



INTRODUCTION

Firstly, I would like to commend Charlie Lambert and all the staff of the Mayo Sports Partnership for the fantastic work they are doing in every parish of the county, increasing participation in all types of sport and developing opportunities for people of all ages and all abilities. It is quite amazing to see the vast array of different projects that are taking place. Secondly, I would like to congratulate all the partners involved in implementing the Men on the Move programme. The success of the project can clearly be seen at ground level all over the county and was it was recently recognised nationally at the LAMA awards in Dublin. This programme is now being implemented nationwide.



As a person who has been involved in sports administration for many years, it was a privilege for me to be elected to the board by the Mayo Public Participation Network. As chairman of the Achill Sports Network, I can see on a daily basis the beneficial effects that all sports have for both the individual and at community level.

None of this could take place without the efforts of the countless volunteers who selflessly dedicate their time so that others may develop their potential.

Yours in Sport

Sean Molloy Mayo Sports Partnership Board Member & PPN Representative

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**MEN ON THE MOVE
WINS NATIONAL
AWARD**

COMMUNITY representatives and Mayo County Council joined together at the annual LAMA awards in Dublin, where Mayo County Council were shortlisted as a finalist with a record number of nine projects across seven different categories. The national awards recognise and celebrate community and councils working together and provide an opportunity to highlight and celebrate the work done within communities in conjunction with local authorities. In addition to the nine projects shortlisted, two from Mayo were announced as national winners – the Men on the Move Initiative in the Health and Wellbeing category, and Ballyhaunis GAA Club in the Sports Club of the Year category.



Men on the Move, now a national programme to get men aged 30 plus more physically active, was submitted by programme initiators Mayo Sports Partnership and HSE West. It is now operational in 9 locations in Co Mayo alone and part of a national research programme on mens health.

Support has been forthcoming from the HSE, Waterford IT, Sport Ireland and the Local Sports Partnership Network in further developing the programme nationwide. Counties such as Donegal, Galway, Limerick, Cork, Dublin, Kilkenny and Waterford are linking in with initiatives such as the GAAs Healthy Clubs project offering the programme as a worthwhile initiative to engage ex players back in to clubs.

For more information on Men on the Move Mayo contact programme co-ordinator Ray Mc Namara Mayo Sports Partnership at **094-9047023** or email **rmcnamara@mayococo.ie**





French Theme for 8th Western People West of Ireland Womens Mini Marathon

Castlebar is getting all geared up to welcome women from all over Ireland and beyond to the Mayo capital for the 8th Western People West of Ireland Women's Mini-Marathon on Sunday 30th April 12 noon at the Mall. The event is expected to attract large numbers of participants, supporters, family, friends etc and post event, circa 3pm, will be treated to a re enactment of the 1798 Races of Castlebar on the streets of Castlebar.

Event organisers are delighted that Sonia O Sullivan has again announced her intention to return to Castlebar to lend her support to the largest event for women in the West of Ireland.

The 10-kilometre run / walk is being co-organised by the Western People and Mayo Sports Partnership with this years main sponsor being Mayo.ie and supported by Connacht Golds Protein Milk . Once again to celebrate Mayo Day 2017 Mayo.ie is giving a specially designed technical t-shirt to the first 1000 individual entrants of the Mini Marathon online. There is also a chance for entrants to win some fabulous running kits (top, shorts, bag, and singlet) in some social media and Western People Newspaper

Western People
West of Ireland
Women's Mini
Marathon



competitions to be shortly advertised.

Once again in 2017 a drive to encourage secondary school girls is under way with a competition running for the school that has the most participation. Some fantastic prizes are being sponsored by Achill Outdoor Education Centre making participation in the mini marathon for girls a must.

Entering the €20 event is simple, just log onto www.westofirelandwomensminimarathon.com or those who register offline can fill out the entry form in the Western People and post to Mayo Sports Partnership, Mayo County Council, Castlebar, Co. Mayo



4th 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 30th April 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 1798' is the theme of the day and this 1798 metres 'Mini Mini' will take place at 12.05pm directly after the start of the 2017 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 and download a children's entry form and email to mzp@mayococo.ie or post to Mayo Sports Partnership, Community and Integrated Development, Mayo County Council, Castlebar. For further information Contact: Anne Ronayne Mayo Sports Partnership **087 697 3587 / 094 904 7022** or email aronayne@mayococo.ie



Ballyhaunis Sports Hub - Maples Mid Term Camp

On Thursday the 23rd of February last coaches delivered a "Multi Sport Games" morning to over 70 local kids at the Maples Ballyhaunis. The kids participated and showcased their skills in basketball, cricket and soccer. The midterm break camp was part of the Ballyhaunis Sports Network Programme for 2017. Anne Ronayne (Mayo Sports Partnership), Abdul Shafique and Ciara Garvey were the coaches responsible for the delivery of the camp. An enjoyable morning was had by all while learning new skills and keeping active. There are plans for more activities to be run at the Maples over the Easter holidays so keep your eyes peeled!

