

## A Year of Steady Progress



**W**elcome to this edition of our annual newsletter which looks at our activities and progress in 2012 and some of our plans for 2013. The past twelve months were busy and very productive and the production and launch of our Strategic Plan 2012-2016 last April has given us a definite focus and direction on which to build in the coming years. I would like to thank the various agencies, partners and individuals, whose help and interest makes our work possible and allows us to have an impact on our County.

**Syl Merrins,**  
Coordinator Kildare Sports Partnership





**“Our aim is to ensure more people become more active in Kildare”**

**Niall Quinn**



## Physical Activities Leaders Programme for People with Disabilities

23 volunteers from "The Jumping Jelly Beans" club completed this course in July allowing the club to expand its work with children with disabilities to locations in Monasterevan, Athy and Rathangan in addition to Newbridge and Naas.

### SPORTS FESTIVAL FOR OVER 55's

On Wednesday May 9th KSP organised a Sports Fest for Over 55's when over 200 people descended on Punchestown Racecourse for a Sports & Physical Activity Demonstration and Taster Afternoon. The activities demonstrated



included Dance, Indoor Walking, Meggars, Bowls, Table Tennis, Yoga, Tai-Chi and Fishing. Go For Life Games (Pitching, Tossing, Skittles) were also on show and very enthusiastic competitors took part in a competition with the qualifiers representing Kildare in the National Finals which took place in DCU in June. Presentations were also made by Edel Byrne of the Irish Heart Foundation in relation to Slí na Sláinte routes and Sean Kilbride who spoke on the GAA's Social Initiative.



## Kildare Sports Partnership Strategic Plan 2012-2016

Following an extensive consultation process Kildare Sports Partnership's Strategic Plan 2012-2016 was launched by John Treacy, CEO of the Irish Sports Council on April 4th 2012 at a function in Áras Chill Dara.



Syl Merrins, Coordinator, Kildare Sports Partnership, John Treacy, Chief Executive, Irish Sports Council, Pat Leogue, Niall Quinn, Chairman, Kildare Sports Partnership, Geraldine Kelly, Cllr. Michael 'Spike' Nolan, Mayor of Kildare, Paul Davis, Peter Minnock, Director of Services, Anne Marie Hughes, David Walsh, Michael Malone, County Manager

### Leinster Loop Cycling Event

The Leinster Loop Cycling Event took place in Narraghmore on Sunday August 19th when over 1,100 people of all age groups took part. Kildare Sports Partnership were delighted to promote and provide signage for the event.



## Naas Regeneration Programme

Kildare Sports Partnership are helping to facilitate the integration through sport of the Sudanese and Eritrean immigrants who are resident in Naas. KSP are working closely with Kildare Leader Partnership on this project.



## Club Development Seminar

Kildare Sports Partnership in conjunction with Fingal, Dublin City and Dun Laoghaire/Rathdown organised a Club Development Seminar in Moran's Red Cow Hotel on Saturday November 17th. The theme of the Seminar was Social Media.



## NATIONAL TRAILS DAY

As part of National Trails Day, on Sunday October 7th, Kildare Sports Partnership organised a walk at Castletown House, Celbridge, where the redeveloped trails of the estate were used and a 5k Canal Walk in Athy with over 100 people taking part in total.



## Community Sports Leaders Programme

Two Community Sports Leader Programmes were completed in 2012 with 23 people taking part in Athy and 21 completing a course held in Newbridge. The Community Sports Leader Programme (CSLP) is a training initiative provided by Kildare Sports Partnership in association with County Kildare Leader Partnership. The programme is designed to meet the needs of unemployed people who wish to become involved in health/fitness instruction, sports coaching and sports leadership at community level. The CSLP offers a combination of sports coaching, lifestyle management, and health/fitness workshops through which participants can partake in sample practical activities, become informed of further education pathways and, be introduced to the possible employment opportunities available through their future involvement in sports coaching, leadership and health/fitness activities at local or community level.

