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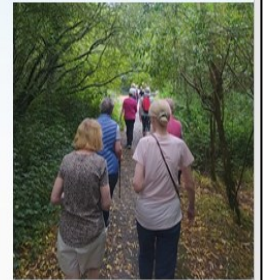
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Calendar of Courses/Events available



Young People

Women

Adults 50+

Inclusive Sport

Community

Men

Spring into Motion

Full programme of physical activity for everyone in Meath!

Choose from a wide range of physical activity programmes suitable for all ages and abilities.

Programmes are delivered in various locations across Meath and are inclusive of the following groups:

- Women
- Men
- Adults 50+
- East Meath Amenity Hub
- People with a Disability
- Community Sports Hub Navan
- Community Walking

To view full timetable of activities please see: <https://www.meathsports.ie/spring-into-motion/>



View our website

<http://www.meathsports.ie>

Meet the Meath LSP team



Mary Murphy
Senior Executive Officer



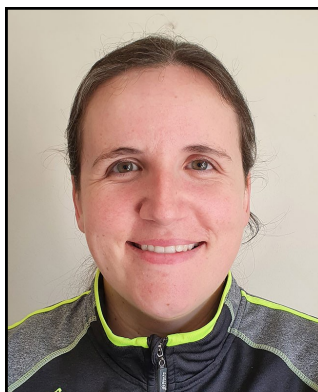
Lynn O'Reilly
Senior Administrator



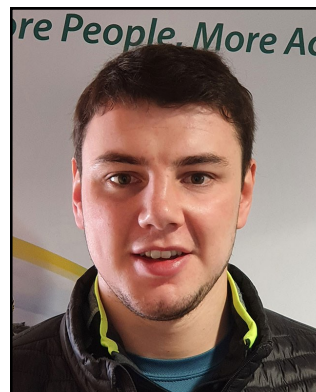
Ruairi Murphy
Programme Manager



Lisa O'Dowd
Sports Development Officer
with specific focus on Women & School Programmes



Una Pearson
Club & Community Sports
Development Officer



Terry Donegan
Sports Inclusion Disability
Officer



Paula Cunningham
Sports Development Officer
with specific focus on Older People & Youth Development



Ross Kenny
Outdoor Recreation Officer



Vicky Stropute
Finance & Governance
Officer

Community Activity Programmes

Community Sports Coaching 2025

Are you interested in Sports Coaching? Would you like to coach in your Community? Do you want to obtain coaching experience in Athletics, Rugby, Olympic Handball and Basketball?

The Community Sports Coaching programme is a mix of online and face to face sports coaching courses.

Meath LSP will host a Community Sports Coaching programme in Oldcastle, Co. Meath

Starting Wednesday 26th February for 6 weeks. (1 night a week)

The programme is open to individuals aged 18 years +. Community Sports Coaching is suitable for new coaches starting out on their journey and for the more experienced coaches who want to further develop their skills.

Course Content:

- Leadership Programme
- Athletics
- Basketball
- Olympic Handball
- Badminton
- Sports First Aid
- Disability Awareness Training
- Safeguarding 1



Closing date for expression of interests is Friday 7th February at 5pm.

Interviews to take place the week of Monday 10th February.

Training to the value of €300. Cost to the participant only €40!

If you would like to register for the Community Sports Coaching Programme or would like to find out more please contact Ruairí on 046-9067887 or email rmurphy@meathcoco.ie



Community walks in your area!

Clubs around the county have opened their grounds for community walks this spring, providing a safe, well-lit place for members of the community to stay active in the dark evenings. This year, 26 clubs qualified for our community walks fund and will receive €300 towards the cost of facilitating these walks.

Venue	Day	Time
Carnaross GFC	Tue & Thurs	7pm – 8pm
Emmet Drumbaragh GAA	Mon & Wed	7pm -8pm
Duleek Bellewstown GFC	Thurs	7pm – 8pm
Bective GFC	Wed	7pm – 8pm
Kilmainham GFC, Kells	Thurs	7.30pm – 8.30pm
Cloghertown FC United	Mon, Wed & Fri	7-8pm
St Colmcilles GAA – Piltown	Mon, Wed, Fri	7pm – 8pm
Claremont Stadium Navan	Fri	6pm – 7.30pm
St Brigids GFC	Thurs	7pm – 8pm
Moylagh GAA	Tue	7pm – 8pm
Longwood GAA	Mon	7.30pm – 8.30pm
Ballinlough GAA	Mon	7pm -8pm
Rathkenny GAA	Wed	7pm – 8pm
Na Fianna CLG	Mon	7:30pm -8:30pm
Blackhall Gaels GAA	Mon & Wed	7pm – 9pm
Dunderry GAA	Tue & Thurs	7pm – 9pm
Drumree GAA	Wed	7pm – 8pm
Moynalty GFC	Tue and Fi	7pm – 8.30pm
Clonard GFC	Wed	7.30pm – 8.30pm
Kilmessan GAA	Tue	7pm – 8pm
Skryne GFC	Wed	7pm – 8pm
St Michael's GFC (Deerpark Pitch)	Tue & Thurs	7pm – 8pm
Wolfe Tones GAA	Mon & Thurs	7pm – 8.30pm
Castletown GFC	Thurs	7pm – 8pm
Clann na nGael, Athboy	Thurs	7pm – 8pm
Kilmainhamwood GAA	Mon & Fri	7pm – 8m
Navan O'Mahonys GAA	Wed	7pm – 8pm

Community Activity Programmes

Social Running (0-3k & 3-5k Programmes)

Meath LSP are once again delighted to partner with local athletic clubs to roll out of the 0-3k & 3-5k programmes in 2025. From this January the social running programmes will be available in **Navan, Trim, Tara & Kells**.

The **0-3k (Walk to Jog)** is suitable for complete beginners and supports those to go from walking to jogging with relative ease. The structured programme is available for anyone who wants to increase their daily activity and is suitable for people of all ages (18+) and fitness levels. The **3-5k – Jog to Run** is ideal for those who would like to improve running fitness and increase their pace & distance. This programme suits those who have already completed a 0-3k or have previous running experience.

