



## INTRODUCTION

Welcome to the Spring / Summer 2016 edition of our bi annual newsletter which aims to capture and promote all the up to date developments of Mayo Sports Partnership. Recently we have just completed presentations to all the Municipal Councils on the Partnerships work and we would like to thank them for their very positive support. In addition we would also like to acknowledge the huge contribution that outgoing Minister of State for Sport and Tourism Michael Ring has made to sport locally and nationally, we wish him well in whatever role he takes up in the future. 2016 will see the Partnership undertake the development of its 3rd strategic plan for sport development in the county, we would invite all stakeholders to contribute to the process and shape the future development of sport in the county.



*Charlie Lambert*

Sports Co-ordinator Mayo Sports Partnership

## BALLYHAUNIS SPORTS HUB UPDATE



In July 2015 Mayo Sports Partnership received funding of €78,000 for the development of a Sports Hub in Ballyhaunis. 60% of this funding was allocated for capital expenditure and the development of a Ballyhaunis Cricket Practice area / crease was prioritised. This development is in Partnership with Mayo County Council and was completed in January 2016.

The remainder 40% of the funding is to be allocated towards programmes in the area. A Goal to Work / Community Sports Coach Training Programme for 12 unemployed jobseekers in the Ballyhaunis area commenced on the 10th December and was completed on March 4th with all coaches completing a four week work placement in local national schools.

Cricket coaching with Cricket Ireland took place in Ballyhaunis on the 12th / 13th January with a number of Childrens Multi Sport Days taking place in the new recreational park in the Maples. 3 Multi Sports Camps for primary school children were held at the Maples in February and March as well as a children's soccer camp.

A Youth Sports Leadership Course in Ballyhaunis Community School was completed in February 2016 and will enable the school to deliver extra activities at extra curricular time for their students.

Other activities which have taken place include Operation Transformation Walks, Men on the Move, Beginners Couch to 5K and a 2nd Year Healthy Living Day again in Ballyhaunis Community School. More opportunities will be developed in due course.

For more information please contact hub co-ordinator, Anne Ronayne at 094 904 7022 or email [aronayne@mayococo.ie](mailto:aronayne@mayococo.ie)



## MINISTER RING OPENS NEW CRICKET FACILITY IN BALLYHAUNIS

Following an identified need for a cricket practice area and to provide increased inclusive opportunities for participation in the Ballyhaunis area an application was made by Mayo Sports Partnership to Sport Ireland for Dormant Account funding towards a Community Sports Hub.



Funding of €90,000 for the Ballyhaunis cricket practice area was secured through Mayo Sports Partnerships successful application and the facility was opened by Minister of State for Sport and Tourism Michael Ring in January 2016. Collaboration with the parks superintendent Peter Gill of Mayo County Council ensured that the cricket development, the first of its kind by a local authority in the Republic of Ireland, could be added to the recreational amenities ie Multi Use Games Area and playground developed in 2015 at the Maples in Ballyhaunis.

Mayo Sports Partnership and the Ballyhaunis Sports Network are eager to work with local groups and organisations who would like to get involved in the development of the Sports Hub so if interested please contact either Anne Ronayne Mayo Sports Partnership at 094-9047022, email [aronayne@mayococo.ie](mailto:aronayne@mayococo.ie) or Anne Cunnane, Ballyhaunis Chamber of Commerce at 094 9630311 email [ballyhaunischamber@eircom.net](mailto:ballyhaunischamber@eircom.net)



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## 7th Western People West of Ireland Womens Mini Marathon launched

The 7th annual Western People West of Ireland Women's Mini Marathon will take place on Sunday, 1st May in Castlebar, and over 2,000 participants are expected to turn out on the day. The Western People and Mayo Sports Partnership are delighted to welcome Connacht Gold and Mayo.ie back on board this year as the main sponsors of the event.

Event ambassador Sonia O Sullivan has also committed to returning to Castlebar once again "I love the atmosphere of the West of Ireland Womens Mini Marathon, the support from the people of Castlebar is really special and even kids through the Mini Mini 2k event can take part. It's a really special community day."

To enter this years event log on to [www.westofirelandwomensminimarathon.com](http://www.westofirelandwomensminimarathon.com) or see application form on the Western People Newspaper. Entry fee is €20 but watch out for some upcoming special registration incentives to be announced shortly.

You can register online at [www.westofirelandwomensminimarathon.com](http://www.westofirelandwomensminimarathon.com)



## 3rd Primary Schools 'Mini Mini' Fun Run

Davitt College Transition Year Students along with Mayo Sports Partnership and the Western People are once again to facilitate Children's 'Mini Mini' Fun Run for Sunday May 1st in Castlebar.

The brainchild of Olympic Medallist Sonia O'Sullivan the 'Mini Mini' is a fun run for primary school children only and suitable for girls and boys. 'Kids run for fun 1916' is the theme of the day and this 1916 metres 'Mini Mini' will take place at 12.05pm directly after the start of the 2016 Women's Mini Marathon.

