of Mayo Air Rifle Club and stated that Mayo Sports Partnership were pleased to support this project financially.

Mr James Reidy, Chairman of the Mayo Air Rifle Club, welcomed Mr Lambert and in thanking him for the support shown by the Sports Partnership. He assured him that the money granted to the club under Mayo Sports Partnership's Special Participation Grant Scheme06, would be wisely used in bringing the sport to a wider cross section of the community.

Mr Reidy welcomed the presence of like-minded participants from other nationalities and spoke of the need of supporting the demands of a multi cultural society in the modern era.



Photo caption: Pictured is Mr Charlie Lambert, Coordinator of the Mayo Sports Partnership, presented Mr Gerard Bourke, secretary of Mayo Air Rifle Club, with a development grant cheque

## Team Challenge is a Huge Success

As promised in our last newsletter we include some details of the Team Challenge event held on the grounds of Westport House as part of the Gaelforce West Adventure Festival. 15 teams completed the inaugural Mayo News/Mayo Sports Partnership Club Team Challenge. Over 100 men and women participated in a series of fun-filled tasks ranging from obstacle courses to boat building exercises which kept the on-looking crowd intrigued. All over the grounds of the famous estate, the teams of 6 tested their physical and mental capacities in the events. At the end of the 2 hour adventure, First place went to the Regional Design Office Sports Club, followed by Breaffy GAA Club and Castlebar Comets Basketball Club. The winning team on receipt of the prize of €500 from Pat Cawley, Mayo News carried on the good spirit of the day, by proceeding to donate the prize to the charity "Fighting Blindness"

Many thanks must be given to the organisers of this excellent event, Charlie Lambert-Mayo Sports Partnership, Kevin O'Callaghan-GMIT, Tim Daly-Achill Outdoor Education Centre and sponsors-The Mayo News. The students from GMIT who helped with the marshalling of the tasks and the local sports organisations & businesses who supplied equipment need also to be acknowledged. **So be warned and get your team ready for the challenge in 2007!**



## Sports First Aid Courses



Mayo Sports Partnership ran 5 Sports First Aid Awareness courses 2006. Over 50 people benefited from this worthwhile training course.

This awareness course is aimed at all Sports Volunteers, giving them an introduction on how to deal with sports specific injuries. Accident procedures, basic life support C.P.R., wounds & bleeding, fractures, sprains, strains & dislocations, shock, common medical emergencies, head, eye & spinal injuries and casualty handling are all covered in the course. Our next course will be held in Westport on 3rd February 07.

Once participants have completed this course they can go on to do a full Sports Occupational First Aid course, Mayo Sports Partnership will be holding one over two days, **Saturday 31st March** and **Sunday 1st April 07** (10am-4pm, both days) in Castlebar, please contact us for an application.

## Mayo G.A.A. Trainer shares expertise with local coaches



Coaches from a wide range of sporting disciplines from G.A.A. to Athletics attended a level 1 course in Speed, Agility and Quickness (S.A.Q) recently in An Sportlann, Castlebar. The workshop organised by the Mayo Sports Partnership, was delivered by current Mayo G.A.A. Trainer and Athletics Coach Mr. Jim Kilty.

"The aim of the Workshop is to give coaches, who completed the foundation level course, further expertise and knowledge to implement on the training pitch/track" said Mr. Kilty.

The Workshop concentrated on the practical side of conducting a training session. Coaches were brought through a whole range of drills and exercises using equipment including hurdles, ladders, viper belts for explosive power etc.

"The Mayo Sports Partnership aims to give coaches from all sports access to this kind of training at a basic cost" said Charlie Lambert, Sports Co-ordinator for the Mayo Sports Partnership.

We will be running a Foundation Course in S.A.Q in **Ballina on 16th February**. Application forms can be obtained by emailing [msp@mayococo.ie](mailto:msp@mayococo.ie) or calling us on 094 9029911.



## €13,000 for Mayo Integration Sports Projects

Mayo Sports Partnership has received €13,000 for three projects that will aim to include people from ethnic minorities in sport within Mayo.