All coaching sessions are delivered by qualified club coaches who are experienced runners and are on hand to guide and support everyone taking part.

Venues and registration links below:

- Tara – meeting at Tara Sport Grounds, Ross Cross - **Monday 20th January @ 6.30pm**
- Trim – meeting at Supermacs, Dublin Rd, Trim - **Monday 20th January @ 7pm**
- Navan – meeting at Claremont Stadium - **Monday 20th January @ 7pm**
- Kells – meeting at Fair Green, Kells – **Monday 20th January @ 7pm**

To register click [HERE](#) or email lodowd@meathcoco.ie





Community Activity Programmes

Swimming Pool Programmes – Kells

In January, Meath LSP in partnership with Swim Ireland are rolling out a series of swimming programmes for women, men and adults with additional needs in Kells Swimming pool.

He swims (Men 35+)

We are inviting men to come along and join us for a fun swim programme! Get ready for an introduction to Swimming and everything it has to offer! All swim abilities welcome!

SWIM IRELAND | An island of swimmers

HE SWIMS

KELLS SWIMMING POOL, CO. MEATH

FRIDAY 10:00AM

JANUARY 24TH 2025

CONTACT:
REBECCAROLSTON@SWIMIRELAND.IE

MEATH
Local Sports Partnership
SPORT IRELAND

4 weeks
€20

If you require further information or wish to book please contact Una Pearson at upearson@meathcoco.ie or call 0469067887

Community Activity Programmes

Active Men

The Active Men initiative aims to provide a variety of physical activity programmes for Men 35+ in Meath. The programmes are all suitable for complete beginners.

In January/February 2025 there will be more opportunities for men to try our social sport. Please see below upcoming activities:

Programme	Venue	Starts	Time	Schedule
Circuits for Men	Gibbstown Hall	Tuesday 21 st January	7.30pm	Tuesdays for 6 weeks
Social Basketball	Ashbourne Community School	Wednesday 29 th January	8pm	Wednesdays for 6 weeks
Social Pickleball	Claremont Stadium, Navan	Thursday 30 th January	8pm	Thursdays for 6 weeks
Social Pickleball	Colaiste na hInse	Wednesday 29 th January	8pm	Wednesdays for 6 weeks
Active Men	St. Paul's NS, Navan	Wednesday 5 th February	8pm	Wednesdays for 6 weeks
Social Soccer	Eastmeath United	Saturday 15 th February	4.30pm	Saturdays for 6 weeks

For more information or to book, please contact Ruairí on rmurphy@meathcoco.ie or call 046-9067887.

Meath Running Group

Meath Running Group is back with a 9 week 'Improve your Endurance' programme which will focus on steadily improving your endurance and building towards longer distance running.

The programme is ideal for anyone aiming to complete a half marathon or full marathon.

The programme will focus on good training principles, pacing, posture & running form. The programme is suitable for anyone running 5k and over.

Meath Running Group – 'Improve your Endurance' programme will start **Wednesday 22nd January at 7.30pm in Blackwater Park, Navan.**

Register [HERE](#).





Community Activity Programmes

Community Sports Hub Navan

Our aim is to get the local community of Navan more active, more often!



The Community Sports Hub Navan provides a wide range of sport & physical activities for all ages & abilities in the Windtown, Johnstown, Claremont areas of Navan.

In 2024 over 2,000 participants took part in programmes such as: Active Women, Multi-Sport activities, Midterm Multi-Sport Camps, Fit Dance, Olympic Handball, Basketball, Tag Rugby, Futsal, Buggy Buddies and much more.

Check out our Facebook page – [Community Sports Hub Navan](#) for opportunities to get involved in sport and physical activity or take a look at our ‘What’s On’ list of programmes.

If you would like more information on Community Sports Hub Navan, please contact Una Pearson on 046-9067887 or email upearson@meathcoco.ie

2,020 Participants
12 venues
28 partner agencies
41 programmes
14 coaches
3 areas





Community Activity Programmes



February Mid Term Multi-Sport Camp



Would you like your child to take part in fun multi-sport camps throughout the school holidays?

Check out the details below where children aged 5-12 can be active and take part in a variety of sports and activities. Pre-registration is mandatory, registration links are provided.

Multi-Sport Halloween Camp

Claremont Stadium Hall

Date: Thursday 20th – Friday 21st February

Time: 10am – 1pm

Venue: Claremont Stadium (hall), Navan

Activities: A variety of different sports e.g., Soccer, Rugby, Cricket, GAA

Register: [HERE](#)



Please use registration links provided above. For any other queries please contact Una at upearson@meathcoco.ie or call 0469067887.



Community Activity Programmes

Community Sports Hub Navan
4/5 Week Community Activity Programmes – January 2025All programmes are **FREE**

Programme	Description	Time	Venue	Age	Dates	Register
MONDAY						
<u>Olympic handball</u>	Come 'n Try Olympic handball	<u>3:30-4:15pm</u> <u>4:15-5pm</u>	<u>St. Stephen's NS</u>	<u>6-9 yrs</u> <u>9-12 yrs</u>	Monday 20 th Jan – 17 th February (5 weeks)	https://bit.ly/3VKq1WE
WEDNESDAY						
<u>Hockey for Girls</u>	Come and Try Fun Hockey sessions for teenage girls	<u>5-6pm</u>	<u>Scoil Naomh Eoin</u>	<u>10-17 years</u>	Wednesday 22 nd January – 19 th February (5 weeks)	Email pcunningham@meathcoco.ie
<u>Basketball</u>	Fun Basketball sessions for children and young people	<u>4-5pm</u> <u>5-6pm</u> <u>6-7pm</u>	<u>St. Paul's NS</u>	<u>6-9yrs</u> <u>9-12yrs</u> <u>12-15yrs</u>	Wednesday 22 nd January – 19 th February (5 weeks)	https://bit.ly/3ZNhTWP
<u>Active Women</u>	Come 'n Try exercise based activity for women, a mixture of circuits along with some light walking and jogging. Beginners are welcome.	<u>7-8pm</u>	<u>St. Paul's NS</u>	<u>Over 18 yrs</u>	Wednesday 22 nd January – 19 th February (5 weeks)	https://bit.ly/49NIQID
THURSDAY						
<u>Tag Rugby</u>	Come 'n try fun Tag Rugby sessions – a mixture of indoor and outdoor	<u>4-5pm</u> <u>5-6pm</u>	<u>Scoil Naomh Eoin</u>	<u>6-12 yrs</u>	Thursday 23 rd January – 13 th February (4 weeks)	https://bit.ly/49NIQID

Spaces are LIMITED and will be on a first come basis! Registration is mandatory for all programmes.