For further details on sports activities in Ballyhaunis contact Ciara Garvey Sports Activity Coordinator on 086 1236929. Ciara is working with Mayo Sports Partnership delivering programmes on the ground in the area.

Contact Anne Ronayne Mayo Sports Partnership on 094 904 7025 for information on Ballyhaunis Sports Network.

Anne Ronayne COMMUNITY SPORTS DEVELOPMENT
PROJECT WORKER Contact Anne at **094 904 7022** or
email **aronayne@mayococo.ie**



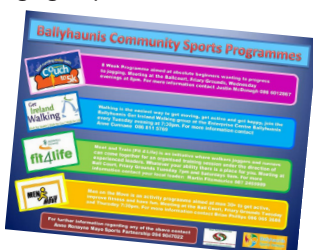
BALLYHAUNIS SPORTS HUB ACTIVITY CO-ORDINATOR

A new sports activity co-ordinator Ciara Garvey has been appointed under Mayo North East Leader Partnerships Community & Employment Scheme. Ciara will be working closely with Mayo Sports Partnership in the delivery of additional participation opportunities in the area. Ciara is based at the Friary building Ballyhaunis and can be contacted at 086 1236929

Ballyhaunis Sports Hub Plans for 2017 include:

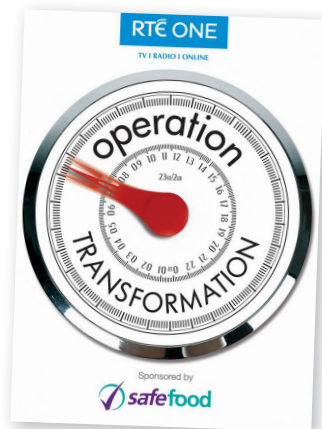
- Appointment of a Ballyhaunis Sports Co-ordinator under Mayo North East Leader Partnership Community and Employment Scheme
- Sports Directory prepared and published
- Spring 2017 Primary school Cricket skills development programme at Scoil Íosa
- Further development of participation programmes ie Couch to 5K, Men on the Move, Sofa 2 Saddle, Active 55 etc
- Volunteering in Sport Seminar
- Volunteer Awards evening
- Introduction of Club Mark Scheme for Sports Clubs in Ballyhaunis
- Multi Sport Easter/Summer and Halloween Camps at the Maples
- 2nd Year Healthy Living Programme at Ballyhaunis Community School.
- Continued assistance to club development e.g. Ladies GAA to develop senior team, Soccer Club to develop their club to include more age groups

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



Almost 1200 turnout for 7 Countywide Operation Transformation Walks

In good weather conditions approximately 1200 people turned out for the Mayo Operation Transformation walks on the 7th January in Belmullet, Ballina, Ballyhaunis, Claremorris, Castlebar, Claremorris, Kiltimagh and Westport. Over 230 alone participated in the Castlebar Lough Lannagh event which was attended by An Taoiseach Enda Kenny and Caitheoirleach Castlebar Municipal District Cllr Al Mc Donnell. A number of other walks took place in other locations including Achill, Tourmakeady and Kilmovee. The organisers would like to thank all local sponsors including the Connaught Telegraph, Castlebar Order of Malta and Portwest along with all leaders who contributed towards making all the events safe and enjoyable. A suite of follow on programmes such as Couch to 5K in 5 different locations, Men on the Move for Men aged 30 plus in 9 venues, Fit4Life, Walking Groups, Swim for a Mile Challenge and Active 55 groups continue to be available across the county. You can contact the Mayo Sports Partnership office at 094-9047025 to find out more.





