

# Cavan Sports Partnership Annual Report 2011



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## Introduction

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

Consultation took place among all stakeholders in the county and in 2009 Cavan's first strategic plan 'Sport for Life, Sport for All' was launched. The plan outlines the work of the sports partnership over a three year period under six key strategic objectives.

The following report gives an overview of the work of the sports partnership in 2011 under its six key strategic objectives.



# Cavan Sports Partnership Annual Report 2011

## Vision

Sport for Life, Sport for All

## The mission statement of Cavan Sports Partnership aims

- To make Cavan a county where active living is a way of life;
- To encourage greater participation and physical activity for all through effective planning and use of resources;
- To improve and co-ordinate active living opportunities through an inclusive programme in partnership with all relevant bodies;
- To specifically target under represented groups;
- To increase volunteer recruitment and retention rates in sport, and to provide effective training and development opportunities;
- To optimise Cavan's sport and recreation resources through effective planning and co-ordination with all relevant bodies.

## Background to the Local Sports Partnership Concept

The Irish Sports Council devised the Local Sports Partnership concept as a means to coordinate and promote the development of sport at local level. Commencing in 2001, the initiative has been supported by the Government, social partners, local authorities, VEC's, Health Service Executive, education institutions and various sporting organizations. There is currently a national network comprising of 32 sports partnerships.

Cavan sports partnership aims to increase participation in sport by breaking down barriers to participation; improving access; promoting continued participation throughout the life cycle, and ensuring that local resources are used to best effect.

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### Functions of Cavan Sports Partnership:

1. **Information** – to establish a consultative forum, initiate research, compile a sports directory and database, and identify needs and resources to form the basis of local planning;
2. **Education** – to provide quality opportunities for education and training at a local level, provide training courses targeting volunteers, and provide access to sport specific courses through the National Governing Bodies (NGBs) of sport;
3. **Implementation** – to develop a strategic plan for local sport; appoint a professional administrator; secure related support services; select participation programmes for LSPs modified to suit local needs; increase the impact of national programmes delivered locally and finally to market and promote sport.

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## Cavan Sports Partnership Board of Management

In 2011 the board of Cavan Sports Partnership was restructured and new representations were made for additional members. The new board of the sports partnership are listed here.

**Vocational Education Committee:** Mr Colm McEvoy, Chairperson

**Leader/Partnership:** Mr. Terry Hyland

**Cavan Co Council:** Mr. Paddy Connaughton

**Third Level:** Ms. Anne Marie Lacey

**Health Service Executive:** Mr. Colm Casey

**Community & Voluntary Forum:** Mr. Ron Reilly

**Disability Representative:** Ms. Bridget Boyle (IWA)

**Community Representative:** Mr. Conor Craven (RAPID)

**Primary School Representative:** Mr. Finbar Boyle

**Sporting Rep:** Mr Tony Brady (GAA), Vice Chairperson  
Mr Mark Flynn(Martial Arts)  
Ms Ann Galligan (Athletics)  
Mr Clifford Kelly (Community Games)

**Elected Rep:** Cllr Madeline Argue  
Cllr Paddy McDonald  
Cllr Patricia Walsh



**Members of Cavan Sports Partnership Staff & Board**

Missing from photo: Mr Paddy Connaughton; Cllr Patricia Walsh; Mr Tony Brady; Ms Annemarie Lacey; Mr Terry Hyland

# Cavan Sports Partnership Annual Report 2011

## Staffing structure

Sports Coordinator: Nadine McCormilla

Sports Administrator: Bláithín O Reilly

Sports Inclusion Development Officer: Stephen Flynn (position vacant from October 2011)

## Cavan Sports Partnership Strategic Plan

2009 – 2012

### 'Sport for Life, Sport for All'

The strategic plan was formally launched by John Treacy, CEO of the Irish Sports Council on the Wednesday 30<sup>th</sup> September 2009 in the Council Chamber, Courthouse, Cavan. The strategy identifies six key strategic themes to which work will be carried out under in order to achieve the vision and mission of Cavan Sports Partnership. An annual implementation plan will be devised to map the work of the sports partnership on a year to year basis.