Entry is free of charge with lots of exciting fun prizes and special medal for participants. To Enter the 'Mini Mini' log onto [www.mayosports.ie](http://www.mayosports.ie) and download a children's entry form and email to [msp@mayococo.ie](mailto:msp@mayococo.ie) or post to Mayo Sports Partnership, Community and Integrated Development, Mayo County Council, Castlebar

Further information Contact Anne Ronayne, Mayo Sports Partnership 087 697 3587 / 094 904 7022 or [aronayne@mayococo.ie](mailto:aronayne@mayococo.ie)



## It's for Girls

### Secondary Schools Mini Marathon Challenge Sunday May 1st, 12 Noon at The Mall, Castlebar



- |                  |  |
|------------------|--|
| <b>1st PRIZE</b> | €1000 Adventure Island Voucher & The Mayo Sports Partnership 'It's for Girls' Trophy |
| <b>2nd PRIZE</b> | €500 Adventure Island Voucher  |
| <b>3rd PRIZE</b> | €250 Adventure Island Voucher  |

Join the Mayo Sports Partnership Secondary Schools Mini Marathon Challenge 'Its For Girls' in association with Adventure Islands Westport and start your schoolgirls fitness program by walking or jogging the women's mini marathon. The Secondary School with the highest participation percentage will be the winner.

#### All you have to do is:

1. Organise a group of girls from your secondary school to participate and contact Mayo Sports Partnership or log onto [www.westofirelandwomensminimarathon.com](http://www.westofirelandwomensminimarathon.com) for the schools expression of interest form and group entry form
2. Enter your group in the Western People West of Ireland Women's Mini Marathon 2016



**8 week beginner walking/jogging programme.**

<b>KILKELLY</b>	Saturdays at 5pm Resource Centre Kilkelly Contact Tracy 086 0418126
<b>BALLAGHADERREEN</b>	Saturdays at 10am Community Park Ballaghaderreen. Contact Geraldine 086 8105964
<b>CLAREMORRIS</b>	Mondays at 7.30pm At The Athletic Centre. Contact Jim 087 6733481
<b>BALLYHAUNIS</b>	Sundays at 1pm At the Centre of Excellence Bekan. Tracey 086 0618126
<b>CASTLEBAR</b>	Wednesdays at 8pm At The Tennis Club. Deirdre 087 630 5577
<b>BALLINROBE</b>	Wednesdays at 8pm At The Green. Joan 087 672 6029

For further details contact Anne Ronayne:  
e-mail: [aronayne@mayococo.ie](mailto:aronayne@mayococo.ie) or text 087 6973587  
or call Mayo Sports Partnership Ph: 094 9047025  
to register your name:  
find us on Facebook.

## Couch to 5K

All Couch to 5K groups in the county are nearing their completion with most groups now aiming towards the West of Ireland Womens Mini Marathon Sunday May 1st in Castlebar. Some groups may still be active in the summer months but if you would like develop a group in your area or just to find out more please contact Anne Ronayne Mayo Sports Partnership at 094-9047022



## Cricket in Ballinrobe

60 children were introduced to cricket in Ballinrobe over 2 days at Lakeside sport centre Easter Camp, with coaching by Mark Smith Goal to Work Sports Coach. Mark is working with the Lakeside Centre in developing a sticks and bats programme which will encompass sports such as hurling, hockey, rounders and cricket.

We wish Mark well and look forward to working with him further in the development of participation opportunities in the Ballinrobe area.

## Active Community Walking Programme

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 Mayo Sports Partnership in association with Get Ireland Walking and Sport Ireland facilitated the delivery of the programme in 6 areas across the county. Groups involved came from Newport, Cong, Carracastle, Charlestown, Claremorris and Ballina. We will be shortly be seeking expressions of interest from communities within the county to become involved in this programme in 2016. 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 Anne Ronayne Community Sport Project Worker at **094 904 7022** or email [aronayne@mayococo.ie](mailto:aronayne@mayococo.ie)



Anne Ronayne COMMUNITY SPORTS DEVELOPMENT  
PROJECT WORKER Contact Anne at **094 904 7022** or  
email [aronayne@mayococo.ie](mailto:aronayne@mayococo.ie)



## Men on the Move Celebration 5K Fun Run / Walk

Over 100 men led a non competitive fun run / walk on Saturday 12th December utilising the fantastic Lough Lannagh Loop in Castlebar. The event was a celebration of an 12 week long physical activity programme for men aged 30 plus which took place in the Ballina, Crossmolina and Ballaghderreen areas. The 10 other existing "Men on the Move" groups throughout the county were also invited to attend this recreational and social event. Men on the Move has proven to be an outstanding success with groups established from Erris in the north to Ballinrobe in the south and from Charlestown in the east to Westport in the west.



Men on the Move will be taking a break for the summer months in all areas but will recommence in the Autumn. It is always open to new participants in any of the 12 areas across the county.

If you are interested in finding out more about this mens only programme contact Ray Mc Namara **094 904 7023**.



## Mayo Operation Transformation Walks

Over 2,000 people participated in one of the Mayo 5K Walk / Run events which took place on Saturday 9th January and again on Saturday 20th February to celebrate the finale. This year Operation Transformation teamed up with local parkruns all across the country and in Mayo 5K parkruns took place in Belmullet, Ballina, Castlebar and Westport with other 5Ks taking place in Ballyhaunis and Kiltimagh.

Erris native John Conmy, who was one of the national Operation Transformation leaders led over 1,000 people in Belmullet and was a huge inspiration to people all across the county. John continues with the Erris parkrun on Saturday mornings and links up with the Erris Men on the Move group on an ongoing basis. Mayo Sports Partnership extends its congratulations to John on his Operation Transformation campaign and hopes to link up with him on other initiatives in the region.

Over 20 communities / groups registered with Mayo Sports Partnership to participate in the 5 week long Operation Get Active Mayo campaign. From Geesala to Tourmakeady groups across the county embraced these community initiatives with many personal achievements and milestones reached.

For details of these and other programmes log on to the Mayo Sports Partnership website at [www.mayosports.ie/news](http://www.mayosports.ie/news)



## Walking Football

A NEW and exciting form of physical activity that is good for heart health is to be brought to Mayo by Croí in association with the Football Association of Ireland (FAI) and Mayo Sports Partnership. Walking football as the name implies is just that; a slower version of soccer with bans on running and tackles. Walking football is an initiative that engages people in a fun and motivating manner to facilitate increasing physical activity levels. It's a non-contact form of exercise, played indoors and supervised by specialist personnel to ensure that it is safe and enjoyable for all abilities. "It's a very adaptable form of physical activity and can be played by all, at any level of skill and ability" says Denise Dunne, Specialist Physiotherapist with Croí.

A taster session took place in Davitt College Castlebar on Wednesday 9th March with a wide variety of people attending. It is planned that walking football will be introduced to a number of areas of the coming months.

If you are interested in finding out more please contact Mayo Sports Partnership at 094 904 7025.



## Erris parkrun joins Ballina, Castlebar and Westport

20th February 2016 saw parkrun come to the scenic Cross Loop, Cross, Binghamstown, Belmullet, Co. Mayo with meeting point at Cross graveyard and walk approximately 200 metres to the start of the course adjacent to the lake.. This free weekly event, takes place at 9.30am sharp, is hosted by the Erris Community with the support of other organizations such as Mayo Sports Partnership, the HSE through their Get Ireland Active initiative and the West Mayo Municipal Council. The event provides both locals and visitors with a safe and fun environment for the perfect Saturday morning jog or walk.

Mayo now has 4 sites in Ballina, Castlebar, Westport and now Erris, information on each can be found on [www.parkrun.ie](http://www.parkrun.ie) Even if you do not have a barcode the organizers invite anyone who wishes to try parkrun out to come along on the Saturday morning at any of the above locations.

If you wish to find out more about the initiative you can contact Mayo Sports Partnership at 094 904 7025 or email [mssp@mayococo.ie](mailto:mssp@mayococo.ie)



## Junior parkrun comes to Ballina

Only the 2nd of its kind in the country Ballina Junior 2K parkrun for 4-14 year olds commenced on Sunday, 10th April, and will now run every Sunday at 9.30am at Belleek, Ballina. Close to 100 children participated in this fun and free event on it's opening day.

All you have to do is register on the junior parkrun website which is now up and running <http://www.parkrun.ie/ballina-juniors/> After registering, you'll receive a barcode which you'll need to bring on the day to log your results. The Junior Park Run will take place every Sunday morning at 9.30am.



junior parkrun  
**Junior parkrun  
Ballina AC Track**  
**Free, timed 2k**

Ballina launches junior parkrun this Sunday  
@ 9.30am

for juniors only ages 4 - 14 years

Register online at <http://www.parkrun.ie/ballina-juniors/>

Contact Ann on 087 4186895  
In association with:



As a result of interest from local active 55's and active age groups in becoming more physically active the Go For Life Games were a perfect programme to run for interested groups. New Groups include Westport and Ballinrobe. Lookout for dates in Ballina and Kilmovee.

Go for Life Games Bags can be purchased for as little as €350 and contain equipment for

- LOBBERS- which is an adaption of Petanque and Boules
- FLISK – which is an adaption of Frisbee and Horseshoe Pitching
- SCIDIL – which is an adaption of Ten-Pin Bowling and Skittles

If you would like more information on Go for Life Games contact Ray Mc Namara at 094 904 7023

## Older People Programmes | Cláir um Dhaoine Scothaosta





**Ray McNamara** SPORTS INCLUSION DISABILITY OFFICER Contact Ray at **094 904 7023** or email **rncnamara@mayococo.ie**

## Parke Team 2 Win County Boccia League Trophy 2015

Parke Team 2 Proved too strong for Galway IWA in the County Boccia League Final which was held in Breaffy Gaa Club on the 7th December.

After both teams had strong scores in their group games they were the top two teams on the day. In a close final Parke took control of the game in the third end and finish strong to see off the Galway Challenge. The County Boccia league takes place on the first Monday of the Month.

If you are interested in participating contact Ray on **087 697 3093** or **rncnamara@mayococo.ie**



## Target Bowls

A Target Bowls activity day took place on Monday 14th March in An Sportsann Castlebar. James O' Driscoll from Cork road bowling have developed the game and brought the target up to Mayo to introduce the game to various groups.

If your group would be interested in having a go at target bowls contact Ray at **087 697 3093** or **rncnamara@mayococo.ie**



## Sport and Disability Update | Tuirisc ar Spórt agus Míchumas



## Special Schools Little Athletics

St Antony's Special School took part in a six week little athletics programme since the beginning of February. The activities included Long jump, Hurdles, Javelins, Target Throw, Speed Bounce and many more. The school will now go to Sligo on 12th April to participate in the Sports Partnerships Regional Sports Hall Athletics which takes place every year.

## Disability Inclusion Training Course

Disability Inclusion training course has been held in Westport and Ballyhaunis with over 35 participants taking part in the course. The next Disability Inclusion Training Course will take place on 19th April in Ballina.

Cara as also developed a National standardised 2 hour Disability Awareness Training for clubs and groups which the Sports partnership can deliver to your club. Also there is a Inclusive Fitness Training Course for Leisure Facilities and Centres.

If you are interested and any of the above courses contact Ray on **087 697 3093** or **rncnamara@mayococo.ie** or log on to **Caraapacentre.ie**



# Schools Corner

Rannóg na Scoileanna



## Mini Basketball

On Tuesday 8th March 2016 Basketball Ireland held a Mini Basketball workshop for Primary Schools in Davitt College Castlebar. A number of schools were represented on the day with the aim of the newly appointed Basketball Ireland National Committee for Primary Schools to offer opportunities to children to participate in extra-curricular Primary Schools Mini-Basketball. It is hoped that a Mini Basketball league / blitz days could be organised by a local committee.



Basketball Ireland supports affiliated local groups in the early stages in different ways including:

- A grant of up to €400 to cover general initial expenses (*a committee for the area must be set up and affiliate to BI before a grant will be given*)
- Access to Mini-Basketball skills and teaching games, and courses including Summer Courses with EPV days.
- Insurance cover for the Committee.

For more information on this contact Richard O Mahoney Basketball Ireland at **086 101 3256**

## 2nd year Healthy living programme 2016

Following on from the success of 2 events held in Castlebar and Ballyhaunis in 2015, Castlebar Sports Forum and Moy Sports Forum will deliver 4 programmes throughout the County. The Fora comprise Mayo Sports Partnership, Mayo Traveller Support Group, South West Development Company, Mayo North East, GMIT, HSE and other agencies and bodies.

A very successful programme was held in March 2016 at Davitt College in Castlebar with 110 2nd year students participating in all 4 workshops comprising Sport Workshop, Team Building Workshop, Mental Health Workshop, Drugs and Alcohol Awareness Workshop. The theme for the programme is Sport vs Drugs & Alcohol and facilitators work on delivering the message of the importance of exercise and physical activity in the lives of young people. The programme is delivered over the course of a morning 9am- 1pm to 2nd year students. The programme is being delivered at Ballinrobe Community School on Tuesday April 5th.

Contact Anne Ronayne, Community Sports Development Worker for more details on **094 904 7022**



## Active Kids Programme at the Town Park, Castlebar

In a lead up to the Mayo Sports Partnerships Mini Mini Fun Run on Sunday May 1st an Active Kids programme is being held for 6 Wednesdays from March 23rd at 4-5pm at the Town Park Castlebar. Deirdre Donnelly will deliver this programme helping children develop their fundamental athletic skills. The programme is free of charge and open to children from the area.

Contact Deirdre Donnelly on **087 630 5577** or Anne Ronayne Mayo Sports Partnership on **094 904 7022** for further details.

## Crossmolina students receive Youth Sport Leadership Award

St Tiernan's and Gortnor Abbey's Transition year students completed their 'Level 1 Award in Youth Sport Leadership' training recently. 26 students were presented with their certificates by Mayo GAA star Keith Higgins at a presentation event in the local Crossmolina GAA centre. This 33 hour course, delivered by Mayo Sports Partnership and accredited by Sports Leaders UK, is especially designed for teenagers, as part of their training students deliver their practical sessions to children from local Primary Schools.

This Level 1 Award in Youth Leadership training is also being rolled out at Ballyhaunis Community School and for Mayo Youth Clubs in the Castlebar areas. For further information contact Anne Ronayne Mayo Sports Partnership Tel: **094 904 7022** email **msp@mayococo.ie**



## SPECIAL PROJECT PARTICIPATION INITIATIVE GRANTS 2016

### The full list of Clubs/Organisations who received funding are:

Arthritis Ireland, Mayo Branch	280.00
Balla ARA	270.00
Ballina ARA	270.00
Ballina Carer's Group	250.00
Ballina ICA	280.00
Ballindine/Irishtown ARA	250.00
Ballinrobe ARA	270.00
Ballinrobe Womens Group	270.00
Ballintubber Over 55's Club	270.00
Ballyglass Active Age	260.00
Ballyhaunis ARA	250.00
Ballyhaunis Social Housing	260.00
Ballyheane "55" Club ARA	280.00
Barnacarroll over 55's Club	260.00
Behy ICA	280.00
Bonniconlon ICA	280.00
Brickens ICA	270.00
Castlebar ARA	270.00
Castlebar ICA	250.00
Castlebar Social Services	270.00
Charlestown ARA	280.00
Clar IRD	250.00
Claremorris ARA	250.00
Clogher ARA	280.00
Coiste Cultur Teanga agus Forbartha Thuar Mhic Eadaigh	260.00
Comharchumann Forbartha Cill tSeadhna Teo	260.00
Comharchumann Forbartha Ionad	
Deirbhile Eachleim Teoranta	260.00
CONTACT	250.00
Curam Family Centre	260.00
"Foxford ARA"	270.00
Hi-noon club (Tithe Cois Tra)	280.00
Irish Wheelchair Association, Belmullet	280.00
Irish Wheelchair Association, Castlebar	280.00
Killasser Community Care Group	250.00
Kilmaine ARA	270.00
Kiltimagh Tuesday Club ARA	260.00
Knockmore/Rathduff Women's Group	260.00
Lacken Carer's Support Group	280.00
Lacken Community Care	280.00
Mayo Abbey Social Services & Active Age Group	250.00
Mayo Federation ICA	270.00
Mayo Sports Partnership	1,500.00
Meelick ICA	280.00
Moy Valley Over 55's Club	260.00
"Mulranny ARA"	250.00
Mulranny ICA	250.00
Retired Secondary Teachers Association (Mayo Branch)	250.00
St. Colman's Care Centre	250.00
The Erris Men's Shed and The Men's Community Initiative	280.00
Thursday Club, Kilmovee Active Age Group	260.00
Westport Ladies Social Group	250.00
Westport Squash Club	250.00
Young at Heart Parke Castlebar ARA	270.00
<b>Total</b>	<b>15,270.00</b>



go for life

The National Programme for Sport and Physical Activity for Older People

### 53 Mayo Groups / Organisations receive €15,300 for Activities

53 groups in Mayo are among over 1,000 groups nationwide who received funding under the Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Minister of State for Sport and Tourism Michael Ring announced the allocations at an event held in Dublin. Individual grants range from €250 to €1,500 and go to Active Retirement Groups, ICA guilds, Local Sports Partnerships, Sports Clubs, Family Resources Centre's and many others who provide physical activity for older people.

For more information on this initiative and other projects please contact the Sports Partnership at **094 904 7025** or log on to [www.mayosports.ie](http://www.mayosports.ie)

### 2016 Special Participation Grant Scheme

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.

An information workshop on the scheme will take place Monday 4th April at 8pm in Mayo Sports Partnership Offices, Cedar House, Moneen, Castlebar. To book a place please contact the Sports Partnership Office at **094 904 7025**.

Closing date for applications is 4pm on Wednesday 11th May 2016. For further information contact the Sports Partnership office at **094 904 7025** or log on to our website at [www.mayosports.ie/news](http://www.mayosports.ie/news) to download a copy of the application form.



### €27m National Sports Investment announced in Westport by Minister Ring

Sport Ireland, the newly created agency for the development of sport in Ireland, announced a comprehensive package for sporting organisations in 2016. The announcement was made by Minister of State for Tourism and Sport, Michael Ring T.D. Westport.

To support Irish participation at the Rio Olympic and Paralympic Games in August and September, a total grant package in excess of €10 million was announced. In addition, with the supports of the services of the new Institute of Sport High Performance Training Centre, at Sport Ireland's National Sports Campus, the total investment in High Performance Sport for 2016 will be well in excess of €11 million.

In addition, there was a package of €10.6 million invested in National Governing Bodies of Sport with a further €5 million investment through the National Network of Local Sports Partnerships.





## Ballina Athletic Club

### Club Profile | Cur síos ar Chlub

All members are affiliated to the Athletics Association of Irealnd {N.G.B.}. There is a wide range of members that participate in the sport ranging in age from five years to eighty years of age.

As a non-profit, volunteer led club at the heart of the Ballina community we aim to provide quality athletic programmes to all people regardless of age, gender, ability or disability in a way which maximises competitive, recreational and social enjoyment. By providing a more diverse range of athletic and recreational programmes we are maximising the opportunities for people to participate therefore attracting more people into the club and sport. From a social capital, point of view since joining the club many of our adults members have taken part in other community activities such fundraising for charity, coaching juveniles, becoming Fit4Life leaders, attending educational workshops and social functions.



#### Aims and Objectives:

The aims and objectives of the club are to encourage and promote athletics for all age groups and abilities and in all its forms within North Mayo. Athletics especially recreational running in groups has the capacity to promote physical and mental wellbeing as well as increase social capital and positive community development.

#### Achievements:

The athletic club has grown from strength to strength in recent years thanks to the commitment and dedication of the committee who have been proactive in developing the club and promoting athletics in the community. The club hosts numerous training sessions per week for members. All of these sessions are co-ordinated and supervised by leaders and coaches who are all volunteers. Over the last three years through introducing new programmes such as Operation Transformation, Track to 5km, Little Athletics and Fit4Youths our membership has increased dramatically to over 560 people in 2015, making us the largest athletic club in Mayo.

Through collaboration between ourselves, Ballina Town Council and the Department of Tourism and Sport, the development of an all-weather eight lane IAAF synthetic track which opened in May 2105 was delivered and fully funded in eighteen months. The cost of this development was in excess of €600,000. A key feature of the development is that it is free to use for all members of the public.

While all of our member's efforts to reach their own goals are applauded, we celebrate the achievements of our members who have participated in Local, Provincial, National and International Events.



an bord um chuntais dhíomhaíne  
the dormant  
accounts board

sport ireland

## Training & Education | Oiliúint agus Oideachas

### Minister of State for Sport Michael Ring presents Awards to "Goal to Work" West and East Mayo Sports Coaches

The 10 week "Goal to Work" Sports Coach Training Programme which ran for 3 days each week in Westport and Ballyhaunis allowed trainees to become fully qualified coaches in sports such as Cricket, Hurling, Rugby, GAA Football, Basketball and Soccer. They also received additional training in child protection, first aid, disability awareness, little athletics and active leadership. Coaches also honed their skills in local national schools and also organised activity community sports days giving many children some quality participation experiences.



Goal to Work is funded from the Dormant Accounts Scheme through Sport Ireland. Lead partner is Mayo Sports Partnership with other partners including the Leader Partnership Companies, Mayo County Council, Mayo Mental Health, Connacht GAA, FAI, IRFU, Cricket Ireland, Basketball Ireland and the local Primary Schools where the coaching took place.

To find out more about the programme log on to [www.mayosports.ie](http://www.mayosports.ie) or contact Mayo Sports Partnership at 094 904 7025 email [msp@mayococo.ie](mailto:msp@mayococo.ie)

### Ballina Goal to Work Sports Coach Programme Commences

A new Goal to Work Sports Coach Training Programme has commenced in the Ballina Sports and Leisure Centre. 12 trainee coaches from the area will undertake a 10 week programme which will lead them to being fully qualified sports coaches in GAA, Soccer, Rugby and Basketball.

Some elements of the programme will be open to members of the public to attend. These will include :

- Tuesday, 12th April FAI Kickstart 1 Course **Time:** 9am -5pm
- Wednesday, 13th April Rugby Mini Course **Time:** 9am – 5pm
- Monday, 25th April Basketball Foundation **Level Time:** 9am – 5pm

If you would like to avail of these upcoming courses contact Mayo Sports Partnership at 094 904 7025



## Health & Wellbeing Seminars in Westport, Erris and Ardagh

Mayo Sports Partnership has worked with a number of GAA clubs as part of the drive to increase awareness of health and wellbeing in the community. Ex Armagh and Crossmaglen GAA legend Oisín Mc Conville, current Mayo GAA senior manager Stephen Rochford, former Mayo GAA player and All Ireland Club winner Peadar Gardiner of Mind Space, Mayo Ladies GAA star Cora Staunton, Mayo GAA Doctor Sean Moffatt, ex Mayo GAA Doctor Fergal Ruane, Mayo GAA's Health and Wellbeing Officer Seamus Tuohy, Mayo Sports Partnership co-ordinator Charlie Lambert and Michael Gallagher were all part of a strong team at these special seminars to explore what it takes to "mind yourself" under the pressures of modern day involvement in GAA and sport in general.

Health & Wellbeing Officers supported by Mayo Sports Partnership, Mayo GAA, Connacht Council GAA and Mindspace joined together to explore all aspects of sporting life including topics such as:

- Sport and Physical Health
- Sport and Mental Health
- Reaching Your Potential
- The Demands of High Performance Athletes
- Sport: The Culture of Alcohol

For more information on these Health and Wellbeing initiatives contact Mayo GAA's Health and Wellbeing Officer Seamus Tuohy at **086 171 6252**



## Boxer Kenneth Egan attends Westport "Success in Sport" Seminar

Olympic silver medallist Kenneth Egan was one of the sports stars and managers who lined out to speak on Achieving Success in Sport – What does it take? - a free, public seminar which took place in Westport Town Hall on Wednesday, November 11th.

Kenneth, or Kenny, was joined by James Horan, Former Mayo Senior Football Manager, Valerie Mulcahy, one of the country's most decorated sportswomen having claimed nine All-Ireland titles with the Cork Ladies Football side, Nigel Carolan Irish Rugby U20 coach and Tom Mohan current manager of the FAI U17 national team. The seminar was chaired by Ballinrobe native and well-known GAA commentator Liam Horan. Brendan Murphy, Drugs Service Regional Training Officer with the HSE also spoke on substance use within sport as the seminar was part of the Western Region Drug & Alcohol Awareness Week.

Success in Sport was organized by the Western Region Drugs Task Force (WRDTF), in partnership with Mayo Sports Partnership and Mayo County Council.



## Connaught Telegraph Young Sports Person of the Year Awards

Mayo Sports Partnership were involved in the Connaught Telegraph Young Sports Person of the Year Awards.

The September award winners Jessica Nolan (Soccer) and Maeve Gallagher (Cycling) receiving their awards from Mayo Sports Partnership Chairman Councillor Brendan Mulroy and Charlie Lambert of Mayo Sports Partnership with Geraldine Walsh of The Connaught Telegraph



## National Physical Activity Plan Launched

The Government recently launched Ireland's first ever National Physical Activity Plan which aims to get at least half a million more Irish people taking regular exercise within ten years. The key target is to increase the number of people taking regular exercise by 1% a year over ten years - that's around 50,000 people every year or half a million in total - by making exercise a normal part of everyday life and giving people more opportunities to be active. At least €5.5 million in funding across the three Departments has been ring-fenced to implement the Plan in 2016, comprising sports measures, Healthy Ireland initiatives, Sport Ireland programme funding, and education projects. To download log on to

<http://health.gov.ie/wp-content/uploads/2016/01/Get-Ireland-Active-the-National-Physical-Activity-Plan.pdf>

### Key features include:

Increase the number of people taking regular exercise by 50,000 every year for the next ten years; A new annual campaign to encourage more people to get active more often, including social media campaigns and a new Physical Activity Week as part of the European Week of Sport; Support 500 new community walking groups, and extend the Active School Flag

Programme to another 500 schools; Build on the success of Get Ireland Walking by setting up new initiatives like Get Ireland Swimming, Get Ireland Cycling and Get Ireland Running

## New Plan for Sport Development in Mayo

As part of developing a new strategic plan for 2016 - 2020 Mayo Sports Partnership are calling all people who may have an interest in sport to engage in a public consultation process.

Public meetings are planned over the coming weeks and all are invited to participate. People will also be invited to participate in an online survey which aims to capture peoples views on the future of sport development in the county. The partnership is looking for representatives from all strands of community life to attend including sports clubs, community groups, disadvantaged, women, people with a disability, ethnic minorities, unemployed, older people etc.

Details of public meetings are on page 12 of this Newsletter, and will be advertised in local press, social media, radio etc so watch this space.

"The success of the 2nd plan from 2010-2014, with 95% of actions delivered on, was down to the brilliant contribution of all stakeholders in the county. We need as many as possible to contribute to the process in order to build on the great work which has already taken place" stated Mayo Sports Partnership Chairman Cllr Brendan Mulroy

Outside of the above forums etc people can also air their views by writing in directly to the Partnership at the following address Mayo Sports Partnership, Mayo County Council, Castlebar, Co. Mayo Tel: 094 904 7025

## Presentation to Minister Ring

At a recent Mayo Sports Partnership event Sports Co-ordinator Charlie Lambert on behalf of the National Network of Sports Partnerships presented Minister of State Michael Ring with a beautiful bog oak piece titled "the helping hand". The helping hand signifies the help that the outgoing Minister has given to many sports groups and organisations throughout the country. Goal to Work East Mayo coach Stephen Costello was responsible for making the piece.

Stephen is a bog oak sculptor and can be contacted by email [stephencostello@live.ie](mailto:stephencostello@live.ie) or phone **086 819 6140**



## Irish Sports Monitor 2015

The sixth Irish Sports Monitor report covering the months May to October 2015 was recently published. This report provides Sport Ireland with a means of accurately monitoring and tracking active and social participation in sport among adults in Ireland.

### Key Findings Include:

- Excluding recreational walking, approximately 1.7 million Irish adults aged 16+ regularly participate in sport and exercise
- Exercise, running, swimming, cycling and soccer are the five most popular sporting activities among adults
- Running and cycling continue to show upward participation trends
- Recreational walking remains the most popular activity, with more than two in three adults taking part at least once in the previous seven days
- The numbers walking and cycling for transport increased since 2013
- One in three adults are meeting the National Physical Activity Guidelines through sport and recreational walking and the proportion that is sedentary declined from 11.4% to 10.8% since 2013.
- Almost half of the adult population are involved in some form of social participation in sport through volunteering, club membership and attendance at events

## SPRING / SUMMER 2016 PROGRAMME OF TRAINING / EVENTS

DATE AND TIME	WORKSHOP / COURSE	VENUE	FEE	FURTHER INFORMATION
<b>APRIL</b>				
Mon 4th April 12.30pm	Boccia County League	Breaffy Castlebar	N/A	www.mayosports.ie msp@mayococo.ie
Wed 6th April	GAA Football Foundation Level Coach Education	Ballina	TBC	www.mayosports.ie msp@mayococo.ie
Thurs 7th 11am -1pm	Go for Life Games	Parke Community Centre	TBC	www.mayosports.ie msp@mayococo.ie
Mon 11th April (9.30am – 4pm)	FAI Coach Education Kickstart 1	Ballina	TBC	www.mayosports.ie msp@mayococo.ie
Tues April 12th (7-10pm)	Childrens Officer in Sport - Safeguarding 2 Workshop (Follow on to Code of Ethics & Best Practice Awareness course)	Mayo Education Centre Castlebar	€15	www.mayosports.ie msp@mayococo.ie
Wed 13th April (9.30am – 4pm)	Rugby Foundation Level Coach Award	Ballina	TBC	www.mayosports.ie msp@mayococo.ie
Wed 13th / 20th / 27th April (6.30am – 8pm)	Walking Football Taster Session "Open to All"	Davitt College Sportshall Castlebar	N/A	www.mayosports.ie msp@mayococo.ie
Fri 15th April (6pm – 9pm) & Sat 22nd (9am -4pm)	Active Leadership/Sports Leader Training	Ballina Sports and Leisure Centre	€20	www.mayosports.ie msp@mayococo.ie
Tues 19th April 10am -4pm	Disability Inclusion Training	Davitt College Castlebar	€45	www.caraapa.ie
Wed April 20th (7-10pm)	Designated Liason Officer- Safeguarding 3 Workshop (Follow on to Code of Ethics & Best Practice Awareness course)	Mayo Education Centre Castlebar	€15	www.mayosports.ie msp@mayococo.ie
Mon 25th April (9.30am – 4pm)	Basketball Foundation Level Training Course	Ballina Sports and Leisure Centre	TBC	www.mayosports.ie msp@mayococo.ie
Mon 25th April (7.30 - 9pm)	Strategic Planning Public Meeting (Have your say in the future of Mayo Sport)	Mayo Education Centre, Castlebar	N/A	www.mayosports.ie msp@mayococo.ie
Tues 26th April (9.30am – 4pm)	Hurling Foundation Level Coach Education	Ballina	TBC	www.mayosports.ie msp@mayococo.ie
Wed 27th April (7.30pm - 9pm)	Strategic Planning Public Meeting (Have your say in the future of Mayo Sport)	Ballina Sports & Leisure Centre	N/A	www.mayosports.ie msp@mayococo.ie
<b>MAY</b>				
Sun 1st May 12 Noon	Western People West of Ireland Womens Mini Marathon 2016	Castlebar	€20	www.mayosports.ie msp@mayococo.ie
Sun 1st May 12.10pm	Primary Schools Mini Mini Fun Run	Castlebar	N/A	www.mayosports.ie msp@mayococo.ie
Mon 5th May (7pm - 10pm)	How to access funding Workshop	Foxford Sports Centre	N/A	patriciacrawley@mayonortheast.com T: 094 925 6745
Tues 17th May (7-10pm)	Code of Ethics & Best Practice in Sport Safeguarding 1 Workshop	Mayo Education Centre Castlebar	€15	www.mayosports.ie msp@mayococo.ie
Tues 17th May (6.30 - 9.30pm)	How to Access Funding Workshop	Achill Hall, Achill Sound	N/A	patriciacrawley@mayonortheast.com T: 094 925 6745
<b>JUNE</b>				
Sat. 4th June (1pm - 4pm)	Ballyhaunis 'Come & Try it' Sports Day	Ballyhaunis GAA Grounds	N/A	www.mayosports.ie msp@mayococo.ie
1st – 30th June	Mayo in Motion Walking & Cycle Month	Various	N/A	www.mayosports.ie msp@mayococo.ie
Sat 11th – Sun 18th June	Bike Week	Various	N/A	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.

**Note:** Dates of courses / events may be subject to change. N/A: means non applicable. TBC: means To Be Confirmed