



Louth Local Sports Partnership Newsletter

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Little Athletics for Primary School Teachers



Louth Local Sports Partnership has teamed up with Athletics Ireland to offer primary schools the chance to participate in Athletics Ireland's Little Athletics Programme.

The training will take place in Scoil Uí Mhuirí Dunleer on Saturday 22nd October from 9.30am to 4pm. The cost per participant is €40. All participants who complete the course will receive an Athletic Leader Certificate accredited by Athletics Ireland and Coaching Ireland.

Little Athletics is a program designed to address the specific physical requirements of children in the 5 - 10 year old age bracket. It focuses on introducing the fundamentals of athletic movement to children in a fun, exciting and non-competitive environment.

Little Athletics centres on the use of games to provide fun while developing fitness. Props such as hurdles, obstacles, medicine balls, foam javelins and hula-hoops will be used to encourage tumbling, running, throwing, hopping and jumping.

Teachers will also be given an introduction to the coaching of four key events, running (Sprints and Endurance), Jumping (Long Jump) and Throwing (Shot Putt).

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Sports Hall Athletics



Louth Local Sports Partnership is delighted to introduce a new athletics programme for primary schools.

SPORTSHALL is a colourful, fun, indoor programme of team athletics for children. It introduces children to athletics in a fun filled environment and developing fundamental (ABCs) foundation skills for all sports.

Provision is made on the programme for inter schools and inter county team competitions. SPORTSHALL has an underpinning philosophy of –

- Appropriate competition for children
- Learning to compete in a non stressful environment
- Avoidance of over specialisation at a young age
- Learning the merits of fair play,
- being part of a team and doing ones best for the teams.

The first national inter county SPORTSHALL Athletics finals for primary schools was held in 2010. Louth Local Sports Partnership will be piloting this programme in conjunction with Dundalk Sports Centre over the 2011/2012 school year. We hope that we will have a team representing Louth at the National Finals in 2012.

Bike Week 2011



A group of students from Castletown Girls School who participated in Cycle Safety Training organised by An Taisce

Bike Week 2011 which took place from the 18th to the 26th June was a great success in County Louth. Louth Local Sports Partnership was awarded €5000 by the Department of Transport, Tourism and Sport to help promote Bike Week. We were able to build on the partnerships built during the 2010 Bike Week to deliver a wide range of events taking in all ages and abilities to encourage cycling across the population of County Louth.

Bike week events were delivered in partnership with Dundalk Town Council, Drogheda Borough Council, Drogheda RAPID, Southside Youth (Youth Work Ireland), Garda Siochana, Drogheda Youth Development, An Taisce, Halfords and local cycling clubs – Cuchulainn Cycling Club, Ardee Cycling Club and Drogheda Wheelers.

The clubs organised a number of events including cycles for beginners, family cycles, competitive races and a cycling skills programme for children. Nearly 300 people took part in cycling club facilitated events over Bike Week.

There were many events organised in the schools in Co. Louth. Throughout the week there were bike health checks and Gardaí cycle safety talks in primary schools in Drogheda and South Louth schools. The bike checks were delivered by staff from Halfords and the Community Garda gave the cycle safety talks. An art competition facilitated by Drogheda Borough Council was also held for 6th Class in Drogheda and South Louth schools.

On June 22nd which was National Cycle to school and work day Dundalk schools availed of cycle skills and safety training facilitated by An Taisce with assistance from community Gardaí. Many County Schools also took part in the day including Tallanstown NS who held their first ever cycle to school day during Bike Week. In total approximately 500 children took part in Bike Week schools events in County Louth.

On Saturday 25th June two mystery bike tours were held one on the Southside of Drogheda in the morning and one in the afternoon on the Northside. It was a fun family fun event with an orienteering element as the participants had to collect road safety signs. The tours were facilitated by Drogheda Borough Council.



A group of students from St. Joseph's CBS Primary School who had their bikes checked by Halfords



Community Garda Paul Burke pictured with a participant in the bike races at the Cycle in the Park Family Funday in St. Helenas Park

On Sunday 26th June "Funday Sunday - Cycle in the Park" was held in St. Helena's Park, Dundalk. The event was facilitated by Dundalk Town Council and Cuchulainn Cycling Club and was the biggest event of the week. It was a family funday and included slow races, tutor laps of the park and the "Tour de Dundalk" family cycle. 1424 people were involved in the Funday which has been the biggest success of any Bike Week event held in the County. The Maracycle route also came past the site of the Cycle in the Park event.

In total we estimate that over 2,200 people were cycling as part of Bike Week in County Louth!

Positive Ageing Week and Older Adults Events



On Thursday 15th September at 11am Louth Local Sports Partnership have organised a Go for Life Grants Information Session and also a Boccia and Kurling demonstration. The event is free of charge and all are welcome. One of the main elements of the Go for Life Programme is the National Grant Scheme for Sport and Physical Activity for Older People. Running since November 2001, each year Go for Life allocates money to local groups all over the country, who are seeking to provide increased opportunities for older people to participate in sport and physical activity. Any local group seeking to provide increased opportunities for older people to participate in sport and physical activity may apply for a grant.

