



**WELCOME**

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.

*Shelma Birrane* Mayo Sports Partnership Board Member & PPN Representative

**Girls & Women in Sport Seminar**  
 Seimineár ar Mhná sa Spórt

**WOMEN AND GIRLS IN SPORT SEMINAR**

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 girl's school rugby team"*

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## Entries Now Open for the 9<sup>th</sup> West of Ireland Womens Mini Marathon



The Western People West of Ireland Women's Mini Marathon takes place on Sunday May 6th 2018, 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 2018 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 for just €20, the same entry fee since the first event in 2010, its an event that can't be missed.

Registration can be done online at [www.westofirelandwomensminimarathon.com](http://www.westofirelandwomensminimarathon.com) or fill out the entry form in this weeks Western People newspaper and send it to Mayo Sports Partnership, Mayo County Council, Castlebar, Co Mayo.

## Secondary Schools 'Its For Girls' Mini Marathon Challenge.

All second level 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 years '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 in can serve 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.

Elmer Pieterse BALLYHAUNIS SPORTS HUB COORDINATOR  
Contact Elmer at 094 904 7549 or email [epieterse@mayococo.ie](mailto:epieterse@mayococo.ie)



## Ballyhaunis Sports Hub



At the start of January as part of the National Operation Transformation Programme Ballyhaunis ran a 6-week OT programme as well as an 8-week Beginners Couch to 5K programme with over 60 participants taking part in the two initiatives. In February the Ballyhaunis Table Tennis Club was founded, boasting a membership of just over 40, 80% of which are students from the local National and Secondary Schools, with 15 members from the Direct Provision Centre. With two weekly training sessions in the local Parochial Hall, these young players are soon to be stars of the game. A 12-week National School Cricket coaching programme kicked off at the beginning of April, lead by coaches from the local Cricket Club, where coaches go into the school and learn not only the basics of the game to new players, but improve and hone the skills of more experienced players. A Sports Easter Camp was held in the Ball Court at the Friary Field, at the beginning of April, catering for National School Student. Students had fun learning Soccer, Cricket, Basketball and Soccer skills in a games-based environment

"Minky had a brilliant day, we are only here four months and it was great to meet students from different sections of the Ballyhaunis community, she really enjoyed playing cricket and looking forward to future camps"

Elmarie Roos, Mother of one of the students



National School students at the Easter Sports Camp



Participants at the Operation Transformation Walk

## Ballinrobe Sports Hub Update

Janette Slattery SPORTS HUB COORDINATOR  
Contact Janette at 094 954 2908 or email [ballinrobesportshub@gmail.com](mailto:ballinrobesportshub@gmail.com)



### Lakeside Gym Partnership.

**Men on the Move** Commenced Thurs March 8th – 10 participants. Tied in with Men's Shed and Active Retirement with some members possibly interested in joining

**Fit For Life** Commenced Mar 9th. 3 participants. Active retirement Ballinrobe will join the programme over the coming weeks

**International Women's Day** March 8th and set up of a walking group

**Walk on the Green** - 40 participants with refreshments in Tacu after. Target groups reached. (30% travelers. 10% single Mums. 20% >55.) Momentum was built on this and a weekly walk at The Green commenced Thurs 29th March with 3 people turning up and 12 turning up April 6th. Aim to create a Walking Group from Mid May.

**Active Schools Week – Go For Life Ballinrobe**  
MSP will host a morning at Lakeside Gym Tues April 24th for Approx 40 kids from the local National Schools.

**Couch to 5k Ballinrobe**  
Programme commenced in January 2018 and finished mid March. Another programme will commence Tuesday April 17th



## Join the Men on the Move Physical Activity Programme this Spring

An over 30 men's only physical activity initiative is having a big impact in communities around the county. Over 150 men are meeting at least once a week. All groups in the areas comprise of men from a wide variety of backgrounds with varying reasons such as health, weight, social etc given for participating in the programme.



Men on the Move was recognised nationally as the Best Health and Wellbeing project in both the Council of the Year Awards and the Chambers Ireland Awards during 2017. Targeted at men who may be thinking of getting more physically active as the longer evenings come in and weather improves, Men on the Move is available in Ballina, Castlebar, Ballyhaunis, Ballinrobe, Aghamore, Ballaghaderreen, Crosmolina, Erris and Westport. You can join any of these groups at any time. See poster for details of venue and times or go on to our website at [www.mayosports.ie/news](http://www.mayosports.ie/news)

The 8-week beginner level programme is led by a physical activity leader in each area who tailors the programme to their needs. A typical one hour long session would consist of a warm -up, stretching, walking or jogging at a suitable level,strengthening exercises and cool down. It is hoped that all areas will come together in May for a 5k in Castlebar.

"The response has been fantastic. The banter and craic amongst the lads motivates them to be participating each week." stated Mayo Sports Partnership Sports Co-ordinator Charlie Lambert.

"Men on the Move" is the best move you will ever make!

For further information or to register for the initiative contact Ray Mc Namara Mayo Sports Partnership at 094 904 7025



## Primary Schools Mini Mini Fun Run

The annual Mini 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 Womens Mini Marathon and Mini Mini Fun Run, visit [www.westofirelandwomensminimarathon.com](http://www.westofirelandwomensminimarathon.com) or contact Mayo Sports Partnership on 094 904 7025 or email [mSP@mayococo.ie](mailto:mSP@mayococo.ie)





## Its 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 councils working together providing a great opportunity to highlight the work done within our communities between Local Authorities and Communities in bringing novel and progressive projects to fruition. **'Its 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 Womens Mini Marathon, a Girls and Women in Sport Seminar, Couch to 5K programme and a secondary schools Girls Active programme the "Its 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 Its 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 "Its 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 at **rmcnamara@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, Dooega 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 Jujutsu Club, Achill Bord Na nÓg, Achill Ladies Gaa and Achill Rovers. The Day was set up by Mayo Sports Partnerships 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 Pobal 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 **rmcnamara@mayococo.ie** or **094 904 7023**.



## Healthy Ballina Pilot Project Tionscadal Píolótach Sláintiúil Beal an Atha

### Healthy Ballina Pilot Project



**Deirdre Donnelly** HEALTHY BALLINA CO-ORDINATOR  
Contact Deirdre at **087 630 5577**  
or email **deirdrebrian@gmail.com**



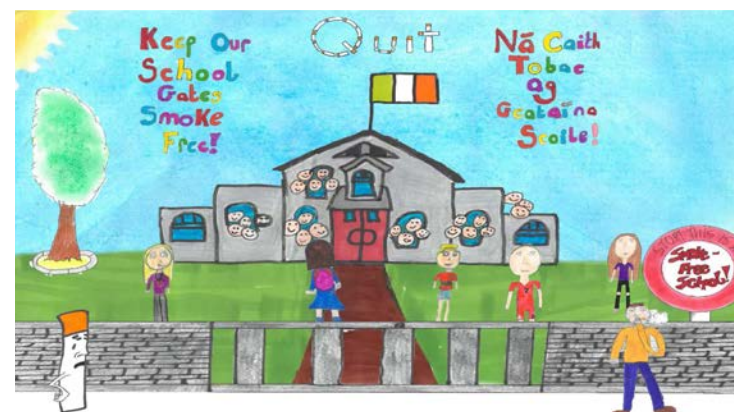
With the assistance of Healthy Ireland funding, through the Local Community Development Committee, a pilot Healthy Ballina Project was established. A co-ordinator Deirdre Donnelly was appointed and managed through the Sports Partnership office. Since January Deirdre has been very busy and below are some 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 schools 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.

## 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 at **rmcnamara@mayococo.ie** or **094 904 7023**.





### 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, Ballyheane 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](mailto:rmcnamara@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, Breaffy, Ballyhaunis, Newport, Cong, Carrowholly, 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](mailto:mSP@mayococo.ie)



Walk for Health | Walk for Fun | Walk for Life

Click here for more information



### Walking & Cycling Programmes Cláir Siúlóide, Rothaíochta agus Snámha

### 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 shortly 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**



Pic: Ballintubber Family Cycling Day



Pic: Claremorris Primary Schools Bike Week Cycle

### 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](mailto:mSP@mayococo.ie)

## SOFA 2 SADDLE

**Get off the sofa and onto the road ... with our 6 week Sofa to Saddle Programme for Adult Beginner Cyclists.**

Programme includes Basic Road instructions, safety, maintenance and confidence building leisure ride with a qualified cycling coach. Cost includes cycling buff, cycling Ireland logbook and insurance.

Westport	Tuesdays at 7:30 pm meeting at Quay Community Centre
Ballyhaunis	Monday at 7pm meeting at Ballyhaunis Enterprise Centre
Castlebar	Tuesdays at 6:30pm meeting at Sacred Heart Hospital.
Ballina	Thursdays at 5:30pm meeting at Ballina Town Soccer Pitches (starting May 18th)

**€20** (limited places available)

All programmes start the week beginning the 8th of May (except Ballina) For further details or to book contact MayoSports Partnership at 094-9047025 or email: [mSP@mayococo.ie](mailto:mSP@mayococo.ie)



Ballina Sofa 2 Saddle 2017 Participants





## Mayo Sports Partnership launches Annual Sport Investment Scheme

Mayo Sports Partnership is pleased to launch details of its upcoming Special Participation Sports 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. This may include setting up of new clubs or additional activities which would increase participation within existing organizations. To download a copy of the application form please go to [www.mayosports.ie/news](http://www.mayosports.ie/news) Closing date for applications is 4pm on Wednesday 9th May 2018, the maximum allocation to any one project can be €1,000 and this is dependent on the quality of the initiative. 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

An investment package of over €6.07m from Sport Ireland to support the national network of Local Sports Partnerships (LSPs) which includes €255,401 for Mayo Sports Partnership was announced today. "This investment will support the many participation programmes which are delivered annually by Mayo Sports Partnership and its partners. It allows people from disadvantaged backgrounds and other marginalised groups to have an opportunity to participate in sport which is often taken for granted by the general population" commented Mayo Sports Partnership co-ordinator Charlie Lambert A total of €6,074,333 will be allocated to support the core work of the 29 LSPs; including the delivery of National Programmes, Education & Training initiatives, Strategic Development, Community Sports Development Officers, the Sports Inclusion Disability programme, Women in Sport Programmes and general participation programmes.

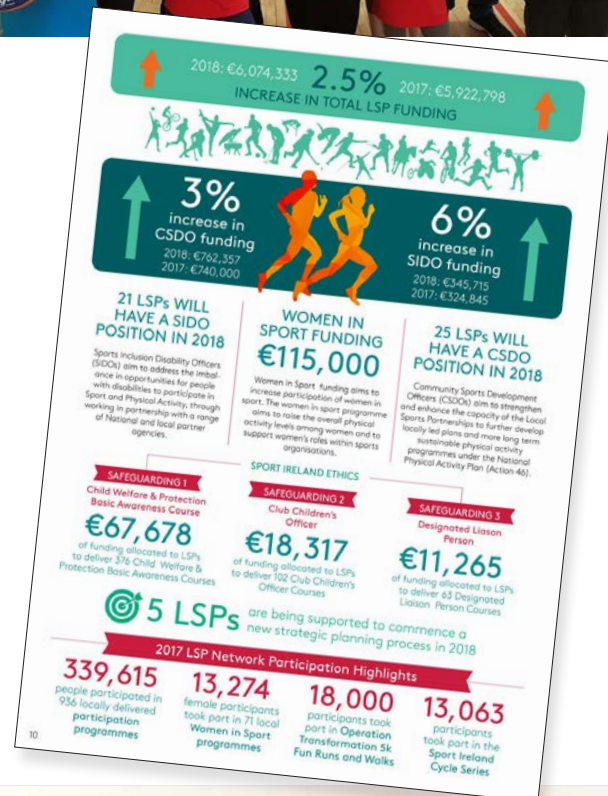
## Martin Sheridan Bursary Awards

Congratulations to the recipients of the 2018 Martin Sheridan Sports Bursary Fund administered by the Bohola Community Council and supported by Mayo County Council. Presentations were made by Caitheoirleach Mayo County Council Cllr Richard Finn. Successful recipients included Maeve Gallagher Swinford (Triathlon) Tojo Lazzari Partry (Triathlon) Shauna Mullaney Bohola (Karate) Conor Cusack Ballinrobe (Javelin)

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

The Federation of Irish Sport has teamed up with Clann Credo, a charity that provides loan finance to community projects nationwide. Clann Credo recently announced details of a dedicated community sports loan fund of €10 Million. Clann Credo have funded over 100 voluntary sports clubs and community-managed sports facilities to date. Cherry Orchard Football Club, based in Ballyfermot, Dublin was one of the clubs that availed of a Community Loan from Clann Credo in 2016 to facilitate the development of an all-weather pitch. Other projects to receive loans include Cork Boat Club, Achill GAA Club and Tullow Tennis Club. These loans helped these clubs to maximise the impact of Sports Capital grants from the Department of Transport, Tourism and Sport and spread the upfront cost of the investment over time. Loans can be repaid over a 2 to 15-year period with the interest rates which typically range from 4.95% to 6.75% depending on both the term of the loan and the amount being borrowed. For further information contact Irish Sport HQ, National Sports Campus Blanchardstown, Dublin 15, Ireland Tel 016251155 email [www.irishsport.ie](http://www.irishsport.ie)

Westport Basketball Club recipients of 2017 special participation grants scheme



Pictured receiving the Martin Sheridan Bursary Award from Caitheoirleach Mayo County Council Cllr. Richard Finn is Maeve Gallagher, Swinford Triathlon Club,

## What we offer schools

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

### Programmes include:

#### Primary

- The Daily Mile
- Tennis Blitz Days
- Spikeball
- Playground Markings
- Introduction to Athletics
- Sports Hall Athletics
- Disability Inclusion Training – For Teachers
- Be Active After School Activity Programme
- Goal to Work Sports Coach Placement Programme
- Annual Mini Mini 1km Run as part of Mini Marathon

- National initiatives such as Operation Transformation, Bikeweek, European Week of Sport etc

#### Secondary

- Disability Awareness
- Disability Inclusion Training – For Teachers
- Girls Active
- Youth Leadership Training
- 2nd year Healthy Living Workshops
- Its for Girls Challenge as part of the West of Ireland Womens Mini Marathon

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. If you would like further information on any of the above programmes see [www.mayosports.ie](http://www.mayosports.ie) or if there is or email [misp@mayococo.ie](mailto:misp@mayococo.ie)

## The Daily Mile - Call for New Schools to Get Involved



In 2012 Elaine Wyllie, Headteacher of a large Scottish primary school, realised that her pupils, like many others, were unfit. She introduced the concept of every class doing 15 minutes of a walk, jog or run daily and found the results hugely beneficial. The Daily mile initiative was born and now has become so popular that hundreds of schools in the UK participate in the programme and is also in countries such as Belgium, Holland, the US and now Ireland. The aim of the Daily Mile is to improve the physical, emotional and social health and wellbeing of our children – regardless of age or personal circumstances.

### The Daily Mile Works!

The Daily Mile is successful because it is simple and free: It takes place over just 15 minutes, with children averaging a mile each day. Children run outside in the fresh air – and the weather is a benefit, not a barrier. There's no set up, tidy up, or equipment required. Children run in their uniforms so no kit or changing time is needed. It's social, non-competitive and fun. It's fully inclusive; every child succeeds, whatever their circumstances, age or ability. Approximately 30 Mayo schools currently are participating in the programme with many mapping their school on the Daily Mile website see <http://thedailymile.co.uk/participation-map/> Expressions of interest by schools can be lodged by contacting Mayo Sports Partnership at **094 904 7025** or email: [misp@mayococo.ie](mailto:misp@mayococo.ie)

## Youth Sport Leadership

Expressions of interest are sought from schools or community groups who would like teenagers to get trained to be youth sports leaders. This 33 hour course, delivered by Mayo Sports Partnership and accredited by Sports Leaders UK, is especially designed to develop generic sports leadership skills for teenagers. The skills can be applied to a variety of sports and recreational situations as well as to the personal development of the learner. As part of their training students deliver their practical sessions to children from local Primary Schools. For further information or to register your expression of interest contact Elmer Pieterse Mayo Sports Partnership Tel: **094 904 7549** email [epieterse@mayococo.ie](mailto:epieterse@mayococo.ie)

## 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 themselves and classes are delivered by accredited Sports Partnership tutors during lunchtime or afterschool. More information can be found on [www.mayosports.ie](http://www.mayosports.ie) or by contacting the Partnership at **094 904 7025**



### Girls Active in Ballina

For 4 sessions students from both secondary schools 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.



## Primary School Introduction to Athletics

Primary School Athletics programme will commence once again for the summer term in Claremorris athletics centre with primary Schools from all around South and East Mayo invited to participate. Claremorris Athletic and Sports Club Ltd along with Conor Finn Gym in conjunction with Mayo Sports Partnership invite primary schools in the locality to send a group of approx 30 children, to travel to their indoor facilities for 60 minute coaching sessions. Some schools may send individual classes for a session and other schools may group classes depending on school numbers or other requirements. Places are limited and schools are allocated their times on a first come first served basis. The programme is an all inclusive programme so all children are welcome, of all abilities. Schools are requested to provide their own transport to and from the coaching session. The children should come dressed for physical activity and have a packed lunch and a drink. If you have any query relating to the programme contact Cheryl Saxton [cheryl@axsomsports.com](mailto:cheryl@axsomsports.com) for anything else e.g. booking, times, cancellations Telephone Axsom **086 061 4620** or **094 937 7401**







## Ballinrobe Town FC

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 Commons.

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 new players are always welcome.



## Presentation to Anne Ronayne

Mayo Sports Partnership has lost the services of our esteemed Community Sports Development Officer Anne Ronayne who has been transferred to another section of Mayo County Council following her recent promotion. We would all like to wish Anne every success in her new role and hopefully she won't lose total touch with us in the Partnership. As Community Sports Development Officer Anne has overseen many participation initiatives including her leading role in the West of Ireland Womens Mini Marathon. One of the projects which Anne was heavily involved in was the Its for Girls initiative which targets teenage girls for increased participation in sport / physical activity. Its for Girls won the Best Health & Wellbeing project in the recent Local Authority Management Awards which took place in Croke Park recently, which is a testament to all the work Anne has done with us over the last 10 years. At a recent presentation event the Mayo Sports Partnership Board paid tribute to Annes contribution to the development of sport in the county with Chairman Cllr Brendan Mulroy commenting " Anne Ronayne has made a huge difference to many peoples quality of life throughout the county. She has been central to the success of the Partnership in providing participation opportunities to all sections of the population"



## Training & Education Oiliúint agus Oideachas

### 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 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 Vetted 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](http://www.mayosports.ie/news). To find out more about training etc you can contact the Sports Partnerships office at **094 904 7025**.

### Coaching Children Workshops

Mayo Sports Partnership recently hosted a pilot programme 'Coaching Children Workshop 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 to the needs of other populations. Children want different things from their sport participation and require different approaches given their different stages of development both physically and mentally. Therefore, the coaches of children need to be equipped with specific knowledge, skills and competencies to fulfill the needs of children. Coaching Ireland have developed 4 modules, specifically to provide coaches with a basic understanding of children's sport and physical activity and best ways to optimise children's enjoyment, participation and positive outcomes. The

concepts of Physical Literacy and Holistic Development run throughout the series of workshops. Each workshop is 3 hours in duration and is a combination of theory and practical learning, each coach will receive a bank of games covering balance, co-ordination, speed & agility and inclusive & adaptive games. Mayo Sports Partnership hopes to run further "Coaching Children" courses in the near future. Keep an eye on our Facebook page <https://www.facebook.com/Mayo-Sports-Partnership-282114873337/> For more information, contact Elmer Pieterse Mayo Sports Partnership Tel: **094 904 7459** Email: [epieterse@mayococo.ie](mailto:epieterse@mayococo.ie)



### Ballina Sports Coach Training Programme Underway

Mayo Sports Partnership in association with the Sport Ireland, Dormant Accounts Board, Mayo North East Leader Partnership, Mayo County Council, Athletics Ireland, Connacht GAA, the FAI, Connacht Branch IRFU and 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 of the initiative. Trainees will be afforded the opportunity to coach in local primary schools and also deliver some local community participation initiatives. For more information please contact - Siobhan Carroll Webb, Mayo North East, Lower Main St., Foxford, Co. Mayo. Email: [siobhancarrollwebb@mayonortheast.com](mailto:siobhancarrollwebb@mayonortheast.com) or call **094 925 6745** for details.

## 6 Nations & Triple Crown Trophies Visit Mayo Sports Partnership

Connacht Rugby Games Manager, Lydon Jones visited the offices of Mayo Sports Partnership recently with the coveted 6 Nations & Triple Crown trophies. We all extend congratulations to the Irish Rugby Team and Management on their fantastic success.



## Mayo Day 2018 Free Family Event at Ballinrobe Racecourse Sat 5th May - 12 noon to 6pm

2018 sees the arrival of an incredible new flagship event Made of Mayo, taking place in the beautifully situated Ballinrobe Racecourse, which will be transformed into a hive of Mayo Day celebration and artistic wonderment, with something for all the family, admission is free and the event will run from 12.00 - 18.00. No family event would be complete without a sports section to get the competitive juices flowing! The Sports Enclosure will include sports-drills and workshops from some of Mayo's finest sports-people in rugby, football and many other realms. Andy Moran's very popular team from The Movement will be on site to put participants through their paces through exercise and training skills, while Connacht Rugby's Dave Heffernan will be on hand to run the very exciting Rugby Hub within the Sports Enclosure. More details including event timings and all sports personalities who will be involved are soon to be announced. The Sports Enclosure will also include the highly-anticipated inaugural Made of Mayo Hobby Horse Derby! An opportunity for friends and family to race each other and potentially some other well-known Mayo personalities, all whilst running with a hobby horse - this highly competitive race will be a must-see element of the day! So much more will be announced in the coming weeks, we ask that you keep an eye on [www.Mayo.ie](http://www.Mayo.ie) and your inboxes for additional press releases and help us get the word out about all there is to enjoy at Mayo Day 2018's Made of Mayo!





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

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@mayosports.ie](mailto:msp@mayosports.ie) or phone 094 904 7025. Thank You.