



Annual Report 2013

Sport for life, Sports for all.

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Foreward

On behalf of Cavan Sports Partnership, we are delighted to present this annual report, which provides an overview of the work of the Partnership in 2013.

In an era of change and uncertainty we are still delighted to report that interagency and stakeholder collaboration is a major factor in the successful delivery of many participation opportunities for all. This report gives a snapshot of these interventions and of trends in modern recreational sport / physical activity.

Similar to previous years, Cavan Sports Partnership has made significant advances and has particularly increased the number of locally delivered programmes. Target groups focused on during 2013 included children and young people, volunteers, people with a disability and women.

A particular highlight from the report has been the success of Run with Catherina, our first 5k run road with the 6 week lead in Learn to Run programme. Over 200 people participated in a pilot programme in 3 venues with fantastic outcomes. The enthusiasm with which all engaged in the initiative was uplifting for all involved in this intervention.

CSP continues to be very thankful to Cavan County Council, the Irish Sports Council and our local partners for their continued support and investment which enables us to do our job.

Finally, CSP thanks all those who have contributed to the compilation of this annual report and also to the team of instructors / tutors who were involved in the many programmes. A special word of thanks must go to the staff of CSP who works hard to ensure we meet our aims each year.

Tony Brady

Chairperson

Blaithin O Reilly

A/Sports Co-ordinator



Cootehill Participants who took part in the 2013 New Forest Run Programme

Introduction

Cavan Sports Partnership was established by the Irish Sports Council in 2008 and a sub structure of Cavan County Development Board.

CSP's first Strategic Plan "Sport for Life, Sport for All, 2009 – 2012", identified a pathway for development.

Launch of Cavan Sports Partnership Strategic Plan 2013 – 2015



John Tracey launching CSP Strategic Plan

with Paul Brady, County Manager Jack Keyes, Ciere Smith and Nigel Carr

12th April 2013

In 2012 CSP began a review of their Strategic Plan 2009 – 2012 and a consultation process with all those with an interest in sport in the county. In order to make sport "every day and for everyone", CSP recognise the need to clearly define and map out what we must do and how we will do this. This strategic plan for 2013 to 2015, takes into account the changing circumstances of our community, it recognises the value and role of our partners, it identifies a route for CSP to deliver our sports participation mandate and makes other people and organisations aware of our shared interests and responsibilities.

Our second Strategic Plan outlines the work of the sports partnership over a three year period under four key strategic objectives.

The following Annual Report gives an overview of the work of Cavan Sports Partnership in 2013 under its four key strategic objectives.

CSP Vision, Mission and Values

CSP **Vision** recognises that sport is for everyone at every life stage:

'Sport for life, Sports for all'

The **Mission** of the CSP is in three parts:

1. More activity and more people.
2. Support the sports providers.
3. Get more and do more with sports resources

The way in which CSP undertake this mission is guided by **Values** which are:



CSP Board

The Board of the CSP are made up of the following Partners:

- Cavan County Council – Paddy Connaughton
- The Health Service Executive – Colm Casey
- Cavan & Monaghan ETB – John Kearney
- Third Level representative – Annmarie Lacey
- Leader/Partnership – Terry Hyland
- Community and Voluntary Forum – Ron Reilly, Christy Quinn
- Disability Representative – Brigid Boyle
- Secondary School Representative – Niall Lynch
- Sports Forum Representatives – Mark Flynn, Tony Brady, Ann Galligan, Clifford Kelly
- Elected Representatives – Cllr. Madeline Argue, Cllr. Patricia Walsh, Cllr Paddy McDonald

CSP Staff

CSP partners provide the resources, guidance, cooperation and oversight which structure the work of the CSP Staff;

- Nadine Mc Cormilla: Sports Coordinator
- Blaithin O Reilly: Sports Administrator
- Dean McElroy: Social Inclusion Disability Officer
- Regina Duffy: Sports Administrator (maternity cover)