The six key strategic themes that will guide the work of the sports partnership are:

1. **Participation**
2. **Facilities**
3. **Networking and Awareness**
4. **Education and Training**
5. **Marketing and Communications**
6. **Governance**



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## 2011 Highlights



Operation Transformation



Easter Campabilities



Women in Sport - Workouts



Cavan Walking Festival 2011



GAA Skills Programme



Urban Back Street Dance Crew

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This report will outline the work of the sports partnership for 2011 under the six key strategic themes of the Strategic Plan “Sport for Life, Sport for All”

## 1. Participation

1. Sport in the Community
2. Older and Active
3. Sport for people with a disability
4. Sports Club Grant Scheme

### 1.1 Sport in the Community

- **Active Communities;**

- Soccer Summer Camp; FAI were supported in running a camp for children in the Cavan Town area.
- Easter Golf Camp; CSP in partnership with Cavan RAPID programme and Cavan Golf Club hosted Cavan towns first Golf Camp which targeted children in 2<sup>nd</sup> & 3<sup>rd</sup> Class and gave them an opportunity to train with a local Pro Golfer.
- Tullacmongan Resource Centre was supported through the Active Communities Programme with initiatives through (1) the Urban Back Street Dance Crew for young people (2) Women’s Physical Activity Programme and (3) Physical Activities the Golden Oldies Group.

- **Women in Sport;**

- Meet & Train

Meet & Train for women was launched in 2010 and is currently running in 4 venues in the county with over 80 participants. The programme is supported by local community groups and aims to provide women with an opportunity to meet new people while taking part in physical activity sessions.

Communities currently taking part in the programme are Swanlinbar, Bailieborough, Killeshandra & Cootehill.

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- Workouts for Women

The pilot for this project was run in 2011 with the programme being offered to sports clubs in the county. Five clubs joined the programme for the pilot. The programme is supported by Women in Sport funding and aims to provide an opportunity for women of all ages and levels of fitness to get together to exercise with like-minded people under the guidance of a qualified coach. The clubs taking part in the 2011 programme were Killygarry GAA, Laragh Camogie Club, Gowna GAA, Castlerahan GAA and Butlersbridge GAA.

- Girls in Action

Three schools took part in 2011/2012 programme – Virginia Community College; St Mogue's College; Bailieborough Community College.

- **Operation Transformation**

Cavan Sports Partnership took part in a National Initiative in partnership with the Irish Sports Council and RTE Operation Transformation. A walk was organised in Deerpark Forest, Virginia, Co Cavan with the co-operation of Coillte.

- **Kwik Cricket**

A new cricket club was established in Cavan in 2011. CSP supported the club in their initial stages and provided set up funding. This initiative was supported by Cavan RAPID programme, School Completion Programme and Cricket Ireland.

- **Walking Festival**

Cavan first walking festival was run in partnership with Cavan County Council and the Marble Arch Caves Global Geopark. Five walks in total took place between Friday and Sunday of the May Bank Holiday weekend in different venues in west Cavan.

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<b>Programme</b>	<b>Target Group</b>	<b>Number of Participants</b>
<b>Soccer Summer Camp</b>	Children in RAPID area	80
<b>Easter Camp</b>	Children in RAPID area	30
<b>Dance Crew</b>	Children in RAPID area	25
<b>Meet &amp; Train</b>	Women	70
<b>Workouts 4 Women</b>	Women	115
<b>Girls in Action</b>	Secondary School Girls	70
<b>Operation Transformation</b>	Community Event	79
<b>Kwik Cricket</b>	Adult / Children in urban area	40
<b>Cavan Walking Festival</b>	Community Event	180
<b>Sport in the community participation numbers 2011</b>		<b>689</b>

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## 1.2 Sport for Older Adults

- **Older Adults Activity Programme**

- Get Active, Stay Active 50+; The Get Active Stay Active 50+ programme has continued to be one of the sports partnerships most successful programmes, currently running in 5 venues in Cavan the programme has been providing physical activity sessions to over 100 older adults each week.
- New Age Kurling; The new age kurling games continued with participants taking part in a countywide event being held in Stradone Community Centre. Over 50 older adults took part in the games.
- Adapted Physical Exercise for Residential Services; This programme was designed to run in partnership with physical activity coordinators in residential services in Cavan. The programme provided activities for residents in their service. 6 services in Cavan have taken part in the programme.
- Sports Fest; An older adults sports festival was held in March in the Cavan Crystal Hotel. This festival was used to introduce older adults to new forms of physical activity which they could take part in as part of the new Get Active, Stay Active 55+ programme. Participants got the opportunity to try modern dance, samba, aerobics and yoga. Over 50 participants came along and enjoyed the day.

Programme	Target Areas	Number of Participants
Sports Fest	Older adult groups	50
Get Active Stay Active	Older adult groups	100
Residential Programme	Older adult care homes	70
New Age Kurling	Older adults groups	65
Older & Active participation numbers 2011		285

## 1.3 Sport for people with a disability

- **Sports Inclusion Activity Programme**

- GAA Skills

GAA Skills Programme for adults with a learning or intellectual disability is a six-week programme delivered in partnership with Ulster Games Development and Cavan Coaching & Games.

- FAI Soccer Skills

The soccer skills programme which is run in partnership with the FAI for adults with learning or intellectual disabilities continued in 2011 with 2 four week programmes.

- Secondary School Transition Year Disability Awareness Training

Training was delivered by members of the Irish Wheelchair Association to 6 schools in Cavan in 2011.

- Boccia & Kurling Leagues

The SIDO programme continued both leagues successfully in 2011 with 12 teams registering for Boccia and 9 teams playing New Age Kurling.

- Easter & Summer Campabilities

The sports partnership ran a new initiative this year, offering children with a disability, aged 4 to 15, and their sibling's, the opportunity to attend Summer and Easter Camps which were designed to be fully inclusive. The programme was successfully run on both occasions with supports from GAA, FAI, IRFU and Badminton Ireland.

- Horse Riding for people with a disability

Cavan Sports Partnership together with Redhills Equestrian Centre established a horse riding programme for people with a disability. The horse riding programme focused on Horse Riding skills such as mounting, walking, trotting and dismounting and also stable management skills such as grooming and care of the horse.

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Horse riding is popular form of physical activity for people with various disabilities and can have positive effects on mental health, behaviour and temperament.

- Tai Chi

Children with a disability and their parents got to try Tai Chi with a four week programme. Tai Chi is a non contact martial art which is proven to relieve stress and tension while also increasing blood flow to reduce fatigue.

- Outdoor Adventure

The inclusion programme ran an outdoor activity programme in Tanagh Outdoor Education Centre in the summer months. The programme extended to weekends so that children with a disability and their siblings could try activities at the centre.

<b>Programme</b>	<b>Target Group</b>	<b>Number of Participants</b>
<b>Gaelic Skills</b>	<b>Service users</b>	<b>65</b>
<b>Soccer Skills</b>	<b>Service users</b>	<b>60</b>
<b>Boccia</b>	<b>Service users</b>	<b>36</b>
<b>New Age Kurling</b>	<b>Service users</b>	<b>36</b>
<b>Easter Camp</b>	<b>Children with disability</b>	<b>30</b>
<b>Summer Camp</b>	<b>Children with disability</b>	<b>24</b>
<b>Horse Riding</b>	<b>Service users</b>	<b>9</b>
<b>Tai Chi</b>	<b>Children with disability</b>	<b>6</b>
<b>Outdoor Adventure</b>	<b>Children &amp; Adults with disability</b>	<b>87</b>
<b>Sport for people with a disability participation numbers</b>		<b>353</b>

\* For the purposes of this reports service users are classified as adults who attend day care services throughout Cavan.

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### 1.4 Sports Club Grant Scheme 2011

An allocation of €10,085 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. Following the issue of new grant guidelines the following clubs were successful under the CSP 2011 Sports Club Grant Scheme. The CSP grant guidelines were amended for 2011 in order to achieve great values for money, accountability and sustainable approach to grant guidelines

Club	Amount Awarded
Virginia RFC	1000
Mullagh Volleyball	657
Cavan RFC	1000
Cavan Water Safety	200
Blacklion Water Safety	500
Brackley Water Safety	300
Growney's Land Water Safety Ass.	619
Drung Table Tennis Club	500
Analee Athletics Club	1000
Killygarry GAA Club	1000
Cavan Regional Gun Club	1000
Cavan Camogie Board	1000
Innyvale Athletics Club	1000
Drung Bowls Club	309

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## 2. Facilities

- **Clubs and Facilities database;** The sports partnership updated and monitored their club and facility database which is available on the website.

## 3. Networking and Awareness

- **Sports Forum;** CSP sports forum is a networking opportunity for all sporting clubs to share information and gain inputs from speakers that may assist them in their club development. This year the forum focused on funding opportunities available to sports clubs in the county.
- **Intercounty Sports Inclusion Committee;** this committee, which was established to co-ordinate the running of the sports inclusion programme between Cavan and Monaghan LSPs, held 4 meetings in 2011.
- **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 Cavan County Council organised a number of events throughout the county including: National Schools Cycle to School day; Family Fun Cycle; Disability Come & Try Cycle; Purchase of new bicycles for Community Bike Scheme; Cycle Skills Workshop.
- **Smarter Travel Programme;** CSP assisted in a successful funding application made to the Department of Transports. The allocation provided funding for bicycles paths and shelters in the county.

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## 4. Education and Training

- **Pre School and Primary Schools programmes;** The Irish Sports Council Buntús programme has continued with pre and primary school teachers being trained. One session of sports specific coaching was delivered with Ulster Branch Rugby.
  
- **Be Active After Schools Programme;** a HSE after school activity programme.  
10 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 will be participating in the coming year 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.

Workshop	Number of Schools trained in 2011	Number of Participants
<b>Buntús Start (pre schools)</b>	<b>10</b>	<b>29</b>
<b>Buntús Generic (Primary Schools)</b>	<b>3</b>	<b>34</b>
<b>Sports Specific - Rugby</b>	<b>17</b>	<b>18</b>

- **Training;** Cavan Sports Partnership delivered a number of subsidised training courses to club coaches and volunteers throughout 2010 including;
  - Code of Ethics Training
  - Disability awareness training; transition year training delivered in conjunction with the IWA
  - Swim Ireland Swim Helpers Course

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Course	No. of workshops delivered	Participants	No. of clubs
Code of Ethics	6	75	15
Children's Officer	2	18	18
Swim Helpers	1	19	n/a
Disability Awareness Training (TY)	6	180	

### 5. Marketing and Communications

- **CSP Website;** [www.cavansportspartnership.ie](http://www.cavansportspartnership.ie)
- **CSP Newsletter;** distributed biannually in 2011.
- **CSP Ezine;** the ezine was distributed bi-monthly advertising up coming events and proved to be very effective with increased uptake in programmes and enquiries to CSP
- **CSP Facebook;** a new form of communication for Cavan Sports Partnership which is a cost effective way of disseminating information.
- **Online registration;** continued to be very effective in managing courses, programmes and registrations.
- **Get Ireland Active;** a new website developed by the HSE as a one stop shop for physical activity events in Ireland. There are over 1000 hits a month on the site. CSP promote programmes and support local business / community groups who advertise their programmes / events on this website.
- **Federation of Irish Sport (FIS);** CSP continued its annual membership of the Federation which advocates for sport at a national level.

### **Cavan Sports Partnership Board**

In line with agreed standing orders 4 meetings of Cavan Sports Partnership board were held in 2011. In 2011 subcommittees were established to advise on new grant guidelines and sports forum promotion. Sub committee meetings took place in the areas of club grants and sports forum development.

### **Funding**

The ISC provided core funding (staff salaries and costs) and programme funding to the sports partnership.

Additional programme funding was received from the following external sources:

- Cavan County Council
- Pobal – Dormant Accounts
- Health Service Executive
- Go for Life
- Smarter Travel – National Bike Week

### **Monitoring and Evaluation**

Cavan Sports Partnership strives to ensure that each programme is monitored and evaluated on an ongoing basis.

CSP inputs its data into the ISC national monitoring and evaluation tool – SPEAK (strategic planning, evaluation and knowledge)

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## Conclusion

During 2011 Cavan Sports Partnership continued to work in partnership with agencies, community groups, sporting bodies and clubs to deliver programmes and events which would reach our target groups. Partnership working has continued to benefit the capacity of sports partnership and assists with promotion of programmes.

The loss of a staff member in the position of sports inclusion development officer has had a detrimental effect on the ability to deliver sports partnership programmes but the remaining staff are committed to maintaining and developing a sports inclusion programme within the county.

The Sports Partnership organized two mass participation events this year with operation transformation and the walking festival and participation numbers exceeded expectations in both regards. The partnership will continue to develop these programmes in future years.

As CSP enters its final year on its current strategic plan “sport for life, sport for all” we bear in mind the current economic climate that we are in and to that end we are committed to ensuring our programmes are delivered in partnership ensuring sustainable outcomes.

### Cavan Sports Partnership is supported by:

