



INTRODUCTION

2016 has been an exciting year in sport with many highlights including our own counties run to the All Ireland Final, finally beating the All Blacks in rugby, the Olympic and Paralympic Games in Rio and the European Soccer Championships in France. Locally participation opportunities for all continue to grow and participation in sport / physical activity is at an all time high. Much of this grassroots development is thanks to planned and nurtured programmes through bodies such as the Sports Partnership. Mayo Sports Partnership will shortly be launching its 3rd strategic plan for sport in Mayo and will continue to work with all stakeholders to further increase participation in sport for all. I hope you enjoy our Autumn / Winter 2016 newsletter.



Yours in Sport

Clár Brendan Mubroy

Chairman Mayo Sports Partnership

**MAYO SPORTS STARS LAUNCH
PRIMARY SCHOOLS "DAILY MILE"
INITIATIVE**



Primary schools across Mayo are to participate in a new daily initiative "The Daily Mile" which will improve the physical, emotional, social health and wellbeing of all children and help in the battle to combat obesity. Mayo GAA stars Lee Keegan and Cora Staunton joined children and staff in Snugboro National School Castlebar recently to launch this programme which has its origins in the UK and is now being introduced to primary schools in Mayo.

In 2012 Elaine Wyllie, head teacher 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.

For further details on the daily mile please visit the website www.thedailymile.co.uk Expressions of interest by schools in "The Daily Mile" can be lodged by contacting Mayo Sports Partnership at 094 - 904 7025 or email: mSP@mayococo.ie

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7th Western People West of Ireland Womens Mini Marathon

Western People
West of Ireland
Women's Mini
Marathon 

The Mall in Castlebar was a sea of colour and excitement as large crowds of men, women and children gathered in the county town for the 7th annual Western People West of Ireland Women's Mini Marathon. Olympic silver medallist Sonia O Sullivan was the special guest on the day, alongside the Cathaoirleach of Castlebar Municipal Council Cllr Balckie Gavin.

Hundreds of Primary School children signed up for the 3rd Mini-Mini event. Similarly, there were a number of second level schools taking part as part of the "Its for Girls" teenage participation challenge.

On the course first home was Sinead Diver in a time of 35mins 27 seconds, second place was Regina Casey Galway City Harriers in a time of 37 minutes 32 seconds and in 3rd place was Norah Newcombe Mayo AC in a time of 37 minutes 51 seconds.

Over the last seven years, the Mini Marathon – organised by the Western People and the Mayo Sports Partnership – has helped raise well in excess of €1.7 million for local charities and once again, scores of worthy causes were well represented on Sunday.

This year, 1600 participants completed the 10km course, while more than 400 others took part in the Mini-Mini event.



It's for Girls

Secondary Schools Mini Marathon Challenge held on Sunday, May 1st, at The Mall, Castlebar



The Adventure Islands Westport €1000 Voucher which is First Prize for the 'Its for Girls' Initiative (this initiative was rolled out by Mayo Sports Partnership and was designed to encourage secondary school girls in Mayo to get physically active by participating in the Western People West of Ireland Womens Mini Marathon) is being awarded to two County Mayo Secondary Schools making them Joint Winners and each receiving a voucher for €1000 and the Mayo Sports Partnership are



St Josephs S.S., Castlebar
Colaiste Chomain, Rosport

Ballyhaunis Sports Hub - Come and Try Day Saturday June 4th 2016

Mayo Sports Partnership in conjunction with the Ballyhaunis Sports Network organised a very successful 'Ballyhaunis Sports Come and Try' Day just recently. Sports Clubs from all over the Ballyhaunis area were represented on the day. The initiative was organised as part of the Ballyhaunis Sports Hub initiative so that clubs could showcase their sport and encourage and signpost children and indeed adults to come along to their clubs and try out their sport and perhaps even join up.

8 clubs were represented comprising Ballyhaunis Rugby Club, Ballyhaunis GAA club (Hurling and Football), Ballyhaunis/Bekan Boxing Club, Ballyhaunis Golf Club, Ballyhaunis Cricket Club, Ballyhaunis Soccer Club along with Martial Arts and little Athletics. The day was very hot but still drew a large number of children with their parents/guardians i.e. approx 150 to try out the various sporting stations. Many smaller clubs in the town got a chance to show their wares and encourage local children to engage with their sports. Lots of potential golfers, boxers, cricketers etc were spotted by club officials and the organisers on the day.



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



an bord um
chuntais dhíomhaíne
the dormant
accounts board



Ballyhaunis Sports Hub - Soccer and Cricket Day

On Saturday Sept 24th at the Ballyhaunis FC Sports Ground, Ballyhaunis Football Club and Ballyhaunis Cricket Club hosted an exciting day of sport for all the family. The day 11am-3pm included soccer games for children and soccer skill development with the second part of the day incorporating cricket. This event was organised by Ballyhaunis Sports Network.

For further information contact Anne Ronayne Mayo Sports Partnership 0876973587 or Paul Byrne FAI 0868579678

'Girls and Women in Sport Seminar' Are we playing in a different League

Day/Date: Thursday, February 9th, 2017 **Time:** 10am-3pm **Venue:** St. Marys Hall, GMIT, Castlebar



The Seminar targets all girls and women especially girls in senior cycle of national school and all Secondary School Girls, Third level women along with those coaching or teaching these groups. Topics such as girls and women's participation, retention, fair play, attitude, equality and media coverage will be discussed by speakers/panellists. Speakers include RTE's Jacqui Hurley, Paralympics swimmer and bronze medallist Ellen Keane, Dr Aoife Lane from the Department of Health Sciences -Health Sport And Exercise Science in WIT, Cora Staunton 10 time All Star in Women's Gaelic and many other inspiring and influential girls and women in sport. Contact Anne Ronayne, Mayo Sports Partnership on 094 9047022 or aronayne@mayococo.ie for further information.

Claremorris to join the Mayo parkrun Network

Claremorris will join Ballina, Belmullet, Castlebar and Westport shortly in providing a parkrun in their locality. Claremorris parkrun is a new community based initiative that will take place every Saturday Morning at Clare Lake starting in Spring 2017. Meeting point is CarPark on the Hollymount Road and start time is 9.30am sharp. The Saturday morning runs and walks are open to all ages, and make for a fun and active way for families to kick start their weekends.

Claremorris parkrun encourages participation not competition, is totally free of charge and is hosted by various sporting clubs and organizations in Claremorris along with the support of other local voluntary organizations such as Claremorris GAA Club, Mayo AC, Claremorris Fit4life Group. The initiative is supported by Mayo Sports Partnership, the HSE through their Get Ireland Active initiative and Mayo County Council. An information meeting is scheduled to take place on Thursday 1st December at 8pm in the Claremorris GAA Centre, Knock Rd.

Further information can be obtained on the Park Run website or locally by contacting Mayo Sports Partnership at 094-9047025



Mayo Sports Partnerships Beginner Couch to 5k Programme

The Autumn Beginners Couch to 5k is ongoing in 4 areas with approx 150 participants in Ballinrobe, Ballyhaunis, Castlebar and Claremorris. The programme is designed particularly for 'absolute beginners' who want to be able to achieve that 5k distance by walking, walking/jogging or jogging. Many of us look at others taking part in the Park Run or the local 5k and wish that it could be us who are participating and this programme is the ideal way to reach that goal. The programme is led by qualified leaders who understand that participants need to build confidence, fitness and change their habits.

The Beginners Couch to 5k was designed by Mayo Sports Partnership in partnership with Claremorris Athletic and leisure club, Connacht GAA and Ballinrobe AC. The target group is teenagers and adults who are not physically active but would like to be.

Contact Anne Ronayne, Community Sports Development Project Worker, Mayo Sports Partnership on aronayne@mayococo.ie or 094 9047022 for further details or if you would like to set up a group in your area.



Castlebar Sports Coaches complete 10 week training programme

A group of jobseekers mainly from the Castlebar 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 Lough Lannagh Holiday Village Castlebar allowed trainees to become qualified hurling, athletics and basketball coaches with additional sports modules in child protection, first aid, disability awareness and parks tennis completed. Trainee coaches also honed their skills and coaching in St Pats National School Castlebar giving many school children some quality participation experiences.

Currently 7 trainee coaches are undertaking a Goal to Work Programme in the Claremorris area and will be undertaking work experience in local schools shortly. This will bring to 10 the number of courses which have taken place since 2010.

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.

o find out more about the programme log on to www.mayosports.ie or contact Mayo Sports Partnership at 094-9047025 email mstp@mayococo.ie

Community Sports Programmes | Cláir Pobail Spóirt

"MEN ON THE MOVE" THE BEST MOVE YOU WILL EVER TAKE!

Are you aged 30+, male and not very physically active? Do you want to feel fitter, have fun, have more energy and meet new people? If you do why not get involved in the Men on the Move at the nearest location to you in Mayo.

Men on the Move is an activity programme which is aimed at men aged 30 and over to get them active, have fun and improve fitness levels. It involves weekly/twice weekly activity sessions which are leader led. You don't need to be fit to take part- the training sessions are structured so that you can find the level appropriate for you to join and progress your fitness at a pace to suit you!

To register your interest contact Mayo Sports Partnership on 094 9047025 or Text your name and what venue you are attending to the leader for each area.

ERRIS – Mondays at 7.30pm Belmullet Civic Centre
Contact: Michelle Healy 087 7646710

BALLINA – Tuesdays at 7.30pm Ballina Family Resource Centre
Contact: Taragh Cosgrove 087-6471919

CROSSMOLINA– Tuesdays at 7pm Crossmolina GAA Centre
Contact: Shane Keane 083 3030613

WESTPORT – Tuesdays Oct at 7.30pm Westport GAA Clubhouse
Contact: Barry Mc Loughlin 087 6627871

ACHILL – Tuesdays Halla Acla at 8pm
Contact : Caroline Mc Loughlin 083 4622082

CASTLEBAR – Wednesdays at 7.45pm An Sportlann Castlebar
Contact: Taragh Cosgrove 087-6471919

SWINFORD – Wednesdays at 7.30pm Swinford Amenity Park
Contact: Geraldine Finn 086-8105964

CLAREMORRIS – Thursdays at 7.30pm Claremorris GAA Clubhouse
Contact: Mayo Sports Partnership 094 9047025

BALLAGHDEREEN - Thursdays at 7.30pm Community Grounds
Contact: Geraldine Finn 086-8105964

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





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

Boccia League

Boccia still goes from strength to strength the first Monday of every month. December 3rd see the Annual Sports Partnership Mayo Boccia Trophy up for grabs in Breaffy GAA club house at 12.30pm. contact Ray for more details



Inclusive Summer Camp 2016

The Mayo Sports Partnership Sports Inclusion Summer Camp took place in An Sportslann Castlebar from the 4th -8th July. In partnership with Enable Ireland the camp this year was able to cater for children of varying abilities and proved to be a massive success.



The Children participated in Basketball, Tennis, Soccer, Little Athletics, Gaa, rounders, Boccia and lots of fun games and activities and a fun and action packed week was had by all.

There was also a camp in Ballyhaunis sports hub on 24th – 26th August. Over 40 children participated in Cricket, Soccer, Basketball, Rounder's and other fun Games.

Disability Awareness and Disability Inclusion Training

Mayo sports Partnership was held 2 courses in Disability Awareness training in 2016. The course took place in Achill and Claremorris with 22 participants taking part in the 2 hour training course which is delivered by Sports Inclusion Development Officer Ray Mc Namara. This course is free of charge and is available to clubs/groups who are interested in doing the work shop.

There was also 3 Disability Inclusion Training courses ran in 2016 one in Ballyhaunis, Ballina and the other in Castlebar. This is a more advanced 6hour course delivered by Cara APA and cost €45. For more information on either course contact Ray at 094 9047023 or rmcnamara@mayococo.ie



Cycle Skills Programme

A very successful Cycle Skills Programme was held in Scoil Raftieri Castlebar over three consecutive weeks in July. The Programme which was ran in partnership with Mayo Sports Partnership, HSE and Enable Ireland was very carefully put together and was ran by a very experienced cycle coach in Gerry butler.

12 participants took part in the progamme which used different methods like turbo training and balance work to improve the participants cycle skills. A second Programme took place on 24th August and there was a hugh demand for places on the programme. if you are interested in learning how to cycle and joining a future programme please contact Ray on 0949047023 or rmcnamara@mayococo.ie



Para Athletics and Para Cycling Day

Para Athletics and Para Cycling Day were held at Ballina Athletics track on Saturday 8th October. The day was organised by Sports Inclusion development officer Ray Mc Namara in association with IWA Sports officer for the west Cliona Horan.

The day was a hugh success with athletes getting to participate in a wide variety of sports from field events such as dices and javelin and track events such as Para cycling. Thanks to Ballina Athletics Club for facilitating the day and to Peter Gill for getting the Para cycling going in Ballina, and to Gerry Towey for helping out on the day.



Go for Life Games

Go for Life Games is growing all the time around the county. With new areas introduced to the games in 2016 which included Westport, Castlebar, Ballinrobe and Kilmovee. These groups all had workshops in how to play the games and participated with in there groups they were also invited to join in the go for life games days that take place around the county

Mayo also sent a team to Dublin for the National Games in June were they preformed brillintly and most important had a great time.If your group is interested in Go for life Games contact Ray at 094 9047023 or rmcnamara@mayococo.ie



Physical Activity Leader Training (PALs)

PALs training workshop took place in An Sportslann Castlebar in May and October of this year. 25 participants took part in the workshops which was organised by Mayo Sports Partnership and facilitated by Paul Gillan from the HSE. This workshop is a great opportunity for older people to become leaders and learn the tools needed to take back to their groups. If this is something you are interested in contat Ray on 094 9047023 or rmcnamara@mayococo.ie



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 2016

Mayo's 2016 Bike week was yet another very successful and fun-filled week with over 800 participants in 24 local events varying from bike workshops, cycling training, bike maintenance and a variety of short family cycle events. Once again Mayo's Bike Week steering committee organised 7 lunchtime cycles throughout Mayo which were a brilliant success and helped to raise awareness around bike safety for children and families. This year also saw National Bike Week being kicked off with a Mayo County Council lunch time staff cycle on the Turlough Greenway.



Active Community Walking Programme – Phase 2

Need support to set up a walking club / group in your community?

Mayo Sports Partnership in association with Get Ireland Walking rolled out phase 2 of the Active Community Walking Programme in 6 communities. This programme aims to support the creation of vibrant walking communities throughout Mayo and to express interest in joining phase 3 next year just contact the Sports Partnership office at 094 9047025 or email mSP@mayococo.ie

Areas who will participated in phase 2 included: Achill; Carrowholly; Ballintubber; Breaflay; Ballina; Ballyglass; Ballyhaunis

Walking Leader Training Course

Walking Leader Training took place in early November in Castlebar. The course was primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. It comprised of a weekend of training followed by a 4 walk task to try out the groups new Walking Leader skills. The course was subsidised by the Irish Heart Foundation, Sport Ireland and the HSE, and covered the following content:

- Current physical activity guidelines for adults and how they relate to walking
- The main elements of a health-enhancing walking session
- Prescribing walking programmes suitable for people of different fitness levels
- Advice on issues such as posture, technique, stretching, intensity, clothing, etc.
- Safety issues and risk assessment
- Planning walking sessions and programmes
- How to start your own walking group
- Practical walking sessions



Mayo Operation Transformation Walks

Walks will be taking place from Saturday, 7th of January in a number of locations around Mayo including Ballina, Castlebar, Belmullet, Claremorris and Westport.

For details of these and other programmes log on to the Mayo Sports Partnership website at www.mayosports.ie/news or call 094 904 7025



SPECIAL PROJECT PARTICIPATION INITIATIVE GRANTS 2016

Organisation/ Club	Total Amount
St.Annes Boxing Club Westport	€300
Achill Rovers Football, Drama & Athletic Club	€400
Ballintubber Athletic	€300
Achill LGFA	€400
Achill GAA	€600
BallinrobeLGFA	€400
Claremorris Golf Club	€400
Ardnaree Boxing Club	€400
Islandeedy Cycling Club	€300
Erris Athletic Club	€300
Clare Island GAA	€500
Mayo Ladies Basketball Masters	€300
Westport Ladies GAA	€500
Ballina Tennis Club	€400
Moy Valley Athletic Club	€400
Islandeedy GAA Club	€500
Niamh Miceal Rowing Club	€400
Ballina Water Polo Club	€300
Claremorris Tennis Club	€300
Ionad Mhara & Geoltaí Teo	€500
CLG Thuar Mhic Eadaigh	€500
Currane Sports & Fitness Centre	€400
Cumann Currach Baile Ur	€400
Westport Basketball Club	€500
Ballinrobe Golf Club	€500
Ballinrobe Town AFC	€600
James Stephens Camoige Club	€600
Parks Tennis Ballina	€300
Graine Mhaol Dragon Boat	€500
Ballycastle Athletic Club	€600
Mayo Table Tennis Academy	€800
Parke Keellogues Crimlin GAA Club	€500
Claremorris Swimming Club	€500
Mayo & GMIT Orienteering Club	€500
Ballina Family Resource Centre	€400
The Maple Youth Centre	€400
Mayo Traveller Support Group	€500
Deel Divas Crossmolina	€300
Kilmovee Community Centre	€400
Moy Guild I.C.A	€300
Parke Community Hall LTD	€400
Bonniconlon I.C.A	€300
Lakeside Sport & Fitness Centre	€700
Erris Womens Group	€300
Westport Special Olympics	€200
Westport Squash Club	€200
Total	€19,500

Special Participation Grant Scheme 2016

At a recent Mayo Sports Partnership Board meeting €19,000 was allocated to 45 clubs / organisations in Mayo through the Partnerships 2016 special participation grant scheme. Special guest at a recent presentation evening, Minister of State for Regional Development Michael Ring, complimented the work being done on the ground by many volunteers and how it was important to recognise their contributions in whatever way possible. This year the scheme has funded initiatives including the set up of a new Mayo Orienteering Club, the new development of a basketball senior club in Westport, walking football initiatives in Ballinrobe, Kilmovee and Achill, community participation initiative in Tourmakeady, mothers and others ladies GAA programmes in Crossmolina and Westport and Cricket in Ballinrobe Programmes in the travelling community and the Special Olympics were also supported under the scheme.



Go for Life Grant Scheme for Older People Groups

The successful recipients of the 2016 Go for Life Small Grant Scheme for Sport and Physical Activity for older people will shortly be announced. The scheme is aimed at encouraging older people to get active and is used by groups and clubs all over Ireland to buy equipment, run sports events or try new activities. Last year over 1,000 groups and organisations availed of this opportunity. Each grant awarded this year will be between €250 and €700.

Mayo Sports Partnership assists groups in preparing applications or in just dealing with their queries. If your group would like to know more please contact Mayo Sports Partnership at 094-9047025 email msp@mayococo.ie or log on to its website at www.mayosports.ie

Martin Sheridan Sports Bursary Awards 2016 to be shortly announced

Thanks to generous support of Mayo County Council the Martin Sheridan Bursary Awards for 2016 were open to applications by relevant sporting bodies and organisations. The closing date for completed entries was October 28th 2016.

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

The Martin Sheridan Bursary Awards are for sports people who have excellent potential, outstanding ability and the desire to perform at the highest level possible in their chosen sport and have the potential to bring recognition and success at National and International level to Mayo. The awards are designed to assist in the cost of education, training, travel and equipment.

SPORTS CAPITAL UPDATE IMPORTANT!

Clubs **MUST** be registered on OSCAR to apply for Sports Capital Grants

The Minister of State for Tourism and Sport, Patrick O'Donovan TD, recently indicated that a new Sports Capital Programme may be announced in the coming months.

Therefore it is important that any clubs considering applying in the next or future rounds ensure they are in a position to do so by firstly registering with the online system OSCAR.

For more information and to register see www.sportscapitalprogramme.ie

Schools Corner

Rannóg na Scoileanna

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 | <ul style="list-style-type: none">The Daily MileSpikeballIntroduction to AthleticsBe Active After School Activity ProgrammeGoal to Work Sports Coach Placement ProgrammeAnnual Mini Mini 1km Run as part of Mini MarathonNational initiatives such as Operation Transformation Bikeweek, National Recreation Week and National Playday. | <ul style="list-style-type: none">Tennis Blitz DaysPlayground MarkingsSports Hall Athletics |
| Secondary | <ul style="list-style-type: none">Disability AwarenessGirls ActiveActive Teens / Youth Leadership Training2nd 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. If you would like further information on any of the above programmes see www.mayosports.ie or if there is or email msp@mayococo.ie

Accredited Youth Sport Leadership Training in 2nd level schools



The Level 1 Award in Sports Leadership provides the ideal starting point for learners aged 13 years and over who wish to develop their leadership skills, whilst under the direct supervision of their Tutor/Assessor or other suitably qualified adult.

The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner. The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to lead others in simple sport/activity.

Mayo Sports Partnership plans to work with selected second level schools and youth organisations to roll out phase 2 of these courses. Earlier this year successful courses took place in Crossmolina, with St Tiernans and Gortnor Abbey, and also Ballyhaunis Community School.