CSP Funding

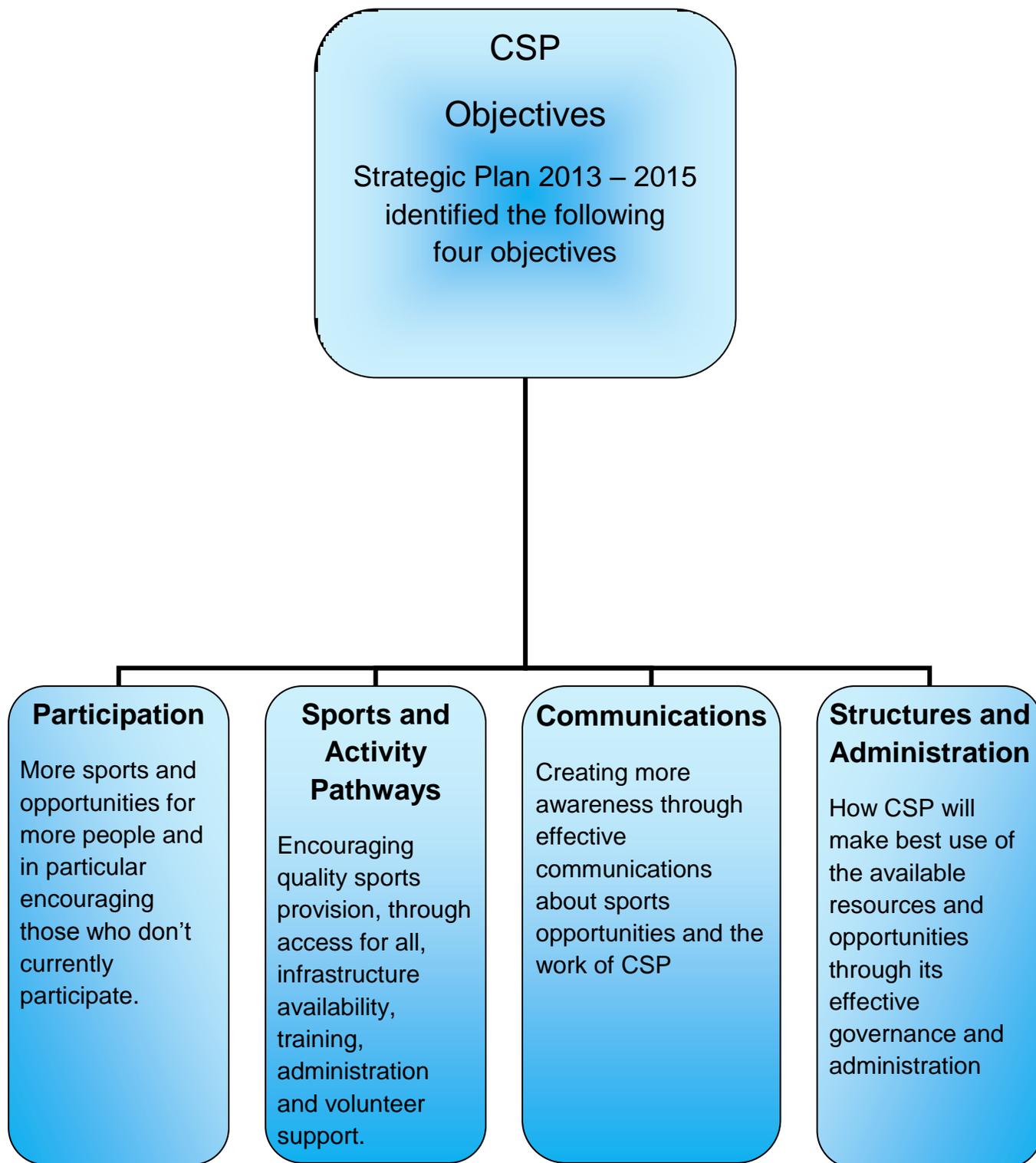
Core funding for Cavan Sports Partnership is provided by the Irish Sports Council. In 2013 the ISC provided €119,999 for staff and administration costs and a further €7,130 in programme funding for high priority targeted initiatives which are identified by CSP.

CSP was further funded by the following:

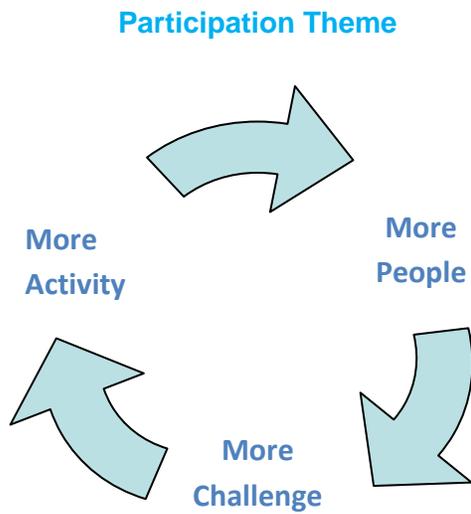
- Cavan County Council as a primary source of funding through “in kind” support such as office space and administrative support. Cavan County Council also provided support funding for mass participation events.
 - Local partners who provide both financial and “in kind” support for CSP programmes such as venues, access to coaches.
 - Additional local and national funding stream that CSP make applications for such as Age & Opportunity, Go for Life scheme and HSE National Lottery funding.
- (See Structures and Administration for further information)



Pupils from
Scoil Bride Killeshandra, St. Mary's NS Arva & St. Josephs NS, Kingscourt
at the First Rugby Blitz Day
19th March 2013



Objective 1. Participation



CSP has focused on delivering quality participation opportunities to groups all across the County. During 2013 CSP was responsible for delivering 35 programmes within these communities. These programmes share the underlying goal of increasing local participation in sport. CSP aims to engage up-skill and empower communities as part of programme development in order to ensure sustainability.

CSP offer extensive and varied range of programmes. Some projects are mass participation events and attract many hundreds, indeed thousands of participants, for example the Cavan Walking Festival and Run with Catherina. There are also short term programmes which provide opportunities for people to engage in new sports and activities, for example Forest Run and Fitwise. Other programmes aimed at marginalised groups are more focused and targeted. 2013 saw the introduction of archery and athletics to our sports inclusion programme. Older Adults programmes have continued to expand and new activity classes and ways to engage older adult communities were introduced in 2013.

CSP believe this mix of variety is the best way of ensuring programmes that are initiated locally are relevant and best placed to meet local needs. Consequently participation in sport will grow and flourish throughout County Cavan.

Where we were in 2013

- 1) Sport in the Community
- 2) Older Adults Programme
- 3) Sport Inclusion Programme
- 4) Supporting new sports clubs



Minister Michael Ring T.D., County Manager Jack Keyes, and John Tracey, CEO of the ISC

At launch of Cavan Walking Festival – 3rd April 2013



Participants at start line of Run with Catherina – 20th October 2013

Breakdown of Programmes delivered within each Section in 2013

1.1 Sport in the Community

Programme	Target Group	Number of Participants
Run with Catherina	Community	680
Cavan Walking Festival	Community	2000 +
Fitwise	Community	206
Workplace Wellness	Community	73
Operation Transformation	Community	160
Forest Run	Community	228
Play Rugby	Primary School Children	130
National Bike Week	Community	250
National Play Day	Community	1,000 +
Meet and Train	Women	90
Workouts for Women	Women	85
Do Run Run	Community	250
Castle Run 5k	Community	600
Leg-it thru Lacken	Community	320
Sport in the community participation numbers 2013		6072+

1.2 Sport for Older Adults

Programme	Target Areas	Number of Participants
Sports Fest	Older adult groups	21
Get Active Stay Active 50+	Older adult groups	79
Walk Active	Older adult groups	10
Aqua Aerobics	Older adult groups	42
New Age Kurling	Older adult groups	22
Pitch & Putt	Older adult groups	18
Go For Life Games	Older adults groups	27
Adapted Physical Exercise for Residential Services	Residential Services	100
Older & Active participation numbers 2013		319



Older Adults taking part in Pitch and Putt – 10th August 2013

1.3 Sport for people with a disability

Programme	Target Group	Number of Participants
Gaelic Skills	Adult with a disability	45
Archery	Adult with a disability	28
Bowling	Adult with a disability	72
Soccer Skills	Adult with a disability	37
Walk Jog Run	Adult with a disability	60
Athletics For All	Children with disability	18
Multi Sports Camp	Children with disability	14
Autism Awareness Day	Children with disability	16
Sport for people with a disability participation numbers in 2013		290



Participants at Inclusive Archery Programme



Drumlin House Service Group in preparation for Run with Catherina

Support of New Sport Clubs in 2013

Three new sports clubs were established in County Cavan in 2013; Cavan Comets Baseball Club, Cavan Instinctive Archery and Cavan Hockey Club. CSP assisted these new clubs by providing access to information on club structures and development. Clubs are also supported through our training programmes and club grant schemes.



Cavan Comets Baseball Club



Cavan Hockey Club Goalie



Cavan Instinctive Archery Club



Cavan Comets Baseball Club

Objective 2. Sports and Activity Pathways

CSP aims to create pathways into sports and physical activity. The following is a breakdown on how we worked to achieve this in 2013;

1. Facility Use -

CSP continued to work with clubs and agencies to promote multi-use for facilities in the county.

- ❖ CSP use community venues for trainings such as Code of Ethics and Children Officers;
- ❖ Worked with Cavan County Council to encourage lunchtime onsite exercise classes;
- ❖ 7 community venues hosted the new Fitwise Programme in 2013.
- ❖ CSP updated and monitored their club and community database on their website.
There are 372 clubs and organisations registered with CSP.
- ❖ New Forest Run Programme was established in four outdoor venues. This programmed increased the use of the natural environment as a facility.
- ❖ Cavan Walking Festival was designed to encourage people to use the natural resources available to them. As part of the festival maps of walk routes were made available for over 25 walks in the county.

2. Volunteers;

CSP continued to support volunteer uptake and commitment through best practice awareness and training programmes

- ❖ One of the reasons for the success of 2013 Walking Festival was based on the fact that 10 communities and walking clubs led walks. This resulted in Cavan Walking Festival 2013 increasing the number of walks and length of festival.
- ❖ CSP provided Walking Leader Training for these communities in April.
- ❖ Training: Cavan Sports Partnership delivered a number of subsidised training courses to club coaches and volunteers throughout 2013 including:

Training Courses delivered in 2013	
Code of Ethics – 9 Workshops,	115 participants
Children’s Officer – 2 Workshops,	24 participants
Garda Vetting Training Course	- 19 participants
PALS Training	- 24 participants
Walking Leaders Training	- 22 participants
Bikeability Skills Training	- 126 participants

3. Support -

CSP continued to provide development assistance to sports clubs and groups

- ❖ **CSP Grants;** An allocation of €14,500 was disseminated to clubs for projects, approved by a grant committee, which increased participation in sports and physical activity initiatives and provided opportunities for training and education for clubs. A breakdown of these grants is available below.
- ❖ **Sports Capital Funding;** CSP in partnership with Cavan County Council secured €60,000 towards the development of a Bowling Green in Cavan.

4. Pathways

CSP continued to develop pathways to lifelong participation

- ❖ **National Governing Bodies;** CSP & Ulster Rugby piloted a new play rugby programme in Cavan for primary schools in 2013. The outcome of the programme linked new players from schools with their local rugby clubs. Ulster Rugby development officer conducted the training and blitz day in association with CSP. The following schools participated; Scoil Bride Killeshandra, St. Mary’s NS Arva and St. Josephs NS Kingscourt.

- ❖ **Sport Development;** CSP in association with Cavan County and Town Council and Annalee Athletic Club joined forces and organised “Run with Catherina”. This was CSP’s first road race. Over 800 people participated. This was preceded by Forest Run Programme. This successful event highlighted athletics clubs in Cavan and the sport of running.
- ❖ **Primary Schools programmes;** The Irish Sports Council Buntús programme has continued with primary school teachers being trained. Drumcrave NS, Milltown NS, Knocktemple NS and St. Clares NS, Cavan all completed training in 2013.
- ❖ **Be Active After Schools Programme;** a HSE supported after school activity programme. 18 schools in Cavan are currently taking part in this programme which is delivered to 1st, 2nd or 3rd class children in participating schools. Cavan schools who participated in 2013 are as follows: St. Patrick’s NS, Ballyhaise; St. Clare’s Primary School, Cavan; Corliss NS, Killeshandra; St. Patrick’s NS, Bruskey; St. Mary’s NS, Crosserlough; St. Patrick’s NS, Kilnaleck; St. Mary’s NS, Arva; St. Clare’s NS, Ballyjamesduff; St. Aidan’s NS, Bawnboy; Butlersbridge NS and St. Felims, Ballinagh NS.
- ❖ **National & Local Initiatives;** Cavan Sports Partnership were involved in running initiatives to create awareness of the following;
 - National Bike Week; To celebrate National Bike Week in 2013 CSP organised a number of events throughout the county including: Family Fun Cycle; Cycle Skills Workshop, Road Cycles, Primary School Art Competition.
 - Social Inclusion Week; A national week which aims to raise awareness around the need to be socially inclusive. CSP ran events under their SIDP programme to support awareness raising in the county.
 - National Play Day; The aim of National Play day is to help increase awareness of the importance of play. Promoting play improves outcomes for children and supporting children’s physical and social development. Children enjoyed skateboarding ramp, painting wall, parachute games, rocket games and more.

Sports Clubs/Community Grant Recipients 2013

Club	Amount Awarded
Tullacmongan Resource Centre	€1000
Bailieboro Leisure Centre	€1000
Smugglers Cycling Club	€1000
Cavan Lakers Juvenile Basketball	€300
Drung Bowls	€300
Killeshandra Bowls	€300
Cavan Camogie Club	€300
Belturbet Table Tennis & Snooker Club	€300
Cavan Lawn Tennis	€300
Milltown Bowls Club	€300
Irish Wheelchair Association	€300
Cavan Hockey Club	€300
Bunnoe Boxing Club	€300
Kildallan Community Games	€300
Belturbet Row Boat Club	€300
Cootehill Boxing Club	€300
Cavan Boxing Club	€200

Secondary School Grant Scheme 2013

Secondary School	Amount Awarded
Loreto College	€210
St. Aidan's College	€430
Bailieborough Community College	€430
St. Clare's College	€430

Cavan Sports Participation Mass Participation Grant Scheme 2013

Club	Amount Awarded
Cavan Astro Park	€1000
Happy Feet Walking Group	€750
Droim Dhuin Eire Og	€750
Bailieboro Leisure Centre	€750
2 nd Cavan Scouts/Annalee AC	€750

Cavan Sports Partnership Sports Inclusion Grant Scheme 2013

Club	Amount Awarded
Killeshandra Anglers Club	€350
Lacken G.F.C./Holy Family School	€300
Bailieborough Leisure Centre	€300
Cavan Instinctive Archery	€500
Cootehill Soccer Club	€300

Marketing and Communications

CSP have worked in 2013 to expand our brand, visibility and role. We have a key role in acting as an information hub and point of contact. We are making more use of on-line resources for information provision through its website and social media.

The following outlines what actions were taken in 2013 to achieve Marketing and Communications objectives contain in the current Strategic Plan.

1. A structured and focused marketing communication approach

- ❖ Ulster Sports Museum; USM is a travelling exhibition celebrating the lives and accomplishments of sporting heroes in Ulster. The exhibition came to Cavan in April and contained a wealth of information on Ulster sports people, with a special focus on those hailing from Co. Cavan. Graphic panels and video clips showcase the stories of sports men and women from Ulster across a wide range of sporting disciplines. The exhibition was hosted by Cavan Sports Partnership and Cavan County Museum and officially opened by Paul Brady, World & Irish Champion Handballer. This resulted in CSP receiving good coverage in local media. There was also a huge response from schools and public to vote for their sporting hero, again highlighting the positive work of CSP.
- ❖ Two Newsletters produced.
Six ezines released.
Re design of communication material to increase the brand strength.
- ❖ The logo of the CSP was widely promoted in all communications, public meetings, events, conferences, and on tee shirts for mass participation events.
- ❖ Increase promotion of National Operation Transformation Walk Day with increased engagement with RTE and the ISC. Expansion of walk coverage on a local and national front.

2. Refine our communications resources in order to position CSP as the sports information portal for the County

- ❖ CSP re-designed their website in 2013. It had a record of over 12,000 hits in 2013.
- ❖ CSP expanded their social media presence by launching a new twitter account.
- ❖ 15 press releases were released in local media sources in 2013.
- ❖ **Federation of Irish Sport (FIS):** CSP continued its annual membership of the Federation which advocates for sport at a national level.
- ❖ **Get Ireland Active:** a HSE website which advertises physical activity events in Ireland. There are over 1000 hits a month on the site. CSP in 2013 continued to promote programmes and support local business / community groups who advertise their programmes / events on this website.
- ❖ **Online registration:** continued to be very effective in managing courses, programmes and registrations in 2013.



Walkers who participated at Cavan Way Walk - 5th May 2013

Objective 4. Structures and Administration

In 2013 there was continued active participation of relevant agencies and partners on the CSP Board

- ❖ 3 meetings of CSP Board occurred in 2013
- ❖ Two sub-committee's compiled information and reported it back to CSP Board
 - Grant Sub-committee,
 - Ulster Sports Museum Sub-Committee

Administrative and Financial Management:

Secure and manage the resources of the CSP in a transparent manner

- ❖ CSP inputs its data into the ISC national monitoring and evaluation tool – SPEAK (strategic planning, evaluation and knowledge)
- ❖ The ISC provided core funding (staff salaries and costs) and programme funding to the sports partnership.
- ❖ Additional programme funding in 2013 was awarded from the following external sources:
 - Health Service Executive €6480
 - Go for Life €1000
 - Smarter Travel – National Bike Week €5000
 - Department of Youth and Children's Affairs € 680



Participants at 2013 Do Run Run Event, Bailieborough – 19th May 2013

Conclusion

CSP is a key driver in the local sporting physical activity environment in Cavan. We have built up a wide network of relationships and have examples of excellent partnership working which has helped to avoid unnecessary duplication of programmes and helped lead to stronger, more sustainable programmes.

There is no doubt that participation in sport and physical activity is increasing at the moment and this is likely to continue into the future. In 2013 we continued to develop solutions to participation barriers which were varied and included changing the way people think about participation, making provision for wider variety of sport and helping to make sport and physical activity opportunities more visible. As well as the obvious benefits of increased physical health the continued contribution of physical activity towards social issues should not be underestimated. Continued collaboration with bodies such as HSE, the ETB and Cavan County Council is vital to this element of our work.

During 2013 Cavan Sports Partnership launched our new strategic plan “Sport for Life, Sport for All”. This new plan provides structural changes to how we work and how the needs and priorities within the county have changed.

We did encounter challenges during 2013 which included limited staff and resources and at times it was necessary to review practices and programme delivery in order to allow for these. Many changes are ongoing in the local authority structure which poses significant challenges to all; however CSP should remain as a strategic vehicle for both the Irish Sports Council and Cavan County Council to deliver local participation programmes for all sectors of society.



Glossary of Terms

CSP: Cavan Sports Partnership

ETB: Education Training Board

CCC: Cavan County Council

ISC: Irish Sports Council

CVF: Community and Voluntary Forum

HSE: Health Service Executive

RDO: Regional Development Officers

SF: Sports Forum

Boccia Is a target sport played by individuals, pairs or teams. Boccia is played with 13 balls (6 red, 6 blue, 1 white). The jack ball is used to start off the game and is thrown by one of the competitors on the court. It requires a high degree of muscle control, accuracy, concentration and tactical awareness with the goal being to land six of the coloured balls closer to the white target ball than the opponent's balls.

Boccia is a non contact sport, where the game focuses around a target. The balls used are solid but pliable, that have a good rolling quality and are easy to grip. The balls also have the effect of reducing the advantage of physical strength, so that skill becomes the overriding factor

Buntús An Irish Sports Council programme developed to support primary school teachers and childcare practitioners in introducing young people to sport and physical activity.

Come & Try/Taster Come & Try events are sports taster events where participants can come and try a range of sports, hassle free and at their own pace. It is a perfect opportunity to see what sports are available in the locality and to meet with local sports clubs and groups.

FAI Football Association of Ireland. The FAI is the governing body of football in Ireland.

GAA Gaelic Athletic Association. The GAA is the governing body of Gaelic games in Ireland.

Go For Life The Go for Life Programme aims to increase participation among older people in recreational sport activities, and is supported by the Irish Sports Council.

OA: Older Adults – Age group 55 plus. The aim is to increase participation in physical activity in this age category, through a variety of new sporting activities.

SIDO: Sports Inclusion Development Officer – The main objective of this position is to work in partnership locally to promote and increase opportunities for people with a disability to participate in sport and active recreation activities.