



An Irish Sports Council Initiative
Thionscnamh an Chomhairle Spóirt

CSP Update October 2010

October 2010

Active Participation: Be Part of the Debate!

6th All Ireland Sports Conference

The Irish Sports Council, Sport Northern Ireland and Dublin City Council will jointly host the 6th All-Ireland Sports Conference in the newly opened Aviva Stadium and the National Conference Centre on Thursday 21st and Friday 22nd October 2010.

The Conference is an integral part of the Dublin City's European Capital of Sport 2010 Programme. The Conference, titled "**Active Participation: Be Part of the Debate**" will have Participation as its primary theme.

The Conference is aimed at decision makers and policy makers who shape the many varied and different aspects of promoting active participation. These include representatives from the European Community, local authorities, health promotion, education, as well as decision makers from national governing bodies of Sport and community & voluntary organisations such as the Local Sports Partnerships.

Delegates will have the opportunity to hear top quality Irish and International speakers attend the new National Convention Centre and Aviva Stadium, Dublin to address the many various issues and concerns that active participation incorporates.

The Irish Sports Council, Sport Northern Ireland and Dublin City Council fully endorse this conference and would ask that you actively encourage the decision makers in your organisation to attend the conference. To register online for the conference and for details of the conference programme and speakers log on to: <http://www.irishsports council.ie/conference2010>

5km Winter Road Race Series

Following on from the success of 5km Road Race Series in the springtime, we are once again working with the Clare AAI to bring another 5km road race series to the county over the winter months. This 'Frostbite' series, in Ennis, Scarrif and Mullagh, will be ideal for both athletes and members of meet and train groups, or indeed just someone who enjoys running. There will be a competitive element with prizes for several categories, but there will also be plenty of spot prizes each evening. If you take part in all 4 races you will receive a limited edition running top. See our website and calendar on the back page for dates etc.



National Recreation Week—2010

National Recreation Week will take place on the week of the 28th October to the 3rd of November. In Clare, the week is being organised by Clare Sports Partnership and Clare County Council under the auspices of the Recreation and Sports Strategy. A full calendar of events will be available on: www.claresportspartnership.ie and www.clarecoco.ie.



Comhairle Contae an Chláir
Clare County Council



S.I.D.O Programme

Away from our on-going activities such as Boccia, Surfing, Gym, Fitness and Soccer, we are opening the door for new sports within the county at the moment. GAA is a new venture where we are targeting children with Physical Disabilities to participate in Football, Hurling and Wheelchair Hurling. Football sessions will begin in early November. We have recently set up Shannonside Rangers power-soccer club in conjunction with Limerick City/County Sports Partnership's, which targets people using power controlled wheelchairs. They train every second Tuesday in Cratloe Hall. We are catering for people with intellectual disabilities in regards to Soccer at present. In trying to broaden this activity to other disabilities we are hosting a Multi-Disability Soccer Blitz in association with the FAI in Lees Rd Sports Complex on November 19th. Other activities that we are looking to offer will include Archery and Fishing. If you would like to find out about or get involved in the activities above or other activities contact James at 065-6865434 or james@claresportspartnership.ie.

Unit One Westgate Business Park, Kilrush Road, Ennis.

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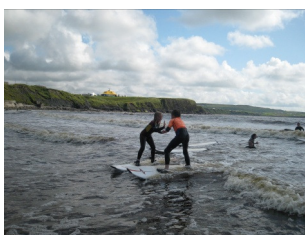
Buntús Start



Buntús Start is a programme designed for the pre-school sector. We work very closely with the County Childcare Committee to offer this programme to the service providers in the county. Earlier this year, we trained 13 centres in the programme and we are now looking at another course on the 20th November. On completion of the course, the participants will be able to lead out in productive physical activities in their groups. All the activities are based around the milestones that children reach in their physical development. The centre will also get €500 worth of play equipment. If your childcare facility is interested, please give Catherine a call in our office. The cost for the training will depend on the type of service you provide.

Surf n' Turf

In July, we ran, in conjunction with the FAI and Bens Surf Clinic, a summer camp with a difference. 15 brave girls went surfing in the morning and then in the evening they



played soccer. This was a very successful programme which we hope to replicate at intervals throughout the year and using different sports.

Physical Activation

We are currently in the process of running a pilot of **free physical activity classes** at Ennis Leisure Centre. The classes are aimed at those who may have some newfound free time on their hands since the recession has kicked in. For the moment, the classes will only run each Friday until the 29th October. (11am for men and 12pm for women) Partaking in physical activity has been proven time and time again to be beneficial to both physical and mental wellbeing. This may be the ideal time for one to take up exercise as a way of keeping fit and stimulating positive mental wellbeing. After the pilot period, we hope, if there is enough interest, to continue the programme until Christmas and to expand to Kilrush and Shannon. If you feel that you may wish to be part of the *Physical Activation* programme, please give us a call today. The *Physical Activation* programme is partnered by Clare Sports Partnership, Ennis Town Council and Ennis Leisure



An Post Tour de Burren

Nearly 1700 people took part in the An Post Tour de Burren on the 19th June in Ballyvaughan. Once again we mainly partnered with the Burren Cycling Club, Clare CoCo, Clare Tourism Forum and Aillwee Cave to run this event. The event was very well received by all who took part in the 10km, 60km and 160km spins. The tour generates a small bit of income for the Sports Partnership. In 2009, all income was put directly into projects throughout the county for late 2009 and early 2010. For example, we worked with the Green Schools Officer to promote safe cycling in the primary and secondary schools in the county. We were also able to put some funds into the SIDO programme, thus insuring that disability sport was still on the agenda for 2010. We would like to thank all the participants that took part in the tour and we would especially like to thank our partner organisations for their support.



Go For Life



The PAL's (Physical Activity Leaders) programme is going very strong here in County Clare. We have at present over 30 older adults trained in this national scheme which aims to empower groups such as active retirement clubs, ICA groups and other organisations with members over 55, to take control of their own physical activity. At the beginning of this year, Clare PALs joined their counterparts



from the Midwest in a fun filled day of golf, box hockey, bocce, horseshoe pitching and dancing. Some even got to meet Paul O'Connell of Munster Rugby! We will be starting another PAL's course in the near future. If you feel



Foithneannacht na Seirbhíse Sláinte
Health Service Executive

Clare Sports Partnership .

that this is something that you would like your group to be involved in, please do not hesitate to give us a buzz and we will put you on the PAL's interest register. The Clare PAL's programme is jointly run by the HSE and



Code of Ethics and Good Practice for Children's Sport

If your club works with young people, then it should really have a Code of Ethics and Good Practice for Children's Sport in place. We run the basic 4hr awareness workshop here at the Sports Partnership. The first two hours deal with working with children in sport.. There is information regarding travelling with children, leader recruitment etc. The 2nd two hours looks at child abuse: types, signs / symptoms and reporting. You will also be able to start the process of writing a COE for your club. If you are interested, please call Catherine to register your interest.



In association with The Ladies GAA, we are hosting the Gaelic 4 Girls Programme in both Lee's Road, Ennis and North Clare Sports and Amenity Park, Lisdoonvarna. The programme is targeted at 9yr to 13yr olds, who have perhaps not played Gaelic football in the past. The programme will run until the end of November and has a once of small cost of €8. If you have a daughter, niece or sister that is interested, please contact James Murrihy at our office. The programme runs on a Monday nights in Ennis 5pm-6pm and a Wednesday nights in Lisdoonvarna



COACH EDUCATION November 4th and 11th.

We have once again teamed up with Coachiong Ireland and the Lucozade Sports Coach Education Workshops.

This time we are presenting on Nutrition for Sport (level 2) and Circuit Training— *Developing strength and conditioning*. These courses are a must for coaches that are serious for their job, and come in good time for those in the off and pre-season. Both workshops take place in Ennis and will be presented by Athlete Rosemary Ryan.

Nutrition for Sport:—Athletes and coaches are more aware today than ever before of the importance and benefits of good nutrition, in relation to health and athletic performance. It is well established that what an athlete eats can affect his/her ability to train, recover and compete as well as their general health.

Circuit Training:— Athletes need good levels of strength and conditioning to help them attain their sporting goals. For maximum benefit, conditioning training methods need to be applied in an effective manner. Circuit training is one such training method used in a strength and conditioning programme, and in this workshop we provide information related to the correct design and implementation of a circuit training programme. Effective programme design and implementation can result in improved athletic performance.



Chi Running

On November 20th, we will be hosting Catherina McKiernan and her Chi Running Programme at the North Clare Sports and Amenity Park, Lisdoonvarna.

"ChiRunning combines the inner focus and flow of T'ai Chi with the power and energy of running to create a revolutionary running form and philosophy that takes the pounding, pain, and potential damage out of the sport of running. The ChiRunning program increases mental clarity and focus, enhances the joy of

running, and turns running into a safe and effective lifelong program for health, fitness, and well-being."

"The ChiRunning program virtually changes the landscape of the sport of running and makes running accessible and appealing to people who have stopped running due to injury, who are intimidated by the difficulty and potential danger of running, who want to have a competitive edge, and for those who

seek a spiritual component in their fitness program."

If you think that you might be interested in taking part in this workshop, you would be advised to book immediately as places are strictly limited to 16. The workshop is only open

to those living in County Clare.



Meet the Board of the LSP

Clare Local Sports Partnership Ltd, is governed by a board of 12 Directors, who are representative of different organisations. Our board work extremely hard and they have a wealth of knowledge and skills that are extremely important. Previous board

Position	Name	Representing
Chairperson	Máire Johnson	Local Development Company
Secretary	Jim Madden	Sports Forum
Treasurer	Claire Thynne	Clare Youth Services
Member	John Saunders	Sports Forum
Member	John O'Sullivan	Sports Forum
Member	George O'Callaghan	Clare VEC
Member	Cllr. Martin Conway	Clare Co.Co.
Member	Cllr. Tom Mc Namara	Clare Co.Co.
Member	Flan Garvey	Clare VEC
Member	Patrick Murphy	Clare Community Forum
Member	Geri Quinn	HSE
Member	Catherine O'Hara	Clare CoCo

members include: Martin O'Loughlen Co.Co., John Cullinan FÁS, Vincent Mc Carthy Athletics, John Kerins An Garda Síochána, to name but a few. At present, there is a review being undertaken as to the representation on the board. This will be completed by the end of the year.

U-13 Basketball League

Traditionally, basketball has been a very strong sport in the county of Clare. Over the years however, there has been a lack of an organised structure, except through the community games. We have been working with a number of people and clubs over the past while to set up an u-13 blitz league for the county. The first round of the league will be on the weekend of the 6th November for girls and 20th November for boys. If you think your area may be interested in getting involved, please contact the office of the Sports Partnership.

Meet and Train

The meet and train groups are going from strength to strength. At present, there are active groups in Ennis, Bellharbour, Scarrif and Mullagh. These are non-competitive running / jogging / walking groups that are aimed at letting women actively participate in physical activity at their own fitness level. If you feel that you would like to set up a group in your area, then we can help. Give Bernie a call at our office for full details.



Meeting the Minister

Earlier this year, John Sweeney, co-ordinator and Flan Garvey (former Chairperson), met with Minister for Culture, Tourism and Sport, Mary Hannifin at a the launch of the 2010 SIDO programme. The Minister spoke very highly of the work that the LSP's are doing throughout the country and she made it clear that she was fully behind them. She also mentioned that she has a particular interest in seeing more girls involved in sport.



Dates for the Diary

Event	Date / Time / Venue	Cost
Code of Ethics 4hr	27th October, 6pm to 10pm. CSP Offices	€20
Code of Ethics 4hr	24th, November, 6pm to 10pm. CSP Offices	€20
Children's Officer 6hr	27th November, Radisson Hotel, Road, Limerick. Contact Ciara 061 468542.	Free
Buntús Start	20th November. 10am to 4pm. Ennis.	POA
First Aid—Irish Red Cross	Weekend. Nov / Dec. To be Confirmed. Call to register to register your interest.	c.€80
Lucozade Sports Nutrition Workshop	4th November, Ennis. 8pm to 10pm. Venue to be confirmed.	€5
Lucozade Sports Circuit Training Workshop	11th November, Ennis. 8pm to 10pm. Venue to be confirmed.	€5
Chi Running	20th November North Clare Sports and Amenity Park, Lisdoonvarna. 10am to 5pm..	€70
5km Winter Road Race Series.	20th Nov (Ennis), 18th Dec (Mullagh), 22nd Jan (Scarrif), 12th Feb (Ennis) 10.30am start	€5 per race.

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