Community Activity Programmes

East Meath Amenity Hub

The aim of the East Meath Amenity Hub is to deliver sport and physical activity opportunities in the Laytown, Bettystown, Mornington & Donacorney areas.

These activities have an emphasis on but are not exclusive to using the beach/sea areas for outdoor activities.



Highlights of 2024!

8 Open Water Swimming programmes were delivered with a total of 73 participants. 23 of these participants were teenagers aged 12-17 years and the remaining 50 being adults aged 18+.

Five open water swimming programmes were ran in partnership with Swim Ireland.



Swim Safe Event - 23 individuals and families attended the Swim Safe event and learned about how to prepare for an open water swim, how to be safe in the water, who to call in an emergency and all things water safety. This event was delivered in conjunction with the Royal Life Saving Society & Swim Ireland.

Games on the Beach took place for a 5th year on Bettystown beach! This year saw a record number of over 100 children and young people taking part in multiple sports throughout the day.

Games on the beach is delivered in partnership with Community Gardai, Youth agencies Foroige & Youth Work Meath and National Governing Bodies—Volleyball Ireland, Irish Olympic Handball Association, Leinster Rugby and FAI Meath.



Community Activity Programmes

East Meath Amenity Hub

Yoga & Dip – on Ireland AM

A Yoga & dip session was held on Bettystown Beach and broadcast live on Ireland AM! This event showcased the amenity of Bettystown Beach and highlighted the number of locals taking part in beach activities, particularly highlighting the benefits gained from Open Water swimming both physically and socially.



HER Outdoors Week

HER Outdoors week aims to celebrate and encourage more females to get out and enjoy the benefits of being in the outdoors while bringing visibility to the opportunities for females to get involved in outdoor physical activity.

During HER outdoors week, 59 women and girls took part in a Come & Try Sea Swim, Yoga & dip and some beach games on Bettystown Beach.

Programme	Age	Venue	Dates	Time	How to register
Run Jump Throw	5-12 years	Colaiste na hInse	January 22 nd – February 26 th	5pm-6pm	tdonegan@meathcoco.ie
Chair Yoga	Adults 50+	St Colmcille's GAA	January 27 th – 3 rd March	12pm – 1pm	https://eventmaster.ie/event/QmO2unKSOy
Chair Yoga	Adults 50+	Duleek Community Facility	January 30 th – 6 th March	11am – 12pm	https://eventmaster.ie/event/5EbAHQvsEz
Active Social Morning	Adults 50+	Laytown, Bettystown Golf Club	January 15 th – 19 th Feb	11am – 12pm	pcunningham@meathcoco.ie
Activator Pole Walking	Adults 50+	Laytown Beach	Fridays March 7 th – April 11 th	11am – 12pm	tdonegan@meathcoco.ie
Volleyball for Women	18+	Bettystown	Tuesday 4 th March – 25 th March	7pm-8pm	lodowd@meathcoco.ie

If you would like more information on the East Meath Amenity Hub, please contact Una Pearson on 046-9067887 or email upearson@meathcoco.ie

Community Activity Programmes

Pickleball Meath

Pickleball is a paddle racquet sport very similar to a social form of adapted tennis. It is played with a light plastic ball, a lower height net, on courts similar in size to a badminton court. It is a fun, easy to play activity, which encourages movement and combines elements from tennis, badminton & table tennis. Pickleball can be played in singles or doubles format by Adults 18+ and all skill abilities.

Meath LSP have assisted linked with a number of community organisations to help form Pickleball groups throughout the county. Check out the venues below to come 'n try pickleball!

Area	Day	Time	Location
Navan	Thursdays	8pm	Claremont Stadium
Athboy	Mondays & Saturdays Wednesdays	10:30am 7pm	Athboy Convent Community Centre
Kells	Wednesdays	8pm	Eureka School
Bettystown	Wednesdays	8pm	Coláiste na hÍnse
Ratoath	Tuesdays	11:30am	The Venue Ratoath
Dunshaughlin	Thursdays	6pm	Dunshaughlin Community Centre
Ashbourne	Mondays	6.30pm	Ashbourne Community School



For more info please contact Terry on tdonegan@meathcoco.ie or call 0469067887

Community Activity Programmes



Bike Week 2025



Bike Week 2024 in Meath was a great success with over 30 events being held across the county by various community groups, cycling clubs and schools.

Bike week is a celebration of all that is great about cycling and encourages a cycling culture and aims to increase the number of people cycling across Meath. Bike Week featured a broad range of different events catering for beginners, families, children, second time around cyclists, leisure bikers, and club cyclists.

Thanks to the support from National Transport Authority & Transport for Ireland and to all the local schools, clubs and community groups who ran and participated in events, making Bike Week 2024 a memorable one.

Bike Week 2025 is being held between the 10th & 18th May. Events will be happening across Meath. Keep an eye on our webpage or the Bike Week web page for details for events happening near you during Bike Week.

Funding applications for Bike Week 2025 will open in late February. If your school, club or community group are hoping to apply for funding and have any queries please contact Paula at pcunningham@meathcoco.ie or call 0469067887.



Women in Sport

Womens Social Soccer is back!

Starting in January 2025, this social soccer programme is ideally suited to women 16+ from beginners to improvers. The initial programme will begin with a 6-week Come & Try Soccer programme and will be suitable for complete beginners, improvers and those returning to soccer after a long period.

Club	Start Date	Day	Time	Venue
Longwood AFC	January 30th	Thursday	7-8pm	Oliver Plunketts GAA Astro Pitch
Parkvilla FC	January 30th	Thursday	8-9pm	MDL Pitch 7
Ashbourne Utd	January 25th	Saturday	6-7pm	Ashbourne Utd
Kentstown Rovers	January 29th	Wednesday	8-9pm	Kentstown Village Park
Torro Utd FC	January 31st	Friday	7-8pm	Torro Utd
Dunshaughlin Youths FC	January 31st	Friday	7pm	Dunshaughlin Youths
Ratoath Harps	January 31st	Friday	7-8pm	Ratoath Harps
Longwood AFC	February 6th	Thursday	8-9pm	Longwood Astro or Community Hall

Register at: <https://www.meathsports.ie/social-soccer-for-women-girls-16/> (free of charge)



Women in Sport

Socia-Ball for Women

Meath LSP are delighted to support Basketball Ireland to continue social basketball for women in Meath. Socia-Ball is in a basketball initiative for women with the main emphasis on Participation, Fun and Fitness. In a relaxed, social setting, women have the opportunity to learn the key basketball skills and play in a supportive environment without the pressure of competition.



The 6-week programme is aimed towards complete beginners and those returning to basketball. It is inclusive of all ages and fitness levels and will be delivered by qualified coaches.

Location	Start Date	Time	Duration	Cost	Registration link
Athboy Convent Community Centre	23 rd Jan	7-8pm	6 weeks	€30	ctryon@ireland.basketball



Social Tag Rugby

Meath LSP and Leinster Rugby are collaborating with local rugby clubs to bring you a Women's Social Tag programme. Suitable for women of all ages (18+) and fitness levels. This programme is ideal for complete beginners and those with previous rugby experience.



Non-competitive, relaxed and fun, this new 6-week programme is a great way to gain fitness and learn a new skill without the rough and tumble of regular rugby.

Fun & Friendly Tag Blitz with participating clubs will take place on Saturday 5th April. The programme will start in January 2025 in two areas:

- **Ashbourne Rugby Club – Ashbourne** – Starting Monday 27th January @6.30pm
- **North Meath Rugby Club – Kells** – Starting Tuesday 28th January @7.30pm

Register at: <https://forms.gle/21Z3eQjvPnWevcvRA>



Women in Sport

Women in Sport Week (3rd-9th March—Save the date!)

Women in Sport Week takes place from **3rd – 9th March** with **International Women's Day** on Saturday 8th.

The aim of Women in Sport Week is to celebrate women and girls who take part in all aspects of sport and physical activity!

Here at Meath LSP, we will be offering a wide variety of sporting activities for women & girls of all ages, abilities and fitness levels. This is a great opportunity to try something new and re-engage with a sport you may not have played for a while.

We work in collaboration with local clubs and partners to provide programmes that can be accessed locally.

If you would like to try out something new or revisit an old sport then come along and join us for a host of activities during Women in Sport Week.

→ A full timetable for Women in Sport week activities will be available soon – please see our webpage for regular updates <https://www.meathsports.ie/women-in-sport/women-in-sport-week/>



Women in Sport

Active Women Circuits

Active Women – Circuits will once again be taking place in Kells! This all-inclusive programme will include a wide range of cardio, strength and toning exercises making it easy to get back in shape and maintain a high level of fitness.

The 6-week programme suits women of all ages (18+) and fitness levels and is ideal for complete beginners. Cost is €20 for 6 weeks.



Location: Eureka School Kells

Start Date: Wednesday 29th at 7pm

Register at: <https://eventmaster.ie/event/n5GpuplH0v>

Netball for Women & Girls 12+

Following the highly successful Social Netball for Women initiated in 2021 by Meath LSP and Netball Ireland, we are delighted to announce that Boyne Netball are now an established netball club in Meath.

Netball is an energetic game which involves speed, agility and stamina and a great way to keep fit and be part of a team.



Boyne Netball is open to all women and girls from 12+, no prior experience is necessary just an interest to learn the skills and get involved in a social team sport.

It can seem similar to basketball without dribbling the ball but is very inclusive with all players having definite roles and play zones.

New season starts:

Monday 20th January, 6.30pm-8pm in Drogheda Grammar School, Mornington

To register: Email boynenetball@gmail.com



Training & Education

Safeguarding 1 Basic Awareness in Child Protection Workshop

11th February | 6.30pm-9.30pm | Zoom

This course looks at best practice for all regarding child protection, with clubs now being asked to utilise and implement the relevant NGB Code of Ethics. The course maintains an essential component of coach education for all who are involved in coaching children.

The workshop will highlight the main principles of the Code and look at measures that clubs can take to create and maintain the safest possible environment for sport for young people. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.



It is recommended that you renew your Safeguarding certificate every 3 years for good practice. Participants attending this workshop must be over 18 years of age. The cost is €25pp for clubs in Meath and €40pp for clubs outside of Meath. A good internet connection is required for this course.

→ For more dates, please see calendar of courses on the last page. To book, please email Lynn at loreilly@meathcoco.ie or call 046-9067887.

Safeguarding 2 Club Children's Officer Workshop

19th February | 6.30pm-9.30pm | Online via Zoom

Recommendations from Sport Ireland are that every club involved with children and young people should appoint a Club Children's Officer. This person is the link between the children and the adults in the club and also takes responsibility for monitoring and reporting to the Club Management Committee on how club policy etc. impacts on children and their Sports Leaders.

It is essential that those who wish to attend the Safeguarding 2 Club Children's Officer (CCO) Training have attended the Safeguarding 1 Basic Awareness course.

It is recommended to have at least one Club Children's Officer per club or if there is a large number of both boys and girls in the club, to have two Club Children's Officers – one male and one female.

The cost of this workshop is €25pp for clubs in Meath and €40pp for clubs outside of Meath. A good internet connection is required for this course.

→ To book, please email Lynn at loreilly@meathcoco.ie or call 046-9067887.



Training & Education

Safeguarding 3 Designated Liaison Person (DLP) Workshop

20th March | 6.30pm-9.30pm | Online via Zoom

The third part of the Sport Ireland Child Welfare & Protection Training Programme is the **Designated Liaison Person workshop**. Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children.

The *Designated Liaison Person* is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI. The organisation's child protection policy and procedures should include the name and contact details of the *Designated Liaison Person* and the responsibilities attached to the role.

A person appointed to the *Designated Liaison Person* position in a club must have Safeguarding 1 and should complete the **NEW Designated Liaison Person 3 hour workshop**. A club may appoint the same person to both the CCO and DLP positions, however best practice advises that they are kept as separate roles.

The cost of this workshop is €25pp for clubs in Meath and €40pp for clubs outside of Meath. A good internet connection is required for this course.

To book, please email Lynn at loreilly@meathcoco.ie or call 046-9067887.

Sports Injuries First Aid

13th February | 6.30pm-10pm | MDL, Trim Road, Navan

The course is aimed at coaches, mentors, teachers, supervisors, players, athletes and volunteers and anyone wishing to be able to deal with minor sports injuries.

Participants will learn practical skills so that they can deal competently with situations that may arise. All participants receive a certificate of attendance.

Cost is €35pp for clubs in Meath or €40 for clubs outside of Meath.



Course Content

- | | |
|-----------------------|---|
| • Scene Management | • Fractures |
| • Bleeding and Wounds | • Sprains & Strains |
| • Treatment for Shock | • Unconsciousness & the Recovery Position |
| • Heart Conditions | • CPR Demonstration |

To book, please email Lynn at loreilly@meathcoco.ie or call 046-9067887.

Training & Education

Womens Soccer Coach Training & Education Programme

To support club development and encourage more women to take on leadership roles in their sport, Meath LSP and the FAI are collaborating to provide a Womens (only) Soccer Coaching Training & Education Programme. This one-stop coach education will provide a comprehensive range of workshops to empower more women into the world of soccer coaching & officiating.

The Soccer Training & Education Programme will commence from March for any female wishing to upskill and become Coaches/Officials with the aim of increasing the number of female soccer coaches in Meath and building capacity in clubs.

- Coach Development Pathway and will include:
- Coach Training
- Safeguarding
- Coaching Teenage Girls



Nominal entry cost will apply. For more details please contact Lisa at lodowd@meathcoco.ie

Womens Rugby Coach Education Workshops

To support club development and grow female coaches and officials in rugby, Meath LSP and Rugby Leinster are collaborating to provide a Womens (only) Rugby Coaching Training & Education Programme. This one-stop coach education will provide a comprehensive range of workshops to empower more women into the world of rugby coaching & officiating.

The Training & Education Programme will commence from April and all newly qualified female coaches will receive a Rugby Coach top.

Cost is €35pp, inclusive of all course modules.

- Coach Development Pathway and will include:
- Coach Training – PLAY RUGBY – Monday 7th April
- Safeguarding – Monday 14th April
- Coaching Teenage Girls – To Be Confirmed



For more details on Women's Rugby Coaching Workshops please see <https://www.meathsports.ie/women-in-sport/ladies-social-tag-rugby/> or contact Lisa at lodowd@meathsports.ie



Training & Education

Sport Ireland Coaching Workshops



Meath LSP in partnership with Louth & Cavan LSPs are running a series of online Sport Ireland Coaching Workshops in February.

This series is a set of four workshops of 3 hours each.

- *Workshop 1:* Coaching Children Successfully in Sport
- *Workshop 2:* Child-Centred Coaching – Understanding Child Development & Learning and its Impact on How We Coach.
- *Workshop 3:* Developing Physical Literacy through Sport 1 – Coaching Children to Move.
- *Workshop 4:* Developing Physical Literacy through Sport 2 – Coaching Children to Think.

Dates: Wednesday 12th & 19th February (online 6:30pm-9:30pm)

Workshop 3 & 4: Saturday 22nd February (in person practical – Kingscourt Community Centre at 9:30am – 4pm)

Cost: €20

Register: <https://www.eventbrite.ie/e/1119802833419?aff=oddtcreator>



For more information or to book your place on the next workshop contact Una Pearson at 0469067887 or email upearson@meathcoco.ie



Training & Education

Club Grant Summary

This grant scheme was targeted at registered sports clubs, community and voluntary organisations and disability groups in County Meath delivering sport and physical activity programmes.

The 3 strands were as follows:

1. Increasing Participation – Max €1,000. This club grant was designed to support clubs in increasing participation in sport & physical activity, particularly amongst targeted groups

2. Volunteer Supports (Training & Education) – Max €1000. This grant is designed to support clubs in upskilling new & existing coaches and volunteers to increase participation in sport & physical activity.

3. Equipment – €500 – €1,000 (dependent on demonstrated need). This equipment grant will support clubs to purchase additional equipment for their regular club activity or to increase participation in sport & physical activity.

Each strand had a separate inclusive grant.

Total Funding awarded:



Grant totals	Successful	Amount
Equipment	40	19,955.00
Volunteer Support*	29	21,364.00
Increasing Participation	12	8,644.60
Inclusive Equipment	10	5,000.00
Inclusive Volunteer Support	0	0.00
Inclusive Increasing Participation	3	1,500.00
Total	99	56,463.60
*14 postponed early 2025		€13,571

For more information about Club Grants contact Una Pearson at 0469067887 or email upearson@meathcoco.ie



Youth/Teens

Hockey for Girls (10-16yrs)

Meath LSP & Navan Hockey Club are delivering a Hockey for Girls (10-16yrs) programme.

The programme starts **Wednesday 22nd January at 5pm in Scoil Naomh Eoin, Navan.**

This 4-week Come & Try is suitable for complete beginners and returners to the sport.



Cost is €10 for 4 weeks and all participants receive a gum shield and shin guards.

To book contact Paula at pcunningham@meathcoco.ie for more information.

Social Youth Basketball



Social Basketball is coming to Kells and returns to Athboy this Spring.!

Social basketball is open to young people aged 10-16, No experience necessary.

- **Eureka Secondary School Kells** – Wednesday 28th January at 6-7pm
- **Athboy Community School** – Tuesday 14th January at 6-7pm

To book your place follow the contact Casey on ctryon@ireland.basketball

If you are interested in basketball in Ashbourne contact ashbourneraptors@gmail.com



Teen Multi-Sport

Multi-sport programme for teens is coming to Kells. This social programme will give young people the opportunity to try a range of sports including Tag rugby, Basketball, Soccer, Olympic handball and more fun games.

The 6 week multi-sport programme will allow young people to try new sports they may not have played before and could spark an interest in getting more involved with. Suitable for young people aged 12-16yrs

Venue: Eureka Secondary School Kells

Dates: Tuesday 28th January

Time: 7pm – 8pm

Cost: €10

To register contact Paula on 0469067887 or email pcunningham@meathcoco.ie for more information.



Schools Section

Cycle Safety

Cycle safety in Primary Schools delivered by **CYCLE RIGHT**.



The Cycle Right programme has been implemented within primary schools nationwide. The goal of **CYCLE RIGHT** is to provide the national standard of cycle safety and skills training to all participants.

CYCLE RIGHT, offers

- Best-practice in cycle training, derived specifically for our unique environment
- Quality of delivery and an on-going quality assurance system to ensure consistency
- Guaranteed ratio of qualified, registered trainers to work with your groups
- A goal of on-road training as a core part of the programme
- Resources for schools, teachers and parents/guardians to facilitate follow up and support to training

In Meath, we are delighted to continue our partnership with the team in the Cycle Safety School. If you require further information, please **contact Barbara Connolly**.



38 Schools
All 6 areas
of Meath

1,958
participants

973 boys
985 girls
3rd – 5th class



Schools Section

Olympic Handball – Primary & Secondary Schools



The OHI All-Ireland Primary & Secondary Schools' Competition kicked off last September and will run until April 2025. The Meath Handball Competition is a collaboration between Meath LSP & Olympic Handball Ireland.

Primary Schools:

A total of 16 primary schools have taken part in the competition so far with over **500 pupils** playing competitively at a county level.

The winners of the Meath Primary Group who will progress to represent their schools at the Meath Final 14th of February, 2025 in Gormanston College, Co. Meath are:

Minis boys: St Colmcilles Kells, St Stephen's NS, Yellow Furze & St Paul's Ratoath

Minis girls: Drumconrath NS, Scoil Naomh Barra, Yellow Furze & St Paul's Ratoath

Infants boys: Drumbaragh, St Colmcilles Kells, Yellow Furze & St Paul's Ratoath

Infants girls: Carnaross NS 1, Robonstown NS, Yellow Furze & St Paul's Ratoath



Winners from Meath Finals will progress to the Leinster Finals (12th March) where they will contend for a place in the All Ireland Finals taking place on 9th April.

All provincial and national competitions are taking place in Gormanston College, Meath.

Secondary Schools:

Two schools from Meath took part in the Secondary School Leinster Olympic Handball Final that took place on Monday 18th November, Ratoath College and Drogheda Educate Together.

Both schools had winning teams and will be progressing on to the All-Ireland Finals that take place on Wednesday 9th April.

- Ratoath College won the Juvenile Boys U15
- Drogheda Educate Together won Junior Girls U15 & Senior Girls U19

Well done to all taking part and wishing students the best of luck in their quest for medals at the All-Ireland Finals in April.

For more information contact Lisa at lodowd@meathcoco.ie or call 046-9067887.



Schools Section

Leadership in Sport

Meath LSP launched our new Leadership in Sport programme for schools in 2024. Over the course of the year 125 students across 5 school/community groups have taken part in the 3 day programme which focuses on developing core leadership qualities and skills using a multi-sport approach.

The programme gives young people the opportunity to work on key areas such as planning, evaluation, team-work, problem solving and diversity and inclusion. The programme also involves a sport specific module where learners gain first-hand experience in a specific sport like Basketball, Olympic Handball Volleyball. In this, they obtain practical leadership experience which they will bring into the delivery of a 6- week recreational sports programme within the school for younger students.

Upon completion all learners receive a Leadership in Sport certificate and a Sport Specific certificate. This is an ideal start for young people who have an interest in sport.

It's an excellent opportunity to promote their own personal development while highlighting the various opportunities available through sport as a volunteer, coach or for those considering sport as a career option.



We are now accepting expressions of interest from schools, youth groups or club who are interested in having this programme delivered in their setting in 2025.

For more information please see <https://www.meathsports.ie/young-people-schools/sports-leadership-award/> or contact Paula on pcunningham@meathcoco.ie



Adult Programmes 50+

Mature Movers

Our popular seated exercise class returns this January. The 6-week programme includes activities such as seated exercise to music, resistance exercises, core stability, balance and fall prevention. Mature Movers is ideally suited to adults 50+ and provides enjoyable social interaction, fun and activities. The class will return in Navan, Kells, Ashbourne, Ballinacree, Athboy, Trim & Ratoath.

Discounted price for online bookings €30 (plus €2.10 booking fee).



VENUE	STARTS	TIME
Navan, Pitch and Putt club	Monday 27 th January	11.30am
Athboy, St James Hall	Tuesday 28 th January	12pm
Kells, Eureka House	Wednesday 29 th January	11.30am
Ashbourne, GAA club	Wednesday 29 th January	2pm
Trim, GAA Club	Wednesday 29 th January	11:30am
Ballinacree Community Centre	Thursday 30 th January	10am
Ratoath, The Venue	Thursday 30 th January	10:30am

Contact Paula on 0469067887 or email pcunningham@meathcoco.ie to book your place.

Adult Programmes 50+

Activator Poles

Activator Poles have been developed by therapists in Canada for people who have balance concerns or mobility issues but want to fitness walk. The poles are used in a forward position, provide stability, support and confidence to people worried about their balance or falling and enables them to get up and get going with a purpose again. Activator Pole walking focuses on promoting long term fitness and independence through increasing balance and functionality.

