



**County  
Limerick  
Local  
Sports  
Partnership**

An Irish Sports Council Initiative

*"Our vision is of a county where all people are encouraged and enabled to participate in sport"*

## Information Sheet 6 September 2010

### Introduction

Welcome to the 6th edition of the County Limerick Sports Partnership newsletter. In this issue, we report on a variety of programmes that took place in the first half of 2010 plus information on the calendar of events for the coming months.

The LSP would like to welcome Elaine Shea on board who will cover as sports administrator for the coming months. This will be Elaine's second term with the LSP having completed her student placement from Tralee I.T (Health Fitness & Leisure Studies) in 2008.

The first ever Mid West Older Adults Sports Fest was held in UL in April 2010, details below. The extensive research programme with the Physical Education and Sport Science Department in UL was completed and also a

number of training and education courses and seminars were delivered to the various sports clubs and organisations throughout the County. Details of these programmes and others are covered in this newsletter.

As always if there are any events you would like highlighted in our newsletter or on our website ([www.clsp.ie](http://www.clsp.ie)) please feel free to contact us at [infosports@limerickcoco.ie](mailto:infosports@limerickcoco.ie) We have also redesigned our website and would appreciate any comments or suggestions.



**Yours in Sport,**  
Phelim Macken,  
Coordinator, County  
Limerick Sports Partnership

### Older Adults Inaugural Inter County Festival Takes Place At UL

Over 100 people from Limerick County, Limerick City, Clare, North Tipperary and Kerry took part in the inaugural Older Adults Inter County Sports Festival at the University of Limerick Sports Arena on Wednesday 14th April.

This event was a joint initiative coordinated by the Mid West Network of Local Sports Partnerships (LSP's) and featured 20 participants from each of the five areas.

The participants, who were kitted out in their respective 'County' colours, were chosen from Older Adults groups in their regions. Selection was based on participation in previous LSP events and local community programmes.

Activities included golf skills, bocchia, target throw games, speed stacks and box hockey. The Limerick County team were the overall winners of the event.

Addressing competitors on the day, Richard Farrell of Go For Life Ireland noted how physical activity was important for all age groups, and how it was great to see everybody participating with great vigour in this event.

Festival participants described the day's activities as "closely contested and good humoured".

Meanwhile, the Mid West Network of Local Sports Partnerships has confirmed that the Older Adults Inter County Festival is to become an annual event.



## Club Development Grant 2010:

### Sports Grants Allocated To 46 County Limerick Clubs



Under the Coach Education and Equipment Grant Scheme 2010 the LSP allocated funding totalling €18,000 for dozens of sporting initiatives across County Limerick.

The funds allocated represents a 20% increase on the last round of funding in 2008. Sports clubs, organisations and initiatives across the county received grants ranging from a minimum of €300 to a maximum of €1000.

A total of 76 applications were received by the Sports Partnership with 46 initiatives subsequently being approved for funding by the LSP Board. The funding is designed to increase opportunities for participation in target groups identified at a national level, including people with disabilities, children, disadvantaged, ethnic minorities, women and the travelling community.

As well as funding mainstream sports the scheme funds a range of other initiatives such as community development projects, start up of new clubs, first aid and development of minority sports.

In announcing the funding Sports Partnership Chairperson, Bernadette Cullen complimented the LSP on its work in fostering community based initiatives.

She continued: "The grants will assist clubs in ensuring they can cater for all members of their communities through the upskilling of coaches and the provision of additional equipment to further develop the participation for all concepts that is core to County Limerick Sports Partnership."

The full list of Clubs/Organisations who received funding is:

Name of Applicant:	Grant Allocated	Name of Applicant:	Grant Allocated
Athea Coiste Na Nog GAA	€350	Kilfinane Forest Underage	€300
Ballingarry Granagh Community Games	€300	Killeedy Bórd na nÓg	€300
Ballyhoura Hawks Mini Rugby Club	€300	Kilmallock GAA	€300
Blackrock Bórd na nÓg	€300	Kilteely School boys/Girls Soccer Club	€300
Blackrock Camogie Club	€300	Knockaderry Camogie Club	€300
Bruff All Stars Special Olympics Club	€300	Knockainey Juvenile GAA Club	€300
Caherline GAA Club	€300	Monagea GAA Club	€300
Cappagh Handball Club	€1,000	Monaleen Camogie Club	€350
Cappamore Camogie Club	€300	Monaleen GAA Club	€1,000
Cappamore Celtic FC	€450	Mungret St Pauls Ladies Gaelic Football	€1,000
Carrig Celtic F.C.	€300	Newcastle West Community Centre Ltd	€300
Castle United AFC	€350	Oola GAA Club	€500
Creeves Celtic FC	€300	Pallas United Soccer Club	€500
Croagh/Kilfinny Camogie Club	€500	Pallasgreen, GAA Club	€350
Croom Community Development Association	€350	Rathkeale Boxing Club	€1,000
Croom Family Resource Centre	€300	Shountrade AFC	€300
Dooneen Athletic Club	€350	Springfield Basketball Club	€300
Effin Badminton Club	€300	St. Mary's Athletic Club	€350
Galtee Gaels Juvenile GAA Club	€350	St. Mary's Sean Finns Bórd na nÓg	€450
Glenroe Camogie Club	€300	Templeglantine Camogie Club	€300
Granagh UTD FC	€300	West Limerick CDP	€300
Kildimo GAA Club	€300	Wheels in Motion (Mid West Spina Bífida)	€500
Kildimo/Pallaskenry Community Games	€500	Kilfinane Athletics Club	€300

"The high quality applications received is further testament to the strong volunteering tradition in Limerick and I would like to wish the clubs in receipt of funding all the best in their endeavours", added Ms. Cullen.

According to LSP Co-ordinator Phelim Macken: "The aim of the Sports Partnership is to increase participation in sport and it is envisaged that all successful projects will help to do just that".

Since the establishment of the Sports Partnership in 2007 a large number of projects and initiatives involving pre-schools all the way up to older people have benefited from significant investment, principally through

direct funding by the Irish Sports Council.

An extensive range of support has also been provided by partner agencies on the LSP board, namely Limerick County Council, County Limerick VEC, HSE, Leader Companies, Limerick Youth Service, Foróige, UL, County Limerick Childcare Committee and other stakeholders.

The Club Development Grant Scheme is a bi-annual scheme depending on funding available year to year!!!!



## BIKEWEEK 2010:

### Family Fun 12k Cycle:



On Sunday 13th June, the LSP officially launched BikeWeek 2010 with a Family Fun 12k cycle which began at Ahane GAA Clubhouse and continued onto an unopened section of the new M7 motorway. A number of families took part in the event and thankfully the rain stayed away while the cycle took place. Registration took place from 11am to 12noon where each participant received a t-shirt and were also entered into a raffle to win bike shop vouchers from Kilmallock Cycles, Cycling Pursuits in

Patrickswell and Ballyhoura Bike Hire. The cycle took about 90 minutes followed with refreshments in Ahane Clubhouse. The LSP would like to thank everybody who took part and assisted on the day namely: Limerick County Council Roads Department, Cycling Gardai, Meskill Motor Cycles, Bothar Hibernian and Ahane GAA Club. This fun event was enjoyed by all and hopefully will encourage cycling throughout the County.

### Primary Schools Cycling Pursuits Challenge:



As part of Bike Week 2010, the LSP organised a "Cycling Pursuits Challenge" for all the primary schools in County Limerick. Children from 4th, 5th and 6th classes from all schools were invited to take part in the challenge in Adare GAA Field on Thursday 17th June from 10am to 2pm. A total of 75 teams of 4 participants (300 pupils) took part in the event with cycling challenges such as Slalom, Cone Skills, slow bike race and Speed Skills. A number of schools were represented and Cycling Pursuits of Patrickswell provided each team member with a bicycle and helmet for each activity. The event was mainly promoting safe cycling awareness but it had a competitive element also. The LSP would like to thank all those who participated in the event and also Liam Collins of Cycling Pursuits. Special thanks also to Adare GAA Club for the use of their facilities.

### County Limerick Teens in the Wild



### Limerick County Council - Cycle Challenge

The LSP invited both experienced and new cyclists to get involved in the National Bike 10 Minute Cycle Challenge within Limerick County Council. Employees were asked to



challenge themselves, while getting fitter and more active, by joining colleagues in making their DEPARTMENT the top Limerick County Council Department on the final Leader Board!

County Limerick Sports Partnership offered prizes to the top Department team overall and runners up were also provided with bike shop vouchers and t-shirts.

A number of teams took part; however the overall winning team was the Peddle Pushers. Congratulations to all those who took part and thanks for your continued support. The LSP look forward to running various activities within the County Council from September to December.



The LSP in conjunction with Foroige took a group of 10 youths who are participating in a Foroige Summer Camp onto the Ballyhoura Mountain Trails in Ardpatrick.

The group was provided with bike orientation and terrain orientation as part of their introduction.

Following induction the group was taken on a 7km route on the Ballyhoura Trails. The whole group enjoyed the event, even though the weather was not the main highlight of the day!! The LSP would like to thank all participants and staff from the Foroige club in Croom.

## County Limerick's Children Urged to Come out to Play - National Play Day 2010

The importance of play and recreation for young people was highlighted during a series of events throughout County Limerick on July 4th.

2010 National Play Day is a national campaign, now in its 5th year, where thousands of children and young people across Ireland get out and play at locally organised events.

Events took place across County Limerick from 2pm to 4pm at Askeaton Playground, Kilmallock Playground, Castletroy Neighbourhood Park, Abbeyfeale Playground and Mini Pitch, and the Well Meadow (St. Mary's Park) in Croom.

The initiative was organised nationally by the National Play and Recreation Resource Centre and the Office of the Minister for Children, while local play activities were organised locally by the LSP in association with Limerick County Development Board.

LSP Co-ordinator Phelim Macken explained how "The aim of National Play Day is to increase awareness in the importance of play for young people and to highlight the variety of recreation facilities and opportunities that exist locally throughout County Limerick. The annual event also encourages children and parents to play together."

Play facilitators organised games and activities from the Buntús Play And Spóirt programme during the 2 hour period. Children were also encouraged to use their local playgrounds to explore a broad range of play experiences."

The Sports Partnership would like to thank Dara Mc Guigan from Limerick County Council plus local sports and community groups for their support together with the play facilitators who assisted in the roll out of Play Day.



## Chi-Running with Catherina McKiernan



The (LSP) held a Chi-Running training and information session on Saturday 12th June in Dunraven Arms Hotel, Adare.

Former Olympic athlete and Irish marathon record holder Catherina McKiernan came to County Limerick to conduct one of her specialist Chi-Running workshops. Catherina, who won the London marathon in 1998 qualified as a Chi Running Instructor in 2005. Since then, she has taught hundreds of athletes from all over Ireland the art of Chi-Running.

"Chi-Running takes the pounding, pain and potential damage out of the sport of running. It is basically about energy efficiency and injury prevention. In simple terms, the Chi-Running technique reduces the risk of injury", according to Catherina.

"Runners young and old and of all abilities have come to my classes and I get a great reaction from them all once they put Chi-Running into practice".

Chi-Running helps reduce or eliminate injury and pain such as: knee pain, hip pain, IT Band Syndrome (ITB), hamstring pulls, Achilles tendonitis, plantar fasciitis, soreness and fatigue. Conditioning your mind is just as important as conditioning your body. Let Chi-Running help you focus your mind, lift your spirit and open up your flow of chi.

All those who attended the course found it very beneficial and agreed that the information provided will assist with their running technique!

The LSP will be running another Chi-Running training and information session on Saturday 16th October in UL, so if you or anyone you know would be interested in attending same please contact the office at 061-496463 or email [infosports@limerickcoco.ie](mailto:infosports@limerickcoco.ie)



## Nordic Walking



Walk by yourself, or walk with friends, even if you have different fitness levels;

Nordic Walking is the technique of walking while using Nordic Poles. Nordic Walking is one of the most sociable and effective exercise techniques around. From the social walker enjoying the outdoors with others, to the elite athlete needing sports specific cross training, Nordic Walking is suitable for everyone.

Nordic Walking works your upper and lower body at the same time, strengthening your back, legs and arms, and reducing neck

and shoulder tension - all this while improving the health of your heart and lungs. And you can gain all these health benefits and more while Nordic Walking with your friends; exercise intensity is determined by upper body effort so people of differing fitness levels can walk and talk together while working to their own level with Nordic Walking.

In May 2010, training was provided in respect of Nordic Walking. County Limerick now has 2 fully trained Nordic Walking Instructors and will be looking at implementing various programmes throughout the County from September to December 2010. Should you or anyone you know be interested in taking part in this sort of programme, please contact the office at 061-496463. The LSP ran 2 FitWalk Clinics during the summer months.

## FitWalk Clinics

The FitWalk Clinic teaches participants how to squeeze every ounce of fitness from walking. In particular, the clinic helps; identify how to optimise aerobic fitness and fat burning benefits; demonstrates how to incorporate flexibility and strength into a walking programme; shows how gadgets such as Step Counters, Heart Rate Monitors, and walking Poles can be used to best effect; teaches the key techniques of StrideWalking, PowerWalking and NordicWalking.



The FitWalk clinics are beneficial in that individuals and groups are taught how to get the most from their daily walk. Clinics took place in Adare and Pallasgreen with a total number of 30 participants in attendance. As mentioned, the LSP will be looking at offering a 6 week indoor programme that includes aspects of both FitWalk and Nordic Walking.

For more information or to express an interest in same please contact the office at 061-496463.

## Active Girls Programme - Adare, Croom and Patrickswell



Active Girls Programme is a joint initiative between the LSP and West Limerick Resources. Funding was secured from the Irish Sports Council under the Women in Sport Initiative to carry out this programme.

The programme aims to increase the number of teenage girls involved in long term regular physical activity through developing

more awareness to its benefits and also promoting activities in their community

Following extensive consultation with principals and PE teachers in schools in both City and County, together with meeting with the various youth clubs in the areas the three communities identified were Adare, Croom and Patrickswell.

Since the establishment of the LSP, this programme has been developed in Askeaton, Foynes, Glin, Doon, Cappamore and Hospital. The programme is advertised through brochures and in local newspapers and invites girls interested in activities other than team sports or athletics to take part in physical activity of a different kind. The girls are given a questionnaire with various activity options and the LSP then provides tutors for the most popular. This year the girls opted for 8 week programmes in Boxercise, Kickboxing and Hip Hop Dance. The LSP provides the facility and the tutor for each activity.

On completion of the programme, the participants were given an evaluation questionnaire. In summary, 60% of the respondents expressed that the programme has given them a more positive attitude towards PE within their schools and 80% stated that it was of great benefit to have the programme as girls only. Participants informed tutors that they will be continuing on with physical activity and information on local sports clubs and opportunities were provided to all 3 groups. The LSP would like to thank Karen O'Looney for coordinating this programme.

## Child Protection in Sport Awareness Training



The LSP has delivered 7 Child Protection Awareness courses throughout the County since January 2010. "The Code of Ethics and Good Practice for Children's Sport in Ireland" is for the benefit of everyone involved

in children's sport - children, parents/guardians Sports Leaders, teachers etc. By following the principles, policy and practice guidelines contained in the Code, adult sport leaders are playing their part in providing an enjoyable and safe environment in which children can learn and thrive.

As citizens, adults have a responsibility to protect children from harm and to abide by government guidelines in responding to and reporting child protection concerns. This responsibility exists wherever such concerns might arise, whether inside or outside sport. The full application of the Code of Ethics and Good Practice for Children's Sport in Ireland by everyone in sport will help to ensure the promotion of happy, healthy and successful experiences for children and their Sports Leaders.

Limerick County Sports Partnership organise Child Welfare and Protection in Sport Awareness Training for clubs or physical activity groups. The course is aimed at Sports Leaders, Children's Officers, Parents and anyone working with young people in sport. The training will enable Children's Officers/Sports Leaders to:

- **Implement best practice in protecting the welfare of participants**
- **Create a child-centred environment within the sports club**
- **List categories of abuse and some indicators associated with abuse**
- **Make appropriate response to a disclosure**
- **Make a report to designated officer or appropriate Statutory Authorities**

Should your sporting club/organisation wish to avail of this course please contact LSP at [infosports@limerickcoco.ie](mailto:infosports@limerickcoco.ie) with venue and possible dates and the LSP will do our best to accommodate same. A maximum number of 16 members are required. For further Child Protection in Sport Awareness Training courses please see calendar of events at the back of this newsletter or see [www.cllsp.ie](http://www.cllsp.ie)

## Child Protection in Sport – Children's Officer

The LSP ran a Child Protection in Sport Children's Officer Course on the 17th April 2010. A total of 10 new Children's Officers received the training. The duration of this course is 6 hours. Each sporting club is required by the Irish Sports Council and your national governing body to have a Children's Officer. Persons attending the Child Welfare Officer Course must have completed the four hour Child Protection Awareness Training and have same implemented in the club for a minimum of 6 months.

## Principals of Coaching Course (Active Leadership Training)

This course is aimed at adult coaches/leaders that work or wish to work in a wide range of locations including local sports clubs, community groups, workplaces and community centres. A 'Certificate of Competence' is awarded on completion of a satisfactory course assessment. Participants are assessed throughout the course on attendance, application, leading a warm up session, planning ability and leadership skills. **The next Active Leadership Course is scheduled to take place in Daughters of Charity Hall in Lisnagry on Saturday 9th October.** Course content includes; planning a session, core leadership skills, effective communication, observation, group management, safety and injury prevention and general administration. Please contact the office at 061-496463 should you wish to register for this course. For more information on the course please see our website [www.cllsp.ie](http://www.cllsp.ie)

## Newcastle West- Boxing Programme – Opportunity for a community based club!



A pilot boxing programme was established in Newcastle West where 16 teenage boys took part in a 16 week training programme. The LSP and West Limerick Resources provided boxing equipment and a Coach to put the participants through their paces. This programme took place in the Community Centre in Newcastle West and the programme continues to be enjoyed by all the participants. It is hoped that the club will continue and membership will expand in the coming months.

The Sports Partnership are interested in receiving expressions of interest from the Newcastle West community so as to establish a boxing club in the town. We would like for this project to expand so that interested coaches and participants could get involved and progress this pilot programme to an established club. The equipment is there at present so it's a matter of progressing this concept further. Many thanks to WLR and Foroige for their support with this project to date.



## PROGRAMME DEVELOPMENT



### BUNTÚS – PRIMARY SCHOOLS:

As the LSP have completed delivery of the Buntús Play and Sport programme to 115 of the 118 primary schools in County Limerick, we offered schools sport specific Buntús in early 2010. A total of 13 primary schools who had previously received the Generic Training took part in Buntús Badminton on the 23rd April. Schools who took part received the 2 hour training together with a kit bag. The kit bag provided to each school will contain 10 racquets, 1 dozen plastic shuttles, 1 net, 1 Fun Games and Activities for Badminton Pack (any teachers involved in the training of the scheme will also receive an additional copy for their personal use). The LSP covered the cost of the training and the equipment.



Buntús Soccer was also offered to schools that had completed the Generic training. A total of 35 schools have completed this training provided by Conor Nestor, FAI Development Officer for County Limerick. Each school received the training and a bag of equipment specific to soccer. Please contact the LSP office if you require additional training in these courses

Keep an eye out for further dates in relation to Sport Specific Buntús training on the LSP website [www.clsp.ie](http://www.clsp.ie)



### BUNTÚS START – CHILDCARE FACILITIES:

Buntús Start is a physical activity programme for children aged 2-5 years. The programme consists of 6 hour training – 4hour and 2hour follow up. Each childcare facility that takes part in the programme receives both the training and a bag of equipment worth over €220. Resource cards provided help to plan activity sessions while the tutor helps childcare providers use their imaginations and become the children for the duration of the training.



Also on completion of the 6 hour training, each staff member who attends receives a "Certificate of Completion" to display in the facility. The cost for the Buntús Start programme is €100, this includes training and equipment. Childcare providers can send 1 or 3 participants on the course, we recommend 2-3, and the price is still €100.

To date the LSP have delivered the training and equipment to over 50% of the childcare service providers in County Limerick.

The next training is taking place on Saturday 25th September from 10am to 2pm in the Desmond Complex in Newcastle West with the 2 hour follow up on Wednesday the 20th October. If your childcare facility wishes to avail of this training and also receive the bag of equipment please contact the office at 061-496463.

## Sports Inclusion Disability Officer (SIDO) Programme

In our last edition the LSP announced that funding had been allocated to continue the SIDO Programme and the position was advertised in April 2010. Following contributions from the Irish Sports Council, Limerick City and County LSP's, JP McManus, Limerick County Council and Limerick City Council the post has been secured until June 2011. The successful candidate, Mr. Liam McDonough has vast experience in the area as Liam was previously the SIDO with Kerry Sports Partnership.

This programme helps to support the City and County Councils important public policy objective of getting Limerick people to be more physically active throughout their lives as a contribution to improved health, social well-being and economic success. The programme has demonstrably increased participation in sport and physical activity among people with disabilities based on the provision of opportunities, reduction of barriers and the development of partnerships.

### Wheelchair Hurling

Limerick Sports Partnership in conjunction with Limerick 'Coaching and Games Promotions Officers' are currently recruiting members to join a WHEELCHAIR HURLING TEAM in Limerick.



Wheelchair Hurling is a relatively new and exciting competitive sport for manual wheelchair users. This is an action packed and

skilful team targeting 8 to 18 years olds of all abilities. Limerick GAA Development Officers fully support the establishment of this exciting new club and are looking to recruit interested parties.

Four training sessions will take place in September to prepare for a game against Tipperary Wheelchair Hurling Team.

If you wish to get involved either as a participant, volunteer or spectator contact us!



Patricia Kelly (Maroon) - Shannonside Rangers tackling Keith McAuliffe from Kingdom Rebels. Michael O'Dowd Shannonside Rangers in background.

### Power Wheelchair Football

The newly formed Shannonside Rangers Powerchair Football team competed in the Association of Irish Powerchair Football (AIPF) National Shield which took place on Saturday 17th of July in the University of Limerick Arena. In a tough shield competition this new team made up of players from Limerick and Clare more than held their own against more established teams from Cork, Kerry and Dublin.

Power wheelchair football is an exciting new development for power wheelchair users. It is a team sport played by individuals with physical disabilities. It is played in a sports hall and is an extremely challenging game similar to football.

After a short break the team will start back into training for the league which will restart in September.

## Summer Multi Sports for all Abilities



Limerick City and County Sports Partnership in its objective to increase the number of opportunities for people with a disability to participate in sport are running Summer Multi Sports Sessions for children of all abilities in the University of Limerick Arena on Thursdays from 10:30- 12:00pm.

This project aims to target young children from 6-14yrs in the Limerick City and County Area and provides an inclusive adapted physical activity session. Children from a mainstream setting will also be part of the club. The sessions will run on Thursdays from 8th of July till 26th of August.

These sessions will be a pilot project to highlight and educate children on inclusiveness and adapt physical activity for all abilities. The children will be introduced to a variety of sports such as Boccia, Kurling, Goalball, Gymnastics, Football, Dance and swimming.

Based on demand Limerick LSP will look at extending this programme. Cost is €40 for eight weeks; new participants are welcome to join at any time. Siblings and friends go free!

If you need more information on these programmes or sports for people with a disability contact **Liam Mc Donough, Sports Inclusion Disability Officer, Limerick Sports Partnership, 087 1798199** or [lmcdonough@limerickcitysports.ie](mailto:lmcdonough@limerickcitysports.ie)



### Sports Inclusion Development Officer Photo (from l to r):

Liam McDonough, the newly appointed SIDO for Limerick City and County, Phelim Macken, Sports Coordinator – County Limerick LSP, Mary Hanafin Minister for Tourism, Culture and Sport, John Treacy, CEO Irish Sports Council and Elaine Barry, Sports Coordinator – Limerick City Sports Partnership.



## Kilmallock Cycle Hub:



The National Cycle Network is being developed throughout Ireland. A number of Cycle Hub towns are located across the country. Each hub town has a number of looped cycle routes consisting of half day & day cycles.

**Start: Kilmallock**

**Loop 1:**  
70 kilometres : 5 hours

**Loop 1a:**  
22 kilometres : 1 hour

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**Start: Kilmallock**

**Loop 2:**  
83 kilometres : 5 hours

**Loop 2A:**  
16 kilometres : 1 hour

**Loop 2B:**  
41 kilometres : 3 hours

**Loop 2C:**  
64 kilometres : 4+ hours

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**Start: Kilmallock**

**Loop 3:**  
62 kilometres : 4 hours

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**Start: Kilmallock**

**Loop 4:**  
50 kilometres : 3+ hours

**These cycle routes will guide you out to the countryside of farmland and forest surrounding the historic walled town of Kilmallock. Following the relocation of the 7th century monastery dedicated to Saint Mo Cheallóg, the town of Kilmallock has prospered on its riverside site.**

Route 1 is a circuit around the periphery of the Ballyhoura Mountains. The road follows the contours of the mountain foothills to the town of Doneraile, where there are ample opportunities for refreshment. There is one major climb on the eastern leg of the circuit; the mountain pass between Glenosheen and Glenanaar. Ascending to 307 metres you will encounter breathtaking scenery here to reward your efforts. The entrance to the Ballyhoura mountain Bike course is along this section.

Route 2 is a trip east to the Glen of Aherlow. There are fine views of Seefin, the highest peak of the Ballyhouras and of Galtymore Mountain. Having negotiated the first hill at Slieveareagh you arrive into the beginnings of the Glen of Aherlow where you can decide which of the shortcut options is appropriate. Continuing on past the villages of Galbally and Lisvarane you will finally encounter the iconic and very steep climb of Aherlow. Although not a particularly long climb, the tortuous hairpins and the magnificent views from the Christ the King statue make this "one to remember" for those who complete the entire circuit.

Route 3 is a leisurely spin to the amenity area at the scenic Lough Gur. The neolithic peoples who first settled there have left behind their ceremonial stone circle for us to ponder. Other castles and archaeological remains are also to be seen nearby. The area between Lough Gur and Knockainey is composed of short steep hills, but elsewhere on the route the gradients are gentle. Watch out for the De Valera cottage, childhood home of Ireland's third president.

Route 4 is a shorter spin around some pleasant wooded hills near the townlands of Glenroe and Castle Oliver. You will pass the ornate gatehouses of the privately owned castle as you cruise along these secluded roads. Refreshments may be had at Ardpatrick or Kilfinane.

**For further information and related services visit: [www.discoverireland.ie/shannon](http://www.discoverireland.ie/shannon) [www.shannonregiontrails.ie](http://www.shannonregiontrails.ie) or [www.ballyhouracountry.com](http://www.ballyhouracountry.com)**









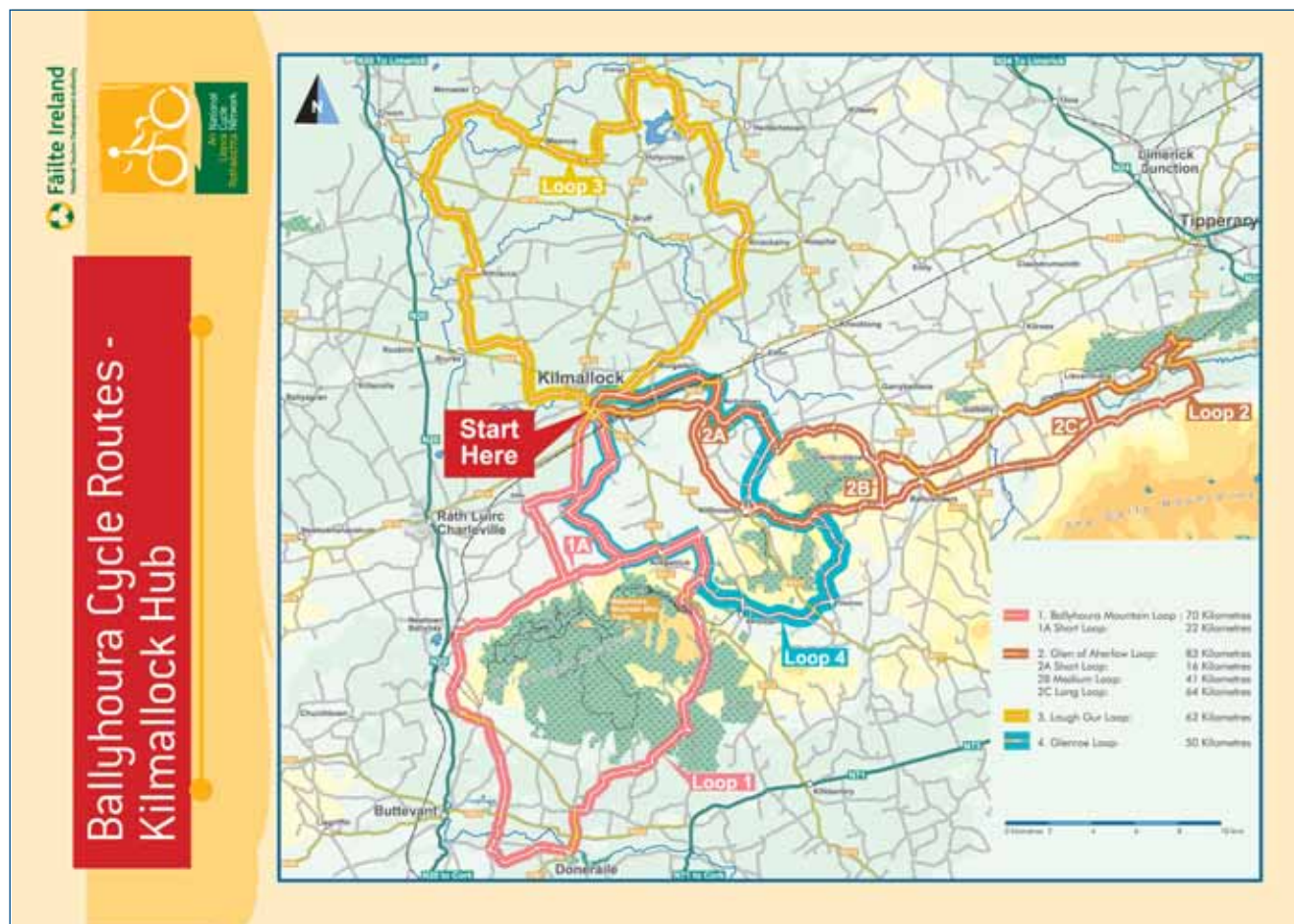


### Kilmallock Cycle Hub:

The newly established Kilmallock Cycle Hub is a looped cycle route consisting of half day and day cycles. These cycle routes will guide you out to the countryside of farmland and forest surrounding the historic walled town of Kilmallock.

The various loops (8 in total) vary from 16 kilometres, which takes 1 hour to complete to 83 kilometres which takes 5 hours. The routes take in fine views of Seefin to leisurely amenity areas at the scenic Lough Gur.

For further information and related services visit: [www.discoverireland.ie/shannon](http://www.discoverireland.ie/shannon) or [www.ballyhourcountry.com](http://www.ballyhourcountry.com)



### Castleconnell Slí na Sláinte Route:

The LSP, in partnership with the Irish Heart Foundation and Limerick County Council, developed a new Slí na Sláinte route in Castleconnell, County Limerick. The 3.8km route begins at the Ferry Car Park and does a loop of Castleconnell continuing on to Belmont Road, Dublin Road, Daly's Cross and then back into Castleconnell Village. Simply following the km signs it is hoped that both locals and visitors will benefit from the newly established route together with increasing physical activity opportunities in the area. The route is a safe, well lit route and has been approved by the Irish Heart Foundation. Brochures outlining a map of the route together with information from the Irish Heart Foundation are available to download from our website [www.cllsp.ie](http://www.cllsp.ie). The LSP would like to thank Limerick County Council, especially Joe Healy in the Annacotty Area Office and the Irish Sports Council who also supported the development of this route. This route was officially launched on Monday the 20th of September 2010.





## The Many Benefits to Exercise

Everyone knows that exercise is good for your heart and helps you stay slimmer, but did you know that exercise also improves your balance? Helps you sleep better at night? Puts you in a good mood? Learn more about the hidden benefits of exercise to help motivate your exercise habits.

### Energize With Exercise

Routine exercise will increase your energy level. Exercise will make you feel great and you'll be able to take on more than you ever thought possible. Regular exercise also decreases your chance of developing fatigue and exhaustion. So instead of feeling run down, go for a run.



World Heart Day Walk Castleconnell 2010.

### Exercise Improves Sleep

Exercise, especially morning exercise, can improve your sleep quality. Researchers believe that morning exercise helps to set your body clock each day. This in turn makes you feel awake during the day and tired at night. Try some morning exercise for a week and see if your sleep improves.

### Keep Your Brain Sharp by Exercising Your Body

If you thought Sudoku was a great brain workout, try playing tennis. Physical activity requires a lot of participation from our brain. In exercise, you must make quick decisions, judgment calls, find the best strategies and learn to stay concentrated. People who remain physical active as they age have a reduced risk of dementia and cognitive decline.

### Exercise and Be Happy

When you exercise, your body releases chemicals that make you feel good. These chemicals can improve your body and help you relax. Exercise also makes you feel good about yourself. It can improve your mood and even help ease the symptoms of mild to moderate depression.

### Exercise Adds Years to Your Life

Not only does exercise add years to your life, it also increases the number of years that you live without disease or disability. If you are 65, adding in exercise now can add over 5 additional years of disability free living (on average). If you are younger than 65, the benefits can be even greater.

### Fight Colds With Exercise

Exercise improves your immune system. People who are physically active are less likely to catch a cold. And if you have a mild cold, a little bit of exercise can help speed your recovery. So increase the power of your immune system by going for a walk, joining the gym or dusting off your bike and going for a ride.

### Exercise Your Bones

Your bones need stimulation to stay strong. Weight bearing exercises help increase your bone density and strength. Be sure to include exercises like running or walking that put weight on your bones. And don't forget to add in some resistance and weight training too.

### Exercise Improves Balance

Regular exercise can improve your sense of balance. This is especially important as you age. Lack of balance can lead to falls and hip fractures. Follow these simple instructions for balance exercises that you can do at home. Research has shown that exercises like these will reduce your risk of falling.

### Be Social - Exercise

Exercise is a great way to meet people and be more social. There are plenty of group exercise activities that you can do that will give you both physical and social benefits. Be sure to work at least one social exercise routine into your week - both your physical and social health will improve.

## Contribution to Sport Awards:

The second "Contribution to Sport Awards" scheme will be advertised again this year in October. The award, which honours the memory of the late Gerard McDonnell, recognises contributions and achievements in sport by volunteers, participants and administrators throughout County Limerick.

Should you or your club be interested in nominating someone you think deserves this recognition, keep an eye out for nomination forms on our website [www.clsp.ie](http://www.clsp.ie)

The award scheme will also be advertised in local newspapers.



# Calendar of Events

## September to December 2010

Date	Title	Venue	Time	Tutor	Fee
<b>September</b>					
11th September	Coaching Ireland 10th Forum - "From Playground to Podium"	Dublin Convention Centre, Spencer Dock	9am to 6:45pm	Various See: <a href="http://www.fromplaygroundtopodium.com/">http://www.fromplaygroundtopodium.com/</a>	€75 per person
19th September	Tipp Women's Mini Marathon	Thurles, Co. Tipperary	2pm	North & South Tipp LSP's	Registration on <a href="http://www.tippminimarathon.ie">www.tippminimarathon.ie</a>
25th September	Foundation Level Coaching Course - Waterford	St. Augustine's College, Dungarven	9am to 5pm	Cycling Ireland	€40 per person
25th September	Limerick Soccer Sixes Intercultural Tournament	Crescent College	10 - 6pm	Conor Nestor	Phelim Macken
25th September & 20th October	Buntús Start Training	Desmond Complex, Newcastle West	10am - 2pm	Ruth Fitzgerald	€100 per childcare service provider
26th September	World Heart Day	Events countywide.....			<a href="http://www.irisheartfoundation.ie">www.irisheartfoundation.ie</a>
27th & 28th September	Child Protection in Sport Awareness Training - Code of Ethics	Woodlands Hotel, Adare	7pm to 9pm	Rhoda Sohun	€20 per person booking is essential
Please note the Street Steppin' groups will also be resuming in September throughout the County using the various Sli na Sláinte routes. Contact the office if you wish to take part.					
<b>October</b>					
3rd October	Limerick Leader Women's Mini Marathon	UL	2pm		See <a href="http://www.limerickac.ie">www.limerickac.ie</a>
8th & 9th October	Go For Life - PAL Training	Hospital Family Resource Centre	8th - 9th -	Go For Life Ireland	Free of Charge (training full)
9th October	Active Leadership Award	Lisnagry - Daughters of Charity Hall	9am to 6pm	Trevor Lovell Orla Power	€30 per person
9th October	County Childcare EXPO	Thomond Park	10am to 1pm		
16th October	Chi Running Information and Training Session	University of Limerick	10am to 4pm	Catherina McKiernan	€110 per person - (LSP will contribute €50 per person, therefore cost to participants is €60)
17th to 22nd October	Social Inclusion Week	Events held across the county		Various	Contact CLLSP at 061-496463 for more information
20th October	Buntús Start - Follow Up	Desmond Complex, Newcastle West	7:30pm to 9:30pm	Ruth Fitzgerald	Must have completed the 4 hour training
21st & 22nd October	All Ireland Sports Conference	Aviva Stadium, Dublin			
26th & 27th October	Child Protection in Sport Awareness Training - Code of Ethics	Woodlands Hotel, Adare	7pm to 9pm	Rhoda Sohun	€20 per person Booking is essential
<b>November</b>					
5th November	Buntús Soccer	West Limerick	12 noon to 2:30pm	Conor Nestor and Phelim Macken	
12th November	Buntús Soccer	Kilmallock	12 noon to 2:30pm	Conor Nestor and Phelim Macken	
12th & 13th November	Go For Life - Follow up training	Hospital Family Resource Centre	12th - 13th -	Go For Life Ireland	Free of Charge (training full)
12th to 14th November	Emergency Care in Sport - Level 1 - Sports First Aid	Ahane GAA Clubhouse	Fri 12th 7pm to 9pm, Sat 13th 10am to 5pm, Sun 14th 10am to 4pm	Sports Academy	€168 (CLLSP will subsidise €68 per person)
19th November	Buntús Soccer	Castletroy	12 noon to 2:30pm	Conor Nestor and Phelim Macken	
22nd & 23rd November	Child Protection in Sport Awareness Training - Code of Ethics	Woodlands Hotel, Adare	7pm to 9pm	Rhoda Sohun	€20 per person Booking is essential
<b>December</b>					
15th & 16th December	Child Protection in Sport Awareness Training - Code of Ethics	Woodlands Hotel, Adare	7pm to 9pm	Grace McNamara	€20 per person Booking is essential

**PLEASE NOTE BOOKING IS ESSENTIAL**

**To be confirmed:**

- Children's Officer Course (Email sent to Rosemary)
- Functional Screening - Level 2 (PM to advise)



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