The funding is part of the National Action Plan against Racism and is distributed through the Department of Justice. The projects which are due to commence in the 2007 are being hosted by Mayo Martial Arts Association, Parkside C.D.P. in Ballina and The Volleyball Association in Ireland. Information on these initiatives will be published in local media and will be translated to ensure it reaches the target population.

*"Ethnic minorities are a target group, just like any other in our Strategic Plan. With the growing number of foreign-nationals present in Mayo we need to try and involve them in sport & community life"* stated Charlie Lambert, Sports Co-ordinator-Mayo Sports Partnership. *"Many other organisations are making great efforts to include foreign-nationals in their communities and sporting activities and this is just additional projects in this area"* Lambert went on to say.

## Planning for Success in Sport Conference

Mayo Sports Partnership, Sports Injuries / Sports Medicine Clinic Castlebar and Breaffy International Sports Hotel present a one day seminar with the theme of "Preparing for Success in Sport". The event takes place in the fabulously appointed Breaffy International Sports Hotel.

A number of top class sports professionals will present informative workshops on speed, strength and conditioning, treatment and injuries in sport, rehabilitation, core strength training and a very important current topic Sudden Death Syndrome. The presenters include Mike Antonades who has worked with Chelsea, Fulham, London Irish and Toulouse; Pat Flanagan strength and conditioning coach with Kerry G.A.A.; Jim Kilty director of SAQ Ireland, coach to Derval O'Rourke and current trainer of the Mayo Senior G.A.A. Team; Tom Mitchell has worked with Sheffield Utd and is currently assigned to the British Paralympic Team and Dr Fergal Ruane Mayo Team doctor 2004 – 2006.

The format of the day will be both practical and participatory. The fee for the day is a nominal €40 and will include lunch. For further information please contact Martin at 094 – 9020005 or the Sports Partnership at 094 – 9029911.

## Go for Life

24 older peoples groups from Mayo are among 591 nationally that benefited from funding announced by the Minister for Sport John O'Donoghue-T.D in the latest round of funding under the Go for Life scheme. The total funding is in excess of €330,000.

The funding announced is made available under phase six of the Go for Life national grant scheme for sport and physical activity for older people.

The Mayo Sports Partnership has also received funding under this scheme and hopes to hold two Come & Try it days in 2007. "Last year we held two very successful sports days in Ballinrobe and Ballina. As well as taking part in physical activities it provides opportunities for social interaction and a bit of fun" said Charlie Lambert Sports Co-ordinator Mayo Sports Partnership. It sure sounds like its going to be busy for all these active groups in the New Year.

Full list of groups in Mayo which received funding;

Balla ARA	€525
Crossmolina ARA	€525
Charlestown ARA	€575
Providence ARA	€525
Mayo Abbey Social Services Group	€750
The Tuesday Club ARA	€500
Ballina ICA	€500
Crann Mor Centre, Western Care Association	€600
Mayo Local Sports Partnership	€1400
Bellacorick Womens Group	€550
Westport ARA	€500
Lacken Community Care	€550
St. Colman's Care Centre	€575
Meelick ICA	€500
Behy ICA	€500
Castlebar ARA	€575
Cairde Le Cheile	€575
Ballina Careers Group	€575
Irish Wheelchair Association	€575
Changing Pace Group Rehab Care	€600
Clar IRD	€550
Mulranny ICA	€500
Claremorris ICA	€500
St Joseph's Active Retirement	€525

Go for Life Programme can be found on [www.olderinireland.ie](http://www.olderinireland.ie)

## Ballina Sports Day for Older People a Huge Success

A very enjoyable sports day for Older people from the North Mayo area was held in Ballina in November. This sports day was co hosted by Mayo Sports Partnership and the Health Service Executive.

