



CAVAN

Sports Partnership

Comhpháirtíocht Spóirt an Chabháin



An Irish Sports Council Initiative

Winter Edition 2011/2012

Cavan Sports Partnership Newsletter

Winter Edition
2011/2012

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Welcome to the Winter 2011 edition of Cavan Sports Partnership newsletter. In this newsletter we will update you on a number of key events and programmes we were involved with over the past few months and also highlight some of the activities taking place in the New Year.

We would be delighted to hear from clubs and community groups in the county to let us know about and help promote initiatives happening in your local area.

We would like to wish you all a Happy Christmas & a peaceful New Year.



Cavan Sports Partnership Sports Club Grant Scheme

Congratulations to the successful clubs under this year's sports club grant scheme which was launched in September. The scheme had been modified from previous years to allow CSP to award larger grants to clubs. Clubs applied under three strands: increasing participation among minority sports, supporting excellence among young athletes and partnership applications.

Grants to a total value of €10,085 were awarded to 14 clubs in the county.

Virginia RFC	Drung Table Tennis Club
Mullagh Volleyball	Analee Athletics Club
Cavan RFC	Killygarry GAA Club
Cavan Water Safety	Cavan Regional Gun Club
Blacklion Water Safety	Cavan Camogie Board
Brackley Water Safety	Innyvale Athletics Club
Growney's Land Water Safety Ass.	Drung Bowls Club

Cavan Sports Partnership Board 2011-2014

Cavan Sports Partnership recently reconstituted their board. The sports partnership would like to welcome new members to the board and to thank outgoing members for their contribution over the last three years.



Back row:
Blaithin O'Reilly,
Ann Galligan, Mark Flynn,
Cllr Paddy McDonald,
Clifford Kelly, Ron Reilly,
Colm Casey, Finbar Boyle, Conor Craven

Front row:
Bridget Boyle,
Nadine McCormilla,
Colm McEvoy,
Cllr. Madeline Argue

Women in Sport

Workouts 4 Women

Over 100 women through their local sports clubs have been getting out and getting active in the first phase of this new initiative. 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 programme was launched in 5 pilot sites in the county and those taking part will soon have successfully completed 10 weeks of class with activities varying from circuit training to zumba dance, circuits, aerobics, shape and tone and pilates. The sports partnership hopes to expand this programme in 2012 so if your club is interested why not give us a call.

The clubs currently taking part are Killygarry GAA, Laragh Camogie Club, Gowra GAA, Castlerahan GAA and Butlersbridge GAA. All you need to get involved is premises suitable for class and some willing ladies!



Shape and tone class in Butlersbridge

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. If you think this will benefit your community and have a venue get in touch with us now.

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



Above; aerobics in Swanlinbar. Below; circuits in Killeshandra.



Older Adults 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.

Qualified coaches have delivered both aerobics and yoga sessions to the groups.

Venues are: Arva; Ballyconnell; Stradone; Castlemanor, Cavan.



Get Active Stay Active 50+ activity class.

Adapted physical activity for Residential Services

This programme was designed to run in partnership with physical activity coordinators in residential services in Cavan. The programme aims to provide activities for residents in their service. 6 services in Cavan have taken part in the programme.

Participant quotes...

'Feel less pain during the day'

'Very relaxing and I feel better after yoga exercise'



The National Programme for Sport and Physical Activity for Older People



'Very relaxing and moved parts that had gone rusty'

Training

Code of Ethics

To date CSP has trained over 300 people in Code of Ethics in Cavan. The course has been revised by the Irish Sports Council and is now a 3 hour training workshop which focuses on providing a more interactive learning experience for participants. The course is an essential component of coach education.



Children's Officer

Additional to Code of Ethics training it is recommended that all clubs have a male and female children's officer who is child centred in focus in the club. CSP will be running their next training workshop in May so register now at: www.cavansportpartnership.ie



See back page for 2012 training dates.

Primary School Sports

Be Active After School



10 schools in Cavan are currently taking part in this programme which is run with 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, Ardmhuire 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.



Pictured are students from St Patrick's NS, Bruskey who took part in the national launch of the programme.

Sports Specific Programmes

Cavan Sports Partnership is planning to organise teacher training in the following sports in 2012: Soccer, Basketball, Rugby, Badminton and Junior Golf. If your school is interested in registering for any of these courses please email the sports partnership on info@cavansportpartnership.ie



Buntus Generic

This is the final year for schools to avail of the Buntus Generic Schools Programme. In order to book the course or find out more contact our officers on 049-4378582 or email; info@cavansportpartnership.ie



Sports Inclusion

In October we said goodbye to our Sports Inclusion Development Officer Stephen Flynn. Despite this loss the sports partnership is committed to continuing to provide opportunities for people with disability to participate in physical activity programmes.

Tai Chi Programme

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. The programme was run by Tai Chi expert Tony McMahon.



Soccer Skills

The soccer skills programme which is run in partnership with the FAI continued with teams from Drumlin House (Cootehill), RehabCare (Cavan), RehabCare (Bailieborough), Clogher House Day activation Unit (Cavan), The National Learning Network (Cavan) and The Choices Programme (Cavan). The sports partnership and FAI development officers plan to continue this programme in 2012.



Horse riding programme

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

Boccia and New Age Kurling League

The SIDO programme continued both leagues successfully in 2011 with 12 teams registering for Boccia and 9 teams playing New Age Kurling. The sports partnership hopes to continue the programme in 2012 and will be in touch with leagues.

Tanagh Outdoor Pursuits

The inclusion programme ran an outdoor activity programme in Tanagh Outdoor Education Centre in the summer months. Participants came from Drumlin House (Cootehill), Rehab Care (Cavan) & Rehab Care (Bailieborough) and had a great time trying out canoeing, abseiling, archery and other activities. The programme extended to weekends so that children with a disability and their siblings could try open days at the centre.



Campabilities Summer Camp

Following on from the success of the Easter Campabilities, Cavan Sports Partnership provided the opportunity for children with disabilities and their siblings to avail of a 3 day summer camp. Thank to the development officers from Ulster

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Rugby and FAI for their support in the running of the camp.



CSP staff and tutor with participants on campabilities with Cathairleach Cllr Sean McKiernan.



Disability Awareness Training for Transition Year Students

Students from The Royal School, Cavan who took part in the Transition Year Disability Awareness Training which is now available to schools for the 2011-12 school year and is delivered by the Irish Wheelchair Association (IWA). The cost of the training is €100 per school. To register please contact Cavan Sports Partnership



Operation Transformation



RTE's Operation Transformation is coming to Cavan on Saturday the 14th January at 11am in Bellamount Forest, Cootehill. An 8 week physical activity and nutrition programme will then be delivered by newly trained tutors in various venues in Cavan. *Join our ezine or like our facebook page to keep up with details...*

Get Cavan Walking

Part of the all new 'Get Ireland Walking' Initiative

Cavan has been chosen as one of the four pilot sites for the new 'Get Ireland Walking' initiative which will be a partnership project involving the Irish Sports Council (National Trails Office), Cavan Sports Partnership, Mountaineering Ireland and the Irish Heart foundation

The initiative aims to promote the benefits of walking at all levels and to increase participation in walking by

- a. Supporting the set up of walking groups and clubs in participating counties
- b. Developing a walking group/club support structure at county level that links with National agencies.
- c. Developing a panel of trained walk leaders in each county.
- d. Increasing awareness in each county about the benefits of walking, the clubs and structures available and trail options that are available in each county for people to use.

All project partners believes that there is significant potential for establishing new walking groups/clubs in each county and recognise that local walking groups offer a very good structure for encouraging more people into walking. Other counties involved in the pilot programme in 2012 are Kerry, Kilkenny and Leitrim and following this, it is hoped that a National programme will be introduced.

'Get Cavan Walking' will be launched in February 2012! Keep an eye on our website and facebook page for more details!

Cavan Sports Partnership Peace III Initiative shortlisted for Chamber Ireland Awards

Together Through Games was a partnership programme lead by Cavan Sports Partnership and run in partnership with Cavan GAA, Ulster Rugby and Irish Hockey. The programme which was supported by Cavan County Councils PEACE III programme was recently shortlisted for a national Chamber Ireland award. The sports partnership would like to thank and congratulate all those involved in the project.



Representatives from Cavan GAA, Ulster Branch IRFU, Cavan County Council, Cavan Sports Partnership with some of the school children who took part in the programme.

Get Ireland Active

Get Ireland Active is a new website developed as a one stop shop for physical activity events in Ireland. There are over 1000 hits a month on the site. The national launch took place on Wednesday October 5th and it is expected that the subsequent promotion and advertising after the launch will increase traffic threefold. It is a great opportunity to promote your event, facility or group activities for free. People can search by county and by age group, and all activities are displayed in categories, so it's simple to find what you are looking for. Anyone can post and event by visiting www.getirelandactive.ie and clicking the submit event button.



CAWT Up4 It Programme Coming to Cavan in January

The UP4IT! Cavan/Monaghan Families Getting Together programmes will support families in making healthier lifestyle choices and improve families overall wellbeing from both a preventative and management perspective.

This is a multi-component programme which will support families, who are concerned about their children being overweight or becoming overweight, in making healthier lifestyle choices by helping them to develop positive healthy life skills.

The prevention programme will target families with children under 5 years.

The management programme will support families with overweight children aged 8–11 years of age.

For further details or to sign up to the programme please contact Colette Quigley on 086 730 7304 or Email: colette.quigley@hse.ie

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.



Family Cycle in Deerpark Forest Park, Virginia

Upcoming Training & Events

Name	Day	Date	Time	Venue	Contact
Training					
Code of Ethics	Monday	30/01/12	6.30-9.30pm	Bridge St Centre, Cavan	Cavan Sports Partnership. <i>Booking essential.</i>
	Tuesday	20/03/12			
	Wednesday	09/05/12			
	Tuesday	18/09/12			
	Thursday	08/11/12			
Children's Officer	Wednesday & Thursday (2 evening course)	23/05/12 24/05/12	6.30-9.30pm	Bridge St Centre, Cavan	Cavan Sports Partnership. <i>Booking essential.</i>
	Events				
EUCAPA Conference	Saturday to Tuesday	6th to 8th May		The Malton Hotel, Killarney, Co. Kerry	Linda Raymond Tel: 066 7145647 email: eucapa2012@ittralee.ie
IHF Walking Leader Training	Friday to Sunday	9th to 11th Mar		Leitrim	tcurran@irishheart.ie
Operation Transformation	Saturday	14th Jan	11am	Bellamount Forest, Cootehill	Cavan Sports Partnership
Cavan Walking Festival	Friday to Monday	5th to 7th May		Various venues	Cavan Sports Partnership
Cavan Christmas Dash	Monday 	26th Dec	12 noon	Start point Imperial Bar, Main St., Cavan	Mobile: 087 357 1136 E-mail: barry@cavanchristmasdash.ie
Programmes					
GAA Skills	Wednesday	1st Feb (4 week programme)		Cavan Area	Cavan Sports Partnership
Workouts 4 Women	To begin week starting 9th January			Check local advertising	Cavan Sports Partnership
Get Active, Stay Active 50+	Wednesday	18th Jan	7- 8pm	Stradone Community Centre	Cavan Sports Partnership