Grants range from €350 to €850 and are typically used by groups to either purchase equipment or used so that members may explore a new sporting activity. In previous years, successful applicants have included active retirement associations, senior citizens clubs, ICA guilds, sports clubs, day centres and community centres in 26 counties. Louth groups and organisations were allocated €5,850 in 2010. Closing date for the grant is 5pm on Thursday 29th September.

As part of Positive Ageing Week which takes place from September 23rd to October 1st Louth Local Sports Partnership have organised a number of events. At 10.30 on Monday 26th September there will be a come and try session for outdoor exercise equipment in St. Dominic's park, Drogheda. The launch of older adults physical activity sessions takes place on Tuesday 27th September at 11am in Dundalk Sports Centre, Muirhevnamór. These sessions have been organised by Triona Faapito, Dundalk Sports Centre and will run on a weekly basis. Activities offered will include boccia, kurling, sit fit, go for life activities and dance. To register your interest in the classes please contact Louth Local Sports Partnership. The classes will be free of charge.

World Heart Day



Irish Heart Month takes place this September. A number of walks will take place on World Heart Day, **Sunday the 25th September** as part of the biggest walking event in the country. Last year 600 walks were organised with more than 15,000 people taking part. The Irish Heart Foundation is calling on everyone young and old, active and not so active to take part and make the walk the start of a programme of regular walking or physical activity. Walking is an ideal way to be physically active, and at least 30 minutes 5 days a week is needed to keep your heart healthy. You will also enjoy many other health benefits such as reducing stress, having more energy, and helping to keep a healthy weight.

- Blackrock Tidy Towns and Blackrock and Haggardstown Defibrillator Group have organised a walk in **Blackrock** The walk will begin at the Sundial at **2 pm** and will follow the 3.1 km Slí na Sláinte route.
- Louth Local Sports Partnership have organised a walk along the **Drogheda Slí na Sláinte route** which starts at **2.30pm**. The walk will be led by Irish Heart Foundation trained walking leader Seán McCormack.
- Louth Local Sports Partnership in conjunction with Louth GAA have organised a walk along the Darver Slí na Sláinte route. The walk will begin at **3pm at Darver GAA Centre**, is 3km long and should take approximately 45 minutes.

Louth Local Sports Partnership Grant Scheme to Support Increased Participation in Walking



The goal of Louth Local Sports Partnership is to increase participation in Sport and Physical Activity in the Louth area. In line with this goal, Louth Local Sports Partnership is currently running a grant scheme to provide financial support for initiatives run by groups in the Louth area who are working to increase and sustain participation in Walking. This grant scheme provides more opportunities to 'GET IRELAND ACTIVE', as part of the National Physical Activity guidelines for Ireland www.getirelandactive.ie

Who is Eligible to Apply:

- Groups based in County Louth
- Groups must be run on a not for profit basis
- Groups that currently promote regular physical activity to the community

What can be applied for:

- Programmes introducing walking as an activity to new participation groups
- Programmes that demonstrate a sustainable approach to the regular promotion of walking
- Equipment to support groups in walking initiatives – hi-viz vests, pedometers etc. – please note that any spend on equipment through this grant scheme must be sustainable i.e. the equipment will remain in ownership of the applicant group for re-use
- Walking Leader Training course fees for volunteers to be trained to lead groups in walking activities

The closing date for receipt of applications is Friday 14th October at 4pm. For more details or to request an application form please see our website www.louthlsp.ie or contact Louth Local Sports Partnership on 042-9324318



Launch of Get Ireland Active Website



The Get Ireland Active website will be formally launched on the 5th October. The www.getirelandactive.ie site was initially developed to promote the National Physical Activity guidelines. The site has been further developed to become a one-stop shop for physical activity information. The aim of the revised website is to encourage people to become more physically active by creating awareness of the opportunities for physical activity at local, regional and national levels. It also contains lots of information on physical activity: the benefits, how to get started, tips to stay motivated etc.

If your club or group is organising an event, submitting the information to the website is a great way to promote it. It is free of charge to submit an event and the site is very user friendly.

Louth Local Sports Partnership Grant Scheme to Support Initiatives and Programmes Designed to Increase Participation in Sport and Physical Activity by People with a Disability



Louth Local Sports Partnership is currently running a grant scheme to provide financial support for initiatives run by clubs/groups in the Louth area who are working to increase participation by people with a disability.

Please note that this is a second call for this grant scheme – previous successful applicants in 2011 are ineligible to apply

Grants of up to €500 max. may be applied for.

Who is Eligible to Apply:

- Sports and Physical Activity Clubs based in the Louth area
 - Disability groups and organisations based in the Louth area
 - Clubs must be affiliated to their National Governing Body of Sport where such an NGB exists.
 - Clubs must also be run on a not for profit basis
 - Clubs that have a youth structure in place or plans to put a youth structure in place
- Joint applications from groups will be favourably considered

What can be applied for:

- Programmes to increase and sustain membership and participation by people with a disability
 - Programmes to introduce new activities to new potential participation groups
- Coaching course fees carried out in 2011 (max. up to 50%) i.e. Introductory, Level 1 or Level 2 coaching qualifications carried out by members of your club/group in order to coach within your club/group

The closing date for receipt of applications is Thursday 6th October at 4pm. For more details or to request an application form please see our website www.louthlsp.ie or contact Louth Local Sports Partnership on 042-9324318.

National Recreation Week

National Recreation Week takes place from the 20th October to the 4th November. Louth Local Sports Partnership will be organising two come and try youth events as part of this week. Louth LSP will be consulting with youth groups from the Louth area in the coming weeks to decide what activities will be on offer. For more information contact Louth Local sports Partnership on 042-9324318.

Calendar of Courses & Events

Disability

Course/Event	Date	Time	Venue
Zumba for People with a Disability	Starts Mon 5th Sept	11.00 - 12.00	Ballsgrove Community Centre
	Starts Mon 3rd Oct	10.00 - 11.00	The Studios, Coes Road, Dundalk
Disability Awareness Training	Tues 18th Oct	6.30 - 9.30	Muirhevnamór Sports Centre, Dundalk
Buntús Refresher Training for Special Schools and Special Needs Assistants	Wed 19th Oct	13.00 - 16.30	Lannleire Pavilion, Dunleer
Inclusive Games Training	Tues 8th Nov	19.00 - 21.00	St. Peter's Parish Centre, Drogheda

Older Adults 55+

Course/Event	Date	Time	Venue
World Heart Day Walks	Sun 25th Sept	14.00	Blackrock Slí na Sláinte Route - starts at the Sundial
		14.30	Drogheda Slí na Sláinte Route - starts at Murdocks Car Park, Wellington Quay
		15.00	Darver Slí na Sláinte Route - Darver GAA Centre
Come & Try Session for Older Adults Exercise Equipment	Mon 26th Sept	10.30 - 11.30	St. Dominics Park, Drogheda
Older Adults Physical Activity Sessions	Starts Tues 27th Sept	11.00 - 13.00	Muirhevnamór Sports Centre, Dundalk
Older Adults Activity Festivals	Tues 22nd Nov	10.00 - 13.00	Muirhevnamór Sports Centre, Dundalk
	Wed 23rd Nov	10.00 - 13.00	Drogheda Institute of Further Education

Pre Schools

Course/Event	Date	Time	Venue
Buntús Start (for Childcare Providers)	Sat 10th Sept & Sat 15th Oct	10.00 - 1.00 both days	Muirhevnamór Community Centre, Dundalk
	Sat 17th Sept & Sat 8th Oct	10.00 - 1.00 both days	The Barbican Centre, William Street, Drogheda

Calendar of Courses & Events

Schools

Course/Event	Date	Time	Venue
Girls in Action Start Up Meeting	Tues 20th Sept	16.15	Scoil Uí Mhuirí, Dunleer
Buntús Refresher Training Primary Schools	Thurs 13th Oct	13.00 - 16.30	Redeemder Community Centre, Dundalk
	Wed 19th Oct	13.00 - 16.30	Lannleire Pavilion, Dunleer
	Tues 15th Nov	13.00 - 16.30	Ballsgrove Community Centre, Drogheda
Little Athletics Course for Primary School Teachers	Sat 22nd Oct	9.30 - 16.00	Scoil Uí Mhuirí, Dunleer

Code of Ethics

Course/Event	Date	Time	Venue
Code of Ethics Child Protection and Welfare in Sport Basic Awareness Workshop	Tues 27th Sept	18.00 - 21.00	Drogheda Leisure Park
	Tues 11th Oct	18.00 - 21.00	Muirhevnámór Community Centre, Dundalk
	Wed 26th Oct	18.00 - 21.00	Irish Wheelchair Association, Ardee
	Wed 9th Nov	18.00 - 21.00	Drogheda Leisure Park
	Tues 29th Nov	18.00 - 21.00	Muirhevnámór Community Centre, Dundalk
Code of Ethics Club Children's Officer Training	Tues 15th & Thurs 17th Nov	18.00 - 21.00 Each evening	Irish Wheelchair Association, Ardee

Walking

Course/Event	Date	Time	Venue
World Heart Day Walks	Sun 25th Sept	14.00 14.30 15.00	Blackrock Slí na Sláinte Route Drogheda Slí na Sláinte Route Darver Slí na Sláinte Route
National Trails Day	Sun 2nd Oct		Various Events in County Louth See www.nationaltrails.ie

Other

Course/Event	Date	Time	Venue
Sports Development Officer Forum	Wed 12th Oct	10.30 - 12.30	Drogheda Leisure Park

All courses must be booked in advance. For further information or to book a place please phone Celine Kearney on 042-9324318 or e-mail louthisp@louthcoco.ie

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