

January 2018

The newsletter of Sligo Sport and Recreation Partnership

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Sligo Spring Walks Series 2018

The Sligo Spring Walks Series will afford people the opportunity to explore some of the many wonderful tracks and trails throughout County Sligo, all of which are featured on the Sligo County Council recently launched and informative website www.sligowalks.ie



People of all ages and fitness levels will have the chance to put on their walking shoes and get active as part of the planned Sligo Spring Walks Series. Taking place over a 4 week period commencing in early February there are a variety of walks planned involving stunning scenery along coastal, woodland, lakeside and hillside terrain.

Further details on page 16.

Success for Sligo at CARA National Inclusion Awards

The CARA National Inclusion Awards which recognise people and organisations in Ireland who contribute to the inclusion of people with disabilities in sport, physical activity and physical education were announced at a ceremony in Dublin in December.



Sligo continues to lead the way in terms of best practice in relation to the provision of inclusive sport and physical activity, with two Sligo groups, Keash Equestrian Centre (Adventure category) and St Cecilia's School (Special Education category) winning their respective categories. The importance of the links established with Sligo Sport and Recreation Partnership were highlighted in terms of developing real and sustainable opportunities for people with disabilities to be physically active. Well done to both groups!

Getting Active with Operation Transformation



Lots of walkers and exercise enthusiasts are taking part in Operation Transformation events to kick start a healthy and active New Year. As part of the nationwide walks in conjunction with the RTE Operation Transformation programme SSRP facilitated a walk for people of all ages and fitness levels with a great crowd turning up to step it out for 4K along the scenic Doorly Park walking trail. Also, SSRP is delighted to support community led Operation Transformation initiatives with Eastern Harps GAA Club and St John's GAA Club. Close to 200 people are regularly active through these programmes with weekly activities including circuit training, bootcamp, pilates and walking. Sligo parkrun continues to offer a great opportunity each Saturday morning at 9.30 am at

Doorly Park for newcomers and existing participants to come together to run or walk the 5K route.

SSRP facilitates the opportunity for agencies to work in partnership for the development of sport and recreation in County Sligo. A shared approach to planning & resourcing for sports development ensures maximum impact for the sporting community from the available resources.

Our Partner Agencies are:



Some recent SSRP news...

Yeats Tour of Sligo

The Yeats Tour of Sligo which has been organised by Sligo Sport and Recreation Partnership for the past number of years will not be taking place in 2018.

While this event will no longer be happening an alternative event is being facilitated by Innisfree Wheelers Cycling Club one of our loyal partners involved in supporting our cycle to date and their event will take place on the same day/ weekend ie. Sunday 6th May 2018 (May Bank Holiday weekend). The event will be promoted as the '**Innisfree Wheelers Spring Classic**' and will have a minimum of 2 distances but possibly 3 distances. No doubt this event will offer many cyclists the opportunity to continue to enjoy cycling in Sligo over the May Bank Holiday weekend. **Sligo Sport and Recreation Partnership would like to take this opportunity to thank all the people who supported SSRP in making the event happen over the years including our organising committee, partner agencies, sponsors, community groups/ clubs, volunteers and the many cyclists who took part, a sincere thank you to all.**



New Projects for 2018

SSRP has been successful in accessing funding to facilitate a number of new sport and physical activity programmes in 2018. Funding received from Sligo County Council through the Local Community Development Committee Health Ireland Fund will enable a number of exciting new initiatives to be rolled out in 2018 including:

- ◆ *Balance Bike Programme*
- ◆ *Para Cycling Programme*
- ◆ *Community Rickshaw Programme*
- ◆ *Accessible Beach Wheelchair*
- ◆ *Sligo Spring Walk Series*
- ◆ *Communities Get Going Get Rowing Programme*
- ◆ *Age Friendly Lawn Bowls*
- ◆ *Rural Communities Get Active with Couch to 5K*
- ◆ *Rural Communities Get Active: Community Multi Skills Hubs*

In November 2017 Minister of State for Tourism and Sport Brendan Griffin TD announced funding for community sports hub projects through the Dormant Accounts Fund administered by Sport Ireland. The objective of the Community Sports Hubs is to bring community people and groups interested in promoting sports participation together to plan, co ordinate and deliver sports activities for people of all ages and fitness levels in the community. SSRP has received funding to continue supporting the facilitation of the East City Community Sports Hub while funding for a new rural community sports hub was awarded for Bunninadden Community Centre and linked sporting groups. Also, SSRP was successful in accessing funding for an Urban Outdoor Adventure hub which will involve creating increased opportunities for participation in Kayaking, Rowing and Walking.

New 'Balance Bike' programme available for Pre-Schools

Sligo Sport and Recreation Partnership in partnership with Sligo County Childcare are supporting a new programme for preschools with funding provided from Healthy Ireland. Between February and March 2018 we will be piloting the new Balance Bike programme with three preschools in Sligo. The training aims to give childcare practitioners the knowledge, skills and confidence they need to effectively deliver fun and practical sessions with children age 2 to 5 years. All childcare practitioners will be provided with lesson plans on the day that they can utilize with their class. Following training preschools will have the opportunity to avail of the use of Balance Bikes for a two week period. SSRP are currently accepting expressions of interest from pre-school organisations (registered with SCCC).

To express an interest in hosting the programme, please complete and return the **BALANCE BIKE – EXPRESSION OF INTEREST FORM** by **2nd FEBRUARY 2018** which available to download from www.sligosportandrecreation.ie.




Balance Bike Training

- 2 hour on-site training for Pre-school staff
- 3 on-site support hours from Balance Bike Tutor
- 3 Balance Bike Lesson Plans
- 1 Class Room Lesson Idea Sheet
- 10 Balance Bikes and Helmets on loan for 2 weeks
- 1 Balance Bike to keep on completion of the programme





The training aims to give childcare practitioners the knowledge, skills and confidence they need to effectively deliver fun and practical sessions with children age 2 to 5 years

SSRP are currently accepting expressions of interest from pre-school organisations (registered with SCCC) interested in hosting the Balance Bike Training programme. Places for this training are limited and will be allocated on a first come first served basis to pre-school organisations that meet the requirements essential for delivery of the Balance Bike Training programme. (All childcare services who apply will be invited on file for future opportunities of training.)
 Expression of Interest forms can be located on the Sligo Sport and Recreation Partnership website www.sligosportandrecreation.ie or requested by calling the office 071 91 61511
 Closing date for applications is Friday 2nd February 2018.



Some recent SSRP news...

Two Sligo groups are winners at the CARA National Inclusion Awards 2017



The CARA National Inclusion Awards were set up to recognise people and organisations in Ireland who contribute to the inclusion of people with disabilities in sport, physical activity and physical education. Sligo continues to lead the way in terms of best practice in relation to the provision of inclusive sport and physical activity, with two Sligo groups, **Keash Equestrian Centre (Adventure category)** and **St Cecilia's School (Special Education category)** both shortlisted in their respective categories at the 2017 CARA National Inclusion Awards.

The awards highlight and acknowledge a wide variety of areas including sports clubs, fitness and leisure, education, disability services and National Governing Bodies of Sport who demonstrate real, effective and necessary inclusion of people with disabilities in their various sports, activities and services.

The amazing and dedicated work of both Keash Equestrian Centre and St Cecilia's School based at Cregg, Rosses Point was recognised nationally when both Sligo groups were awarded first place in their categories ahead of stiff competition. On presenting the awards the judges acknowledged the quality of the programmes offered including Horse Riding, Athletics, Boccia, Cycling, Surfing, Swimming and Inclusive Physical Education, and praised the work of staff and instructors at both Keash Equestrian Centre and St Cecilia's School.

The importance of the links established with Sligo Sport and Recreation Partnership were also highlighted in developing real and sustainable opportunities for people with disabilities to be physically active. By working collaboratively in Sligo significant progress and success has been achieved in relation to inclusive sport and physical activity and many lives have been enhanced by the variety of sports delivered in conjunction with SSRP. This point was very evident in the case of one young participant Erin Gannon, who attends both the Keash Equestrian programme and is also a pupil at St Cecilia's School. Erin's mother Pamela explained that through her involvement in sport Erin has '*benefitted enormously*', and issues like posture, gait and fine motor skills which are negatively affected by her disability, have all improved significantly and continue to progress. Pamela went on to comment on the Equine Assisted Therapy and Learning programme delivered by Eilish Divine and her team in Keash Equestrian Centre stating she firmly believed that the Horse Riding programme was '*greatly instrumental in the improvements we as parents see in our daughter*'.



For further information on the Sports Inclusion Disability Project or for any information on disability sport and active recreation in Sligo contact Shane Hayes, SSRP Sports Inclusion Disability on 071 9161511 or shane@sligosportandrecreation.ie

Club Development

SSRP supported many new and existing club development initiatives throughout 2017...



Sligo Squash Club

SSRP supported the re establishment of Sligo Squash Club in Autumn 2017 resulting in the club offering new opportunities to participate in the sport of Squash. Historically, Squash was a popular sport in the County but in recent years interest levels dropped, however, recent developments have provided opportunities for 40 adults to play the sport at a recreational level again.

Sligo Rowing Club

Sligo Rowing Club which was established in 2006 had a sole focus of developing competitive Rowing until Autumn 2017 when the club decided to facilitate Recreational Rowing for adults through 'come and try' events and weekend programmes. A new recreational boat was purchased and over 50 adults have availed of the programme since it was launched in October 2017.

A club coach remarked:

"Sometimes people don't know whether they will like Rowing and hence they are reluctant to take the plunge and become a club member, but with this new phased approach to recreation Rowing it is more appealing for people to come down to the river and have a go without any long term commitment."



Sligo Climbing Club

A new Climbing Club was established in Sligo in 2017 with support from SSRP. Following a number of successful 'Come and Try' events a formal club was established with an initial 25 members.

Skreen Red Hawks Basketball Club Halloween Camp

A very enjoyable Halloween Basketball Camp was held over 3 days with Sligo All-Star head coach leading the sessions and providing invaluable skills to the 30 local participants from 1st to 6th Class. The camp was open to both members of the Red Hawks Girls Basketball Club and also non-member boys from the local area. There is a strong Interest in the area for a boys' basketball club to be established and the camp gave an opportunity for these boys to partake in quality coaching sessions. There were very positive outcomes from the camp and the entire initiative with those taking part learning new skills.

Club Development

Sligo Swimming Club

Co. Sligo Swimming Club undertook a very successful Club Development initiative focussing on Long Course Training for 20 of the clubs senior swimmers aged 11-18 years. The monthly training programme sees these dedicated young swimmers travel to the 50m pool in the University of Limerick Sports Complex as there is no such facility in Connacht. This specialised training is critical for competitive swimmers to afford them the opportunity to train and prepare for all major competitions which are held in 50m pools allowing them to compete on an equal footing with swimmers from other clubs at regional and national competitions.



St Nathys Ladies Gaelic Football Club

With underage numbers declining in their club, St Nathys Ladies Gaelic Football Club piloted an 8 week Gaelic 4 Girls programme with girls in their local catchment areas. 55 young girls aged 8 to 12 years took part in the initiative with elements including indoor and outdoor training sessions, coach development, parental/ volunteer participation training and a Blitz. The girls were introduced to the fundamentals of Gaelic football. The aim of the programme was to increase numbers at underage level so that the club could build a solid structure for the future. This certainly was the outcome for St. Nathys. 24 new members participated in the programme and remained in the club.



Bunninadden Table Tennis Club

Bunninadden Table Tennis Club successfully held a number of Club Development initiatives in 2017 to promote and develop the sport of table tennis for young people in the area and wider community. A highlight was the hosting of a Table Tennis Training Camp involving two specialist coaches, a female International Women's Croatian Champion and a coach from the Connacht Table Tennis branch. Over 30 young people took part and participants found the camp to be extremely beneficial with techniques and skills enhanced. Secondly, the club hosted the Connacht Table Tennis Ranking Tournament and League. Over 45 participants from Sligo, Mayo, Athlone and Galway attended and participants included youth, teenagers and adults. The standard of table tennis was extremely high and very competitive.



Dynamo Gymnastics Club

This local voluntary gymnastics club based at Collooney, Co. Sligo undertook a comprehensive club development initiative to respond to the new Gymnastics Ireland's National Development Plan. Club coaches invested a lot of time and effort in 2017 in further developing their capacity as a coaching team to deliver a quality programme based on the new NDP 2017-2020. Key elements of the initiative included coaching team workshops to raise awareness of plan, production of printed materials to promote the new plan, acrobatics club championships to promote and plan an inter club event, a club awards night to raise awareness, participation in a national gymnastics event and recreational inter club championships. All of the Clubs 150 members were involved in the programme. The club has experienced recent success with 29 gymnasts representing their club at National finals and 9 receiving awards.

Sligo East City Community Sports Hub

The Sligo East City Community Sports Hub represents a collective of progressive community organisations, sports clubs and agencies working together to increase participation in sport and recreation in the Sligo East City area. The project focuses on growing participation by offering a range of sporting activities, engagement with community group and sport clubs, encouraging community leadership and bringing stakeholders together to plan and deliver sport in the Sligo East City area. This project is funded by Sport Ireland, Dormant Accounts and Cranmore Regeneration Project. Below are some of the key highlights of projects delivered in the Sligo East City area.

Chat 'N' Walk

Sligo East City Community Walking Group is growing from strength to strength, now having 25 regular walkers who meet every week at the Riverside Hotel.

Group members enjoy a leisurely walk for one hour in duration catering for all fitness levels, along the many tracks, paths and parks around the East City area, followed by a hot cuppa and a scone and a friendly chat back at the Riverside Hotel.

If you are looking for a fun, social and an easy way to get active, why not join them!

Meeting point is the Riverside Hotel every Thursday at 10.15am with walk commencing at 10.30am sharp.



SLIGO SPORT AND RECREATION PARTNERSHIP
SPORT IRELAND
Get Ireland Walking
Walk for Health | Walk for Fun | Walk for Life

SLIGO EAST CITY COMMUNITY WALKING GROUP

Enjoy a leisurely Walk every Thursday

Meeting Point: Riverside Hotel Lobby at 10.15am. Walk commences at 10.30am sharp.

Members meet back at the Riverside Hotel for a cuppa & a chat at 11.30am for €2 per person.



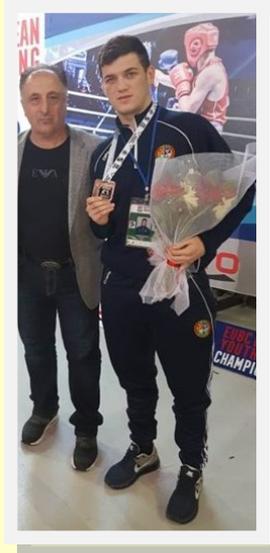
Sligo City Boxing Club claim National and European titles

Sligo City Boxing Club had an impressive season in the boxing world when Jordan Myers secured a bronze medal at the European Youth Championships in Turkey last October.

The middleweight claimed an impressive win against Serbian Djozdic Buksic. The Sligo boxer has really been showing his class at these international events and has been a great ambassador for his club, county and sport locally.

Another highlight included Thomas Myers getting to the final of the 69kg National Senior Championships National Stadium Dublin on December 1st.

The club train weekly at the Abbeyquarter Community Centre, and are always open to new members starting.



BOXING CLASSES

Youth and Teens Welcome
Every Tuesday and Friday 6-7pm
Abbeyquarter Community Centre
€2 a session

Sligo East City Community Sport Hub Initiative
Contact Thomas Myers on 0864014955

Sligo East Community Sports Hub

Cranmore community try their hand at Cricket



The Cranmore Estate soccer pitch was a sea of white when Sligo Cricket Club attended the Cranmore Co-operative Society family fun day to introduce the sport through a fun 'come and try' session with the local community. Special guest, International Cricket Player, Craig Young attended and introduced the game to an impressionable young audience. Many adults and young people had the opportunity to give cricket a go, learn the basic skills and meet representatives from Sligo Cricket Club.

Cranmore Community Co-operative Society Community Development Officer Sue Mahon agreed that *'this is not something you see every day, we are trying to introduce the kids to different sports, not just GAA and soccer. Sligo Sport and Recreation Partnership suggested the idea and we were delighted. Who knows, maybe one of them will follow in the footsteps of Craig Young and bat for their country one day!'*



Sligo Lawn Bowls Club celebrate their successful Winter League

Sligo Lawn Bowls Club enjoyed a social evening to celebrate hosting their first Winter League competition and their first six months in existence. Club members enjoyed great music that kept them all entertained as well as refreshments provided by the Presbyterian Hall. The club were delighted to have 3 local sponsors, Albert Higgins, The Sligo Credit Union and the Riverside Hotel who very generously sponsored three Perpetual cups for their Winter League. Outstanding matches were played with some matches having to play extra ends to decide a winner. They all enjoyed very close and enjoyable games.



St. John's GAA Club are all geared up for the season ahead

St. John's GAA have their full schedule planned for 2018, kick-starting with their Club Registration on Saturday 10th February 2018 in Stenson Park, Cuilbeg, Carraroe from 4pm - 6pm. SSRPare supporting St. John's Underage 6 week indoor training programme every Saturday from Sat 17th Feb at the Sports Complex, which includes Boys Under 7 & Under 8 from 4-5pm, and Boys Under 9 and Under 10 from 5-6pm, and for Girls every Sunday starting Sun 18th Feb for Under 8 and Under 10 from 4-5pm, and Girls Under 12 and Under 14 from 5-6pm. For more information contact Fergal on 087 6760277 or check out <https://www.facebook.com/pg/stjohnsgaclub>.



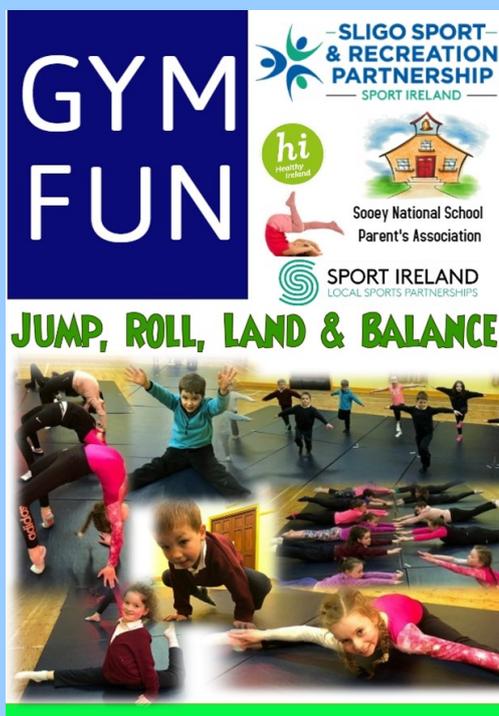
ST. JOHN'S GAA ACADEMY 2017



For more information on the Sligo East City Community Sports Hub Initiative you can contact Community Sport Development Officer Diane Middleton Cox on 0719161511 or email diane@sligosportandrecreation.ie.

Community Sport

GymFUN programme ongoing in Sooeey



Children from Sooeey National School have been enjoying a very successful weekly GymFUN and Multi Sport programme at Sooeey Hall, led by the Sooeey National School Parent's Association and supported by Sligo Sport and Recreation Partnership.

The programme aims to provide a quality accessible fundamental gymnastics program in a community setting and increase opportunities for young people to participate in gymnastics. Children enjoy fun warm ups, key fundamental gymnastics skills including rolling, jumping, landing, balancing, movement and sequencing, as well as additional activities such as acrobatic group balancing. Sooeey National School Parent's Association committee member noted

"We run Multisport for the younger children in Junior and Senior Infants and Gymnastics for the older children from first to sixth class. The children are really enjoying these classes and have shown great improvement. Gymnastics helps the children stay fit and healthy and become physically active. We are so fortunate to have this right on our doorstep."

'Men Get Moving' Try a Tri Initiative

Sligo Triathlon Club's Men's Try a Tri Initiative aims to prove that life and physical activity can begin at 30; And what better way to do this than to try a triathlon and see what all the fuss is about, in what has become one of Ireland's fastest growing individual sports.

The aim of the initiative is to encourage men over 30 years to become more active and increase their physical activity. The programme provides a gateway into something challenging but yet attainable to give those from sporting and non-sporting backgrounds alike, a chance to push their own physical capabilities in a safe and non-competitive setting.

The programme which is led by Sligo Triathlon Club and supported by Sligo Sport and Recreation Partnership involves a 6 week training programme with swim, bike and run sessions, as well as great tips on triathlon, nutrition, injury prevention and recovery. 30 men participated in the programme and completed the Try a Tri event on the 3rd December 2017 at Cleveragh Park.



A participant on the programme noted *"I have found it really enjoyable and improved my wellbeing as I set aside time to do things for myself"*, and another highlighted that *"I was extremely hesitant and self-conscious when it came to exercise before this initiative, the programme has given me a boost both physically and to be honest more mentally, as it has lifted me out of a bit of a slump and given me confidence and some self-belief, as well as giving me a reason to push myself every week"*.

Check out www.sligotriathlon.ie for more information on Sligo Triathlon Club.

Community Sport

Sports Jamboree at O' Boyle Park

O Boyle Park Forthill was the venue for a highly successful community sports jamboree involving over 250 participants from St Edward's and St Brendan's local primary schools and adults from the wider community. This fantastic sporting facility in Forthill which commands spectacular views of Benbulbin, Knocknarea and Sligo Town was a hive of activity with children enjoying a range of sports including Basketball, Athletics, Rounders and Multi Sport. The park is home to Glenview Stars and Cllr Gino O Boyle and his fellow coaches at the club were on hand to facilitate a 'Come and Try' Soccer session. Adults had an opportunity to try out the new Outdoor Gym suite of equipment while also enjoying stepping it out on the walking trail. The event was coordinated by Sligo Sport and Recreation Partnership with support from Sligo County Council and local community organisations. Sports Co-ordinator Deirdre Lavin stated "O Boyle Park is a great facility developed by Sligo County Council and the sports jamboree has provided an opportunity to showcase the park at its best with opportunities to play so many different sports on the Soccer pitches, Athletics track and Basketball court". She added, "The facilities which also include a walking/ cycling trail and outdoor gym ensures that there are opportunities for people of all ages and fitness levels to get active".



Active Schools

46 schools take part in SSRP SuperValu Athletics Festival



The annual SuperValu Primary Schools Athletics Fest co-ordinated by Sligo Sport and Recreation Partnership took place on Tuesday 26th September last and once again proved to be a huge success with a record number of schools and participants enjoying a great event at the Athletics Arena at IT Sligo. 1,200 primary school children representing 46 primary schools from all over County Sligo took part. This year for the first time there were individual 200m races for both boys and girls. This was a great opportunity for individual runners to take on the challenge of the longer 200m distance. The event is now in its fourteenth year and continues to grow in popularity with the focus being on participation, fun and enjoyment. Certificates of

Participation and event t-shirts were presented to all athletes in recognition of their sporting effort. The Athletics Festival was kindly supported by SuperValu stores throughout County Sligo. On the day, a team of volunteers from County Sligo Athletics Association, Athletics clubs throughout the county, a group of transition year students from Sligo Grammar School and SSRP staff worked collectively to ensure the event went off smoothly.

Results are detailed below:

Junior Girls 4 * 100M

1st Curry NS, 2nd Our Lady of Mercy Primary, Joint 3rd Gael Scoil Cnoc na Re and Scoil Ursula

Junior Boys 4 * 100M

1st Ransboro NS, 2nd Calry NS, 3rd Ballymote NS

Junior Mixed 4 * 100M

1st Rathcormac NS, 2nd Carraroe NS, 3rd Moylough NS

Senior Girls 4 * 100M

1st Ransboro NS, 2nd Scoil Ursula, 3rd Rathcormac NS

Senior Boys 4 * 100M

1st Gaelscoil Cnoc na Re, 2nd Rosses Point NS, 3rd Ballinacarrow NS

Senior Mixed 4 * 100M

1st Rathcormac NS, 2nd Culfadda NS, 3rd St. Edwards NS

Senior Girls: Individual 200M

1st Nadis Udo-Obong, Holy Family NS Tubbercurry
2nd Tara Nic an Bhreithiunaigh, Gael Scoil Cnoc na Re
3rd Maeve Donlon, Scoil Padraig NS Ballinfull

Senior Boys: Individual 200M

1st Ben Clavin, Bunninadden NS
2nd Oisín Conlon, Ardkeeran NS
3rd Oisín Cadden, High Park NS



Active Schools

Action from the 2017 SuperValu Primary Schools Athletics Fest



Active Schools

Sligo hosts Country's Biggest Primary Schools 'Try a Triathlon' of 2017



The sun shone down as over 450 children completed the 2017 Primary Schools 'Try a Triathlon'. The event organised by Sligo Sport and Recreation Partnership in partnership with Triathlon Ireland's Junior Development Officer with assistance from Sligo Triathlon Club, was hosted at Sligo Regional Sports Complex and Cleveragh Regional Park on the 26th October. These facilities offer an ideal location for children to take part in the swim, cycle and run elements of the event as the park provides a large safe space away from the public road.

The day saw perfect calm conditions with a bright sunny sky. From 12.30pm the children started to arrive, they racked their bikes and got their numbers on before heading to the race briefing at 1.30pm. The event involved a 25m swim, 1.5km cycle and a 800m run for 3rd and 4th class and a 50m swim, 3km cycle and 800m run for 5th and 6th class. Over the 2hour slot from 2pm to 4pm all 450 children completed the event. No times were recorded, as this was purely a non-

competitive event with the emphasis on fun participation and completing the distance. This created an enjoyable atmosphere for the children and was evident from the buzz and excitement around the venue, not only from the children but from the large supporting crowd of parents, teachers and friends who came along to cheer everyone on. This event would not have been possible without the large number of volunteers who gave up their time to marshal; over 70 volunteers helped on the day. The organisers would like to thank Tommy Cradock and the Sligo Grammar School TY students, Pat Tuohy and the Summerhill College TY Students, Eimear Donlon and the 4th Year Health Science Students from IT Sligo, Sligo Triathlon Club volunteers, the parents who put on high-vis jackets and helped out and the Gardai for managing the traffic at the road crossing. We would also like to thank Sligo County Council for making the park available to host this event and Sligo Race Course for providing parking facilities.

This event is a brilliant opportunity for children who may not like team sports to sample an individual sport where they get to use a broad range of skills from swimming, cycling and running in an unpressured environment, and gain confidence from the achievement of completing a triathlon. Children interested in continuing with Triathlon can contact Therese O'Loughlin of Sligo Junior Triathlon Club at traysoloughlin@gmail.com or Mullaghmore Junior Triathlon Club at msctriathlon@gmail.com.



Programmes available to schools:



Youth Sport West - Youth Sport West is available all year round to Primary and Secondary Schools in County Sligo. It offers 6 week programmes of extra curricular sports and physical activities delivered by qualified coaches from the Youth Sport West Database.



Girls Active – Available to Secondary Schools in county Sligo. The programme offers schools the opportunity to provides extra curricular non competitive recreational physical activities for girls only participation.



Ag Súgradh le Chéile – Available to Primary Schools in County Sligo. The Programme offers primary schools a free play workshop for parents/carers and their children (infants- 2nd class).

Sport for People with a Disability

The Sports Inclusion Disability (SIDO) Project facilitated by Sligo Sport and Recreation partnership continues to expand and progress year on year. Building an inclusive culture in sport and physical activity for people with disabilities throughout County Sligo is the fundamental aim of the project, ensuring that people with a disability are given the same opportunities to participate in sport and physical activities of their choice in an enjoyable and meaningful way. SSRP is fully committed to achieving this aim and providing equal opportunities for people with disabilities to participate in sport and physical activity in partnership with key local agencies and stakeholders. This edition of our newsletter highlights the inclusive culture in sport and physical activity for people with disabilities that has been established throughout County Sligo. The programmes outlined help ensure that people with a disability are given the same opportunities to participate in sport and physical activities of their choosing in an enjoyable and meaningful way.

-Sports Inclusion Disability Programmes-...

Surf 4 All

The Sligo Surf4All programme (formally Surf2Heal) ran from the 31st July to the 4th of August 2017 at Streedagh Beach, Co. Sligo. With three hour long sessions running each day. 24 local young people on the Autism spectrum were facilitated to participate throughout the week. Over 50 volunteers gave up their time to assist the children on the water and these volunteers are integral to the success and sustainability of the programme. Some volunteers gave one hour of their time and others displayed immense dedication by volunteering for the full week at all sessions. The volunteers enthusiasm and energy made the camp a meaningful experience for each participant. All the participants have a diagnosis of autism spectrum disorder and the nature of the Surf4All camp enables these children



to access the sport of surfing in a fun orientated, safe and positive environment. The participants all found the water soothing and therapeutic and the sport of Surfing is structured and systematic and really suits the needs of all the children involved. Some previous participants of the camp have progressed to taking mainstream surf lessons and some are surfing on a regular basis thanks to the foundation knowledge and water confidence the Surf4All camp provided.



National Wheelchair Hurling and Camogie Finals

As part of the Sligo European Volunteering Capital initiative the Inter-provincial Wheelchair Hurling/Camogie finals returned to Sligo in October 2017. All four provinces were represented at the event with over 60 people of various ability levels participating. The event took place at the Knocknarea Arena, IT Sligo and the event was extremely well supported, clearly showing how much the sport of Wheelchair Hurling has progressed since its establishment back in 1998 by Kerry man Tim Maher. The GAA have now embraced the game and it is popular in all four provinces providing people with limited mobility the opportunity to pursue the sport of Hurling in a competitive based environment. All the games were close affairs but it proved to be Leinster and Ulster who prevailed to reach the final with a very strong Leinster team coming out on top to claim the Martin Donnelly Interprovincial Cup. This was again a memorable and enjoyable occasion for all involved and Sligo looks forward to the event returning in the near future.



In the meantime the Connacht team are currently on the lookout to recruit new players so anyone in the province with a physical disability who would like to give it a go can contact Tim Hynes on the Connacht GAA Inclusion Committee at timhynes51@gmail.com.

Sport for People with a Disability

Visually Impaired Tennis

SSRP in conjunction with the Tennis Ireland Development Officer for the Connacht region have been working closely in 2017 to develop the game locally. Blind Tennis is played on a realigned tennis court with special tennis balls that emit sound. Raised tactile lines are used as navigational markers to assist the visually impaired athletes to recognise their position on the court. Players use their heightened sense of hearing and develop their spatial awareness to track and hit the Blind Tennis balls. The principal aim of the programme is first and foremost to give access to a sport that these athletes did not believe they would ever play again. The standard of play and progress of the three Sligo players involved has been remarkable and they are already aiming to challenge for places on the Irish team in 2018. The feedback from the players themselves has been extremely positive and heart-warming. One local player Jackie McBrearty commented *"I have always loved tennis, as a kid I would have played it, like every kid during Wimbledon the tennis racket would have been bought and tennis was played out the front of the houses. When I lost my sight I still loved the sport but playing it again was only a dream. To have a tennis racket back in my hand and to serve a ball over a net is such an amazing feeling. My dream has come true. Playing tennis makes me feel so happy. I'm playing a sport I love and a sport when you tell a sighted person you play, they look at you like you have two tennis balls growing out of your head, as no one can believe its possible."*

Classes are ongoing at Sligo Tennis Club. For more information Shane Hayes, SSRP Sports Inclusion Disability Officer on 071 9161511 or shane@sligosportandrecreation.ie



Early Intervention 1:1 Coaching Programme for Young People with Autism



The Early Intervention Coaching Programme for Children with Autism established by SSRP in conjunction with the Sport & Recreation Department at IT Sligo continues to address the lack of participation in regular Physical Activity by young people with Autism through the facilitation of the 1:1 coaching programme.

The aim of the program is to increase and enhance opportunities for children with Autism to be physically active, through their participation in targeted coaching with a focus on developing their fundamental movement skills. The critical concept of social support is also developed through the 1:1 coaching system adopted with each of the seven students involved supporting an identified child over a six week period. This enables a positive relationship to be built between student and child

enabling them to work on key aspects of physical fitness, cognitive ability and social interaction with others.

The programme has resulted in significant improvements for the children who participated in these areas and it has also been a huge learning experience for the students involved, supporting them greatly in their overall coaching development.



Outdoor Recreation

Couch to 5K sees growth in popularity



Due to the growing popularity of Couch to 5k programmes, SSRP delivered a Leaders Information workshop in December 2017, involving 18 local community leaders and coaches with a background or interest in

Athletics to plan and deliver a Couch to 5K programme in their local area.

The Couch to 5K programmes gradually ease people into running through a fun and supportive programme. It is through facilitating and organising training opportunities like this that Sligo Sport and Recreation Partnership endeavour to build the capacity of local communities around Sligo to become more physically active.



Making running a fun and enjoyable experience for all ability levels was also a recurring theme throughout the workshop and this is ultimately the goal of the CK programme. As the name suggests the programme aims to transform people from couch potato to jogging or running a 5K over an eight week period. Over 500 people from around County Sligo have participated in programmes in Sligo Town, Tubbercurry, Skreen and Bunninadden and these numbers clearly show the huge interest and increase in people running.

Communities get running with Couch to 5k

Bunninadden Community Park became an even more vibrant part of community life when the facility became host to a very successful pilot Couch to 5k programme in September 2017. Over 60 men and women signed up to the programme, which is led by Bunninadden GAA Club and supported by SSRP.



The aim of the programme is to encourage local people to use the new walking and jogging track at the facility, and to get the community physically active through a fun and supportive programme in their community.



Outdoor Recreation

Get Ireland Walks School Family and Friends Walking Groups



Nothing beats walking to lift your spirits, get active, or for spending quality time with friends and family. During the Winter 2 Primary Schools and 1 Secondary School started a pilot Family and Friends Walking Group in their local areas.

Parents from Colaiste lascaigh met every Monday at 10am and walked on the fabulous coastal routes in the area. Dromore West NS parents gathered on a Tuesday morning at 10am and took on the locally know golden mile, a 4km walk that takes in the river walk route.

St. Edward's N.S parents met every Wednesday morning from the school and took on a number of looped walks in the area. Throughout the winter series of walks, 38 people joined in from across the three areas.



In August and September, a Bike for Life programme saw 18 participants take part in weekly spins. The sessions were delivered by Cycling coaches from the SSRP coach database and were assisted by volunteers from the local Innisfree Wheelers Cycling Club. A number of participants went on to take part in the Ladies Tour of Lough Gill cycle at the end of September.

Bike for Life is a social cycling programme for beginner cyclists who would like to learn cycling skills, bike maintenance and increase their fitness to be able to take on cycling challenges such as 40km and 60km events.

"Really enjoyed the programme. Got plenty of practical advice and the opportunity to meet new people while getting to know Sligo a little better. Am much more confident on the bike now."

"I would highly recommend the course. The tutors were very good, it has helped me continue to develop my fitness and I have met a lot of new friends through cycling. It is very sociable."



Why not check out the Sligo Walks website developed by Sligo County Council in conjunction with Sligo Leader Partnership Co. for lots of information on walking in Sligo including many suggested Coastal, Lakeside, Forest, urban & rural walks throughout the county.....
www.sligowalks.ie



Outdoor Recreation

Sligo Walk Series 2018

People of all ages and fitness levels will have chance to put on their walking shoes and get active as part of the upcoming Sligo Spring Walk Series. Taking place over a 4 week period commencing in early February there are a variety of walks planned and newcomers to walking are particularly welcome. All walks are along defined trails and walk leaders will be on hand to lead the walks at a pace appropriate to the fitness level of the group.

The Series will also afford people the opportunity to explore some of the many wonderful tracks and trails throughout County Sligo, all of which are featured on the recently launched and informative website www.sligowalks.ie. For further details of the Sligo Spring Walk Series check out www.sligosportandrecreation.ie

SLIGO SPRING WALKS SERIES 2018



Sligo Sport and Recreation Partnership is facilitating a series of recreational walks over 4 weeks for people who would like to get active through walking. The Spring Walks Series is free, sociable and good for health and well-being. All are very welcome to come along particularly those who are getting back into physical activity. The 8 walks selected are featured on sligowalks.ie and will be led by walking leaders. There is no need to register in advance.



WEEK 1

Killaspugbrone Coastal Trail – Strandhill

Distance: 4K/ Allow 1.5 hours approx.
A stunning coastal walk along dunes and grass track to Killaspugbrone church with magnificent sea and mountain views.

Meet: Strandhill promenade/ walk departs at 11am.

WED
7
FEB

Slish Wood – Innisfree Forest Trail

Distance: 4.5K/ Allow 1.5 hours approx.
A delightful walk along part of the Sligo Way taking in some spectacular views of the Lake Isle of Innisfree.

Meet: Slish Wood car park on the R287 Sligo/Dromahair road / walk departs at 11am.

FRI
9
FEB

WEEK 2

Benbulbin Forest Walk – Gortarowey

Distance: 5.5K/ Allow 1.5 hours approx.
A trail along a forest track which opens out to present breath taking close up views of Benbulbin head.

Meet: Gortarowey carpark (signposted Benbulbin Forest Walk/ Barnaribbon off the N 15)/ walk departs at 11am.

WED
14
FEB

Union Wood to Union Rock Trail

Distance: 5.5K/ Allow 2.0 hours approx.
Walk starts out along forest track and includes an ascent to Union Rock which presents panoramic views of the surrounding mountains and countryside.

Meet: Union Wood car park. Take Sligo to Ballygawley R284 turn right at Union Foods and left immediately/ walk departs at 11am.

SAT
17
FEB

WEEK 3

Slruth In Aghaidh An Aird – Devils Chimney

Distance: 2.4K/ Allow 1 hour approx.
A gentle ascent along a track for 1.2K leading to a spectacular waterfall and views back to Glencar Lake with return journey along same track.

Meet: Glencar waterfall main carpark with bus to start. Take Sligo to Manorhamilton N16 and turn left at sign for Glencar waterfall/ walk departs at 11am.

WED
21
FEB

Mullaghmore Head Coastal Trail

Distance: 4.5K/ Allow 1.5 hours approx.
A scenic loop walk on road along the edge of the Atlantic ocean with impressive sea and mountain views.

Meet: Mullaghmore harbour front in village/ walk departs at 11am.

FRI
23
FEB

WEEK 4

Lough Talt – Gorterslin Walk

Distance: 7K/ Allow 2 hours approx.
A walk in South Sligo traversing along track, forest, lakeshore and road and includes a gentle climb which offers scenic views of Lough Talt and places of historical interest.

Meet: Ox Mountain Centre/ Joe Dan's pub. From Tubbercurry take the R294 sign-posted Ballina/ walk departs at 11am.

WED
28
FEB

Sligo Way from Union Wood to Lough Luman

Distance: 8.5K/ Allow 3 hours approx.
An initial trail along forest track leading onto open hillside with gentle ascent to arrive at the picturesque Lough Luman with return along same route (Bring snack).

Meet: Union Wood roadside lay-by on R284 Sligo to Ballygawley road/ walk departs at 11am.

SAT
3
MAR

NOTE Assembly from 10.45am onwards each week with walks departing at 11am promptly. Dress appropriately for the weather/ wear sturdy footwear/ bring a drink. And don't forget to allow time to join the walk leaders/ fellow walkers for a sociable cup of tea afterwards if it suits!

The Spring Walks Series is kindly supported by walking leaders from Sligo Walking Club, Sligo Mountaineering Club, North Sligo Walking Group and Ox Mountain Adventure.

For queries on the Spring Walks Series call SSRP: 071 9161511

For further information visit:

www.sligosportandrecreation.ie
www.sligowalks.ie



Ladies Tour of Lough Gill supports 97 women to get on their bikes!

The Ladies Tour of Lough Gill is an annual women's only leisure 40k cycling event with a particular focus on attracting newcomers to cycling and is part of the Women in Sport programme. The event is hosted by Innisfree Wheelers with support from SSRP under the Women in Sport programme. The 2017 event was a great success which is reflected in the comment of one of the organisers:

"Fantastic day, 97 women out cycling on a Saturday morning, a great experience particularly for those new to cycling, well done to all involved."



Women in Sport

Ladies 'Try a Tri'a great success!

Sligo Triathlon Club held their annual Women's Initiative Try a Tri event on Sunday 8th October at the Sports Complex and Cleveragh Park. This is one of the most important days in the club's calendar run in conjunction with Sligo Sports and Recreation Partnership and is the culmination of 6 weeks training for 40 women. The project aims to deliver a training programme to women who have never previously completed a triathlon, with a focus on building their confidence, fitness and competency in all 3 disciplines of swimming, cycling, and running, with a strong sense of participation and fun. It is a fantastic event for which there is huge demand each year. The Sunday morning was mild and bright which always helps for your first triathlon. Women's Initiative head coach and race director for the day Kate Hawney set off proceedings with the race briefing. All of the participants were awarded a medal which represents the fact that they were all winners for completing the training program as well as their first triathlon. Teas, coffees, sandwiches and cakes were served afterwards where people could share their stories and savour their success! On completing the initiative,

some of the women noted *"This programme has put great structure on my training, personally I feel more confident, healthy and the extra physical activity has given me more energy. All told I feel great"*

"I cannot rate this initiative highly enough, the coaches are excellent and very supportive. My level of fitness has greatly improved as well as my confidence to try new sports and competitions".



The Women's Officer for Sligo Triathlon Club stated *"this event has become the highlight event for Sligo Triathlon Club. It is such a*



heartfelt programme which brings us back to our roots each year. It has become a lifeline for our club attracting new members each year". Overall the day was a resounding success showing the community and participatory spirit within Sligo Triathlon Club.



Sligo Women get on board with 'Women on Water'

Sligo Yacht Club has run this Women focused Sail Training course over the last couple of years, which has really proved there is an appetite for the programme from women who have never previously sailed and those that have some experience. This summer, the club ran their most successful Women on Water project, filled to capacity with 16 women, which encourages women who may not necessarily be otherwise exposed to sailing to get involved and try sailing in a women-only environment. A club committee member noted *"WOW provided a platform for women to experience sailing and the club.*

Supervised sailing was subsequently set up to continue the path-

way towards full membership, 13 out of 16 women signed up for membership at a reduced rate".



Women in Sport

Action from the 2017 Women's Try a Tri...



Active Seniors

Positive Ageing Week 2017

Sligo Sport and Recreation Partnership with support from Sligo County Council supported the annual Positive Aging week through the provision of a number of physical activity and sports based initiatives targeted at older adults around the county. The week which took place between the 25th and 30th September 2017 is all about celebrating older people in their communities with the focus for SSRP on activities for all regardless of age. Some of the activities on offer throughout the week included Walking, Cycling, Outdoor Gym, Boccia, Lawn Bowls and Games for All. A number of mature movers workshops were also delivered with active Age groups in Gurteen, Keash, Cliffoney, Skreen and Sligo town. The busy calendar of events ensured older people in Sligo had lots of opportunities to be active in their respective communities contributing to a healthier and happier population throughout the lifecycle.



Go for Life National Grant Scheme 2017

The Go for Life programme is an Age & Opportunity initiative funded by Sport Ireland. The programme aims to promote greater participation by older adults in recreational sport and physical activity. The annual Go for Life National Grant Scheme is open to active age clubs and groups who would like to purchase equipment for their group or explore a new recreational activity they would like to try out. It is a worthwhile scheme and numerous groups throughout the country have benefited enormously from the grant allocations. As a support to the Scheme, Sligo Sport and Recreation Partnership & the HSE hosted a 'Funding Workshop' in mid September to assist active age clubs in making applications. The 2017 scheme closed in September 2017 with allocations awarded last December.

34 groups in Sligo received grants under the 2017 Scheme amounting to €9,410 (See over)

For more information on Age and Opportunity see www.ageandopportunity.ie

17th Allocation of Go for Life National Grant Scheme for Physical Activity in Older People

Arthritis Ireland Sligo	240
Ballinlougher ARA	240
Ballymote ARA	230
Ballymote Community Nursing Unit	230
Banada Women's Group	240
Benbulbin COPD Support Group	240
Calry ARA	240
Cliffoney ARA (Young at Heart Club)	240
Collooney & Ballinacarrow ARA	240
Coolaney ICA	240
DeafHear Sligo	240
Dromore West Templeboy ICA	230
Drumcliffe ICA	240
Dunally ICA	240
Gurteen Active Age Group	240
Gurteen Ladies Social and Wellbeing Group	230
Lakeview ICA	230
MCR Active Age Group	240
Nazareth House Nursing Home, Sligo	230
Riverstown ICA	230
Skreen Dromard Community Centre	230
Skreen/Dromard Community Care ARA	240
Sligo ARA	230
Sligo HSE, North West Retired Persons Group	240
Sligo Lawn Bowls Club	240
Sligo Lend a Hand	240
Sligo Men's Shed Association	240
Sligo Sports and Recreation Partnership	1600
Sligo Town ICA	230
Star of the Sea Strandhill ARA	240
The Catalysts	240
Tubbercurry ARA	240
West Sligo Young @ Heart Club	240
Womens Group Coolaney	230

TOTAL ALLOCATION FOR SLIGO €9,410

Education and Training

Sligo Sport and Recreation Partnership Club Development Grant Aid



Sligo Sport and Recreation Partnership is committed to supporting a quality coaching workforce in County Sligo. The Partnership provides grant assistance to sports clubs/organisations within County Sligo for Club Training Initiatives to support their voluntary coaches and club administrators to develop their skills and knowledge. During 2017, the Partnership has supported coach education across a range of sports including Athletics, Swimming, Surfing, Lifesaving Skills, Gymnastics, Lawn Bowls, Climbing, Squash, Kickboxing, Kayaking, Hockey, Triathlon, Gaelic, Rowing, Cricket, and Rugby. For further information on the SSRP Education and Training Grant Aid Scheme contact the SSRP office at 07191 61511 or email info@sligosportandrecreation.ie

The Code of Ethics and Good Practice for Children's Sport



In 2015 Sport Ireland amended the structure of Child Welfare & Protection (Code of Ethics) Training for Clubs. The details of the three stages of training are outlined below:

Safeguarding 1 - Basic Awareness Workshop in Child Welfare & Protection

The Code of Ethics and Good Practice for Children's Sport Basic Awareness workshop is the certified Sport Ireland child protection training course delivered by Sligo Sport and Recreation Partnership. The Code is built upon a number of core principles relating to the importance of childhood, the needs of the child, integrity & fair play, relationships and safety in children's sport. The course is for the benefit of everyone involved in sport for young people including coaches, sports leaders, parents/guardians etc. This course aims to effectively educate participants on the implementation of best practice in protecting the welfare of children involved in sport. SSRP regularly runs this workshop and it is strongly advised that all those working with children in club settings undertake this training. Please keep an eye on the SSRP website for dates of upcoming courses. During July to December 2017, SSRP delivered 5 Awareness workshops with 77 coaches and volunteers trained. Courses continue to be rolled out on an ongoing basis.

Safeguarding 2 - Club Children's Officer (CCO) Workshop – a must for all Club Children's Officers

The Club Children's Officer Workshop is the next stage in this module. Recommendations from Sport Ireland are that every club involved with children and young people should appoint a Children's Officer.

The Children's Officer should be child centred in focus and should have as their primary aim the establishment of a child centred ethos within the club. They are the link between the children and the adults in the club and also take responsibility for monitoring and reporting to the Club Management Committee on how club policy etc. impacts on children and their Sports Leaders. The Club Children's Officer course was revised in 2015 to 3 hours, and those wishing to undertake it must have completed the Basic Awareness course. During July to December 2017 SSRP held 1 Children's Officers courses with 14 participants. Courses continue to be rolled out on an ongoing basis. Those wishing to do Safeguarding 2 must have first completed Safeguarding 1.

Safeguarding 3 - Designated Liaison Person (DLP) Workshop

The third part of the Sport Ireland's Child Welfare & Protection Training programme is Safeguarding 3 the Designated Liaison Person workshop. A Safeguarding 3 workshop was held in November 2017 with 14 participants. Courses continue to be rolled out on an ongoing basis. All those wishing to undertake it must have completed Safeguarding 1 and undertake 3 within 6 months of taking up the role of DLP.

For more information or to enquire about upcoming training contact us as Tele: 07191 61511,

Email: info@sligosportandrecreation.ie or see our website www.sligosportandrecreation.ie

Education and Training

Disability Awareness Training

The new **Disability Awareness in Sport Workshop** is an awareness building workshop aimed at anyone involved in sport or physical activity that would like to learn more about offering opportunities for people with disabilities to participate in their school, club or organisation. The workshop was developed by the CARA APA Centre as part of their national inclusive standardized training framework was delivered locally by the SSRP Sports Inclusion Officer to second and third year students on the Sport and Business course at IT Sligo. The two hour workshop is designed to build awareness around people with disabilities participating in sport and physical activity. It is an interactive workshop that covers perceptions, communication and etiquette, understanding disability and inclusion and readiness along with local initiatives for people with disabilities. It also represented a pathway for any of the students involved who may wish to participate in further learning opportunities in the area of Sport and inclusion. These include Disability Inclusion Training, Inclusive Fitness Training, Inclusive Sports Coaching. *Any local sports clubs or organisations who wish to become more inclusive can contact Shane Hayes, Sports Inclusion Disability Officer with Sligo Sport and Recreation Partnership on 071 9161511 or shane@sligosportandrecreation.ie. In addition if any local clubs or individuals want to find out more about future opportunities or training in the area of sport and physical activity for people with a disability they can get in touch with Shane as above.*



Coaching Children Workshop Series

SLIGO SPORT & RECREATION PARTNERSHIP
SPORT IRELAND

COACHING IRELAND
GILBERT IRELAND

SPORT IRELAND
COACHING

COACHING CHILDREN WORKSHOP SERIES

Coaching Ireland have developed 4 workshops to provide coaches with a basic understanding of children's sport and physical activity and the best ways to optimise children's enjoyment, participation and positive outcomes.

Workshop 1:
Coaching Children Successfully in Sport:
An Introduction for Coaches

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

Bank of Games in
BALANCE
CO-ORDINATION
SPEED & AGILITY
INCLUSIVE & ADAPTED

The concepts of Physical Literacy and Holistic Development run throughout the series of workshops

Venue: Mercy College Gym

Time: 6.30pm to 9.30pm

Dates: 12th February / 19th February / 26th February / 5th March (Mondays)
(All 4 workshops must be attended to receive Certificate from Coaching Ireland)

Cost: €10 for full series of workshops

To Register or for more information contact:
Theresa Kilgannon, Sligo Sport and Recreation Partnership, MSL ETB Building, Quay Street, Sligo
Tel: 0719161511 Email: theresa@sligosportandrecreation.ie
Application forms available to download on www.sligosportandrecreation.ie

Sligo Sport and Recreation Partnership will be hosting the Coaching Ireland 'Coaching Children Workshop Series'. All too often in the past, programmes offered to children in sport are scaled down versions of adult activity. Children are not mini adults and their needs in sport are different to the needs of other populations. Children want different things from their sport participation and require different approaches given their different stages of development both physically and mentally. Therefore, the coaches of children need to be equipped with specific knowledge, skills and competencies to fulfil the needs of children. Coaching Ireland have developed 4 modules, specifically to provide coaches with a basic understanding of children's sport and physical activity and best ways to optimise children's enjoyment, participation and positive outcomes. The concepts of Physical Literacy and Holistic Development run throughout the series of workshops. Each workshop is 3 hours in duration and is a combination of theory and practical learning, each coach will receive a bank of games covering balance, co-ordination, speed & agility and inclusive & adaptive games. Limited places are available on the course and pre booking is essential as it is on a first come first served basis. Each individual must fill out an application form and return it, with fee, to the address below by Monday 5th February 2018 to confirm their place.

For more information, contact Theresa Kilgannon, Sligo Sport and Recreation Partnership, MSL ETB Offices, Quay Street, Sligo at 07191 61511 or theresa@sligosportandrecreation.ie.

NOTE: Participants must be 18 years of age to complete this course. All 4 workshops must be attended to receive certification. Application forms can be downloaded from www.sligosportandrecreation.ie

2018 SSRP CALENDAR OF EVENTS & TRAINING			
DATE	EVENT/COURSE	TIME	VENUE
JANUARY			
13 th January	Operation Transformation 4K Walk	11am	JFK Parade
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
Every Tues, Thur & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility
FEBRUARY			
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
Every Saturday	Games for All	11am to 12pm & 12pm to 1pm	Sports Complex, Cleveragh
4 th February	Junior Para Cycling Come & Try	12.00pm – 1.30pm	Sports Complex, Cleveragh
5 th February	Child Protection Safeguarding 1 Awareness Course	6.30-9.30pm	Sligo Education Centre Ballinode
7 th February	Sligo Spring Walk Series	11.00am	Killaspugbrone Strandhill
9 th February	Sligo Spring Walk Series	11.00am	Slish Wood
12 th /19 th /26 th February	Coaching Ireland – Coaching Children workshops (Pre-booking essential)	6.30-9.30	Mercy Gym
14 th February	Sligo Spring Walk Series	11.00am	Gortarowey Forest Trail
17 th February	Sligo Spring Walk Series	11.00am	Union Wood to Union Rock
19 th February	Child Protection Safeguarding 2 Children's Officer	6.30-9.30pm	Sligo Education Centre Ballinode
21 st February	Sligo Spring Walk Series	11.00am	Sruth In Aghaidh An Aird ,Glencar
23 rd February	Sligo Spring Walk Series	11.00am	Mullaghmore Head
27 th February	Adult Intellectual Disability Services Boccia Festival	10.30am–2.30pm	Knocknarea Arena IT Sligo
28 th February	Sligo Spring Walk Series	11.00am	Lough Tal – Gorterslin
Every Tuesday, Thursday & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility
MARCH			
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
Every Saturday	Games for All	11am to 12pm & 12pm to 1pm	Sports Complex, Cleveragh
3 rd March	Sligo Spring Walk Series	11.00am	Union Wood to Lough Lumann
8 th March	Girls Active Festival	10.00am-3.00pm	Knocknarea Arena IT Sligo
10 th March	Disability Inclusion Training Workshop	9.30am – 4.00pm	Knocknarea Arena IT Sligo
12 th March	Child Protection Safeguarding 1 Awareness Course	6.30-9.30pm	Sligo Education Centre Ballinode
Every Tuesday, Thursday & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility
APRIL			
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
Date TBC	Child Protection Safeguarding 1 Awareness Course	6.30-9.30pm	Sligo Education Centre Ballinode
Every Tuesday, Thursday & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility
MAY			
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
Every Wednesday	Outdoor Gym programme	10am-11am & 11am to 12pm	Doorly Park Outdoor Gym
Every Tuesday, Thursday & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility
JUNE			
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
Every Wednesday	Outdoor Gym programme	10am-11am & 11am to 12pm	Doorly Park Outdoor Gym
Date TBC	Seniors Sports Fest	10am to 3pm	IT Sligo
Every Tuesday, Thursday & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility

**Opportunity for Sports Coaches/
Instructors/ Co-ordinators
with Sligo Sport and Recreation Partnership**



Sligo Sport and Recreation Partnership facilitates a variety of sport and physical activity programmes across a diverse range of age groups throughout County Sligo. SSRP occasionally employs coaches/ instructors/ co-ordinators to deliver short term programmes as the need arises. Those employed are selected from an SSRP Database of suitably qualified and Garda Vetted personnel. Currently SSRP is updating the SSRP Database and anybody wishing to obtain further information on this opportunity can contact SSRP for further details at 071 9161511 or info@sligosportandrecreation.ie

IS YOUR CLUB REGISTERED WITH US?

**We have a 'Club Directory' featured on our website
www.sligosportandrecreation.ie**

**Please check that your club and its relevant contact details
are correctly included here.**

**For any changes/updates or new entries please email us at
info@sligosportandrecreation.ie**



Follow us on Facebook for regular updates, upcoming events, training opportunities, news and more...

'Sligo Sport and Recreation Partnership'

Don't forget to 'like us' on Facebook too!!

Sligo Sport and Recreation Partnership

**MSL ETB Offices,
Quay Street, Sligo**

Tele: 07191 61511

**info@sligosportandrecreation.ie
www.sligosportandrecreation.ie**