



## ■ Introduction

Welcome to the first issue of the Mayo Sports Partnership Newsletter. The newsletter will be used as a means to keep all sporting clubs / organisations, community groups etc informed on the type of work that the partnership promotes. Upcoming events and courses will also be published in this publication so giving the wider community more access to this information. We hope to provide this newsletter on a bi-annual basis and if you require any further information on any of the topics discussed here please don't hesitate to contact the Sports Partnerships office on 094-9047543

## ■ Mayo teachers further sporting knowledge

Twenty five National School Teachers participated in a very successful Summer Course organised by Mayo Sports Partnership in conjunction with the Mayo Education Centre. The course aimed to give teachers practical tips in helping them to deliver the games, outdoor Education and aquatics strands of the new P.E Curriculum. Topics covered included basketball, cycling, tennis and swimming.

"The course gave me plenty of ideas to put into my programme for next year. The kids will love a lot of the stuff that we've seen this week" said Harry Canning from St. Patrick's N.S Castlebar.

The Course Tutors included – Deirdre Conway from Castlebar Aces Basketball Club, Padraig Marrey, Head Coach Cycling Ireland, Garreth Barry, Tennis Development Coach and Marian English from Castlebar Swimming Club.

The course ties into the overall aim of the Sports Partnership which is to increase participation and maximise the use of resources. Training and Education is one of the key functions of the Partnership and the more knowledgeable Coaches/Teachers are, the higher the quality of the coaching.

"Teachers are already doing a tremendous job in the education system. With Sports Partnership initiatives such as Summer Courses and the Buntús Programme, which is already in operation, we hope to make teachers more confident when they are teaching Physical Education" said Charlie Lambert, Sports Co-ordinator, Mayo Sports Partnership.

All the teachers were presented with certificates on completion of the Course by Mr. Pat Staunton, Chairman of Mayo Sports Partnership.

# NEWSLETTER

## Contents

	page
■ Introduction	01
■ Mayo teachers further sporting knowledge	01
■ Mayo Sports Partnership	02
■ Membership of the Partnership	02
■ Buntús Programme	02
■ Launch of the Partnership	03
■ Code of Ethics and Good Practice In Childrens Sport	03
■ Positive Mental Health Conference	03
■ Women in Sport Initiatives	03
■ Mayo Coaches brought up to Date	04
■ Strategic Planning Update	04
■ Sport Organisations come up Trumps	04
■ Grant Schemes 2005	05
■ Slí na Slainte Walking Leader Training	05
■ New Disability Group Formed	05
■ Registration	06
■ Calendar of Events / Courses	06



## ■ Mayo Local Sports Partnership

The aim of the Mayo Sports Partnership is to increase participation in all sports and to ensure local resources and facilities are used to the best effect. The partnership board has representatives from interested agencies and sporting groups. These include Mayo V.E.C., Mayo County Council, Mayo County Development Board, Health Services Executive, FAS, Department of Gaeltacht & Rural Affairs, G.M.I.T., Mayo Education Centre, Mayo Community Forum, and representatives from the County Sports Forum.

### The Sports Partnership has three main functions

- **Information-** To establish a consultation process with sport clubs and organisations and to identify their needs and resources. Initiate research and compile a sports directory. One stop shop for sport in Mayo.
- **Education-** To provide quality opportunities for education and training at local level. Provide training courses targeting volunteers and providing access to sports specific courses through the national governing bodies of sport.
- **Implementation-** To develop a strategic plan for sport in Mayo and select participation programmes to suit local needs.



**Charlie Lambert** has been appointed as Sports Co-ordinator for the Mayo Sports Partnership. Charlie is employed by Mayo County Council on behalf of the partnership board. He will be responsible for implementing the local sports plan, encompassing elements such as an education programme and participation initiatives.

## ■ Membership of the Mayo Sports Partnership Board

Chairman of the Sports Partnership Board and Mayo V.E.C.:	Pat Stanton
Mayo County Council:	Des Mahon or selected Nominee
Mayo County Councillors:	Michéal Mc Namara, Seamus Weir
County Development Board:	John Coll
FAS:	Tony Cawley
Health Service Executive:	Thelma Birrane
G.M.I.T.:	Nigel Jennings
Mayo Education Centre:	Denis O'Boyle
Dept. of Community, Rural And Gaeltacht Affairs:	Aine Uí Chonghaile
Sports Forum:	Eugene Lavin, Gerry Mc Guinness, Bernard Cumiskey
Special Needs Sports:	Johnny Groden
Community Fora:	Eamon Breslin, Mary Mulryan



## ■ Buntús Programme

Buntús Play and Buntús Multi-Sport is a Sports Programme delivered to Primary Schools by the Mayo Sports Partnership. The core values of the programme is based on fun, enjoyment and participation opportunities for all. There are three main elements to the programme

- **Training**
- **Equipment**
- **Resource Cards**



Over the next two years all national schools, 145 in total, who expressed an interest in Buntús will participate in the generic programme. The second phase is to be rolled out in October 2005. A total of 23 Schools will be involved. Third & Fourth phase will be completed in the school year 2005 / 06. Sports Specific Buntús Programmes from the F.A.I. and the I.R.F.U. are follow on programmes after the generic programme. If you need further information please contact the Sports Partnership on 094-9047543.



## John Treacy gets Mayo Sports Partnership off the mark

At a packed Westport Leisure Park on Thursday 10th March sporting representatives from all parts of Mayo got an insight into the future direction of sport in the county. Mr Pat Stanton Chairman of the Mayo Sports Partnership chaired the proceedings.

Pat introduced Charlie Lambert the Sports Co-ordinator with the Sports Partnership. Charlie gave an outline of the work the Partnership has achieved to date and what lies ahead. Paddy Mc Guinness Chairman of the County Development Board described how the development of sport fits into the development plan for the county. Pat introduced probably Irelands most successful athlete ever John Treacy. John C.E.O. of the Irish Sports Council described how increased involvement in sport and physical activity will lead to a healthier nation. " I plead with parents to take part in exercise with their children we need to give our youth a clear direction in life. All they need is leadership and that's what parents are for" Treacy said. The Buntus

Programme in Primary Schools is a key initiative in this regard. Training teachers and making them more comfortable with the equipment and resource cards is what it is all about. " I wish the Partnership well in its work and I know its going to work" was Treacy's last words. Joe Connollys famous speech "as Gaelgie" in Croke Park when Galway won the Mc Carthy Cup in 1980 was remembered. Joe who is a lifelong Patron of GOAL was onhand to accept a cheque from the sporting groups in Mayo who participated in "Mayo Sport Aid". This was an initiative to raise funds for the victims of the tsunami disaster in South East Asia.

Pat Stanton then introduced Aine Egan and Dance World from Ballina who gave an excellent demonstration of modern dance combined with more traditional Irish dance. This was followed by a demonstration by the White Tiger Martial Arts Group led by Martin O Malley. A reception was held afterwards in the Café section of the Westport Leisure Park.

## Code of Ethics & Good Practice in Sport

In April 2005 the Child Protection in Sport Workshop programme was launched by the Mayo Sports Partnership. The aim of the workshop is to provide coaches / leaders involved in sport with a knowledge of best practice and also templates for codes of conduct for coaches, parents and participants. All governing bodies of sport in the country from G.A.A. to Athletics are encouraging their members to attend these workshops and bring the message back to their clubs. A programme of workshops has been worked out for the Autumn / Winter 2005 and can be seen elsewhere in this newsletter.

The cost to each participant is €10 and should be over 18 years of age.



## Promoting Positive Mental Health Conference

On **Saturday 8th October, 2005** a day long Conference on the above will be held in the **Wyatt Hotel Westport** from 10-5pm. The focus on the day will be in the area of promoting Positive Mental Health through the Arts and Sport. Gareth O'Callaghan of 2 FM fame will open the event and a number of activity workshops in art, music and physical activity will take place on the day. With the pressures of modern life impacting more and more on mental health this Conference will provide a forum to increase awareness on this issue. More information can be obtained by contacting the Sports Partnership Office on 094 9047543

## Women in Sport

At the last budget the Government announced that €750,000 would go to Women in Sport Initiatives. The Irish Sports Council distributed this money through National Governing Bodies such as the G.A.A and F.A.I to name but two. The Sports Partnerships were asked for projects that would be funded under this scheme. Two projects will be rolled out in the coming months under this Scheme.

- Hip to Hop Secondary Schools Dance Project
- Walking Leader Training Workshops

More details on these projects can be got by contacting the Sports Partnership Office on 094-9047543

## ■ “Mayo coaches brought up to date in current training methods”

Coaches from a wide range of sporting disciplines from Athletics to Tennis attended an informative three hour Introductory Workshop in Speed Agility and Quickness (S.A.Q) recently in An Sportlann, Castlebar. The workshop organised by the Mayo Sports Partnership, was delivered by Mr. Jim Kilty of Athletics Ireland.

“The aim of the Workshop is to give Coaches an introduction to modern training methods” said Mr. Kilty.

“Why do we train footballers to be 400m runners. Is this what they do in game time”? added Kilty.

This philosophy provided much debate amongst Coaches present.

The second half of the Workshop concentrated on the practical side of conducting a training session. Coaches were brought through a whole range of drills and exercises using equipment including hurdles, ladders, etc.

“The Mayo Sports Partnership aims to give coaches from all sports access to this kind of training at a basic cost” said Charlie Lambert, Sports Co-ordinator for the Mayo Sports Partnership.

Anybody requiring further information on Mayo Sports Partnership can contact 094 9047543 or [www.mayocdb.ie](http://www.mayocdb.ie) for more details.



## ■ Planning Update

One of the Mayo Sports Partnerships main functions is to develop a Strategic Plan for the County. This is done in Consultation with Sporting Groups / organisations / clubs and community groups. As part of this process 8 public consultation meetings were held in the electoral areas of the county. Numerous other meetings with individual groups were also held with the main aim of finding out what are the needs and issues in relation to sport and what can be done to address these issues. Many issues were raised and much debate centred around topics as the lack of participation, need for more volunteers, more funding and better facilities to name but a few. It is hoped that a draft plan can be put to the local sports foras for consultation in early November. The Mayo Sports Partnership Board has held several workshops towards the planning process and many issues have been raised as to what type of work the Partnership should be doing. If anybody would like to make a submission to the plan, ideas that they may have etc they can do so by sending a written submission to the Partnership offices or on line through the Partnerships Website [www.mayocdb.ie](http://www.mayocdb.ie)



## ■ Mayo sports organisations come up trumps

A final presentation of the proceeds from the Mayo Sport Aid appeal in aid of the tSunami disaster relief effort took place recently to Ronan Scully from GOAL. The final sum was ?17,626. All sporting organisations that took part in the appeal from Tennis clubs, Basketball Clubs to Leisure Centres deserve great praise for their efforts. Pictured presenting the cheque to Ronan Scully is Pat Stanton Chairman of the Mayo Sports Partnership.

“Some further monies has still come in after the presentation. The account is still open so if anyone has any outstanding money to this appeal please contact the Partnership offices” said Charlie Lambert Sports Co-ordinator for the Mayo Sports Partnership.

A great example of how sports groups and organisations can work together for a united cause .





## Sports Partnership Launch Grant Scheme

The Mayo Sports Partnership announced details of their **Special Participation Project Initiative Grant Scheme** for 2005 in June. A closing date for the scheme was set for July 29th with successful applicants notified in September. A number of projects from clubs / organisations that show initiative towards increasing participation in target groups of the population will be given funding to set up these projects.

This scheme aims to complement the work that is been undertaken by the Mayo Sports Partnership as well as the Irish Sports Council who fund the Partnerships countrywide.

" Any clubs/ organisations or groups who are aiming at increasing participation or introducing new activities to target sectors of the population such as children, young people, girls/ women, disadvantaged kids, travelling community, people with disabilities, ethnic minorities or older adults should think about applying for the scheme" said Pat Staunton Chairman of the Mayo Sports Partnership.

"Any money that we have has to be used well and needs to make a difference on the ground in relation to participation. We would love to be able to write a cheque for all clubs in the county but unfortunately we simply don't have the resources to do so" Charlie Lambert went on to say.

Further details of the scheme can be obtained by contacting the Sports Partnership at 094- 9047543 or on the Web at [www.mayocdb.ie](http://www.mayocdb.ie)

## Slí na Slainte Walking Leader Training

Often wondered about setting up a Slí na Slainte route in your area or are you interested in becoming a Walking Leader in your Community? If you are a residential training course will be held from Friday 21st October till Sunday 23rd in Petersburg Outdoor Adventure Centre Galway. This training is organised by the Irish Heart Foundation. Please contact Mayo Sports Partnership at 094-9047543 for further details.



## Sports Disability Action Group Formed

A new group called the Mayo Adapted Sport & Recreation Group aimed at mapping a way forward for the Disability Sector in relation to sporting opportunities was recently established. Representatives from local agencies, such as the Health Service, Sports Partnership and County Council, as well as those from the Disability Sector, Enable Ireland, Irish Wheelchair Association Western Care, Mayo Mental Health, Special Olympics are represented on the Group. This action Committee is not finalised at the moment as only two Meetings have been held. The long term aim of the Group would be to produce an action plan in consultation with all mainstream and Disability groups to increase sporting opportunities for the Disability Sector. The short term aim of the group would be to increase awareness amongst the general sporting public of the need for inclusion of people with a disability in mainstream sporting clubs/organisations.

## Sports Capital Funding Workshop '05

19 Sporting organisations received funding this year under the governments sports capital funding programme. The Mayo Sports Partnership will hold a workshop on Tuesday 15th November at 8pm in the Mayo Education Centre Castlebar. The aim of the workshop is to give any clubs / organisations who wish to make an application in 2006 guidance on how to go about filling an application form and planning guidelines etc. More information on this workshop can be got by contacting the Sports Partnership on 094-9047543.

## Physical Activity and Sport Grant Scheme for Older People

Age & Opportunity has announced advance notice of another Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Again this year over EUR300,000 will be made available to local groups to enable them to get their older members more involved in sport and physical activity. Application forms will be available in mid September and the deadline for their return will be toward the end of October. Full details will be advertised in national press in September.

## Is your club registered with the Sports Partnership ?

Its important that all clubs / organizations that are involved in sport are registered with the Sports Partnership so that they are on the mailing list and can be contacted on upcoming events / seminars. Anybody looking for application forms for any of the courses should contact the Partnerships office at the details given below:

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

Community & Enterprise, Mayo County Council, Áras an Chontae, Castlebar, Co. Mayo.  
Tel: (094) 90 47543 Fax: (094) 90 47498 E-mail: [clambert@mayococo.ie](mailto:clambert@mayococo.ie) Web: [www.mayocdb.ie/sport](http://www.mayocdb.ie/sport)

## Calendar of Courses/Events Autumn/Winter 2005

DATE	EVENT	TIME	VENUE
Monday 12th September, 2005	Sports Forum	7.30pm-9.00pm	Mayo Education Centre
Saturday 17th September, 2005	Code of Ethics Awareness Workshop (Mayo F.A)	10.00am-2.30pm	Milebush Park
Wednesday 21st September & 28th 2005	Code of Ethics Awareness Workshop Swinford Area	7.30pm-9.45pm each night	Aras Attracta
Saturday 8th October 2005	Conference: Promoting Positive Mental Health through Sport & Arts	10.00am-5.00pm	Wyatt Hotel, Westport
18th & 19th October, 2005	Code of Ethics Awareness Workshop, Ballinrobe Area	7.30pm-9.45pm EachNight	Kilmaine Community Centre
21st – 23rd October 2005	Slí na Slainte Walking Leader Training Residential Course	Friday 21 <sup>st</sup> 7-10pm Sat. 22 <sup>nd</sup> 9am – 5pm Sun.23 <sup>rd</sup> 10am – 3pm	Petersburg Outdoor Adventure Centre, Clonbur, Galway.
9th & 16th November,2005	Code of Ethics Awareness Workshop, Achill Area	7.30pm-9.45pm Each Night	Ostan Oilean Acla
Friday, 11th November, 2005	S.A.Q Foundation Course	4.00pm-10.00pm	Lakeside Health & Fitness Ballinrobe
Tuesday, 15th November, 2005	Capital Funding Information Workshop (Lotto Funding)	8.00pm-9.30pm	Mayo Education Centre Castlebar
Saturday, 19th November, 2005	Code of Ethics Awareness Workshop Belmullet Area	10.00am-2.30pm	Aras Mhaoilchairn Chapel St., Belmullet

*If you are interested in booking for any of these courses, please contact Mayo Sports Partnership @ 094 9047543 or email [clambert@mayococo.ie](mailto:clambert@mayococo.ie)*

## Upcoming Courses/Workshops to be finalised.

- Buntus Training for Phase 2 National Schools
  - Sports First Aid in conjunction with Mayo Civil Defence
  - Grant Information on the Mayo Sports Partnership Scheme and many others.
  - Public Relations (P.R) Course for club P.R.Os in dealing with the media
  - Walking Leader Training Workshops in Mayo
  - Practical Seminar on “ Basic, Intermediate and Advanced Plyometrics and their relevance to Speed and Power” Connacht G.A.A. and Mayo Sports Partnership ( Jan 2006) More details later.
- Please contact the Mayo Sports Partnership Office to find out further details