The day consisted of participants being brought through a wide range of activities which included ten pin bowling, Kurling, parachute games and line dancing amongst others. "What a great day, we definitely need more of these active days out" said Kathleen Mc Guire from Geesala Active Age Association. Many thanks are extended to Brendan Doyle from the Ballina Sports & Leisure Complex, who organised the venue and light refreshments on the day. Participants were also treated to a light lunch at the Ridgepool Hotel on completion of the morning activities.

*"This is the second sports day we have hosted this year with the assistance of Paul Gillen in the HSE and it would be an understatement to say that they were a success. Along with the Physical Activity Leader Training ran by the HSE it creates awareness of the need for older people to be involved in physical Activity"* stated Charlie Lambert, Sports Co-ordinator of Mayo Sports Partnership. *"We hope to be organising more Sports Days in Mayo with the assistance of the HSE in 2007"* Lambert went on to say. The RTE programme Pobal was in attendance filming proceedings and also held an interview with Dr Michael Loftus on his fantastic achievements in the World Senior Games.



### Accredited Coaching Courses Spring 2007

Sport	Date	Venue	Contact
<b>Soccer</b> Kick Start 2 Coaching Course	26th, 27th & 28th January 2007 (Course is run over the three days)	Milebrush Park, Castlebar	Paul Byrne 086 8579678
<b>Mens GAA</b> Foundation & Level 1 Coaching Courses	To be Arranged	Castlebar, Ballinrobe, Crossmolina, Swinford	Billy McNicholas 087 2497407
Connacht Coaching Conference	10th February 2007	The McWilliams Hotel, Claremorris	Billy Mc Nicholas 087 2497407
<b>Rugby</b> Mini Rugby Update Course	22nd January 2007	Castlebar RFC	Bernie Kelly 087 6879598 / 091 560099
Foundation Rugby Update Course	12th February 2007	Castlebar RFC	Bernie Kelly 087 6879598 / 091 560099
Level 1 Rugby Update Course	26th February 2007	Castlebar RFC	Bernie Kelly 087 6879598 / 091 560099
<b>Athletics</b> Coaching Courses	T.B.A.	T.B.A.	Michael Gavin 087 2376715
<b>Hockey</b> Coaching Courses	T.B.A.	T.B.A.	coaching@iol.ie
<b>Volleyball</b> Coaching Courses	T.B.A.	T.B.A.	Imelda O Connor O Dee 085-7650866
<b>Tennis</b> Coaching Courses	T.B.A.	T.B.A.	Garrett Barry 087 2935322, or gbarry6@hotmail.com
<b>Basketball</b> Coaching Courses	T.B.A.	T.B.A.	Elaine Williams 08608565234 ewilliams@basketballireland.ie
<b>Badminton</b> Coaching Courses	T.B.A.	T.B.A.	Sean Noonan 087 6412724 sean.noonan@badminton.ie

Please note this is not a full list of coaching courses available in Co. Mayo in Spring 2007, please contact the relevant contact above if you wish to find out about other courses. If the contact for your sport is not listed above, please contact Mayo Sports Partnership on 094 9029911, msp@mayococo.ie and we will try to assist you.

### Claremorris Athletic Club Host High Jump Coaching Course



Coaching courses are very important in every sport because increased sporting knowledge means best practice is carried out. A great example took place recently in Claremorris Athletics Clubs indoor facility. Mr Jim Ryan one of the foremost athletics coaches in the country conducted a High Jump coaching course which was attended by athletics coaches from all over Mayo. The club recently obtained new high jump equipment as a result of receiving grant aid from Mayo Sports Partnership. "We wouldn't have been able to hold this course today were it not for the assistance we got through the partnership" said Peter Sarsfield from the Claremorris Club

Complimenting the club on their efforts Charlie Lambert Sports Co-ordinator said "This is money well spent. When you have somebody like Jim Ryan who is willing to share his expertise with other coaches, who in turn will go back to their club and pass this knowledge on, you can really say that is sport development" More information on the Sports Partnership Grant Scheme can be obtained by contacting the office at **094-9029911**.

## New Website for Mayo Sports Partnership

Mayo Sports Partnership are all set to launch our new website any day now, [www.mayosports.ie](http://www.mayosports.ie) will be active shortly.

You will be able to keep up-to-date on the latest news, find out information of different clubs in the county by using our comprehensive sports directory, find out about upcoming courses and download applications, keep yourself and your club up-to-date on the latest funding news and grant schemes available and much more besides. If your club details and facilities are not on our directory please contact us to register your details.

Please bear with us in the early days as it is new to us too!

## Active Schools Awards 2007

The main aim of this initiative is to raise the profile of PE and co-curricular physical activity in the context of the introduction of the Primary PE curriculum and the Junior Cycle PE syllabus and to promote lifelong involvement in sport and physical activity.

Active School Awards will be presented to primary and post-primary schools which meet the quality criteria and standards established by the Active School Awards Steering Committee made up of representatives of the Department of Education and Science and the Physical Education support services. The award scheme is being administered through **Mayo Education Centre, Castlebar, Co. Mayo** contact 094-9020700 for further details



## Needs Analysis of Indoor Centres

Mayo Sports Partnership is currently conducting research into the needs of Indoor Centres in the county. All centres registered with Mayo Sports Partnership were issued a survey in November 2006, (if you have not returned your survey please do so A.S.A.P).

Colm Durkan, a placement student with N.U.I. Galway will be analysing the returned surveys and will report on his findings in the near future. If you have any questions on this you can contact Colm on **087 7912729** or email: [colm.durkan@nuigalway.ie](mailto:colm.durkan@nuigalway.ie), Colm is also in attendance in Mayo Sports Partnership's office every Monday.



### Mayo Sports Partnership Programme of Events Spring 2007

Date & Time	Workshop	Venue	Fee	Contact
Sat 13th Jan (9.45am -3.15pm)	Strength/Conditioning Seminar	NUI Galway	€60	James O'Toole 086 2359148 jamesotoole1@hotmail.com
Wed 17th Jan (8pm-9:30pm)	Sports Forum Meeting	Mayo Education Centre, Castlebar (beside GMIT)	Free	Mayo Sports Partnership
Wed 24th Jan (8pm-9:30pm)	Funding Information Seminar	Mayo Education Centre, Castlebar	Free	Mayo Sports Partnership
Sat 3rd Feb (10am-4pm)	Sports First Aid Awareness course	Westport Leisure Park	€25	Mayo Sports Partnership
Fri 9th Feb (6:30-10:30pm)	Code of Ethics and Best Practice Course	Broadhaven Hotel Belmullet	€10	Mayo Sports Partnership
Sat 17th Feb (9am-4:30pm)	Preparing for Success in Sport Seminar	Breaffy International Sports Hotel Castlebar	€40	SISM (Sports Injuries & Sports Medicine) Clinic, Castlebar, Ph:094 9020005
Wed 21st / Thurs 22nd Feb (7:30-9:30pm)*	Code of Ethics and Best Practice Course	Mayo Education Centre, Castlebar	€10	Mayo Sports Partnership
Sat 3rd March (10am-4.30pm)	Childrens Officer in Sport course	Mayo General Hospital Castlebar	€20	Mayo Sports Partnership
Wed 7th /14th Mar (7:30-9:30pm)*	Club PRO Training course	Mayo VEC, Cavandish House, Castlebar	€10	Mayo Sports Partnership
Fri 9th March (4pm-11pm)	SAQ Foundation course	Foxford Sports & Leisure Complex	€40	Mayo Sports Partnership
Wed 21st Mar (10am-2pm)	Sports Day for Older People	Lakeside Health & Fitness, Ballinrobe	Free	Mayo Sports Partnership
Sat 31st Mar /Sun 1st Apr (10am-4pm)	2-day Sports Occupational First Aid Course	An Sportlann, Castlebar	€50	Mayo Sports Partnership
Tues 24th /Wed 25th Apr (7:30pm-9:30pm)	Code of Ethics and Best Practice Course	Lakeside Health & Fitness, Ballinrobe	€10	Mayo Sports Partnership