It is planned to deliver courses in Moyne College Ballina and Ballinrobe Community School shortly.

To register interest or to get more information can be got by contacting the office at 094-9047025.

Join the Free Be Active After School Programme

Approximately 30 Mayo Primary Schools have received training in the The Be Active After School Activity Programme (ASAP) since 2013. The Be Active ASAP is an exciting initiative that provides opportunities for children to engage in physical activities in a non competitive after school setting. The programme is led by teachers and supported by parents. Be Active ASAP supports the PE curriculum. It is funded by the HSE and supported by the Irish Sports Council and St. Patricks College of Education in Drumcondra. The programme is designed for 7-8 year olds and is FREE to all participating schools. Resources include a comprehensive resource folder, teacher handbook, teacher training, support and school visits.



It is recommended that schools wishing to achieve the Active School Flag should consider the Be Active ASAP as a means of securing the flag. Recently a Mayo workshop took place in Swinford in October with several schools attending.

It is planned to run another phase of the programme in Spring 2017 however if you would like to register your school for the programme contact Project Facilitator, Paul Friel at 046 9067346 pfriel@meathcoco.ie For more information visit www.beactiveasap.ie

2nd Year Healthy Living Programme

This second level programme comprises of 4 different workshops for second years including drugs and alcohol awareness facilitated by Western Region Drugs Task Force, Teambuilding skill development, Young People and their Mental health and Sport and physical activity facilitated by Mayo Sports Partnership. The day long workshop takes place in the school setting, expressions of interest for participating in the programme can be lodged with MSP Community Sports Officer Ann Ronayne at 094-9047022 or email aronayne@mayococo.ie



Primary School Athletics Autumn 2016

Primary school athletics continues at Claremorris Athletic Centre this Autumn/Winter. Children from a variety of classes in schools around South and East Mayo are treated to coaching of many athletic disciplines by trained coaches. Children can take part in relay running, hurdles, high Jump, long Jump and many other disciplines. 1500 children will take part in the Autumn/Winter Programme. This programmes is run by Mayo Sports Partnership in conjunction with Claremorris Athletic Club. Primary Schools wishing to participate can contact Anne Ronayne Community Sports Development Project Worker, Mayo Sports Partnership on 094-9047025 or aronayne@mayococo.ie



Mayo Ladies Volleyball Club

Mayo Ladies Volleyball Club is a non profitable volleyball club set up in summer 2016. All members are registered with Volleyball Ireland. All our coaches and committee members give up their time voluntarily for the development & progression of the club. We train every Wednesday evening at 6.30pm in Barnacarroll Community Centre and every Friday at St Louis Community School Kiltimagh also at 6.30pm

AIMS AND OBJECTIVES Our aim is to target young children in schools and introduce the sport to them. With a few premier level players and a few All-Ireland champs, the Mayo team is sure to make a name for themselves in the future if given the chance. If there are any individuals or businesses that would like to donate to the team's efforts, please contact Mikal O'Boyle through email at mikaloboyle@gmail.com To keep up with the team or join in, the Facebook Page is: <https://www.facebook.com/MayoVolleyballClub/>

ACHIEVEMENTS Mayo Volleyball Club recently claimed a 3-1 victory away to Newbridge Cheetah thus cementing their position at the summit of Division 2. The win takes their tally to an impressive 5 games out of 5 in this their maiden season.



Research | Taighde

Minister O'Donovan Launches Irish Sports Monitor Report

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.

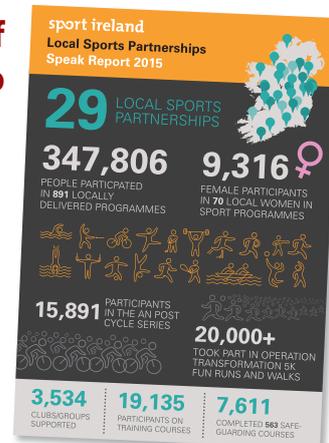
The full report can be got here http://www.sportireland.ie/Media/Latest_News/-Minister-O%E2%80%99Donovan-Launches-Irish-Sports-Monitor-Report.html

National Report of Sports Partnership Network

Minister of State for Tourism and Sport, Patrick O'Donovan TD, recently launched the ninth annual Sport Ireland Strategic, Planning, Evaluation and Knowledge (SPEAK) Report on the national network of Local Sports Partnerships (LSPs).

The SPEAK report provides an overview of the work of the 29 LSPs across the country, and highlights the innovative good practice projects and programmes that are being operated locally.

A full copy of the 2015 SPEAK Report is available to download using this link http://www.sportireland.ie/Media/Latest_News/SPEAK%202015.pdf



SPORT IRELAND

1.6 MILLION PEOPLE PARTICIPATE IN SPORT ON A WEEKLY BASIS

PARTICIPATION BY GENDER
 48.6% MALE
 41.5% FEMALE

PARTICIPATION BY ACTIVITY TYPE
 40.7% as an INDIVIDUAL
 9.1% as part of A TEAM

TOP 5 SPORTING ACTIVITIES

1	EXERCISE	13.7%
2	RUNNING	8.2%
3	SWIMMING	8.0%
4	CYCLING	5.5%
5	SOCCER	4.8%

ACTIVITY LEVEL
 30.2% meet the National Physical Activity Guidelines*
 12.1% are sedentary
*30 mins moderate physical activity, 5 times a week

64.8% WALK FOR RECREATIONAL PURPOSES

Ipsos MRBI

Data are taken from the Irish Sports Monitor 2015. This study involved interviews with 8,540 respondents aged 16 and older. Interviews were conducted by telephone between May 2015 and April 2016.

2nd European Week of Sport 10th – 18th September

The 2nd European Week of Sport ran from the 10th to the 18th of September across all EU member states. It aims to encourage participation in all forms of sport and physical activity. Sport Ireland is the coordinating body for the European Week of Sport and here in Mayo some 35 local events took place including: Parkruns; 'Get Ireland Walking' initiative in 6 communities; Free fitness sessions in local gyms / leisure centres; Cycles; Boccia; Soccer Tournaments

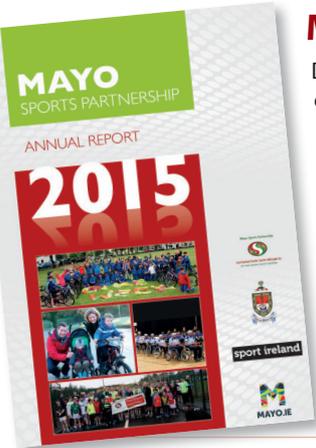


Mayo Sports Partnership 2015 Annual Report Now Available

Development of community sports hubs, jobseeker sports coach training and youth sport leadership programmes, all courtesy of Dormant Account funding, were key outcomes from the 2015 annual report of the Mayo Sports Partnership.

Other highlights from the report demonstrates that Mayo Sports Partnership and its stakeholders provided physical activity opportunities for some 11, 652 people through 69 locally delivered participation programmes, 3263 female participants in 8 local Women in Sport programmes and 403 people with a disability in 18 Sports Inclusion Disability Programmes. Approximately 570 volunteers were involved in the delivery of these initiatives with the annual flagship programme the West of Ireland Womens Mini Marathon involving some 2,000 people overall.

In addition the sports umbrella body ran 19 training and education workshops with 711 participants, supplied information to 580 clubs / organisations and over 12,000 people contacted the Partnership for general and sports specific knowledge. You can also log on to its website and download the full report at www.mayosports.ie/news



New Strategy for Mayo Sports Partnership

Since 2005 Mayo Sports Partnership has successfully delivered 2 strategic plans for sport in the county. A number of key achievements has taken place over this time:

- Participation in sport has never been higher with 47% of the population now partaking in sport at least once a week compared to 34% in 2007.
- Mayo and Sligo are the only two counties in Ireland where more women 49% are participating in sport than men 47%
- 62,000 people in Mayo have participated in 530 programmes
- 32,000 women have participated in 55 women in sport programmes
- 2800 sports volunteers from 600 clubs have attended child protection in sport training
- 3000 people have attended 170 sport education seminars / training
- Since 2008 3,500 people with a disability have attended 120 programmes

Despite all this development there is of course a lot more to do and shortly we will be launching our 3rd strategic plan for sport in the county. Please keep an eye on our website or social media outlets for news of this event and of course a chance to review the strategy. For more please contact the Sports Partnership office at 094-9047025.



Child Protection in Sport - Safeguarding Courses Update

Sport Ireland will be launching its new online Safeguarding refresher course on the 22nd of November 2016. People who have attended previous safeguarding 1 courses will be able to refresh through an online app.

Mayo Sports Partnership holds Safeguarding 1, 2 and 3 courses, all 3 hours in length, which can be found on our website www.mayosports.ie or on the back of this newsletter

Child Welfare & Protection in Sport Awareness Training (Safeguarding 1)

This 'Child Welfare and Protection in Sport' training is a 3 hour basic awareness course, looking at how we can keep adults and young people safe and happy within the club environment. This course is open to sports leaders, coaches, parents, children's officers and other adults involved in the organisation of sport for young people. This module will help to create and maintain a safe and fun environment for young people within the sports club or organisation.

Safeguarding 2 - Club Children's Officer (CCO) Workshop

A must for all Club Children's Officers. A person appointed to the Club Children's Officer position in a club must have completed the Child Welfare & Protection Basic Awareness workshop and should complete the NEW Club Children's Officer 3 hour Training Course. This course will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the club.

Safeguarding 3 - Designated Liaison Person (DLP) Workshop

The third part of the Sport Ireland Child Welfare & Protection Training Programme is the Designated Liaison Person workshop. Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI. It is recommended that this person is a senior club person.



WINTER 2016 / 17 PROGRAMME OF TRAINING & EVENTS

DATE AND TIME	WORKSHOP / COURSE	VENUE	FEE	FURTHER INFORMATION
NOVEMBER				
Thursday, 10th November (7.00pm – 10.00pm)	Childrens Officer in Sport Course - Safeguarding 2 <i>(You must have completed Safeguarding 1 before participating in this course)</i>	Mayo Education Centre, Castlebar	€15	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
Sat 12th (9am – 5pm) & Sun 13th November (9am – 2pm)	Walking Leader Training Course Accredited by Irish Heart Foundation	Lough Lannagh Holiday Village, Castlebar	€50	Irish Heart Foundation tcurran@irishheart.ie T: 01 668 5001
Tuesday, 15th November (7.00pm - 10.00pm)	Code of Ethics & Best Practice in Sport Awareness Course (Safeguarding Level 1)	Civic Centre, Belmullet	€15	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
Wed 23rd Nov (7pm-10pm)	Code of Ethics & Best Practice in Sport Awareness Course (Safeguarding Level 1)	Curam Centre, Claremorris	€15	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
Tues 29th November (7.00pm-10pm)	Designated Liason Officer- Safeguarding 3 <i>(You must have completed Safeguarding 1 before participating in this course)</i>	Mayo Education Centre, Castlebar	€15	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
DECEMBER				
Thursday, 1st Dec at 8pm	Claremorris Parkrun Information Meeting	Claremorris GAA Centre		www.mayosports.ie msp@mayococo.ie T: 094 904 7025
Friday, 2nd Dec at 9am - 4pm	National Sports Inclusion Conference	Crowne Plaza, Blanchardstown, Dublin	N/A	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
Friday 9th Dec	Goal to Work Claremorris Presentation Day	Claremorris Family Resource Centre	N/A	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
TBC	Launch of Mayo Sports Partnership 3rd Strategic Plan		N/A	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
JANUARY				
Sat 7th January	Mayo Operation Transformation Walks	Belmullet, Ballina Castlebar, Claremorris, Westport	N/A	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
Mon 9th Jan – Sat 18th Feb	Operation "Get Mayo Active" <i>(5 week Programme with communities, groups, Clubs throughout Mayo)</i>	Various Locations in Mayo	N/A	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
Tues 24th Jan (7pm-10pm)	Code of Ethics & Best Practice in Sport Awareness Course (Safeguarding Level 1)	Mayo Education Centre, Castlebar	€15	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
FEBRUARY				
Thurs Feb 9th (10am – 3pm)	Girls and Women in Sport Seminar Playing in a different league?	St Marys Hall GMIT	FREE	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
TBC - Sat & Sun	Occupational Sports First Aid	Castlebar	€80	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
TBC	Volunteering in Sport Seminar & Sports Awards Evening	Ballyhaunis	FREE	www.mayosports.ie msp@mayococo.ie T: 094 904 7025
TBC	Code of Ethics & Best Practice in Sport Awareness Course (Safeguarding Level 1)	Ballina Sports Complex	€15	www.mayosports.ie msp@mayococo.ie T: 094 904 7025

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.

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