Claremorris parkrun joins Ballina, Castlebar, Erris and Westport

4th March 2017 saw parkrun come to the scenic Mc Mahon (Clare Lake), Claremorris, Co. Mayo. This free weekly event, taking place at 9.30am sharp, is hosted by the Claremorris Community with the support of other organizations such as Mayo Sports Partnership, the HSE through their Get Ireland Active initiative and Mayo County Council. Claremorris parkrun will provide both locals and visitors with a safe and fun environment for the perfect Saturday morning jog or walk. Events are timed each week with results uploaded to the parkrun web site where the eager runners can track their runs and progress. All participants – both walkers and runners must register for the event on <http://www.parkrun.ie/claremorris>

Registration is free and once registered, participants receive a unique barcode that enables them to take part at any of the global events without having to re-register. Mayo now has 5 sites in Ballina, Castlebar, Westport Erris and now Claremorris information on each can be found on www.parkrun.ie. Even if you did 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 misp@mayococo.ie**



Claremorris Sports Coaches join Goal to Work Network

A group of jobseekers mainly from the Claremorris area have just completed a 10 week long specialised sports coaching course which it is hoped will provide them with the tools to obtain employment. The "Goal to Work" Sports Coach Training Programme which ran for 3 days each week in Claremorris GAA / Claremorris Family Resource Centre allowed trainees to become qualified GAA, Soccer and Rugby coaches with additional sports modules in child protection, first aid, disability awareness and little athletics completed. Trainee coaches also honed their skills and coaching in local national schools giving many school children some quality participation experiences. Over 100 sports coaches / leaders have now received training under the Goal to Work programme and are available to assist communities, sports clubs and schools throughout the county.

an bord um
chuntais dhíomhaíne
the dormant
accounts board



Achill Goal to Work Sports Coaches Commence Programme

A group of trainee sports coaches have just commenced a 10 week training programme based in the Achill Outdoor Education Centre. Over the next few weeks they will receive training in GAA, Soccer, Basketball, Athletics and Cycling. They will hone their skills in local national schools before joining the network of sports coaches who are contributing to making a difference in their local communities.

To find out more about the programme log on to www.mayosports.ie or contact Mayo Sports Partnership at 094 - 904 7025 email misp@mayococo.ie

Swim for a Mile

Mayo Sports Partnership have teamed up with Swim Ireland, Ballina Swimming Pool and Westport Leisure Park for the 2017 Swim a Mile Challenge. Close to 100 have registered for the challenge which took place on Thursday 30th March in Westport and Sunday 2nd April in Ballina. Swim Ireland President Mary Dunne has spearheaded the challenge in Ballina and is delighted with the participation.

Participants can choose to swim for ½ a mile or the full mile and have undertaken a 12 week programme under qualified instruction. For more information on the Swim for a Mile Challenge go to www.swimforamile.com





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

Inclusive Fitness Training

Management and staff from Westport Leisure Park completed the CARA APA Inclusive Fitness Training Course that was delivered by SIDO Ray Mc Namara.

The day long course is one of many courses that are delivered through Mayo Sports Partnership to improve disability provision.

if you are interested in making your club or facility more inclusive contact Ray at **rmcnamara@mayococo.ie** or **094 904 7023**



Disability Awareness Training

94 transition year students from St Tiernan's Crossmolina, Our Ladies Secondary School Belmullet and St. Brendan's Secondary School Belmullet completed Disability Awareness in sport Training Module that was delivered by SIDO Ray Mc Namara. The 2 hour course is a national certified course through CARA APA which gives Participants an insight in to disability and sports available for people with disabilities along with physical activity participation opportunities.



Pictured at the Woman in Sport Conference in the GMIT Castlebar Para Olympic Bronze Medallist Ellen Keane and Ray

Boccia League Winners 2016

Parke Team 2 are Boccia League winners 2016 after defeating Belmullet in the Final, both teams had played well all day and when Belmullet 1 beat Belmullet 2 in the Semi Final we taught they could go all the way.

The ladies from Parke had other ideas and they took control of the game in the forth end and ran out comfortable winners.

The Boccia League takes place the first Monday of the month at 12.30pm in Breaffy Gaa Club Contact Ray for more details **rmcnamara@mayococo.ie**



Carramore National School Boccia

Carramore National School have set up a Boccia League within the school as an inclusive sport.

Boccia is a Para Olympic sport and with the help of SIDO Ray Mc Namara it was enabled all pupils to participate.



Wheelchair Hurling

Wheelchair Hurling coaching/games arrangements for the next month in the lead up to the Connacht Blitz.

- Training session Sat 8th April (11am until 12noon) in CBD Complex in Charlestown.
- Training session on Good Friday 14th April (2pm until 3pm) in CBD Complex in Charlestown.
- Training session on Sat 22nd April (11am until 12noon) in CBD Complex in Charlestown.
- Connacht Blitz Day in Ballinamore Community College in Leitrim on 29th April from 11am.