Walking with ACTIVATOR Poles:

- Improves stability
- Reduces impact on hips/knees
- Develop core strength
- Improve posture
- Promotes better gait pattern

Venue	Date	Time	Cost
Deerpark Carlanstown	Fridays January 31 st – March 7 th	11am-12pm	€30
Blackwater Park, Navan	Wednesdays February 5 th – March 12 th	11am -12pm	€30
Fairyhouse Ratoath	Thursdays February 6 th – March 13 th	11am -12pm	€30
Laytown Beach	Fridays March 7 th – April 11 th	11am -12pm	€30

To book please contact Terry on tdonegan@meathcoco.ie or call 0469067887.



Adult Programmes 50+

Active Social Morning

Active social mornings take place in **Navan & Bettystown!** Participants take part in various game-based activities such as Boccia, Kurling, Cornhole and Pickleball. The morning is finished off with tea /coffee and a chat. Suitable for Adults 50+ of all abilities.

Venue: Simonstown GFC, Navan

Activities: Boccia, Kurling, Cornhole, Pickleball

Start Date: Tuesday 28th January

Time: 11am

Cost: €10 per 4-week block

Venue: Laytown & Bettystown Links Golf Club

Activities: Boccia, Kurling, Cornhole

Start Date: 15th January

Time: 11am

Cost: €10 per 4-week block



If you would like to join the group contact Paula on 0469067887 or email pcunningham@meathcoco.ie

Fitness Made Easy

6-week strength and mobility class for Adults 50+ with **BT Fitness Gym, Navan.**

This class is led by a qualified fitness instructor and features weighted and body weight exercises as well as an introduction to the use of gym equipment.

The class takes place at an off-peak time, meaning participants can exercise in a relaxed, friendly environment. All activities can be adapted to accommodate varying abilities.

For participants who wish to continue using the gym, a reduced membership for BT fitness gym will be available at programme end.

Venue: BT Fitness, Unit 6, Beechmount Home Park, Navan

Date: Wednesday 15th January

Cost: €30 per 6 weeks

Time: 11am

Contact Paula on 0469067887 or email pcunningham@meathcoco.ie to book your place.





Adult Programmes 50+



MEATH
Local Sports Partnership
SPORT IRELAND



**Age &
Opportunity**

PHYSICAL ACTIVITY LEADER TRAINING (PALS)

PALS TRAINING WORKSHOP

- PALS is an initiative designed to get older people more active more often.
- Physical activity leaders will be trained to lead members of their own groups or communities in short exercise routines, simple dances, fun games and social sports.
- Training carried out over 6 weeks, 5 hours per week
- Lunch and refreshments provided.

WHEN & WHERE

- **SIMONSTOWN GAELS GFC
NAVAN**
- **WEDNESDAYS, 10AM - 3PM**
- **(12TH, 19TH, 26TH FEB, 5TH,
12TH, 19TH MARCH)**

**IDEALLY SUITED TO
MEMBERS OF ACTIVE
RETIREMENT
GROUPS,
MENS/WOMENS
SHEDS OR
COMMUNITY GROUPS**

**TO REGISTER FOR A PLACE ON THE COURSE CONTACT PAULA ON
0469067887 OR EMAIL PCUNNINGHAM@MEATHCOCO.IE**



Adult Programmes 50+

Zumba Gold

Zumba Gold is a lower intensity version of the popular dance-based exercise class. With easy-to-follow moves, focusing on improving range of motion, balance and cardiovascular fitness, this upbeat class is perfect for those who's new year resolution is to move more.

Navan: Clarendon Stadium,
Wednesday 5th February at
12pm

Trim: GAA Club, Monday 27th
January at 11am

Cost: €20 per 4-week block.

Contact Paula on 0469067887
or email punningham@meathcoco.ie to book
your place.



Chair Yoga

Exciting new Chair Yoga/wellness class for Adults 50+. This is a unique programme which combines multiple elements of Yoga, mindfulness, breathwork and physical activity, exercises can be chair based or standing to suit the individual taking part. The class is taught by a qualified yoga instructor and includes an uplifting sing along to finish off each session.

Classes will be starting in Pilltown and Duleek this January and will run for a 6-week period.

- **Piltown** – St Colmcille's GAA – Monday 27th January at 12pm
- **Duleek** – Duleek Community Facility – Thursday 30th January at 11am

Cost €30 for 6 weeks.

Contact Paula on
0469067887 or email
punningham@meathcoco.ie
to book your place.



Sports Ability Programmes

Learn 2 Cycle

Learn 2 Cycle aims to assist children with a disability to cycle independently. This programme which is held over 6 weeks outdoors focuses on empowering parents and giving them the tools to support their child in learning to cycle. Participants will be guided by our experienced tutor from the Cycling Safety School.

Learn 2 Cycle Trim

Date: Tuesdays January 14th

Time: 4:30pm- 5:30pm

Duration: 6 weeks

Venue: Trim GAA

Cost: €15

Learn 2 Cycle Ashbourne

Date: Thursdays March 20th – April 24th

Time: 4:30pm- 5:30pm

Duration: 6 weeks

Venue: Ashbourne Community School

Cost: €15



To book a place, please contact Terry on 046-9067887 or email tdonegan@meathcoco.ie

Sports Inclusion & Disability Awareness Training

Meath LSP in conjunction with Cavan Sports Partnership are delighted to announce we will be hosting a sports Inclusion and Disability Awareness Webinar. This is a FREE webinar will be delivered online and is aimed at people who are interested in taking the first step in making their activities inclusive.

Date: Monday February 10th

Time: 7pm-8:30pm

Venue: Zoom

Cost: Free

For more information please contact Terry Donegan at 0469067887 or email tdonegan@meathcoco.ie



Sports Ability Programmes

Run Jump Throw

The Run Jump Throw programme ran over 6 weeks is aimed at children with additional needs aged 5-12 years. The sessions will include a variety of Sports, Fun Games and Obstacle Challenges all adapted to the participants needs.

