

# Calendar of Events April to December 2010

Date	Title	Venue	Time	Tutor	Fee
<b>April</b>					
14th April	Mid West Older Adults Sports Fest	UL Sports Arena	10:30am – 2pm	LSP Staff	Contact LSP
17th April	Children's Officer Course – Child Protection in Sport	Woodlands Hotel, Adare	10am – 5pm	John McElhinney	€10 per person (must have basic awareness)
17th April & 19th May	Buntús Start Training	Bruff GAA Complex	10am – 2pm 7:30pm–9:30pm	Ruth Fitzgerald	€100 per childcare service provider
19th and 20th April	Child Protection in Sport Awareness – Code of Ethics Training – Code of Ethics	Woodlands Hotel, Adare	7pm – 9pm	Rhoda Sohun	€20 per person
2nd April	Buntús Badminton	Newcastle West Community Centre	12:30pm – 2:30pm	Badminton Ireland	Free of Charge to primary schools
<b>May</b>					
2nd May	Great Limerick Run	Limerick			www.greatlimerickrun.com
15th May	Active Leadership Award	Daughters of Charity Hall, Lisnagry	9am to 6pm	Oria Power Ursula McCarthy	€30 per person
15th May	Small Sided Game Workshop	TBC	10am to 1pm		Contact Conor Nestor 086-0479542
15th May	Strength and Conditioning Workshop	TBC	2pm to 5pm		Contact Conor Nestor 086-0479542
18th & 19th May	Child Protection in Sport Awareness – Code of Ethics	Woodlands Hotel, Adare	7pm to 9pm	Edel Hickey	€20 per person
19th May	Buntús Start – Follow Up	Bruff GAA Complex	7:30pm to 9:30pm	Ruth Fitzgerald	Must have completed the 4 hour training
22nd May	Clare Burren Marathon Challenge	Ballyvaughan, Co. Clare	Starting at 9am		087-7779714 or 087-9847025
28th May & 2nd June (2 night info series)	Lucozade Sport Series – An Introduction into Hydration and Nutrition	Woodlands Hotel, Adare	7pm to 10pm	Coaching Ireland – Rosemary Ryan	€15 if attending one night €20 if attending both nights
<b>June</b>					
2nd June (2 night of info series)	Lucozade Sport Series – Get Fit for Sport & Planning for Success	Woodlands Hotel, Adare	7pm to 10pm	Coaching Ireland – Rosemary Ryan	€15 if attending one night €20 if attending both nights
12th June	Chirunning – Catherina McKiernan (World Cross Country medallist)	Dunraven Arms Hotel, Adare	10am to 4pm	Catherina McKiernan	€110 per person (LSP will subsidise €50 per person) LIMITED TO 15 PLACES
14th & 15th June	Child Protection in Sport Awareness – Code of Ethics Training – Code of Ethics	Woodlands Hotel, Adare	7pm to 9pm	Grace McNamara	€20 per person
June	FitWalk Clinic	West Limerick –TBC	7:00pm – 9:30pm	Frank Fahey	TBC
June	FitWalk Clinic	East Limerick –TBC	7:00pm – 9:30pm	Frank Fahey	TBC
Please note the Street Steppin' groups will also be resuming in May throughout the County using the various Sli na Sláinte routes. Contact the office if you wish to take part.					
<b>August</b>					
7th December	Small Sided Game Workshop	TBC	10am to 1pm		Contact Conor Nestor 086-0479542
8th and 10th December	Strength and Conditioning Workshop	TBC	2pm to 4pm		Contact Conor Nestor 086-0479542
<b>September</b>					
10th September	Kick Start 1 (2 day course – 10th & 11th September)	Corbally United FC	Fri 7pm-10pm Sat 9:30am – 4pm		Contact Pat Halpin 086-7712335
24th September	Kick Start 2 (3 day course – 24th, 25th & 26th Sept)	Charleville AFC	Fri 7pm – 10pm, Sat 9:30am – 4pm, Sun 9:30am – 3:30pm		Contact Conor Nestor 086-0479542
<b>October</b>					
16th October	Goal Keeper Intro (must be at least 8 contact hours)	Athea United FC	9:30am to 5:30pm		Contact Conor Nestor 086-0479542
29th October	Kick Start 1 (2 day course – 29th & 30th October)	Herbertstown AFC	Fri 7pm-10pm Sat 9:30am – 4pm		Contact Conor Nestor 086-0479542
<b>November</b>					
26th November	Kick Start 2 (3 day course – 26th, 27th, & 28th November)	Corbally Utd. AFC	Fri 7pm – 10pm, Sat 9:30am – 4pm, Sun 9:30am – 3:30pm		Contact Pat Halpin 086-7712335
<b>December</b>					
3rd December	Kick Start 1 (2 day course – 3rd & 4th December)	Kilcornan AFC	Fri 7pm-10pm Sat 9:30am – 4pm		Contact Conor Nestor 086-0479542

PLEASE NOTE BOOKING IS ESSENTIAL



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 5 April 2010

### Introduction



Phelim Macken

Welcome to the 5th edition of the County Limerick Sports Partnership newsletter. In this issue, we report on a variety of programmes that took place in 2009 plus information on the calendar of events for the coming months. In 2009 the LSP continued the implementation of our Strategic Plan 2008-2011 and also completed the delivery of all the actions in our Action Plan 2008-2009.

Our first ever Contribution to Sport Award winner was announced on 15th December 2009. We developed an extensive research programme with the Physical Education and Sport Science Department in UL and also delivered a number of training and education courses and seminars 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 website (www.clisp.ie) please feel free to contact us at infoports@limerickcoco.ie

Yours in Sport,

**Phelim Macken**, Coordinator, County Limerick Sports Partnership

### Contribution to Sport Awards Ceremony

On Tuesday 15th December, a rowing coach, Mr. Joe Cunningham was named as the first winner of the 'Contribution to Sports Award' at a ceremony in Limerick County Hall, Dooradoyle.

The award scheme, which honours the memory of the late mountaineer Gerard McDonnell from Kilcornan, recognises contributions and achievements in sport by volunteers, participants and administrators throughout the County.

Mr. Joe Cunningham, who has been coaching at Castleconnell Boat Club for eight years, was selected ahead of nominees from a range of sporting clubs and organisations throughout County Limerick.

Other nominees included DJ O'Sullivan of **Feenagh/Kilmeedy Bord na nÓg** - winner of 'Coach' award; Ursula Fahy, **Springfield Basketball Club** - winner of 'Coach/Administrator' award; Corona Ryan, **Hospital-Herbertstown GAA Club**; Mick Macro, **Askeaton Swimming Club**; Tom O'Connell, **Pallaskerry GAA Club**; Michael O'Donoghue, **Limerick Primary Schools GAA**; Sean Cagney, **Granagh/Ballingarry Camogie Club**; Geraldine McMahon, **Pallaskerry GAA Club**; Gerard O'Dowd, **Pallaskerry GAA Club**; Agnes O'Dowd, **Kildimo/Pallaskerry Community Games**; Michael Shiels, **Limerick County Cycling Club**; Ann Fitzgibbon, **Feenagh/Kilmeedy Community Games**; Joe Chawke, **West Limerick Athletic Club**; and Mike Murphy, **Kilmallock Camogie Club**.



From L to R:

Phelim Macken, LSP Coordinator, Colm McGinty, Irish Sports Council, Anthony Foley, Munster Rugby, Ursula Fahy of Springfield Basketball Club, Joe Cunningham (overall winner) of Castleconnell Boat Club, DJ O'Sullivan of Feenagh/Kilmeedy Bord na nÓg, Councillor David Naughton, Chairperson Limerick County Council, J.J. McDonnell, Gerard McDonnell's brother, Conor Fitzgerald of Woodlands Hotel, Adare

In addition to receiving a special commemorative award in recognition of his contribution to sport, Joe Cunningham also received overnight accommodation together with dinner and spa treatment, sponsored by Woodlands House Hotel and Spa in Adare.

The LSP would like to sincerely thank Gerard's family and friends for approving his association with the award. Also thanks to the many people from across Limerick who nominated representatives from their local clubs and organisations.

For more information on the Award and event photos please see [www.clisp.ie](http://www.clisp.ie)

## Buntús Primary Schools



To date 115 of the 118 primary schools in County Limerick have completed the Buntus 4 hour training and have received 2 bags of equipment. The Buntus programme is delivered in a package consisting of 3 components; the equipment, the resource cards and the training. The three key components of the **programme are designed to provide easy to understand, and accessible support to give children a fun, but high quality, introduction to sport.** 810 teachers in County Limerick have received training to date.

Also Buntus Badminton, Soccer and Golf have been delivered to a number of schools throughout the County. In 2010 we will continue to offer Buntus specific programmes to the schools who have Buntus generic completed.

The LSP will contact schools eligible for same, however please contact Kathleen at 061-496463 should you have any queries.

## 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 Buntus 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. If your childcare facility has not yet received this training, please contact Kathleen at 061-496463 for upcoming training dates and venues.

## Child Protection in Sport – Awareness Training



The LSP delivered 16 Child Protection Awareness courses throughout the County in 2009. On 3 occasions clubs have requested the course be delivered in-house to all their members and the LSP provided the tutor and materials for these courses. Should your sporting club/organisation wish to avail of this course please contact Kathleen with venue and possible dates and the LSP will do our best to accommodate same. A maximum number of 16 members are required. The LSP have 2 new tutors trained to deliver courses throughout the County.

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 in November 2009. A total of 9 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 sports governing body to have 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. The next Children's Officer course is scheduled for Saturday 17th April in Woodlands Hotel, Adare from 10am to 5pm. Please contact Kathleen at 061-496463 should you wish to attend this course.

## 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 LSP ran a course in Abbeyfeale GAA Complex on Saturday 31st October from 9am to 6pm. A total of 9 new leaders received the training and have gone on to lead out various activity sessions. Course content includes; planning a session, core leadership skills, effective communication, observation, group management, safety and injury prevention and general administration. The next course is taking place on Saturday 15th May in the Daughters of Charity Hall in Lisnagry from 9am to 6pm. Cost is €30 per person, please contact the office if you wish to book a place(s)."

## Sports Inclusion Disability Officer Programme



The Sports Inclusion Disability Officer (SIDO) Programme was funded from the Dormant Accounts Fund following a successful joint application by the Irish Sports Council, Local Sports Partnership (LSP) network and IT Tralee to the Fund in 2007. The sole focus of the SIDOs was to support and increase opportunities for people with disabilities to participate in sport and physical activity. €2.5 million was allocated under the fund over a two-year period covering 2007 - 2009 for the employment of 21 SIDOs located within relevant LSPs. Limerick City & County received €124,200 to support the programme for two years, and employed Siobhan O'Malley in January 2008, however funding for this programme expired in early 2010.

The introduction of the SIDO programme has allowed Limerick City and County Sports Partnerships to target a group which has traditionally been associated with relatively low levels of participation in sport and physical activity. The SIDO Programme in Limerick has had a measurable and significant impact in creating quality opportunities for individuals with disabilities to participate in sport and physical activity with:

- Over 828 people with Disabilities participating regularly in 28 sports and physical activities- which is over a 100% increase.
- 31 regular clubs/sessions occurring within community and disability services settings, through either integrated, segregated or pan disability environments;
- Effective links with 31 disability service organisations and voluntary groups in helping create activity sessions / clubs within the service including 17 organisations where sport and physical activity had not occurred prior to the programme;

- Strong linkages with the National Governing Bodies of Disability Sport and with mainstream NGBs; and Sportsability Forums established to ensure people with disabilities, agencies representing them and relevant sports organizations have an appropriate avenue to be part of the decision making process and implementation of the programme. The forums also provide guidance to SIDOs work programme. This programme also 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. At an annual cost of less than €62,500 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. In the current financial circumstances where it might be difficult for any one organization or funding source to pick up the tab perhaps there is scope for a number of stakeholders / funding sources to contribute to its future. Limerick has the opportunity to be innovative in its approach to ensure that this programme continues and that we stand together to ensure that yet again the most vulnerable groups in Limerick will not be forgotten, just because we have hit hard times.

The BDO Get Back Challenge has supported many of the sessions run by the SIDO. The LSP is happy to announce that funding has been allocated to continue the SIDO programme and the position was advertised in March 2010 with closing date of 19th April 2010. Further details in relation to developments within the SIDO programme will follow in our next issue.

In the meantime, the LSP would like to thank Siobhán O'Malley for her excellent work in developing so many programmes and increasing both opportunities and participation throughout the County.



*"creating quality opportunities for individuals with disabilities to participate in sport and physical activity"*

We wish Siobhán all the best for the future. **THANKS SIOBHÁN!!**

## HipHop Dance



A total of 23 girls aged 11-18 took part in hiphop dance in Newcastle West for a 12 week period. Also as part of the summer programme 11 girls went on a daytrip to the University of Limerick Activity Centre where they took part in wind surfing and other water activities.

## Martial Arts for all



A summer programme comprising of Kickboxing and Karate took place in Abbeyfeale and Newcastle West catering for 23 boys and girls aged 11-18 years. This programme was a partnership between Foroige and the LSP to engage youths in new experiences so as to channel their energy in a productive manner.

## Active Girls Programme in East Limerick



Following on from a very successful Active Girls programme in West Limerick in 2008 (124 participants), the LSP decided to focus on girls aged 12-18 years in East Limerick in 2009. The Active Girls programme is an initiative which aims to increase physical activity levels among teenage girls. It is evident from research that teenage girls are more likely to opt for individual, non competitive activities such as hip hop dancing or aerobics rather than team sports. The activities delivered in this programme are chosen by the participants.

The Active Girls programme was delivered in Doon, Cappamore, and Hospital in 2009. A 12 week programme which included activities such as HipHop Dance, Gymnastics, Kick Boxing and Self Defence was delivered. In total 110 girls were involved in the programme. The LSP were given the assistance of 11 under grads plus 2 staff from the PESS Department in UL when delivering the gymnastics programme in Hospital. The programme was supported by various community volunteers, schools and youth clubs in the 3 communities. It is hoped that the girls will continue being physically active and on completion of the programme all the participants got follow up information in relation to all sports and community groups in the area so as to continue their involvement in physical activity. We would like to thank Eimear Enright from UL PESS Dept for supporting this programme. This programme will be delivered in Croom, Adare and Patrickswell from April to June 2010.

## Street Steppin' & Great Limerick Run



The various Street Steppin' groups were re-launched throughout the County in preparation for the Women's Limerick Leader Mini Marathon which took place on 4th October 2009. Street Steppin' is a programme that empowers women to choose between walking, jogging or running.

The groups were active one night a week prior to the Limerick Mini Marathon. The groups used the various Sli na Slainte routes throughout County Limerick that are safe and well lit. Street Steppin' took place in Newcastle West, Athea, Abbeyfeale, Rathkeale, Knocklong and Castletroy. To view the various Sli na Slainte routes in County Limerick and download maps please see our website [www.cllsp.ie](http://www.cllsp.ie)

In preparation for the Great Limerick Run, the LSP is successively running "Meet and Train" programmes in three communities in County Limerick; Newcastle West, Askeaton and Kilmallock. The "Meet and Train" programmes provide people from the communities with the choice of walking, jogging or running for 3km. The Newcastle West Meet and Train sessions start at the Demesne Park every Monday at 7pm. The Askeaton group meet every Tuesday at Askeaton Pool & Leisure Centre at 7pm and the Kilmallock group meet at Deebert House Hotel at 7pm every Thursday. The "Meet and Train" groups in all three communities have been up and running since March the 1st, and have been very successful. The programme in each community will run for 6/8 weeks. County Limerick Sports Partnership is constantly



working in partnership with the three communities in order to increase participation numbers and to ensure a fun and successful programme for the weeks prior to the "Great Limerick Run".

The "Meet and Train" sessions give people the advice and motivation needed to encourage participation in the event and also help promote physical activity throughout the County. The sessions are catered towards people of all levels and abilities - walking, jogging and running. Trained leaders lead out each session and give advice on techniques with warm up and cool down before and after. For more information on the "Meet and Train" groups throughout the County please contact Karen at 061-496463.

## First Tee Golf Programme in Abbeyfeale



A 12 week First Tee Golf Programme was developed for 10 boys in Abbeyfeale aged 16-18 years. The First Tee of Ireland is a child-development organisation dedicated to the mission of impacting the lives of young people by providing learning facilities and

educational programs that promote character development and life-enhancing values through the game of golf.

The core values of The First Tee are: **Honesty, Integrity, Sportsmanship, Respect, Confidence, Responsibility, Perseverance, Courtesy, and Judgment.**

The First Tee of Ireland has taken steps to make programs more enjoyable and safer for those who participate. Coaches are the kind of role models worthy of your children and who represent the values of The First Tee. The LSP together with First Tee Ireland is continuing this programme in 2010 and is running successfully with the help of Abbeyfeale Golf Club and Golf Pro John Coyle.



## Active 8 Post Primary Girls programme: Measuring Physical Activity Levels



The Physical Activity Research Programme for Adolescent Females was a research study undertaken by the Limerick County Sports Partnership and the Physical Education and Sport Sciences Department in the University of Limerick. The purpose of the study was

1. To examine the physical activity levels and participation in physical education and sport of a sample of inactive female adolescents in the Limerick county region
2. To assess indices of health and fitness in inactive female adolescent population
3. To investigate the impact that an 8 week school based physical activity intervention has on all measured variables in an inactive female adolescent population.

The Physical Activity Research Programme for Adolescent Females was a longitudinal study that measured:

1. Anthropometric measures (height, weight and skinfold measurement)
2. Respiratory gas analysis as a measure of estimated cardiovascular fitness
3. Physical activity and lifestyle questionnaires as a measure of attitudes and behaviours towards physical activity
4. Accelerometry as an objective measure of physical activity.

The study focused only on 15-17 year old transition year females. This study included a control population, to ensure that any changes that occurred were as a result of the intervention, and not due to environmental conditional changes. Physical health measures were collected to examine the relation between physical activity levels and health.

The intervention comprised of one double period of physical activity per week, in addition to the participants normal physical education lesson. The intervention was an individual activity (dance and boxercise), and was provided to four of the selected schools. The control group received no additional activity.

### Participating Schools included:

• <b>Castletroy College</b>	Intervention
• <b>Colaiste Chiarain Croom</b>	Intervention
• <b>John the Baptist Hospital</b>	Intervention
• <b>St Josephs Doon</b>	Intervention
• <b>Hazelwood College</b>	Control
• <b>Scoil Mhuire &amp; Ide NCW</b>	Control
• <b>Bruff FCJ</b>	Control
• <b>Crescent College Comp..</b>	Control

### Some of the key findings of this study are as follows:

- **80.2%** did not achieve physical activity recommendations > 60 minutes of moderate to vigorous physical activity (MVPA) on any day of the week

- **56.8%** stated they took part in physical education because they "want to participate"
  - **35%** participate in physical education because they "have to"
  - **5.7%** of participants were underweight
  - **17.1%** were overweight
  - **7.3%** were obese
  - **69.6%** were concerned about their weight and had considered weight loss programmes
  - **44.5%** felt that it was important to eat a healthy diet.
- Significant decreases were observed between pre and post self re-evaluation towards attitudes and behaviours to physical activity. This is a positive outcome in that participants realise the importance of physical activity in maintaining a healthy lifestyle.

- Significant differences were also observed between pre and post self efficacy results. Self efficacy is identified as an individual's perceived competence in their own physical ability.

Key considerations going forward would imply we need more education around the benefits of physical activity, types of physical activity to cater for all ability levels and more opportunities for the participants in the design and content of physical activity programmes. A full report on this study can be found in the Publications section on our website [www.cllsp.ie](http://www.cllsp.ie)

## Newcastle West - Boxing Programme

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 so as to establish a boxing club in NCW. We would like for this project to expand so that interested coaches and participants could get involved any progress this pilot programme to an established club. The equipment is there at present so it's a matter of progressing the concept further. Many thanks to WLR and Forige for their support with this project.



## Older Adults Activities



The LSP organised a "Walking Series" last June in association with Ballyhoura Development so as to give participants the opportunity to experience a good walk locally and to get information on the history plus the flora and fauna that grows there. We identified a number of walks 2 days a week over a 3 week period. The overall take up was poor but a very successful walk was completed in Murroe with up to 20 participating.

We also hosted a mini "Sports Fest" in Adare in December and introduced some new games to the participants. As with all fests the competition was intense with some devious activity creeping in for good measure.....

We finished off the day with an information sharing session so as to have plenty of ideas for Lorna Gammell our Tralee IT Student who will be developing programmes in 2010. We hope all groups are back in training especially those who will represent the county in the "Inter County Fest" on April 14th in the UL Arena. The inter-county fest is a competition based festival between Limerick County and City, Clare, North Tipperary and Kerry Sports Partnerships. 20 older adults from each area will take part in a number of activities such as bocchia, golf skills, yoga, multi target exercises and dancing. It will be a fun filled and competitive event.



## Go For Life Grant Allocations 2009

Organisation	Amt
ARRA Friends ARA	450.00
Pallasgreen ICA	350.00
Caherdavin ARA	400.00
Ardagh Carrickerry Social Club	400.00
Monaleen/Milford ARA	400.00
Kilmallock ARA	400.00
Castletown/Ballyagran/Colmanswell ARA	400.00
Pallasgreen ARA	400.00
Cappamore ICA	400.00
Alzheimer Society Of Ireland Limerick	350.00
Caherdavin ICA	350.00
Broadford and District AR	300.00
Glenroe Womens Group	450.00
Mainistir na Feille ICA	400.00
Patrickswell ARA	400.00
<b>Total (County Limerick)</b>	<b>5850.00</b>

## SAQ - Conditioning Course

A total of 20 participants took part in the SAQ Conditioning Course on 9th October 2009 in Bruff GAA Complex. The course content includes various elements e.g. to examine and study,

- The components of fitness,
- Understand and appreciate the modern concept of multi-sprint stamina training,
- Understand and appreciate the importance of skill and ball work in the fitness programme,
- To explain and teach the principles of power development,
- To examine, understand and appreciate the need for functional strength conditioning,
- Understand and appreciate the importance of core stability development.

Participants agreed that the course was a great coaching resource and the core development section was enjoyed by all. We will host our next SAQ Conditioning courses in Oct 2010.

## Volunteer Education Seminar

The LSP ran 2 Volunteer Education Seminars in 2009. This seminar is designed so that clubs can recruit and more importantly retain volunteers for their clubs. If we ask volunteers "why they stop"? It's usually for 2 reasons, one, they were overworked and undervalued or two, they had nothing to do!

This seminar gives information to assist clubs in recruiting, how to sell your club and the job you want the volunteer for! Then when you have recruited him/her how do I hold on to them!

- Seminar will give information on how to draw up,
- \* Job descriptions
  - \* Roles and Responsibilities
  - \* Priority needs
  - \* How to sell your sport, club, community

For more information on this seminar please see our website [www.clssp.ie](http://www.clssp.ie) or contact [infosports@limerickcoco.ie](mailto:infosports@limerickcoco.ie)

## Funding Seminar

On Tuesday 24th November County Limerick Sports Partnership held a seminar which looked at ways to navigate through the current financially strained times.

'Show Me the Money' seminar was held in Woodlands Hotel Adare from 7pm to 9:30pm. This seminar was facilitated by The Wheel. The Wheel is a support and representative body for community, voluntary and charitable organisations across Ireland. Established in 1999, The Wheel has evolved to become a resource centre and forum for the community and voluntary sector. The Wheel, in its capacity as a resource centre, provides high quality support programmes to community, voluntary and charitable organisations.

The practical session helped clubs explore what their needs are in terms of revenue and how to get it, by working smarter, not harder. Funding opportunities are still out there, even in a recession, however, clubs may have to raise their game in order to avail of these.

The seminar provided an overview on the Irish grant-making landscape and other possible funding sources. It also highlighted the essential "do's and don'ts" for successful fundraising, explained how to identify suitable funders for your club, what funders look for in applications and how you can stand out from the crowd.

The LSP will be running another "Show me the Money" funding seminar in 2010. Should you be interested in attending please contact the office at 061-496463 or email [infosports@limerickcoco.ie](mailto:infosports@limerickcoco.ie)

All club representatives that attended this seminar found the information very useful and helped clubs "Think outside the box" when looking for funding opportunities and sources.

## One Day First Aid Presentation

The LSP ran a one day first aid presentation on Saturday 21st November in Croom Mills. The aim of the course was to give clubs a taster of what is involved in basic First Aid and what to expect on a weekend course. Topics covered on the day included dealing with the shocked patient, disposal of casualties, dealing with fractures, methods of immobilisation, treatment of haemorrhage and wounds, dealing with the unconscious patient, cardiac incidents, dealing with the blocked airway, basic life support & AED, the recovery position, dealing with thermal injuries, dealing with poisons, general medical emergencies.

A number of those who attended this presentation continued on to sign up for the fully certified Emergency Care in Sport weekend course.

## Emergency Care in Sport - Level 1



This course is aimed at anyone with the responsibility for providing immediate "Emergency Care" at any sporting event or training. The emphasis relates to potential incidents and challenges in sporting environments. These include land and water based, low and medium altitude, indoor and outdoor, natural and synthetic, formal and informal environs.

Topics included in the course range from accident procedures to basic casualty management and care and equipments/kits and their use. The course is run over a full weekend (Fri, Sat, Sun). 40 participants have completed these courses in the last 6 months. Each participant received a certificate on completion of the course which will be valid for 3 years. This course costs €168 and the LSP will subsidize each participant to the value of €68. Please contact the LSP if interested in completing this certified course.

## FitWalk Clinics and FitWalk Indoor Programme

In 2009 the LSP ran 3 FitWalk Clinics in Newcastle West, Kilmallock and Foynes. The FitWalk Clinics teach you how to get maximum benefit from your walks in particular, the clinic will help identify how to optimize aerobic fitness and fat burning benefits of a walk, show you how to use gadgets such as Heart Rate Monitors to best effect and teach you the key techniques of

StrideWalking, PowerWalking and NordicWalking. The Clinic is a mix of theory and practical activity.

We are looking at running another 2 clinics in 2010 and also following on from the Clinics we will be running a 5 week Indoor FitWalk Programme. The programme involves a series of five (once-weekly) sessions delivered indoors for up to 20 participants.

Each 1hr session develops the participants physical fitness through a combination of fitness walking, mobility exercises and resistance activities. Session by session participants are taken through the fundamentals of mobility and resistance, taught good posture, the techniques of Stridewalking and Powerwalking. Stepcounters and heart rate monitors are central to the series of sessions. Participant notes and homewalking diaries are distributed at each session.

If you are interested in taking part in either the FitWalk Clinic or the FitWalk Indoor Programme please contact the office at 061-496463

## Disability Awareness and Games for All Leadership Award

In partnership with Limerick City Sports Partnership, the SIDO Siobhán O'Malley delivered a number of disability awareness training seminars throughout the County. The course included "A brief introduction on Disability Awareness and also "Games for All Leadership Award.

This course has been developed by Disability Sports Northern Ireland to provide teacher/leaders with the knowledge and resources required to run a series of warm up activities, core skills sessions and fun games for disabled and non disabled groups, in safe and fun environment.

The Games for All Leadership Award is based on the first stage of LTAD Framework, known as FUNdamentals. The focus of FUNdamentals is on the development of core fundamental skills such as movement, balance, catching and throwing, hitting, striking and kicking. All integral parts of development for any game or activity and giving leader/teachers the knowledge to adapt and provide for inclusion and integration with a mixed ability group session. These sessions took place from September to December 2009.

