

## Summer / Autumn 2016 ezine

### Fáilte / Welcome

With summer holidays drawing to a close, and pupils / students going back to school, let's take a look at what's been going on in sport and physical activity in Offaly in the last while.

### Sports Awards of the Decade

Offaly Sports Partnership is 10 years old and in celebration of this significant milestone, we will be hosting a Sports Award of the Decade gala night on Saturday, 3rd December in the Bridge House Hotel, Tullamore.

Supported by Sport Ireland, the Bridge House Hotel, Dunnes Stores and Banagher Concrete; this gala is being held to recognise and acknowledge outstanding sporting achievements by sports people from the county in the past decade (2006 - 2016 inclusive), and to pay tribute to the significant contribution that volunteers make to the sporting culture of our county.

As a county, we are fortunate to have a rich sporting tradition. Over the past 10 years, many sports people from Offaly have participated at all levels in their chosen sport. Some are now quite well known, having competed on professional golf tours and in the Olympics; while others have represented Ireland with pride in international competition; whilst others continue to rise through the ranks.

Is there someone you think is worthy of a sports achievement award or should simply be recognised for their achievements? If so, there are 16 possible categories under which a nomination can be made: -

#### Team sports (seven categories available)

• Camogie	• Ladies Football
• Gaelic Football	• Rugby
• Hurling	• Soccer
• 1 minority field sport award (to include American Football, Cricket and Hockey)	

#### Other sports (seven categories available)

• Athletics	• Equestrian sports
• Boxing	• Golf
• Court sports (to include Badminton, Basketball, Handball, Racquetball, Squash and Tennis)	
• Disability sport (to include Paralympic and Special Olympic disciplines, and adapted sports of other recognised NGBs for the inclusion of people with a disability)	
• Water sports (to include angling, canoeing, swimming, sub aqua and rowing)	

#### All other sports ( two categories available)

In addition to the 16 awards, an award to recognise the major outstanding achievement of the decade by an Offaly sports person will also be made.



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In recognition of the invaluable contribution that sports volunteers make to the cultural life of our county, three distinctive awards will be made: -

- The young volunteer of the decade (15 - 24 years inclusive)
- The volunteer of the decade
- A lifetime's contribution to sport (over three decades)

Nominations for awards close on Friday, 7th October. For guidelines and nomination forms, please contact the office by [email](#) or on 057 93 46843.

## Congratulations from Offaly Sports Partnership

Offaly has had a large amount of sporting success in the year to date, much of which has gone unnoticed. Offaly Sports Partnership would like to take this opportunity to congratulate all our sporting heroes to date. Here are some of the highlights of the year so far -

Seven athletes from Offaly / Offaly clubs participated in the recent All Ireland Schools Athletics: -

- Jordan Hoang - gold in senior triple jump
- Niamh Rafter - gold in intermediate 1,500m
- Jana Joha - silver in intermediate triple jump
- Aaron Mangan - bronze in intermediate 800m
- Christopher Whittle - bronze in intermediate steeplechase
- Chinnie Iziuchkuwu - fourth in senior 1,500m
- Rachel Keane - fourth and fifth in intermediate sprints



Gráinne Walsh  
Quarter Finalist at World Boxing Championships



Shane Lowry  
Runner up US Open



Pat Smullen  
Winner of the Epsom and Irish Derbys



Offaly's Go for Life Games team who represented Offaly at the 2016 National Go for Life Games in DCU



Nicole Turner

14 year old Nicole Turner is the youngest member of the Irish Paralympic Team competing in Rio. She won two silver and one bronze medal at the European Paralympic Swimming Championships



Francine Meehan

Selected to guide for Ireland's Catherine Walsh at the 2016 Paralympic Games in Rio in Triathlon



Lorraine Regan

5th in EU Paralympic Athletics Finals

Good luck to all of Offaly's sportsmen and women who are competing in events in the latter half of the year. We look forward to shining a light on your successes in the future.



Good luck also to James Nolan, himself a two time Olympian (Sydney 2000 and Athens 2004) who is managing the 10 strong Irish athletics team at the Rio Paralympics. Under James' leadership this team has gone from strength to strength since the London Games.

Go néirí an tádh!

## Programmes 2016 - May to August

It's been a busy couple of months for Offaly Sports Partnership with a range of programmes delivered to adults, children, post primary and primary school pupils, sports club volunteers, the unemployed, etc. Some of the programmes delivered since April include...

### Community coaching

Offaly Sports Partnership in conjunction with local partners (Offaly Local Development Company, Clara Family & Resource Centre, National Learning Network, Offaly Community Mental Health Services, local clubs and organisations, Laois / Offaly Education & Training Board and the Department of Social Protection) delivered two foundation Community Coaching Programmes for 30 participants across two locations (Tullamore and Clara) in Offaly. These programmes were focused on successfully assisting the participants (primarily the unemployed) to gain the necessary skills to enable them to seek employment, coaching, volunteering and further education opportunities in the sports sector; for example as coaches, referees, physical activity leaders, etc.



*Participants who completed the foundation Community Coaching programmes in Tullamore (above left) and Clara (above right)*

12 trainees completed the Tullamore programme, while 18 trainees completed the Clara programme. A number of these trainees have since applied to join the cross county (Laois / Offaly) Level 2 Community Coaching programme with a focus on qualifications for the leisure industry (e.g. pool lifeguard, assistant swim teacher, etc) which commenced in Portarlington Leisure Centre on the 5th September.



A previous cross county (Laois / Offaly) Level 2 Community Coaching programme was successfully completed in Portarlington Leisure Centre at the start of the summer. Of the 15 participants that registered for the programme, 12 (*pictured opposite*) completed it, with six of these 12 hailing from Offaly. Of the six from Offaly that completed the programme, four secured employment in the leisure industry, and one has since applied to attend college in September to undertake further education opportunities in the sports sector.

A cross county (Laois / Offaly) Level 3 Community Coaching programme with a focus on gym instruction is also due to pilot in Portarlington Leisure Centre from October.

Should you require further information on this programme, please contact the office on 057 93 46843.

Offaly Sports Partnership's Community Coaching Programme is supported by: -

## General programmes

May and June saw 31 primary schools and over 3,100 pupils take to their school fields to participate in **Offaly Sports Partnership's Remote Fit School Challenge**. From 1st to 6th class, pupils undertook a sprint and sustained run to establish the fittest classes in the county. This project is unique as the performance of every child contributes to the school score.



Following Offaly Sports Partnership's successful meet and train programmes, Offaly Athletics are now establishing additional training groups and new clubs.

This year, over 30 people took part in regular meet and train sessions in Clara; and a new club has been established. This brings to eight, the number of clubs in the county which has seen an 84% increase in members since 2011.

A very successful Summer Run Series was held in each of the clubs with an average attendance of 300 taking part in each.

**Bike Week** took place from the 11th to 19th June 2016. A number of events were delivered in conjunction with local clubs, schools and groups such as cycles to school / work, lunchtime cycles, tandem cycling, couch to 60k training sessions in preparation for the Billy Butler cycle in July, meet and spins for children and adults alike, safe cycle training and time trials. Over 350 people participated in the range of events on offer.



## Sports Inclusion Development Programme

Our Sports Inclusion Development Officer, Aoife Byrne has been busy leading out programmes and setting up clubs during this period. Among the summertime success are: -



**Walking challenge** - almost 100 service users from seven services (Community Mental Health Services, KARE, the Muiriosa Foundation, National Learning Network, RehabCare, Riverview Resources and St Cronan's Daycare Services) took part in this challenge aiming to complete either 19k, 29k, 39k or 40k+ between the months of May and July.

**Tandem cycling** - the National Council for the Blind (NCBI) in Ireland, Tullamore recommenced their summer tandem cycling programme in Lough Boora with the support of Tullamore and Wolftrap (Birr) cycling clubs. Many thanks to all partners who facilitated this programme.



**Summer camps** - Aoife supported Riverside Services and the NCBI in delivering summer camps for children with physical and sensory disabilities.

**Sports day** - over 130 people with various disabilities participated in Offaly Sports Partnership's annual inclusive sports day. With activities provided by Braveheart Shotokan Karate Club, Offaly GAA, Offaly Sports Partnership, service staff, Tug of War, Tullamore Basketball Club, Tullamore Rugby Club and Tullamore Soccer Club; a great day was had by all with everyone trying out various activities, and finding out what's available for them in Tullamore.



**Football For All** - Edenderry Football For All, an affiliate of Derry Rovers Soccer Club and supported by the Acorn Project, hosted a local Football For All blitz in Edenderry recently. They also hosted a summer camp in August with large numbers participating during the week.



A number of new clubs / extensions of existing clubs have been supported to establish. Among these clubs are: -



**Braveheart Shotokan Karate Club, Tullamore** - following a number of taster sessions, Braveheart Shotokan Karate Club, Tullamore has become a regular feature on a Monday night. Many thanks to Thomas Farrer for his support in establishing the new club.



**Tullamore Tigers Tag Rugby** - Affiliated to Tullamore Rugby Club, Tullamore Tigers are a group of like minded individuals with intellectual disabilities taking part in disability tag rugby. Trained by club coaches, the team have been making great progress and intend to participate in local and national blitzes in the future.



**FOOTBALL  
FOR ALL  
PROGRAMME**  
*the pathway to develop Irish football*

Coming soon, **Mucklagh Schoolboys / Schoolgirls Football for All**.  
Watch this space...

## Notes for clubs, facilities, groups and organisations on our database

**Club database** - Offaly Sports Partnership is currently in the process of updating its clubs, facilities, groups, organisations and schools' databases.

Clubs and facilities, please review the clubs and facilities directories [online](#) and advise of any changes by [email](#). Schools, groups and organisations, if you are concerned that the Partnership may have incorrect details for your school, group or organisation, please contact us by [email](#) to update your details.



**Safeguarding children training** - Offaly Sports Partnership is currently rolling out Sport Ireland's Safeguarding Children (formerly code of ethics) workshops. Three workshops are available: -

Safeguarding 1 – Basic Awareness Workshop in child welfare and protection  
Safeguarding 2 – Club Children's Officer Workshop  
Safeguarding 3 – Designated Liaison Person Workshop

Each workshop is three hours in duration, and participants must have attended the Safeguarding 1 workshop at a minimum before attending any other workshop.

Offaly Sports Partnership will also be hosting an information evening on the National Vetting Bureau Act which was enacted in April 2016. Inputs from Sport Ireland will be available on the night. Details to follow soon.

For more information or to book a place at one of these workshops, please contact the office by [email](#).

## Upcoming programmes and activities of Offaly Sports Partnership

Offaly Sports Partnership will be rolling out a variety of programmes from September 2016 on. Among the programmes on offer are: -

**Integrated Academy for Athletics Performance (IAAP)** - The IAAP continues to grow, and the objective of increasing visibility of migrant communities in inter club events is being achieved. Two members of the project were recently profiled nationally in the [Irish Times](#).

Following our successes during the summer, the IAAP will once again open its doors on Monday, 19th September. Sessions take place every Monday and Thursday in Portarlington Community Centre. For more information on the IAAP, contact the office on 057 93 46843 or by [email](#).



**Level 1 Award in Sports Leadership** - Following the successful piloting of this award in Tullamore College in the 2015 / 2016 academic year, Offaly Sports Partnership is now recruiting schools to participate on the programme in the coming academic year. If your school is interested in participating on the programme, please contact the office on 057 93 57462 or by [email](#)

**Sports Inclusion Development Programme** - for information on upcoming Sports Inclusion Development Programmes, contact our Sports Inclusion Development Officer on 057 93 57463 or by [email](#).

**World Marathon Relay Challenges** - this year the World Marathon (42.2k) Relay Challenge for post primary students aged 13 years and under will take place on Wednesday, 5th October. If your school is interested in participating in these events, contact the office on 057 93 46843 or by [email](#) to register your interest.

# WORLD MARATHON CHALLENGE

**o50s Boccia League** - Offaly Sports Partnership's annual o50s boccia league will recommence in October 2016. A meeting will be held on Wednesday, 5th October from 6.30pm in the Charleville Centre to discuss this programme. If your active retirement group, men's group, women's group, etc is interested in finding out more about the o50s boccia league, pop along to the meeting or alternatively contact the office on 057 93 57462 or by [email](#)



**Ireland's Fastest Feet** Offaly Sports Partnership is working with "Believe & Achieve Coaching" to bring the Ireland's Fastest Feet project for primary schools to three locations in Offaly.

If your primary school is interested in participating in this event, contact the office on 057 93 46843 or by [email](#) to register your interest.

**National SPORTSHALL Athletics for secondary schools** A National SPORTSHALL Athletics for secondary schools will be piloted in December. Offaly Sports Partnership will be coordinating this event in conjunction with Athletics Ireland. Up to eight counties will participate on the day. A local competition will be held to select Offaly's team. If your school is interested in participating in this event, please contact the office on 057 93 46843 or by [email](#) to register your interest.



**o50s boccia** This programme will recommence in October, and is open to active retirement groups, womens' groups, mens' groups and community organisations.

An adaptation of Boules and Petanques, this game is played in teams of between three and six people; and is played in a round robin (friendlies) style format. "Friendlies" involve the meeting of two teams to play with and against each other. Teams can be male, female or mixed but participants must be over 50 years of age.

The programme usually runs from October through to December and again from January through to March.

A meeting to discuss the 2016 / 2017 "Friendlies" will take place on the 5th October at 6.30pm in the Charleville Centre, Tullamore. Come along and find out a bit more about the o50s boccia programme. Alternatively, contact the office on 057 93 46843 or by [email](#) for more information.



The National Programme for  
Sport and Physical Activity for Older People

**Go for Life Physical Activity Leader (PALs) training** - Offaly Sports Partnership is proud to announce its partnership with Go for Life in the training of older people as physical activity leaders within their groups. Go for Life's PALs training takes place over eight weeks and provides older with the skills to lead out physical activity sessions and recreational sports with their members as part of their weekly, bi weekly or monthly meetings.

The first of eight PALs workshops takes place on the 15th November from 10am to 3pm in the Charleville Centre, Tullamore. Workshops two, three and four take place on the 22nd November, 29th November and 6th December

respectively. The second set of four workshops will take place early in the new year. If your group is interested in registering people for these workshops, please contact the office on 057 93 57462 or by email.

## Funding opportunities

**Go for Life's National Grant Scheme for Sport and Physical Activity for Older People** will open for applications on the 29th August and will close for applications at 12pm on the 30th September.

Grants are available to all eligible local clubs, groups and organisations that promote increased participation in recreational sport or physical activity for older people as a main element of their activities. Contact Go for Life on 01 8057787 or visit the [website](#) for more information.



## Upcoming events

**European Week of Sport** takes place from the 10th to the 18th September 2016. The European Week of Sport is an initiative of the European Commission to promote sport and physical activity across Europe.

**#BEACTIVE**

As part of the EU Week of Sport, Active School Flag, Sport Ireland and Ireland Active are encouraging all schools to organise fun and inclusive physical activity opportunities during the week.

To remove your name from our mailing list, please [click here](#)

Questions or comments? [Email us](#) or call 057 93 57462

Offaly Sports Partnership is a sub group of Offaly County Council, hosted by the council and funded by Sport Ireland.