



CAVAN NEWS

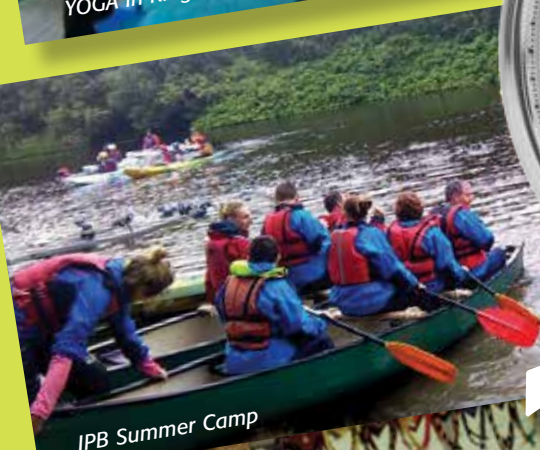
Sports Partnership
Comhpháirtíocht Spóirt an Chabháin
A Sport Ireland Initiative



YOGA in Kingscourt



Family Fun with DB Cycling Club



IPB Summer Camp



Tri Heroes. Killeshandra



IPB Easter Camp



Sitting Volleyball

2016 A YEAR IN REVIEW



Nadine McCormilla, Sports Coordinator

2016

Has been a great year for sport in Cavan with volunteers from clubs and communities delivering successful programmes such as *community transformation Cootehill, Cavan Walking Festival and Let's Tri Cavan.*

With thanks to the *Dormant Accounts fund*, the sports partnership welcomed a new Community sports development officer and **2017** is already shaping up to be an active year with the expansion of the *community transformation programme* and *schools programmes* under this remit.

We will begin 2017 with the development of our new strategic plan for sport and physical activity in the County; something we would like all people in the county to have a say in. My thanks to Sport Ireland, the board of Cavan Sports Partnership and Cavan County Council for their continued support throughout the year.

Wishing you all a happy, healthy and sporting new year. **Nadine & the team**



JANUARY Happy Feet Walkers



JANUARY



COMMUNITY TRANSFORMATION

National walk day 2017
Saturday 7th January in
Cootehill, Killnaleck & Virginia!



JANUARY

JANUARY Participants enjoying Operation Transformation

Cavan Walking Festival



SAVE THE DATE **CAVAN WALKING FESTIVAL 2017**
will take place from Friday 28th April to Friday 5th May.



MAY 'Lake View' walk Cootehill with Happy Feet Walkers

MAY Cuilcagh Mountain



MAY The Cavan Way



COMMUNITY TRANSFORMATION
COOTEHILL VIRGINIA KILNALECK

KICK START YOUR Physical Activity Programme
Monday 9th January

LIMITED SPACES AVAILABLE!

JOIN YOUR LOCAL WALK & REGISTER SATURDAY 7TH JANUARY

For more information check out

Cootehill Transformation Virginia Transformation Kilnaleck Transformation

CAVAN Sports Partnership
THIS IS CAVAN! sport ireland hi

sport ireland
Local Sports Partnerships
Speak Report 2015

29 LOCAL SPORTS PARTNERSHIPS

347,806 PEOPLE PARTICIPATED IN 891 LOCALLY DELIVERED PROGRAMMES

9,316 FEMALE PARTICIPANTS IN 70 LOCAL WOMEN IN SPORT PROGRAMMES

15,891 PARTICIPANTS IN THE AN POST CYCLE SERIES

20,000+ TOOK PART IN OPERATION TRANSFORMATION 5K FUN RUNS AND WALKS

3,534 CLUBS/GROUPS SUPPORTED

19,135 PARTICIPANTS ON TRAINING COURSES

7,611 COMPLETED 563 SAFE-GUARDING COURSES



Bikeweek.ie Cavan

June 11th - 19th 2016

Date
11th June

SMUGGLERS CYCLING CLUB -
FAMILY CYCLE & BIKE SAFETY
DEMONSTRATIONS

Date
15th June

WOMEN'S CYCLE WITH SHEELIN
FLYERS

Date
15th June

TRY A BIKE TIME TRIAL WITH
CAVAN KAYAKARUN

Date
15th June

LEISURE CYCLE FOLLOWED BY
BBQ WITH CAVAN KAYAKARUN

Spinningly Good Inclusive CYCLE PROGRAMME



JUNE

GRANT SCHEME

Clubs and community groups received €6,560 in 2016 for local sporting activities and initiatives.



MAY Grant Scheme Recipient

ESTD 2013

Let's Tri Cavan

Almost 250 participants took part in Cavan Triathlon Club's inaugural Sprint Triathlon, Kids Aquathlon and Children's Splash & Dash 2016



AUGUST Tri Cavan event



JUNE



Children Spin & Win in Cavan Cycle Programme



Family Fun with DB Cycling Club



MAY 2016 Inclusive Cycling Programme 15 children completed

"I just wanted to let you know this program is the best thing I've ever enrolled my sons in" (Parent)



A leisure cycle with Cavan Kayakarun

Community Transformation Cootehill



January Award ceremony following the completion of 6 week programme
Total combined weight loss for the group was a staggering 67st 6lb

"Give it a go, you will be surprised at what you can do and you will make lots of new friends"
Cootehill Transformer of the year 2016 - Philomena Clarke



OCTOBER Run with Catherina

RUN WITH
CATHERINA

THIS IS
CAVAN!

GAA CUL CAMP & SKILLS ACTION



disability to participate in physical activity.

The SIDO programme delivers 'games for all' and 'disability and awareness inclusion training' to clubs, schools and community groups.

Dean also works with adults aged over 55years to deliver activity sessions in their local communities. Dean covers counties Cavan and Monaghan.

Dean can be contacted on dmcelroy@cavancoco.ie or Tel 0494378582

Dean Mc Elroy is our sports inclusion development officer.

Dean works in partnership with local sporting NGB's and clubs to provide opportunities for people with a

Sports Inclusion Programme

SPORT ADDS UP...

THE SIDO PROGRAMME 2016
Older adults
33 physical activity programmes delivered to adults aged 55+ in 2016
462 older adults participated in the SIDO programme in 2016

Disability
632 people with a disability participated in the SIDO programmes throughout 2016

THE SIDO PROGRAMME 2016 • DISABILITY



March First Disability in Sport workshop delivered in Cavan in March this year. 47 people have completed the course in 2016



November Sitting Volleyball

Games 4 All 136 people have completed Games 4 All Training keeping Cavan Inclusive...



SEPTEMBER Transition year students from Bailieborough Community



FEBRUARY Sports Course Students from Cavan Institute



SIDO Disability. IPB Summer Camp



APRIL Cross county IPB Activity Camp took place in April this year at Castle Saunderson with 102 people taking part.

Does your club, school or community want to become more inclusive? Find out more about our training opportunities; dmcelroy@cavancoco.ie

THE SIDO PROGRAMME 2016 • OLDER ADULTS



JUNE



MARCH



MAY

FEBRUARY



FEBRUARY



AUGUST First Inclusive G.A.A Cul Camp in Stradone. 31 Children took part in this programme which was delivered by Cavan G.A.A



Monthly Cross county multi sports club for children with a disability and their siblings



G.A.A Skills programme kept kicking on as 21 people took part in programme in May at Breffni Park



Community Sports Development Officer

Aine O Reilly is the community sports development officer with responsibility for community based programmes such as community transformation and Get Ireland Walking. Aine also works with Schools and NGB's. **Contact Aine;** aineoreilly@cavancoco.ie or tel **049 437 8582**.

This project was approved by Government with support from the Dormant Accounts fund.

Sports Leader

The first course was completed in January by twenty five students from St. Mogue's College in Bawnboy. The twenty five participants recieved their level 1 award in Sports Leadership.

Training Workshops 2017

- Safeguarding 1
Feb 9, May 10, Sept 19
- Safeguarding 2
Feb 21, Oct 18
- Safeguarding 3
March 29, Nov 14

Register online;
www.cavansportspartnership.ie



SEPTEMBER Couch to 5km



OCTOBER Virginia Ramblers; part of the 'Get Ireland Walking' Initiative



OCTOBER Irish Heart Foundation Walking leader training



If your school would like to be involved in the 2017 schools triathlon programme register your interest now!



Happy New Year