The programme aims to improve the participant's fundamental movement skills and increase their confidence in participating in regular physical activity. The involvement of siblings is encouraged during the programme.

Area	Venue	Date	Time	Cost
Navan	Scoil Naomh Eoin Navan	Mondays February 10 th – March 24 th	4pm-5pm	€10 per family
Kells	Eureka Secondary School	Wednesdays January 29 th – March 5 th	5:30pm-6:30pm	€10 per family
Bettystown	Colaiste Na hínse	Wednesdays January 22 nd – February 26 th	5pm-6pm	€10 per family
Trim	Trim GAA	Tuesdays February 25 th – April 1 st	4:30pm-5:30pm	€10 per family
Ashbourne	Ashbourne Community School	Thursdays February 20 th – March 27 th	5pm-6pm	€10 per family

To book contact Terry at tdonegan@meathcoco.ie or call 0469067887.



Sports Ability Programmes

Football for All Meath



The Football for All programme aim is to deliver football opportunities to people who may not ordinarily get a chance to play the game. The Football for All programme is made up of players from all groups and sporting bodies that cater for people with a disability who want to play football.

Meath Currently has 6 Football for All clubs established in the county. Meath Local Sports Partnership and the FAI Development Officer in Meath have worked closely in supporting these 6 clubs.

Club	Contact	Description
East Meath United FC	Janet - 0851289477	Children with additional needs aged 6-16 years
Balrath FC	Keith - 0876875720	Children with additional needs aged 6-16 years
Enfield Celtic	Ger cwoenfieldcelticfc@gmail.com	Children with additional needs aged 5-12 years
Castle Villa AFC	Gary - 0879616836	Children with additional needs aged 6-16 years
Bohermeen Celtic FC	Aoife childwelfare@bohermeenceltic.com	Children with additional needs aged 6-16 years
Donacarney Celtic FC	Brian - 0863837061	Children with a Visual Impairment aged 6-16 years

Disability Inclusion Support

Meath LSP would like to hear from anyone interested in linking with our Sports Inclusion Disability Officer Terry Donegan on ways in which we can support you in any area of Disability Inclusion!

Sports Inclusion Disability Officer (SIDO) works to increase the participation of people with disabilities in sport, fitness and physical activity throughout County Meath. This is achieved through working in partnership with statutory agencies, sports clubs, community groups, facility providers, schools, disability service providers and people with disabilities.

Inclusive Clubs



Participation Opportunities



Inclusive Training

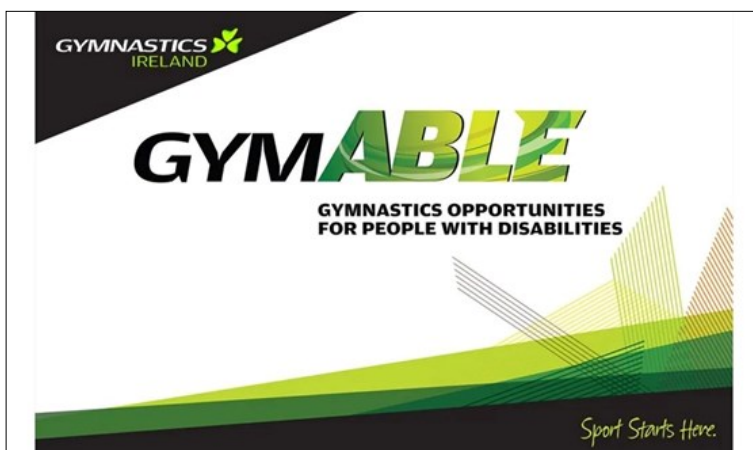


Contact Terry Donegan by phone 046-9067887 or by email tdonegan@meathcoco.ie

Inclusive Gymnastic Classes

Coolmine Gymnastic Club Ashbourne are running a **GymABLE** programme for 4-7 years on **Monday**s at 3.30-4.15pm. GymABLE is Gymnastics Ireland's Gymnastics program for children with Disabilities.

The class at CGC is best suited for children with Autism and Intellectual Disabilities. The class is coach led, parent assisted and aims to offer Gymnastics opportunities for all abilities.



For more information contact Janet at coolminegymnastics@yahoo.co.uk or call 087 9704080.

Meath GAA Inclusion Workshop

Meath LSP delivered the Active Disability Ireland 'Sports Inclusion & Disability Workshop' to Meath GAA Coaching & Games staff. This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.

The training helped inform coaches of inclusive practices as they roll out club, school and community programmes in 2025.

GAA clubs in Meath looking to improve their inclusive practices or establish a GAA for All group for children with additional needs please contact Sports Inclusion Disability Officer Terry Donegan on 046-9067887 or email tdonegan@meathcoco.ie





Calendar of Courses and Events 2025

Activity	Date	Time	Venue
Safeguarding 1 Basic Awareness in Child Protection Workshop	28th January	6.30pm-9.30pm	Zoom
Sports Inclusion & Disability Awareness Workshop	10th February	7-8.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	11th February	6.30pm-9.30pm	Zoom
Sports Injuries First Aid Workshop	13th February	6.30pm-10pm	MDL, Navan
Safeguarding 2 Club Children's Officer (CCO) Workshop	19th February	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	27th February	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	12th March	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person (DLP) Workshop	20th March	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	24th March	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Workshop	1st April	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	8th April	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	24th April	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	7th May	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	15th May	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	20th May	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Workshop	29th May	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	5th June	6.30pm-9.30pm	Zoom

PLEASE CHECK OUT OUR WEBSITE www.meathsports.ie OR CONTACT LYNN FOR INFORMATION

Meath Local Sports Partnership, Town Hall, Watergate Street, Navan.



MEATH
Local Sports Partnership
— SPORT IRELAND —

Meath LSP are HIRING!

**COMMUNICATIONS
OFFICER**
for
LSP Network



Job & Person Specification available
at www.meathsports.ie

Apply Now

mary.murphy@meathcoco.ie

**Closing date 4pm, Thursday 30th
January**



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS