

Calendar of Events Sept to Dec 09

Date	Title	Venue	Time	Tutor	Fee
September					
14th September	Volunteer Education Seminar	Woodlands Hotel, Adare	19:00 - 22:00	Liam McGroarty	Free of Charge
18th to 20th September	Sli na Slainte Walking Leader Training	Ennistymon, Co. Clare	Fri 18:00 - 22:00 Sat 09:00 - 17:00 Sun 10:00 - 15:30	Irish Heart Foundation	€80 per person
21st to 27th September	Irish Heart Week	Nationwide	All Week	Irish Heart Foundation	www.irishheart.ie
21st and 23rd September	Child Protection Awareness Training - Code of Ethics	Woodlands Hotel, Adare	19:00 - 21:00 (both nights)	Edel Hickey	€20 per person
22nd September	Circuit Classes - 8 week programme	Bawnmore Gym	Fri 19:00 - 20:00	Contact Siobhan O'Malley 061468542	€40 for 8 weeks
24th September	Dance and Movement to Music - 8 week programme	Bawnmore Gym	Fri 19:00 - 20:00	Contact Siobhan O'Malley 061468542	€40 for 8 weeks
25th and 26th September	Kick Start 1	Knockainey Sports Field	Fri 18:30 - 22:00 Sat 09:00 - 16:00		Contact Conor Nestor 086-0479542
27th September	World Heart Day	Nationwide		Contact www.irishheart.ie	
29th September	Disability Awareness Training	Mary I Taitleann Building	Fri 18:00 - 22:00	SIDO	€15 per person
October					
6th October	Disability Awareness Training	Mary I Taitleann Building	18:00 - 22:00	SIDO	€15 per person
9th October	SAQ - Conditioning Workshop	Bruff GAA Complex	16:00 - 22:00	Elite Coaching	€50 per person (course costs €90, LSP contribution €40)
9th and 10th October	Kick Start 1	Kilcornan Sports Field	Fri 18:30 - 22:00 Sat 09:00 - 16:00		Contact Conor Nestor 086-0479542
12th and 13th October	Child Protection Awareness Training - Code of Ethics	Woodlands Hotel, Adare	19:00 - 21:00 (both nights)	Grace McNamara	€20 per person
16th, 17th and 18th October	Emergency Care in Sport	Boys National School Hall (CBS), Adare	Fri 19:00 - 21:00 Sat 10:00 - 17:00 Sun 10:00 - 16:00	Academy of Emergency Care in Sport	€100 per person
17th October	Buntús Start - First Part (Follow up on 17th November)	Desmond Complex, Newcastle West	10:00 to 14:00	Ruth Fitzgerald	€100 per childcare
23rd, 24th & 31st October	FAI Soccer Senior Introduction (for Adult Team Managers)	Rathkeale AFC	Fri 18:30 - 22:00 Sat 09:00 - 17:00 Sat 09:00 - 15:30	Ruth Fitzgerald	Contact Conor Nestor 086-0479542
27th and 28th October	Golf Programme	Scoil Mhuire & Ide, Newcastle West	14:00 to 16:00	Contact Siobhan O'Malley 061468542	€5 per person
27th and 28th October	Child Protection Awareness Training - Code of Ethics	Woodlands Hotel, Adare	19:00 to 21:00 (both nights)	Grace McNamara	€20 per person
30th October	Functional Screening - Level 2	South Court Hotel, Raheen	17:00 to 22:00	Elite Coaching	€60 per person (course costs €100, LSP contribution €40)
31st October	pActive Leadership Course	Community Centre in Newcastle West	09:00 to 18:00	Orla Power Phelim Macken	€30 per person
November					
7th November	Children's Officer Course - Child Protection in Sport	Maldron Hotel, Limerick	10:00 to 17:00 (includes breaks)	John McElhinney	€10 per person (Must have awareness training completed)
13th, 14th & 15th November	Kick Start 2	Kilmallock Soccer Club	Fri 18:30 - 22:00 Sat 09:00 - 17:00 Sun 09:00 - 15:30	John McElhinney	Contact Conor Nestor 086-0479542
16th and 18th November	Child Protection Awareness Training - Code of Ethics	Woodlands Hotel, Adare	19:00 to 21:00 (both nights)	Grace McNamara	€20 per person
17th November	Buntús Start - Follow Up	Desmond Complex, Newcastle West	19.30 to 21.30	Ruth Fitzgerald	4 hour training already complete
December					
7th December	Volunteer Education Seminar	Woodlands Hotel, Adare	19:00 to 22:00	Liam McGroarty	Free of Charge
8th and 10th December	Child Protection Awareness Training - Code of Ethics	Woodlands Hotel, Adare	19:00 to 21:00 (both nights)	Grace McNamara	€20 per person

Other courses to be confirmed: Intercultural Seminar • Alternative Funding Seminar

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

Information Sheet 4 September 09

Introduction



Phelim Macken

Welcome to the 4th edition of the County Limerick Sports Partnership newsletter, I hope you have found them to be of some value. In this issue, we report on a variety of programmes that have taken place so far in 2009 plus information on the calendar of events for the coming months. Also included is information on the LSP "Contribution to Sport Award" in honour of mountaineer Gerard Mc Donnell. The Sports Partnership are proud and privileged to have Gerard's name associated with this award and would like to thank Gerard's family for this association.

We have included some short reports and images from previous courses so as to give you a better insight as to what is covered. We have continued our coaching corner section and this time have included an article from Dr Liam Hennessey from Setanta College on the importance of "General movement skills" in sport.

As always, if there are any upcoming events you would like covered in our newsletter or website (www.clisp.ie) please feel free to contact us at infosports@limerickcoco.ie

Finally, we established a county Limerick Sports forum during the summer which has 15 members from a variety of sports as nominated by your clubs. This forum will act as a sounding board in relation to proposed programmes and courses as provided by the Sports Partnership.

Phelim Macken, Coordinator, County Limerick Sports Partnership

Launch of Contribution to Sport Award

On Monday 23rd March, County Limerick Local Sports Partnership (LSP) announced a new award to recognise contributions and achievements in sport by volunteers, participants and administrators throughout the County.



Gerard McDonnell

It was agreed by members of the LSP Board that this award would be named in honour of Gerard McDonnell who lost his life living out his dream of climbing the world's second highest mountain, K2. The award was announced in conjunction with a Civic Reception to honour Gerard held in County Hall. His achievements and determination will ensure that all recipients are worthy and

deserving winners based on their contributions to sport at all levels. For those of you who are not aware of the achievements and bravery of Ger, here's an extract of his story:

"Ger, from Kilcornan, died last August as he was helping other climbers to safety following a series of ice-falls and avalanches on K2, the world's second highest, but most dangerous, peak. His death came just hours after he had achieved yet another dream in becoming the first Irishman to summit K2. In the months since his tragic but heroic death, Ger has been hailed as a hero and awarded the Best of Explorers Web 2008 Award by the mountaineers' websites, Explorers Web." (Limerick Leader)

This "Contribution to Sport Award" is in Ger's honour and will be awarded to a volunteer member of a County Limerick based sports or community group, who in their outstanding efforts and persistence, has made an excellent contribution to sport at a local level. By giving their time and effort to the sport, the club and the community, the person who receives this award is indeed determined in every way to keep the sport alive together with promoting volunteerism on a countywide basis. In addition to receiving this award and the recognition for their contribution to sport, the successful volunteer will also receive over night accommodation with dinner together with a spa treatment which is kindly donated by Woodlands House Hotel and Spa, Adare. Special thanks to David Fitzgerald for supporting this award.

County Limerick Sports Partnership would like to thank Gerard's brother J.J. and his family and friends for allowing the LSP to name this award as a tribute to Gerard.

For further information please contact the Sports Partnership at 061-496463 or email infosports@limerickcoco.ie

Limerick Outdoors on the Web

County Limerick Sports Partnership has developed a "Limerick Outdoors" web resource. This resource is to assist people in locating outdoor recreation amenities and centres throughout the county, together with listing various activity opportunities such as cycling, fishing, equestrian and recreation parks.



Details of the various walking trails and loops throughout County Limerick and in the Shannon Region are also available. For further information please see www.cllsp.ie

Should you wish to include any information on our website please contact Kathleen Kennedy at **061 - 496463** or email infosports@limerickcoco.ie

Buntús Primary Schools



County Limerick LSP has delivered the Buntús training and 2 bags of equipment to 108 of the 118 primary schools in County Limerick. The LSP would like to thank all schools who have participated to date and especially thank all schools that hosted a training day. We will be looking at offering Buntús Badminton, Golf and Soccer to 15 schools from September to December.

Schools must have completed the four hour in-service and have implemented same in their schools for at least 6 months prior to receiving other sport specific Buntús training. 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 - 4 hour and 2 hour 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 activities and the tutor offers advice and support on how to use the cards together with the equipment provided.

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 almost 50% of the childcare service providers in County Limerick.

The next Buntús Start training will take place in the Desmond Complex, Newcastle West on Saturday 17th October from 10am to 2pm with the 2 hour follow up training on Tuesday 17th November from 7:30pm to 9:30pm. If your childcare facility has not yet received this training, please contact Kathleen at 061-496463.

Traveller Programme in Kilmallock, Newcastle West, Askeaton and Abbeyfeale

County Limerick Interagency traveller programme secured funding through the National programme "Pobal". This money was allocated to the Sports Partnership so as to develop and implement Physical Activity programmes in Kilmallock, NCW and Abbeyfeale. In Kilmallock with the assistance of Noreen O'Reilly and Maria Delaney we have completed a number of worthwhile programmes. They have completed a 6 week Salsa programme with 30 participants, an 8 week Hip Hop dance programme with 25 participants and a 6 week Taekwando programme for 15 participants aged 6 - 15. Similar programmes will run in September for these groups. We have also looked at possible programmes for men with handball, Gym and Pool taster sessions being considered; hopefully this will happen in September.

In Newcastle West the 3 primary schools received funding to the value of €1,500 so as to assist with the inclusion of more participants into sports, swimming and school tours. These funds will assist with the purchase of equipment, payment of tutors and coaches so as to give members of the travelling community the opportunity to participate. Programmes in partnership with Foroige have also been supported i.e. Outdoor Pursuits, soccer, Tag rugby and summer camps.

Similar programmes have been developed in Abbeyfeale where we are also looking at a "first tee" golf programme and handball for the coming months.

A soccer and gym programme took place in Askeaton. A total of 11 men took part. The programme was in partnership with West Limerick Resources, the FAI and the LSP. This was very successful and enjoyed by all who took part.



Transition Year Programme in Partnership with UL PESS Dept

The LSP and the University of Limerick Physical Education and Sports Science Department have joined forces to carry out research in relation to examining the physical activity levels of teenage girls who do not participate in PE or Sport on a regular basis.

An initial fitness assessment will take place in the University of Limerick followed by a 6-8 week intervention programme of physical activity. On completion of the intervention programme participants will be re-tested to explore any changes both physically and in relation to attitudes to PA.

A total number of 80 Transition Year female students are taking part in the programme: 20 from Castletroy College, Colaste Chiarain Croom, John the Baptist Hospital and St. Joseph's Doon.

Testing will take place at UL and participants will get an opportunity to tour the PE and Sports Science labs and facilities. The physical activity for the intervention will be chosen by the participants themselves. Each participant will wear an Active Pal Accelerometer (a portable logging device which is 1/3 the size of a mobile phone battery clipped to their thigh) for 5 days. This will log all levels of activity and will show levels of exertion for each daily activity.

Participants will complete a questionnaire around physical activity and this will give a greater insight into levels of interest, barriers to participation and other contributing factors.

Information generated through the research will then be used to address inactivity among this target group in other schools in County Limerick. We would like to thank Kieran Dowd from the UL PESS Department for assisting with this programme

Full report on details found during this programme will be available on our website www.cllsp.ie/publications in early 2010.

Community PAL's - Go For Life 2009

According to research, getting and staying active has an enormous effect on our quality of life as we get older. Go for Life is the national programme for sports and physical activity for older people in Ireland. Training is provided to help groups to plan and lead physical activities and sports programmes.

Go For Life training and education programmes for 2009 included older adults from Limerick City and County. This is the first time this has happened. As usual it was mainly women who attended however the four male participants really enjoyed it. A total of 24 participants attended the training, 4 sessions in May and the final 4 sessions in September. The trained PAL's and their groups are supported by both the HSE and the LSP and meet at

fun workshops a couple of times a year. The LSP will assist start up groups by providing equipment together with any assistance required during the year e.g. materials for posters, advertising etc.

The Community PAL's programme is much more than physical activity though. It provides opportunities for older adults to increase their social lives also. As we know it is very important to maintain good health and what better way to do this than in a physically active and social environment. The LSP will host another "Sports Fest" this year the proposed date will be in November (details to follow). Finally we hope to Launch our older adult newsletter in December where Active groups can share information about their clubs and hopefully this will generate new membership.



Active Girls in East Limerick

Following on from a very successful Active Girls programme in West Limerick last year (124 participants), the LSP have decided to focus on girls aged 12-18 years in East Limerick this year.

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.

Feedback gathered from the programme run in Askeaton, Foynes and Glin in 2008 showed that a programme where the participants selected the activities has a more positive participation rate. One of the key successes was that 13% of the participants joined other sports clubs on completion of the programme. The Active Girls programme will run in Cappamore, Doon and Hospital from October to December 2009 and details of the programme will be in our next issue.



The Wheelers Club

This club originally called "Wheelers Get out Get Active" but it was a bit of a mouthful so it was shortened to the Wheelers Club. The club is a first of its kind in west Limerick. It runs on a weekly basis in Newcastle West and primarily caters for adults with Physical Disabilities. Each week the club runs various sports and activities where everyone can partake and participate and have fun.

Some of the Members Words on the Club

Willie McAuliffe:

"Every Thursday night we look forward to going to the sports. They are held in SMI sports hall. We play different games each night. Our coach is Siobhan and she is very good at coaching. The games we play are interesting and everybody takes part. My favourite game is boccia because it is an easy game to play. We played curling last Thursday and that was my second favourite game. It is great to get out for an hour or two every week."

J F Dolan:

"The games are greatly enjoyed by all the participants both abled and disabled people along with the staff of Rathfredagh"

Paddy Scully:

"I really enjoy sports and would like to do more. It gets me out of the house; I know I have somewhere to go every Thursday. It gets me motivated, I look forward to it, and I look forward to going out to the school. This gets me interested in sports and wheelchair racing. Sports are good for my body, my hands and my self esteem. We have great fun."

Donal Galvin:

"The first evening I went I wasn't sure what to expect so I was anxious and excited. We did some warm up exercise which was very good. Then we had a game of basketball, it was great craic. I felt great and we had a laugh and great fun as a team. We were asked what we would like to do next week and I suggested that we play soccer, I was delighted the following week when I saw the big footballs, we had a great time. I really enjoy the whole thing and hope that it continues and that more people start coming it's a great experience."

The club continued throughout the summer and open to all to attend, the lads really want to make more friends and more importantly want more competition.

Wheels in Motion Club

Wheels in Motion are a Sports and Social club for people of all ages. The club was founded a few years ago by the members of the Mid West Spina Bifida and Hydrocephalus Association. Although members of MWSB are automatically signed up for the club, we are open to friendly faces and fresh ideas all the time.

Wheels in Motion frequently participate in adapted sports, these include; wheelchair basketball, pool, wheelchair athletics i.e. shot putt, javelin and discus and we can be seen swimming regularly in Bawnmore. Among our activities, the club are heavily involved in the game of boccia. Boccia was introduced to us about two years ago by our friends in the Limerick City Sports Partnership. The game can be played by anyone, regardless of ability; integration is paramount in our club. We are currently in the second round of the National Cerebral Palsy Sport Ireland (CPSI) Boccia League. In 2008, Wheels in Motion competed in the pedanque tournament of the International Corporate Games. We were quite successful earning bronze medals in our first competition.



Based in the Delta Retail Park on the Ballysimon Road, we are in the process of developing a sports hall specifically for adapted sports. As with any disability or sports injury, it is vital to keep fit. People who are in a seated or static position for most of their day are prone to pressure sores, swollen joints, not to mention the risk of obesity from lack of physical activity.

For many there is a stigma attached to being disabled and trying to use a gym. You can quite easily convince yourself that the gym will be inaccessible or that you cannot use the majority of the equipment. In 2009, this is fast becoming a myth. I was very happy when I joined UL Arenas' Gym Inc. programme.

With the lack of access that still persists in public places around the country, Wheels in Motion are delighted to be setting up such an important, adapted sports project. Once completed, the hall will be the first centre in Munster specifically tailored for adapted sports. With continued support from the Gaelic Warriors we hope to set up a Limerick based wheelchair rugby team in the near future.

Sports Partnership congratulates Irish Boccia Squad with their Medal success at European Championships.

Ireland had a very strong representation at the European Boccia Championships in Portugal in early July, where 7 athletes competed in team, pair and individual events and the pair's squad winning silver.

Boccia: It is a strategic version of the game bowls. It requires a high degree of muscle control, accuracy, concentration and tactical awareness and is played primarily by those with severe to profound physical disabilities.

Siobhan O'Malley sports inclusion development officer with the LCSP and National assistant coach with the Irish Boccia Squad was part of this great success, coaching the pair's squad to victory. But more importantly our Limerick representative on this pairs squad -Gerard O'Grady from Askeaton winning his first ever international medal. Gerard like many other players in Limerick started playing Boccia at local level through the Sports Inclusion Programme. To date players of this sport from Limerick have



achieved winning success -Enable Ireland Boccia Team winning silver and the Wheels in Motion Club winning bronze in the National CPSI Boccia League.

For more information on Boccia or any of the Sport Inclusion Programmes please contact Siobhan O'Malley, Sports Inclusion Development Officer @ **061 468542**

SAQ - Level 1

On Friday 13th February 2009, the LSP held a SAQ - Level 1 course in St. Nesson's NS, Mungret. A total of 18 participants took part and all agreed that the mixture between practical and theory made the course very interesting.

The SAQ Accreditation Level 1 Award™ is the second step to the SAQ Training™ system. It has at least 6 hours of tutoring contact and 2.5 hours of written and practical on-line assessment after the 6 hour practical. Those who complete this workshop are awarded the SAQ Level 1 Certificate.

We are running a Conditioning Workshop from 4pm to 10pm in Bruff GAA Complex on Friday 9th October 2009. Course content includes:



- To examine and study the components of fitness.
- To examine, understand and appreciate the modern concept of multi-sprint stamina training
- To examine, 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
- To examine, understand and appreciate the importance of core stability development

For details on upcoming events, please see calendar at the back of this newsletter or on our website www.cllsp.ie

Functional Screening

The LSP ran a Functional Screening course in St. Nesson's Primary School, Mungret on Friday 20th February from 5:00pm to 10:00pm. A total number of 17 participants attended the course. This course is aimed at managers, trainers, coaches, teachers, players and athletes in order to enhance their skills and add to their expertise in the area of physical fitness, conditioning training and other related areas. The functional screening workshop will help develop the ability and competence of the coach to Functionally Screen players/ athletes and thereafter prescribe corrective exercises to enhance performance and reduce the likelihood of injury. Course content included a 5½ hour practical workshop followed by 10 online e-learning modules studied over 10 weeks. This was followed by a practical assessment and open book exam. All participants enjoyed the course and found the practical aspects together with the instructions used very beneficial.

Emergency Care in Sport - Level 1



This course was 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 a full weekend (Fri, Sat, Sun) course and fifteen people took part in our inaugural course. Each participant received a certificate on completion of the course. The next Emergency Care in Sport - Level 1 course will be held in CBS National School Hall, Adare on the weekend of 16th to 18th October 2009. Please contact Kathleen for further information at **061-496463**.

Motiv8 Coaching Seminar



Motiv8 specialise in performance excellence. Currently working with numerous teams and individuals at all levels across a wide range of different sports and endeavor to deliver a world class service to all the people. On Monday 11th May the LSP and Motiv8 gave a seminar on "Introducing Mental Training into Coaching: Developing

Confidence, Focus, Motivation and Relaxation in Players. Over 85 coaches and sports participants attended the course in Woodlands Hotel, Adare. This was a very informative seminar in relation to the importance of Mental Fitness in sports performance. Coaches were given information on why this area is as important as fitness, skill development and tactics in successful performances. **This is a seminar that we hope to repeat in 2010**

The Facilitators:

Enda McNulty is regarded as one of Ireland's top performance consultants in both business and sport settings. He currently works with some of the country's most accomplished athletes, including a number of members of the Irish Rugby squad, professional soccer players and Olympic competitors. On a personal level, Enda has represented Armagh for the past fourteen seasons, winning one All-Ireland medal, one All-Star award and six Ulster titles.

Kevin Clancy is a Sport Psychologies/Mental Coach. He recently returned from America where he worked with a leading sports marketing firm. He has experience of working in a wide range of sports, including professional golf, rugby, soccer, tennis, Gaelic games, rally driving and cricket.

The seminar took place from 6:30pm to 10pm with a variety of theory and practical sessions. For upcoming seminar and courses please see calendar of events at the back of this newsletter.

Walking Leader Training - Kilmallock

The Irish Heart Foundation, whose aim is "working to reduce premature death and disability from heart disease and stroke" delivered a Walking Leader Training course in Kilmallock on 19th to 21st June in the Deebert Hotel in Kilmallock. Walking Leader Training is primarily aimed at people

wishing to promote walking in the community or workplace. The aim of each course is to have a panel of trained leaders ready to implement their skills in their own communities or workplace. All participants are expected to organise walks on a regular basis after the course has ended. The course identifies current recommendations for health enhancing physical activity for adults and how they relate to walking. Prescribing walking programmes suitable for different fitness levels was discussed together with advice on issues such as posture, technique, stretching, intensity and clothing. A number of safety issues were also identified and ideas on how to start your own walking group plus a number of practical walking sessions took place.

Fitwalk Clinics

Since January 2009 the LSP have run 3 FitWalk Clinics in Newcastle West, Foynes and Kilmallock. The FitWalk Clinics teach you how to squeeze every ounce of fitness from your walks. In particular, the clinic will help identify how to optimise 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.

A 6 week FitWalk Indoor Clinic is also available to people interested in getting the best out of walking indoors. Keep an eye out on our website for further clinic dates or contact Kathleen at **061 - 496463** for further information.

Athletics Seminar - "Preparing for the next level"



An information session to assist athletes (13 - 18 yrs) and coaches with training and competition plans was held on Friday 17th April. There were 7 coaches and 16 athletes in attendance and all agreed that the seminar

was interesting and beneficial. Presenters at the seminar included Aine McNamara who is a sports psychologist in UL, Fergal O'Callaghan who works on strength and conditioning with Munster Rugby and Gary Ryan, Elite Sports Officer with NUI, Galway who covered "Tapering and Peaking". Each presentation discussed best practice and training guidelines to help improve performance. A short Q&A session followed each presentation so athletes could personalise the information given. This was a very beneficial exercise as athletes and coaches were armed with the information that will hopefully take them to the next level.

Child Protection in Sport Awareness Training



The LSP have delivered 10 Child Protection Awareness Courses throughout the County since January. 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. For further Child Protection in Sport Awareness Training courses please see calendar of events at the back of this newsletter or see www.cilsp.ie

Child Protection in Sport Children's Officer

The LSP will also be running a Child Protection in Sport Children's Officer Course on Saturday 7th November from 10am to 5pm in the Maldron Hotel, Limerick. 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. Please contact Kathleen at **061-496463** should you wish to attend this course.

Underage Camogie Seminar

A Camogie coaching seminar for U10 - U14 players and coaches was held in Rathkeale GAA grounds on Saturday 4th April. This was an all day seminar with coaching guidelines and information from top coaches like Paudie Butler, Eamon Cregan, Brian Finn, Saoirse Bulfin and Deirdre Murphy. The day was planned in 2 parts, the 1st involved the players and coaches rotating between 4 stations where they worked on various skills of the game and received practical tips and coaching points from the experts. This was a valuable exercise and afforded the players and coaches an opportunity to pick up skills and drills which may take their game to a new level.

The 2nd part of the day followed lunch where coaches worked on a template to assess the various skills in a match situation. Coaches observed games to see what skills were being used and to highlight areas and skills that could be improved.



This was a valuable exercise as it focused the coaches to look at specific skills and gave them valuable information to address at the next training session. There were 70+ coaches and 40 players from all 22 clubs in the county in attendance. The organising committee secured goodie bags for the coaches and players plus a coaching manual so all went away with plenty to take back to clubs. Well done to all involved!!!

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 Croom Community Hall on Saturday 28th March from 9am to 6pm. Course content includes; planning a session, core leadership skills, effective communication, observation, group management, safety and injury prevention and general administration. The next Active Leadership course is on in the Community Centre in Newcastle West on Saturday 31st October from 9am to 6pm.

Volunteer Education Seminar

This seminar is designed so that clubs can recruit and more importantly retain volunteer 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 is designed so as to assist clubs in recruiting, how to sell your club and the job you want the volunteers 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
- Priority needs
- Roles and Responsibilities
- How to sell your sport, club, community

We have 2 courses planned in the coming months Sept 14th and Dec 7th in the Woodlands Hotel, Adare. Please contact infosports@limerickcoco.ie or **061-496463** for more information.

Coaching Corner

Why improving your general movement skills in the warm-up will benefit your sport

In a previous research it is noted that if a player does not develop general movement skills in their early formative years (before their teenage years) then they may be exposed to injury later in the sporting lives and also may not be able to perform to the best of their ability. Today we are going to look at the importance of developing a broad range of movement skills - regardless of the age of the player or athlete.

Frequently young players concentrate on training specific sport skills when they go to practice. They may not have a choice because their coach has limited time with them in a jam packed week. Further, if a young player calculates how many hours he or she spends in their sport practice (for example practicing the game skills with the ball or playing in small sided or full sided games) they will find that the majority of the time is spent in this sport specific practice. Experts in movement training tell us that a significant amount of time should be spent in general movement development which is not specific to any one sport.

While sport specific practice is very important and must occur often it is to the neglect of general movement practice. By general movement we mean the basic movements of squatting, lunging, accelerating, stopping, turning, twisting, jumping and dodging and weaving. These are general movement skills that are common to all of our popular field and court sports such as Gaelic football, hurling, hockey, Rugby, Basketball to mention but a few of the main sports played in Ireland. The findings of a recent study are of interest to us here and they show that if you add general movement exercises and drills to your warm-up you can still get fitter and you will be better able to move and ultimately be better prepared for your sport - regardless of what you sport is.

The study by a group of researchers in the USA looked at the effects of introducing general movement exercises into warm-up routines. The study showed that over 4 weeks if a dynamic warm-up was completed then fitness and performance would improve dramatically. The additional warm-up exercises included exercises such as lunging, squatting, vertical jumping, press-up and a variety of acceleration runs - accelerating forwards, backwards, sideways and changing direction, skipping and shuffle running. These skills are just basic movement skills. The warm-up movement routine took no more than 30 minutes each time. So look at your warm-up - can you make it more varied - it's well worth the effort.



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