The programme focuses on continued personal development and aims to highlight the importance and value of participation in sports coaching and leadership to the community and to the individual. Participants are



introduced to coaching and leadership pathways through a series of practical and theory based workshops which will be provided by a number of leading organisations from different fields of sports coaching, personal development, lifestyle management and health/fitness instruction. The education and knowledge the participants received will have an impact not just for the participants but for many people in their communities.



DONADEA 10K

This event reached its maximum participation level two weeks in advance and the participants consisted of a large proportion of women in the 20- 50 age bracket, who were taking part for the first time.



## Kildare Road Safety Campaign

Kildare Sports Partnership are involved with the Road Safety Department of KCC in organising a Road Safety Campaign featuring leading sports personalities. The campaign was launched on October 10th with leading Kildare Sports stars, Rugby International Jamie Heaslip, Footballer John Doyle, Jockey Johnny Murtagh and boxers Roy Sheehan and Eric Donovan taking part.



## Operation Transformation 4k Walk

Following the success of the 2011 event Kildare Sports Partnership organised a 4 km walk, commencing at Áras Chill Dara, Naas in January 2012 with over 400 people taking part. In the lead up to the event lunch time walks were organised for the staff of Kildare County Council to promote what was taking place and following the event many staff continued their daily 4km exercise.



## Outdoor Tourism Project

KSP have linked up with the Outdoor Tourism Interreg IVA Project to promote and facilitate various initiatives and events with an outdoor sports and tourism theme. The project recognises the importance of engaging and inspiring our local communities to get involved recreationally in Outdoor Activities.



## Slí na Sláinte

Following discussions with Naas Town Council and the Irish Heart Foundation agreement has been reached on the development of three Slí na Sláinte routes in Naas. The locations will be a 10k 'Ring Road' route commencing at K-Leisure, a 2.5k route at Monread Park and a 1k route at the lakes on the Ballymore Rd.



## Naas and Newbridge Child and Family Resource Centre

Over 300 children in total from both centres took part in Summer Camps organised by KSP over a three week period.



## Student Work Placement Scheme

Kildare Sports Partnership have found this scheme most beneficial for both the student and the organisation. Teresa Meaney from UCC completed a 14 week period when she was involved in all aspects of our work as well as developing a Healthy Eating Poster for schools and clubs. This was finalised thanks to HSE funding. Sarah Cullen from Waterford IT also completed a 14 week spell, helping promote our Go For Life Games Programme. Paul Darby from Carlow IT is currently with us for two days per week,



finishing in March 2013 and Paul is concentrating on our Naas Resettlement Programme. In January 2013 Kate Kelly, a TY student from Cross & Passion College, Kilcullen completed a two week placement, and was involved in all aspects of our work, particularly the organising of our Operation Transformation National Walk Day.



## Buntús Start Programme

43 Pre-School Carers from nine facilities completed the Buntús Start Programme in 2012. This sought after programme will continue to be rolled out in 2013.

## Code of Ethics and Child Protection Courses



Code of Ethics and Child Protection Courses were organised on a monthly basis to clubs and relevant groups. 18 Code of Ethics Courses took place in 2012 with 290 people completing the course. Sixty people completed four Child Protection Courses.

## Active Leadership

The award is designed to provide trained, knowledgeable and enthusiastic community based physical activity leaders. Leaders will be equipped to work in a wide range of locations including local clubs, community groups, workplaces, community centres and sports' clubs. Leaders will also aim to increase participation rates in physical activity in a variety of practical ways. We have held four courses in the last year and do so on an ongoing basis. The total course takes 10 to 12 hours comprising of practical and theoretical units.



## Zumba Dance Classes

A six week Zumba Dance Class Programme was completed in Kildare Town Community School in April. A similar class took place in Ard Scoil Rath Íomhagáin in 2011 and we hope to involve at least six more schools in 2013.



## NATIONAL PLAY DAY

Kildare Sports Partnership took part in the Kildare County Council organised National Playday which took place at Áras Chill Dara in October. We decided to use the event as an opportunity to monitor children's fundamental ABCs (Agility Balance and Co ordination). We set up a very basic obstacle course which involved running, jumping and hopping through a series of cones, small hurdles and hoops. Over 300 children took part and we were alarmed at the poor standard of the most basic of movements you would associate with a young child.



As a result of this we feel it is vital that we address this in our primary schools by delivering a generic physical activity programme designed to improve the basic movements of our children through simple movements such as running, jumping, hopping, throwing, catching etc.

**“It is vital that we deliver a generic physical activity programme designed to improve the basic movements of our children”**

## KILDARE PORT@L

A new Kildare website representing all aspects and interested stakeholders within the County is at the early stages of development. The sports sector is represented on a working group by the Kildare Sports Partnership Coordinator.



## Sports Capital Grant Allocation 2012

Kildare Sports Partnership organised a Sports Capital Grant Workshop in April prior to the closing date for applications. 80 clubs took part in the workshop and the following were the successful Kildare applicants

Kildare	Athy Rugby Football Club	€100,000
Kildare	Athy Town Council	€42,000
Kildare	Ballymore Hollywood Boxing Club	€16,000
Kildare	Caragh Gaelic Football Club GFC	€47,000
Kildare	Celbridge Community Sports Centre Ltd.	€22,000
Kildare	Clane Unite Football Club AFC	€20,000
Kildare	Clogherinkoe GAA	€4,000
Kildare	Confey Community College (Co Kildare VEC)	€90,000
Kildare	Co. Kildare VEC	€100,000
Kildare	Crookstown Millview Athletics Club	€58,500
Kildare	Grangenolvin GFC	€100,000
Kildare	Halverstown Cricket Club	€12,000
Kildare	Kilcullen Canoe Club	€40,000
Kildare	Kildare County Council	€10,000
Kildare	Kildare Sports and Leisure Facilities	€75,000
Kildare	Leixlip Amenities Centre / Leixlip Tennis Club	€90,000
Kildare	Moone Celtic FC	€25,000
Kildare	Newbridge Athletic Club	€5,600
Kildare	NUI Maynooth Barnhall RFC	€129,000
Kildare	Scoil Dara Secondary School	€80,000
Kildare	The North Kildare Club	€90,000

# Sportstaster Programme

## in conjunction with Schools Completion Programme



This programme provides a range of sports and physical activity for children who would not normally participate in minority sports such as swimming, gymnastics, Badminton etc as well as mainstream sports. It is primarily aimed at children who attend School Completion

Programme participating schools and has proven an excellent pathway for the participants to become involved in sport and physical activity. Over 350 Children took part in the Athy, Kildare Town and Curragh Camp programmes in 2012. This programme is mainly funded by the VEC.



### TOUR DE FOOTHILLS CYCLE

KSP supported this event in conjunction with KARE and it was aimed to promote cycling and physical activity among all ages in the Naas and surrounding areas. There are a number of recreational cycling groups in the area and this event has led to increased numbers in these clubs, particularly family involvement.



### Ottomy Residents Association Fun Day

2012 was the first year that we organised a Fun Day in conjunction with the Ottomy Residents Association, Clane. The event proved very successful and it also proved an excellent social event as it was a catalyst in bringing families in this large estate together.



### Junior Active Leaders Course

This course was established in 2011 to train up Leaders for our Sports Taster, Easter and Summer Camp programme in conjunction with the School Completion Programme. The training of these leaders ensured the successful running of the Easter and Summer Camps in Kildare town and the Curragh Camp.



### LADIES FUTSAL TOURNAMENT

This was the second year that Kildare Sports Partnership were involved in this football programme which caters for teenage girls and the increase in numbers was significant. Most of the participants were not taking part in organised soccer before the programme and subsequently they became involved with clubs throughout the county.

The success of this programme has been one of the main reasons for the growth of the Kildare and District Womens Football League.







## Kildare Active facebook Page Get Kildare Walking

Join us on our Kildare Active Facebook Page for all the up to date news.

As part of the 'Get Ireland Walking Initiative' KSP have been asked to pilot the programme in the County. Already there has been much success over the past few months and we will continue to promote the development of walking groups throughout the county in 2013. For further information check out our facebook page

[www.facebook.com/kildare.active](http://www.facebook.com/kildare.active)



### FIRST AID / DEFIBRILATOR TRAINING

In conjunction with Kildare Civil Defence we have trained up our Community Sports Leaders in CPR/AED (Cardiopulmonary resuscitation/ Automated External Defibrillator). We will now be rolling it out to clubs and physical activity groups throughout the county as well as basic sport first aid.



## Conor McCormack Road Race

Over 600 students and staff from Ard Scoil Rathangan take part in the Conor McCormack run which we became involved in as part of the K-Partners Rathangan Sustainable Communities Project. Students have trained for the event in the past with a 'Run On The Curragh' with various sports stars such as Johnny Doyle.



**K-Partners**  
Rathangan Sustainable  
Communities Project



The overall aim of the group is to maximise collective knowledge, contacts, and expertise to fast forward integrated service delivery countywide. It also collectively has created efficiencies, by creating value for money projects and services, sharing staff resources and leveraging funding from other agencies.

K-Partners is an initiative of Kildare County Council which facilitates joint working across County Development Board Projects sponsored by Kildare County Council and across various sections encompassing Housing Community, Culture and Sport.

Kildare Sports Partnership is part of the K-Partners initiative and our involvement has been very beneficial allowing us to forge links, source funding and develop projects.



## Athy Sports Taster Day

A Sports Taster Day was organised on Saturday July 7th in conjunction with the Outdoor Tourism Project. All of the sporting and recreation groups in Athy and its environs took part.

## PUNCHESTOWN CYCLING FESTIVAL

Kildare Sports Partnership in conjunction with Cycling Ireland organised the second annual Cycling Festival in Punchestown on June 16th. Over 300 people attended a celebration of cycling for

the whole family, where there was a focus on cycling skills for children. 'The Gearing Up Off-Road Programme', which is a level up from Sprocket Rocket, was introduced at the festival.



## Carers Association Mini Marathon



KSP helped with promotion and signage for this event which took place on August 19th with over 250 people taking part.



## SPEAK REPORT LAUNCH

The Irish Sports Council's SPEAK Report, which evaluates sport and recreation activity at local and national level was launched in Athy Community College on

Niall Quinn, Chairman, Kildare Sports Partnership, John Treacy, Chief Executive, Irish Sports Council, and Michael Ring TD, Minister for Sport

Wednesday May 23rd with KSP Chairman Niall Quinn acting as MC for the event.



## Aqua Aerobics for Over 55s

Four 10 week Aqua Aerobics for Over 55s classes took place in the K-Leisure facilities in Naas and Athy with over 160 people, both male and female, taking part.



## Naas Community Games

KSP helped facilitate the relaunch of Naas Community Games at the end of 2012. Discussions between KSP, Kildare Community Games and Naas Town Council with a view to increasing Community Games activity in the highly populated Naas area took place over a number of weeks and an enthusiastic group are now ready for the coming season.



## Go For Life National Games

15 Kildare participants took part in the first ever National Go For Life Games for older people in DCU on Saturday June 16th with seven Counties competing in total. KSP are promoting Go For Life Games for older people throughout the County with nine groups already up and running and we will continue to build on this number in 2013.

## Go For Life Grant Allocations 2012

Kilteel ICA	Kildare	€285
Castledermot ICA	Kildare	€285
Clane Senior Citizens	Kildare	€285
Two-mile-house ICA	Kildare	€285
Arthritis Ireland Kildare Branch	Kildare	€285
Naas Care of the Aged Bowling Club	Kildare	€310
Little Way Limited	Kildare	€310
Curragh Pride Family Resource Centre	Kildare	€285
Kildare Sports Partnership	Kildare	€1600
Ellistown ICA	Kildare	€285
Derrinturn ICA	Kildare	€285
University of Third Age-Maynooth	Kildare	€285
Maynooth ICA	Kildare	€285
Rathmore Bowling Club	Kildare	€285
Kill ICA (Kildare)	Kildare	€285
Clane ICA	Kildare	€285
Celbridge Community Centre Day Care Club	Kildare	€285
Celbridge ICA Guild	Kildare	€285
Newbridge Family Resource Centre	Kildare	€285



## NAAS GARDA SOCCER TOURNAMENT

This year Kildare Sports Partnership teamed up with the Naas GARDA for this very successful community event. Each year the interest from young people in the community grows and grows, and in the last few years there have been upwards of 400 young people from the Naas Community involved.



## Run Kildare

Over 3,700 participants took part in the Run Kildare event on the Curragh on May 13th. Kildare Sports Partnership helped facilitate discussion between various agencies to ensure its smooth running and also promoted the event as part of our aim to increase participation in sport and physical activity for people of all ages.



## NAAS CBS MINI TRIATHLON



In conjunction with our Defence Forces over 150 students from Naas C.B.S. take part in this event around the Caragh Road Sports Centre and K Leisure. The event consists of a 10K Cycle, 3K run and 8 lengths of the swimming pool.



## Calendar of Events

	Date & Time	WORKSHOP / COURSE	VENUE	FEE	FURTHER INFORMATION
February	Thursday 21st February	Irish Sports Council/Active Leadership Training	Newbridge Sports Centre	N/A	ksp@kildarecoco.ie 045 980546/7
	Saturday 23rd February	Code of Ethics & Best Practice in Childrens Sport (Awareness Course)	Horsesport Ireland Naas	€25	ksp@kildarecoco.ie 045 980546/7
	Monday 25th February	Code of Ethics & Best Practice in Childrens Sport (Awareness Course)	Áras Chill Dara Naas	€25	ksp@kildarecoco.ie 045 980546/7 www.kildaresp.ie
	Thursday 28th February	Irish Sports Council/Active Leadership Training	Newbridge Sports Centre	N/A	ksp@kildarecoco.ie 045 980546/7
March	Monday 4th & Tuesday 5th March (For 6 weeks)	Ladies Futsal	Kildare Town Community School	TBC	ksp@kildarecoco.ie 045 980546/7 Regina Casey KDFL reginacasey1@yahoo.ie
	Saturday 9th March	Kildare Go For Life Games	Kildare Town Community School	N/A	ksp@kildarecoco.ie 045 980546/7 Brigid Butler kildareagefriendlycounty@gmail.com
	Thursday 14th March	SportsHall Athletics	Ballymany N.S.	N/A	ksp@kildarecoco.ie 045 980546/7 www.kildaresp.ie
	Tues/Wed/Thurs 19th/20th/21st March	Sports Taster Programme	Community College Athy	N/A	ksp@kildarecoco.ie 045 980546/7 Linda Mulhall athyscp@eircom.net
	Friday 22nd March	Naas CBS Mini Triathlon	Naas Sports Centre	N/A	ksp@kildarecoco.ie 045 980546/7 Brian Cleary brian.cleary@defenceforces.ie
	Monday 25th March	Code of Ethics & Best Practice in Childrens Sport (Awareness Course)	Áras Chill Dara Naas	€25	ksp@kildarecoco.ie 045 980546/7 www.kildaresp.ie
	Tues/Wed/Thurs 26th/27th/28th March	Sports Taster Programme	Community College Athy	N/A	ksp@kildarecoco.ie 045 980546/7 Linda Mulhall athyscp@eircom.net
May	Sunday 12th May	Kildare Marathon	Curragh Racecourse	TBC	www.kildaremarathon.ie
June	Saturday 1st June	Tri Athy	Athy	TBC	my.triathy.ie/2013/
	Saturday 8th June	Go For Life National Games	DCU Sport Complex	N/A	ksp@kildarecoco.ie 045 980546/7 www.kildaresp.ie
Aug	Sunday 18th August	Leinster Loop	Narraghmore	TBC	www.leinsterloop.com

### Kildare Sports Partnership

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