

Cavan Sports Partnership Annual Report 2010



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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 2010 under its six key strategic objectives.



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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.

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

Chairperson: Mr Colm McEvoy, VEC

Vice Chairperson: Mr. Colm Casey, HSE

Cavan Co Council: Mr. Paddy Connaughton

Third Level: Ms. Anne Marie Lacey

Leader/Partnership: Mr. Terry Hyland

FAS: Ms Siobhán Finnegan

Community & Voluntary Forum: Mr. Ron Reilly

Disability Representative: Ms Bridget Boyle (IWA)

Sporting Rep: Mr Tony Brady (GAA)

Mr Benn Wynne (FAI)

Ms Ann Galligan (Athletics)

Mrs Evelyn O'Reilly (Irish Water Safety)

Elected Rep: Cllr Madeline Argue

Cllr Paddy McDonald

Cllr Patricia Walsh



Members of Cavan Sports Partnership Staff & Board

Staffing structure

Sports Coordinator: Nadine McCormilla

Sports Administrator: Bláithín O Reilly

Sports Inclusion Development Officer: Stephen Flynn

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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 30th 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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This report will outline the work of the sports partnership for 2010 under the six key strategic themes of the Strategic Plan “Sport for Life, Sport for All”

1. Participation

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

1. Sport in the Community



- **Active Communities; delivered in the Rapid area of Cavan (Cavan Town). The project has given people in the Rapid area the opportunity to participate in a varied programme of physical activity. The programme has three strands targeting Older Adults, Women and Young People.**



As a result of the project a new dance group has been formed called the Urban Back Street Dance Crew. The dance group had the opportunity to perform at Fleadh 2010 and the County Estate Management Awards. Primary school age girls from the project got to take part in the Ladies GAA ‘Gaelic 4 Girls’ programme. The older adults

and women’s groups take part in a variety of activities throughout the year. This project is funded by RAPID through the dormant accounts fund.



- **Women in Sport; the women in sport is an initiative aimed at promoting increased participation of women of all ages in sport. 2010**

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saw the establishment of two women's 'meet and train' groups under this measure. The first of a Ladies Meet & Train group was established in Killeshandra and this was quickly followed up by a second in Cootehill. The Girls in Action programme in conjunction with the HSE has continued in 2010 offering secondary schools the opportunity to encourage teenage girls to take part in physical activity sessions.

- **Fitwise; the sports partnership delivered both workplace and community 'fitwise' training courses which provided information on diet and exercise and also included some tips for good walking practice. This programme was delivered in conjunction with the Health Promotion department of the HSE Dublin North East.**

2. Sport for Older Adults

- **Older Adults Programme; 2010 saw the successful establishment of the New Age Kurling Games for Older Adults in County Cavan with over 50 participants taking part in games days organised in the county. 2010 also saw the launch of a new project "Get Active, Stay Active 55+" which is supported by the HSE 'Get Ireland Active' fund.**



3. Sport for people with a disability

- **Sports Inclusion; the sports inclusion programme has continued in 2010 with services being offered the opportunity for people with a disability to participate in many different sports. Areas of work included;**

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- **Disability sports strategy; launched in Errigal House Hotel, Cootehill on the 26th January 2011, the strategy outlines the direction of the sports inclusion programme 2009-2012.**
- **Sports inclusion programme review - 2008 - 2010; a review of the projects carried out by sports inclusion development officers from 2008 - 2010.**
- **GAA Skills; 64 participants took part over two five week periods. This programme was delivered in partnership with Ulster GAA and Cavan GAA. All services participated in the programme and some had the opportunity to play in Casement Park before the Ulster Semi Final and others received the opportunity to visit Croke Park as part of social inclusion week**
- **Soccer Skills; this programme is in its third year and had 40 participants take part in a ten week programme. This programme was delivered in partnership with the FAI through regional development officers.**
- **New Age Kurling & Boccia; all services registered at least one team for both the Boccia and New Age Kurling leagues in 2010.**
- **Adapted Aerobics programme; this programme was delivered in centres across Cavan over 6 week blocks. Over 70 participants took part in the programme in Cavan.**
- **Secondary School Transition Year Disability Awareness Training Programme; training was delivered in 6 post primary schools in Cavan with over 400 pupils having access to the training. The programme was delivered in conjunction with IWA sport.**



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4. Sport for Schools

- **Together Through Games; this programme was delivered in partnership with Cavan GAA, Irish Hockey and IRFU Ulster Branch. The programme was the first of its kind in Cavan and its aim was to build cross border and cross community relationships through sports. The programme was funded by PEACE and Reconciliation III.**



- **Boxsmart; programme was delivered in partnership with Cavan School Completion and RAPID programme. The programme was designed to give young men from both the travelling and settled community an opportunity to take part in a cross county boxing programme - the participants got an opportunity to meet and train with boxing star Andy Murray. The programme culminated with a boxing tournament with Meath counterparts.**

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5. Sports Club Grant Scheme 2010

41 sports clubs in Cavan were awarded grants in 2010. An allocation of €8,600 was disseminated to clubs for projects, approved by a grant committee, which increased participation in sports and physical activity initiatives and provided opportunity for training and education for coaches. The following clubs were successful under the CSP 2010 Sports Club Grant Scheme.

Drumgoon Camogie Club	Cavan Boxing Club
Bunnoe Amateur Boxing Club	Belturbet Row Boat Club
Kingscourt Boxing Club	Cavan Ladies Football Association
Kingfisher Angling Club	Coothill Harps AFC
IWA - 'U Club'	Mullahoran Gun Club
Knockbride GAA	Cavan Judo Club
Cavan Shamrocks Soccer Club	Belturbet Judo Club
Crosserlough Camogie Club	Virginia Rugby Football Club
Cavan Lawn Tennis Club	Killygarry GFC
Drumgoon Juvenile GAA Club	Redhills Camogie Club
Analee Gaels Juvenile Hurling Club	Cavan Celtic
Cavan United GAFC	North Cavan/South Monaghan Gun Club
Cavan United Basketball Club	Cavan Regional Game Council
Corraneary Table Tennis Club	Drung Table Tennis Club
Denn Camogie Club	Killeshandra Anglers Club
Belturbet Snooker & Table Tennis Club	Cootehill Celtic, St. Michaels Hurling Club
River Erne Development Club	Cavan Chess Club
St. Clares Rounders Club	Killeshandra Juvenile Club
Castletara Camogie Club	Killygarry Ladies GFC
Redhills GAA	County Cavan Golf Club
Cootehill ABC	

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2. Facilities

- **Clubs and Facilities database;** The sports partnership established a 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 educational speakers that may assist them in their coaching and club development.

Staff & Board members with Professor Niall Moyna who presented at the sports forum in 2010

- **National Initiatives;** Cavan Sports Partnership were involved in running a number of initiatives to create awareness of the following:
 - National Bike Week
 - Good Relations Week
 - Social Inclusion Week



Parents receiving children's bicycle seats as part of CSP initiative for National Bike Week

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. The sports partnership has also provided opportunities to teachers to be trained in specific sports i.e. basketball, soccer, junior golf, rugby, badminton
Be Active After Schools Programme; a HSE after school activity programme. Participating counties



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include Cavan, Monaghan, Louth and Meath. In 2010 5 schools from Cavan took part in the programme.

Workshop	Number of Schools trained in 2010	Number of Participants
Buntús Start (pre schools)	15	66
Buntús Generic (Primary Schools)	7	49
Buntús Sports Specific		
- Basketball	5	
- Badminton	3	
- Soccer	7	
- Junior Golf	3	

- **Training:** Cavan Sports Partnership delivered a number of subsidised training courses to club coaches and volunteers throughout 2010 including;
 - **Code of Ethics Training**
 - **REC 2 First Aid**
 - **Physical Activity Leader (PAL) training; in conjunction with the HSE**
 - **Disability awareness training; transition year training delivered in conjunction with the IWA**
 - **Swim Ireland Swim Helpers Course**

Course	No. of workshops delivered	Participants	No. of clubs
Code of Ethics	6	81	27
REC 2; First Aid	1	9	
Physical Activity Leaders	1	9	
Disability Awareness Training (TY)	6	400+	6 schools
Lucozade Sport Coaching Workshop	2	28	16

5. Marketing and Communications

- **CSP Website;** www.cavansportspartnership.ie
- **CSP Newsletter;** distributed quarterly in 2010.
- **CSP Ezine;** a new online method of communication for 2010, the ezine was distributed bi-monthly advertising up coming events and proved to be very effective with benefits includes increased uptake in programmes and enquiries to CSP
- **Online registration:** proving to be very effective in managing courses, programmes and registrations.

6. Governance

Cavan Sports Partnership Board

There were 4 meetings of the CSP board of management in 2010. Meeting's are generally well attended and board members will give apologies in advance if they are not in a position to attend. 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, however, the ISC designated that by the end of 2009 it would be examining each funding application on the basis of how the LSP has grown and developed and what level of funding the LSP is leveraging at local level. By the end of 2009 the LSP was expected to generate 50% match funding/benefit in kind at local level. In 2010 CSP met this 50% match funding requirement through benefit in kind and external sources of funding.

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Monitoring and Evaluation

Monitoring and Evaluation of each programme is on going.

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

Conclusion

In summary Cavan Sports Partnership maintained its commitment to our target participation groups in 2010. Working in partnership throughout the year has strengthened the work and raised awareness of Cavan Sports Partnership.

It is clear that people with a disability received greater support than other groups, thereby, highlighting the difference that a dedicated development officer can make. Opportunities to secure match funding were reduced and the sports partnership is being utilized more by local groups, adding straining to staff resource time. Going forward, obstacle exists for the sports partnership in securing match funding, especially monetary funding, we are entering into the final year of our strategic plan and we need to keep our strategic focus. As funding criteria change, a pressure exists to diversify our work. With an increasing amount of clubs applying for the sports club grant scheme we need to ensure value for money and sustainability of initiatives in the year ahead.

Cavan Sports Partnership is supported by:



Cavan County
Development Board



FE Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

dormant accounts fund
dormantaccountsboard

pobal
government supporting communities



women in sport
An Irish Sports Council initiative

go for life
An Irish Sports Council initiative

age opportunity
An Irish Sports Council initiative

European Union
European Regional
Development Fund
Investing in your future

Irish's 10th National Health
Programme 2007 - 2013
Co-funded by the Irish Government
and the European Union

Project supported by PEACE III Programme managed for the Special EU Programmes Body by the County Cavan PEACE III Peace and Reconciliation Partnership