Provisional dates for blitzes are as follows:

- Connacht Blitz in Ballinamore on 29th April.
- Leinster Blitz on Sat 24th June.
- Munster Blitz on Sat 26th August.
- All-Ireland Blitz Day on Sat 14th October in Sligo.
- The Ulster Blitz – TBC



Pictured at the Inclusive Conference in Dublin Para Olympic Gold Medallist Jason Smyth with Charlie and Ray



Go for Life Games



Go for Life Games programme is going from strength to strength with barnacarrool active age group the last to get involved in the programme. Games days have taken place in Parke, Ballina and Swinford with another day planned for 18th May in Castlebar before the National Games in Dublin on 10th 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 9047023 or rmcnamara@mayococo.ie

PALs (Physical Activity Leader Training for Older People Groups)

Learn how to run fun activities and games to help you and your group become more active.

Venue: An Sportslann Castlebar

Time: 9.30am - 3.00pm

Date: Friday 12th May

Cost: €15 Per Person

Suitable for Active Retirement Groups, Over 55's Groups, ICA Groups, Community Groups or Care Settings. It is important that someone who is willing to lead the activities in your group or setting is made available for the training.

Wear comfortable clothing. Tea + Coffee Provided. Places are limited so please call or email Ray on 094-9047025 email: msp@mayococo.ie to confirm your two places before Monday 8th May 2017

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative



Be a leader in your community and learn how to run, fun activities and games to help you and your Group become more active.

JOIN US:

@ An Sportslann Castlebar
from 11am - 1.00pm

On Thursday 18th May
for Go For Life Games
Activity Day

Cost €3



Suitable for Active Retirement Groups, Over 55's Groups, ICA Groups, Community Groups or Care Settings. Wear comfortable clothing. For further details contact Ray 087 697 3093

Active 55 (Community activity programmes for Over 55's)

AREA	DAYS	VENUE	TIME	LEADER	PHONE	EMAIL
Claremorris	Wednesday & Friday	Leisure Centre	11am - 12noon	Damian Maloney	094 937 1313	manager@claremorrisleisurecentre.ie
Mulranny	Tuesday & Thursday	Mulranny Park Hotel	11am	Indre	098 36709	mulrannyparkleisure@gmail.com
Ballina	Wednesday	Ballina Sports Centre	1.30 - 2.30pm	Anne Kilcullen	096 78984	info@ballinasportscentre.ie
Ballina	Tuesday	Over 55's Club Cathedral Rd	9.30am	Jackie	096 70905	
Belmullet	Tuesday	Irish Whelchair Association	12pm	Michelle Healy	087 764 6710	mhealydrum@gmail.com
Castlebar	Tuesday & Thursdays	Breaffy Club	11am	Emer O'Toole	094 904 4150	leisure@breaffyhouseressort.com
	Tuesday	GAA Club	12pm	Bernie Dunne	086 390 4370	
Ballinrobe	Friday	Lakeside Fitness	11am	Ciara McDonal	094 954 1364	info@lakesidesportsgym.com
Swinford	Saturday	Amenities Park Ring Back	11am	Margaret	087 415 0663	mgtdavaney@gmail.com



Bike Week 2017

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 2017 (11th -18th 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 094-9047025

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 Ballina, 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

Programme includes Basic Road instructions, safety, maintenance and confidence building leisure spin 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)

FEE €20
limited places available

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

Ride Leader Award

Mayo Sports Partnership in association with Cycling Ireland are hosting a Ride Leader Award training programme on Saturday, 20th of May based in Achill. This training will provide leaders with the necessary skills and knowledge to lead and manage a group of cyclists on the road. Course is free to all participants from Achill but a nominal charge of €15 will apply to others. To book contact Mayo Sports Partnership at 094 904 7025.

The Cycling Ireland Ride Leader Award aims to provide leaders with an introduction to cycle leading and the competencies required to lead and manage groups on a cycle.

Cycling Ireland Ride Leader training will provide leaders with the necessary skills and knowledge to effectively lead and manage a group of cyclists on the road in club/group rides.

The course will explore the roles and responsibilities the Ride Leader will assume and prepare learners as Ride Leaders to provide safe and enjoyable cycling experiences for people of all levels of ability and age.

DURATION AND FORMAT
Ride Leaders will attend a 1 day assessed course which will qualify them to facilitate led rides for groups of cyclists.

The comprehensive syllabus for the award includes Risk Assessment, Safety Checks, Assessing Riders Ability, Group Cycling, Group Management, Planning a Cycle and Leadership.

Ride Leaders will cycle a simulated club/group ride and practically apply techniques, skills and newly acquired knowledge covered in the classroom.

Ride Leaders will be required to lead part of the pre-risk-assessed route.

The Ride Leader Award also complements and supports the **Cycling Ireland Bike for Life Programme.**

CERTIFICATION
On completion of the course, the Ride Leader will be able to facilitate Club Ride(s) and/or Group Ride(s) and utilise a range of communication and leadership strategies to effectively lead a cycle.

The award is equivalent to the [insert stage] stage on the Coaching Ireland Performance Framework in accordance with the Coaching Development Programme for Ireland.

ENTRY REQUIREMENTS
To attend this course Candidates must:

- be over 18 years of age.
- be a Cycling Ireland Member.
- have evidence of attendance on Basic Code of Ethics Course.
- completed Garda Vetting or Access NI check.
- have the fitness level to Ride for approximately 25km.

COURSE FEE

- €50 or €40 per person

Cycling Ireland
www.cyclingireland.ie | e: coaching@cyclingireland.ie

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 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 Anne Ronayne Community Sport Project Worker at 094-9047022 or email aronayne@mayococo.ie



GO FOR LIFE NATIONAL GRANT SCHEME RECIPIENTS 2016



Total Amount	Organisation/ Club / Club
260	Cara Iorrais Mayo
260	Irish Wheelchair Association, Castlebar Mayo
260	Young at Heart Parke Castlebar ARA Mayo
240	Ballyheane "55" Club ARA Mayo
240	Claremorris ARA Mayo
260	Rehab Care Mayo Mayo
500	Arthritis Ireland, Mayo Branch Mayo
300	Retired Secondary Teachers Association (Mayo Branch) Mayo
260	Charlestown ARA Mayo
260	Bonniconlon ICA Mayo
240	Westport ICA Mayo
240	St. Colman's Care Centre Mayo
240	Ballina Lions Club Mayo
260	eimeanna Inver Mayo
260	Ballina ICA Mayo
260	Ballyglass Active Age Mayo
1400	Mayo Sports Partnership Mayo
240	Ballyhaunis ARA Mayo
260	Foxford ARA Mayo
240	Claremorris Leisure Centre Mayo
240	Clar IRD Mayo
260	Meelick ICA Mayo
300	Balla ARA Mayo
240	Mulranny ICA Mayo
260	St. Dominick's Housing Association Mayo
260	allina ARA Mayo
260	Knockmore/Rathduff Women's Group Mayo
240	Westport Ladies Social Group Mayo
260	Cliara Development Company Mayo
260	Killala Community Council Newstart Ltd Mayo
240	Castlebar Social Services Mayo
300	Thursday Club, Kilmovee Active Age Group Mayo
260	Behy ICA Mayo
260	Hi-noon club (Tithe Cois Tra) Mayo
240	Castlebar ICA Mayo
240	Comharchumann Forbartha Cill tSeadhna Teo Mayo
260	Ballinrobe ARA Mayo
260	Lacken Carer's Support Group Mayo
260	Lacken Community Care Mayo
240	Islandeady Cycling Group Mayo
240	Moy ICA Irish Wheelchair Association, Belmullet Mayo
240	Mulranny ARA Mayo

2017 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. Closing date for applications is 4pm on Wednesday 11th May 2016. For further information contact the Sports Partnership office at 094-9047025 or log on to our website at www.mayosports.ie/news to download a copy of the application form.

Go for Life Grant Scheme for Older People Groups

43 Mayo Groups / Organisations receive €12,360 for activities

A total of 43 groups in Mayo are celebrating the awarding of grants to fund physical activity for older people (aged over 50). The Go for Life Grant Scheme from Age & Opportunity and Sport Ireland is awarding almost €12,000 to groups around Mayo.

Mayo Sports Partnership assists groups and organisations across the county in providing participation opportunities including Active 55, Go for Life Games, County Boccia League, Walking Programmes and Physical Activity Leader training (PALs) for community activists. To find out more about any of the above initiatives please contact Sports Inclusion Officer Ray Mc Namara at 094-9047023.

MARTIN SHERIDAN SPORTS BURSARY

Congratulations to this years recipient's of the above scheme James Lynskey Karate Aisling Joyce Athletics Shane Bracken Athletics and Niall Joyce Handball who were presented with their awards at a presentation event by Caitheoirleach Mayo County Council Cllr Al Mc Donnell in Bohola Community Centre. This scheme recognises young up and coming sports stars in minority sports, is funded by an annual contribution from Mayo County Council and is administered through the Martin Sheridan Community Centre in Bohola.

Information and criteria on this annual support scheme are downloadable from <https://sites.google.com/site/martinsheridanbursary/> or by email request to martinsheridanbursary@gmail.com



Schools Corner

Rannóg na Scoileanna

Youth Sport Leadership



Well done to all in Moyne College Ballina who completed the Sport Leader UK Youth Sport Leadership Course funded through the Dormant Accounts Board in association with Sport Ireland. Special thanks to tutor Deirdre Donnelly, Moyne College PE Teacher Mary O Flaherty, course facilitator Anne Ronayne and Mayo GAA player Donie Newcombe who presented the awards. 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.

For further information contact Anne Ronayne Mayo Sports Partnership Tel: 094 904 7022 email msp@mayococo.ie

2nd Year Healthy Living Programme

A 2nd Year Healthy living programme was rolled out in February 2017 at Moyne College Ballina. (organised by Ballina Sports Network comprising Mayo Sports Partnership, Mayo North East, Mayo Traveller Support Group, FAI, Involve etc) The Moyne 2nd years enjoyed a morning of workshops ('sport', 'drugs/alcohol awareness', 'teambuilding' and 'physical activity & your mental health') showing the benefits of physical activity vs drugs or alcohol. Supported by the Drugs and Alcohol Task force the programme is designed especially for 2nd year students. Huge thanks to Mary O'Flaherty and the staff at Moyne for all their work and support with the programme. For further details on the programme contact Anne Ronayne Mayo Sports Partnership 094 904 7022.



Primary School Introduction to Athletics

Primary School Athletics program started up again 10th March 2017 in Claremorris athletic centre. The program runs from March until June and over 1500 children will take part in the program by June. Primary Schools from all around South and East Mayo will take part over the next few months. Any school that wishes to take part can contact Anne Ronayne Mayo Sports Partnership aronayne@mayococo.ie or Tel:094-9047022

Mayo Primary Schools sign up for Daily Mile Initiative

Primary school children throughout Mayo are spending 15 minutes daily engaging in completing a mile walking, jogging or running.

This is in addition to their to their weekly PE programme and extra curricular activity. Its all because of a new initiative, the Daily Mile, which has taken the UK, Holland and other countries by storm in the last year or so.

Approximately 30 Mayo schools are participating in the programme with many mapping their school on the Daily Mile website see <http://thedailymile.co.uk/participation-map/>

The difference the programme is making can be seen in the comments received from school Principals

"It has made a big difference to the children's attitude towards exercise and has also increased their fitness levels remarkably" – Richmond National School Crossmolina

"We have really enjoyed doing the Daily Mile, all the students in our school are involved, as are all the staff! If we happen to forget to go out, we are quickly reminded by the children that it's Daily Mile time" - Holy Angels NS, Clogher, Claremorris, Co Mayo

For more information or to register interest in the programme contact Mayo Sports Partnership at 094-9047025.



10 Post Primary Schools Participating in 2017 Girls Active Project

After the fantastic success of the Girls and Women in Sport Seminar a large number of schools have expressed an interest in participating in the Girls Active programme during this school year. Mayo Sports Partnership in association with the HSE and Mayo County Council are delighted to announce that 10 schools have been selected to participate in a 10 week programme during 2017.

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. In November 2017 the participating schools will be invited to participate in a jamboree day at a venue to be arranged. Participants will experience more activities and will be presented with certificates of completion of the programme.

More information can be found on www.mayosports.ie or by contacting the Partnership at 094 904 7025.



“Mayo Girls and Women are playing in a different league”

On Thursday February 9th A Girls and Women in Sport Seminar entitled “Are we playing in a different League?” was held at GMIT Mayo. Organised by Castlebar Sports Forum comprising Mayo Sports Partnership, GMIT Mayo, HSE, Mayo Traveller Support Group, FAI, etc the seminar supported by Mayo County Council targeted young teenage girls in Secondary School Junior Cycle particularly. Taking place between 10am-3pm the event was attended by close to 400 students, teachers, mentors, parents and coaches who packed St Marys Hall, GMIT Mayo to capacity. The Seminar was the brainchild of the forum members and the focus was on physical activity in girls/women and equality in girls/women’s sport.

Speakers included Dr Aoife Lane founder of the Ladies GPA, Paralympic Medal Winner Ellen Keane, Gold Cup Medal Winner Canoeist Jenny Egan, Olympian Jessie Barr, Mayo Ladies GAA star Cora Staunton and RTE Sports Presenter/Journalist Jacqui Hurley

The feedback from the girls attending the seminar was very positive. They spoke about feeling inspired by all the women speakers and hoped that this type of event could be held on an annual basis.

For further details on the event or on Castlebar Sports Forum contact Anne Ronayne Mayo Sports Partnership on 0949047025 or msp@mayococo.ie



Safeguarding Refresher Course Now Open

Minister of State for Tourism and Sport, Patrick O’Donovan TD, recently launched the sixth Irish Sports Monitor report, for the year April 2015-April 2016. The report, written by Ipsos MRBI on behalf of Sport Ireland, measures adult participation in sport and physical activity and compares it with information published for previous years.

The report shows that 45% of the adult population participate regularly in sport equating to approximately 1.6 million people benefiting from the physical, mental and social benefits obtained from participating in sport.

Overall personal exercise is the most popular activity (13.7%) with running (8.2%), swimming (8%), cycling (5.5%) and soccer (4.8%) the next most popular. The full report can be got here http://www.sportireland.ie/Media/Latest_News/-Minister-0%E2%80%99Donovan-Launches-Irish-Sports-Monitor-Report.html



Child Protection in Sport – Safeguarding 1

Sport and Recreation students at Castlebar College of Further Education who attended and received Safeguarding 1 Child Protection in Sport Certificates at training held recently. Training was facilitated by new tutor Detta Molloy and Mayo Sports Partnership Sports Development Officer Anne Ronayne.

A full suite of training courses in Safeguarding 1, 2 and 3 can be viewed on our website at www.mayosports.ie. To find out more contact Sports Administrator Padraic Durcan at 094-9047025

Westport Squash Club

Westport Squash Club is located at Westport Sports Complex, Horkans Hill, Westport, Co. Mayo.

ABOUT: Squash has been played in Westport since the construction of Westport Sports Complex in 1988, when two excellent courts were included in the development. Since then the club has prospered, as the attraction of squash as a vigorous and enjoyable pastime caught the interest of many. Today the club has a very active membership, a competitive ladder and a number of sponsored competitions throughout the year. We have seen a welcome increase in new members in the past few years and are optimistic about the future. **MEMBERSHIP:** Westport Squash Club caters for Adult, Junior and Family membership, male and female, new members are always welcome. Coaching and entry to all club competitions is open to all members. **DEVELOPMENT:** Westport Squash Club have high hopes for the future and as part of the Westport Sports Complex Development Programme are actively involved in the development of the facility. With new court heating already installed further development will include new LED lighting, Glass wall for the courts and general upgrading of the facility including disabled access.



Register with Mayo Public Participation Network (PPN)

Public Participation Networks have now been established across the country as the new framework for public engagement and participation. Mayo PPN is to be the main link through which Mayo County Council connects with the community, voluntary and environmental sectors in the county. The main aim of Mayo Public Participation Network (PPN) is to enable the public to take an active role in policy making and oversight activities of the local authority and to have an input into future development in their community, county and country. The network works at municipal district level and at county level.



Benefits of membership include –

- Stay informed about what's going on in your community & county – information on funding, training, events etc
- Be consulted on issues relevant to your community, county & country
- Get involved in the planning, development and decision making process by electing representatives to local authority policy-making committees and influencing what happens at these committees
- Collaborate with similar groups to enhance your current activity
- Create a sense of solidarity and collective action across Mayo

If you would like to register your group with Mayo PPN you can do so at the following link - <http://www.mayoppn.net/Join.html>
For further information please contact: Ann Marie McGing, Resource Worker, Mayo PPN. E: office@mayoppn.net T: 087-2830538

GAA Healthy Club Initiative

The Connacht GAA Healthy Club Roadshow took place on Saturday 4th February at the Connacht Centre of Excellence Began Ballyhaunis. Congrats to both Achill GAA and Aughamore GAA who made excellent presentations on the day.

Mayo Sports Partnership have worked with Achill GAA on the Get Ireland Walking Programme and are also planning to work with Aughamore on the Men on the Move Initiative. Congratulations to Connacht GAA and John Prenty for facilitating the event.



DATE AND TIME	WORKSHOP / COURSE / EVENT	VENUE	FEE	FURTHER INFORMATION
APRIL				
Sun 30th April 12 Noon	Western People West of Ireland Women's Mini Marathon 2017	Castlebar	€20	www.mayosports.ie aronayne@mayococo.ie
Sun 30th April 12.10pm	Primary Schools Mini Mini Fun Run	Castlebar	N/A	www.mayosports.ie aronayne@mayococo.ie
MAY				
Mon 8th May 12.30pm	Boccia County League	Breaffy Castlebar	N/A	www.mayosports.ie rmcnamara@mayococo.ie
Wed 10th Mayo 10am - 12.30pm	Green Schools Travel Action Day (3rd to 6th Class)	Turlough House, Castlebar	N/A	T: 094 903 1755 tpark@museum.ie
Friday, 12th of May 9.30 - 3pm	PALS Training for Leaders with Older People Groups	An Sportlann, Castlebar	€15	www.mayosports.ie rmcnamara@mayococo.ie
Tues 16th & Wed 17th May 9.30am - 4pm	Youth Sport Leadership	Lough Lannagh Castlebar	N/A	www.mayosports.ie msp@mayococo.ie
Thursday, 18th of May 11am - 1pm	Go For Life Games	An Sportlann, Castlebar	N/A	www.mayosports.ie rmcnamara@mayococo.ie
Tues 23rd May (7-10pm)	Code of Ethics & Best Practice in Sport Safeguarding 1 Workshop	Mayo Education Centre Castlebar	€15	www.mayosports.ie msp@mayococo.ie
Sat 20th May	Cycling Ireland Leader Training Course	Achill Outdoor Education Centre	N/A	www.mayosports.ie aronayne@mayococo.ie
JUNE				
1st - 30th June	Mayo in Motion Walking & Cycle Month	Various	N/A	www.mayosports.ie msp@mayococo.ie
Saturday, 10th of June	National Go For Life Games	Dubin City University, Dublin	N/A	www.mayosports.ie rmcnamara@mayococo.ie
Mon 12th of June 12.30pm	Boccia County League	Breaffy Castlebar	N/A	www.mayosports.ie msp@mayococo.ie
11th - 18th June	Bike Week	Various	N/A	www.mayosports.ie msp@mayococo.ie
Monday, 12th June 7.30pm	Presentation of Special Participation Grants	Castlebar	N/A	www.mayosports.ie msp@mayococo.ie
JULY				
3rd - 7th July 10am - 2pm	Inclusive Summer Camp (Children with a disability and their friends)	An Sportlann, Castlebar	TBC	www.mayosports.ie msp@mayococo.ie

OPPORTUNITIES FOR PEOPLE WITH A DISABILITY SPORTS INCLUSION DISABILITY PROGRAMMES/EVENTS (ONGOING)

PROGRAMME / EVENT	VENUE	DAY / START DATE	TIME	TARGET GROUP
Boccia League	Breaffy GAA Club House	Castlebar	12.30 - 3pm	Adults with physical & sensory disabilities
Para Cycling/ Para Athletics	Ballina Athletics Track	TBC		Adults and children with physical disabilities
Special Olympics Boccé Club	Westport Leisure Park	Wednesdays	5 - 6pm	Intellectual disabilities
Wheelchair Hurling	Barnacrol	TBC	11am - 12.30pm	Adults and children with physical disabilities
Soccer Blitz	Castlebar Celtic	8th June	11am - 2pm	Adults and young people with intellectual disabilities
Inclusive Gym/Fitness Initiative	Westport Leisure Park	Wednesdays	Varied	Pan-Disability (Over 16's only)
Swimming Lessons	Castlebar Swimming Pool	Thursdays	11.30am	Adults with intellectual disabilities
Mayo Autism Activity Club	Arás attrácta Swinford	Every Tuesday	4p - 6pm	Children with Autism
Regional Boccia Tournament	Sligo IT	TBC	11am - 3pm	Adults with physical & sensory disabilities
Soccer programme	An Sportlann, Castlebar	Every Tuesday	10.30 - 11.30am	Intellectual Disabilities
Surf2Heal	Carrownisky Strand, Louisburgh	Every Saturday from 17th June	1pm	Children with Autism
Enjoy Tennis Programme	Castlebar Tennis Club	Ongoing	TBC	Intellectual Disabilities
Inclusive Tag Rugby	St Anthony's and St Dymhpnas	TBC	TBC	Special Schools
Achill Sport For All Activity Club	TBC	TBC	TBC	All disabilities

Further information on courses and applications can be downloaded from our website www.mayosports.ie, before posting application, please check with office to ensure places are left on your chosen course by email msp@mayosports.ie or phone **094 904 7025**. Thank You.