



Programmes & Initiatives

Introduction

Welcome to our programme and activity booklet.

This booklet is designed to provide an overview of the wide range of activities offered by Clare Local Sports Partnership. Our goal is to encourage participation in sports and physical activities while also supporting the dedicated volunteers and clubs that contribute to keeping Clare active and engaged.

The initiatives included will be offered out of the 5 county locations of Killaloe, Shannon, Ennis, Kilrush and Lahinch and Ennistymon which include our Community Sports Hubs.

Where possible, training initiatives will be greatly subsidised through funding we have received from Dormant accounts to support the hundreds of volunteer coaches and administrators that help to ensure that sport continues to happen.

The adult participation initiatives are based around offering opportunities for people to start or return to physical activity through non-competitive social sports.

Our youth/schools initiatives are developed in order to support teachers and youth leaders to offer sports and activities that help the child develop competency in physical literacy.

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SCAN ME!

Message from the CEO

John Sweeney

As Chief Executive Officer of Clare Local Sports Partnership, I am proud to present this booklet outlining our vision and plans Clare Local Sports Partnership. Our vision is clear: *Clare, a county where opportunities and conditions exist to value, participate, and enjoy sport and physical activity.* In the year ahead, we are committed to turning this vision into reality by expanding our programmes, strengthening partnerships, and reaching even more individuals and communities across the county.

We will continue to focus on delivering inclusive and impactful programmes that cater to all ages, abilities, and backgrounds. From active schools and youth initiatives to disability inclusion, older adults, and club development programmes, we aim to ensure that everyone in Clare has the opportunity to engage in sport and physical activity in a meaningful way.

The success of our work is driven by collaboration. I want to acknowledge the continued dedication of our staff, whose passion and expertise are the driving force behind our initiatives. I also wish to express my gratitude to our stakeholders, partners, volunteers, and community leaders who play an essential role in helping us create positive change.

As we look to the future, we will continue to innovate, adapt, and grow. By working together, we can make Clare a leader in physical activity, health, and community wellbeing. I invite you to join us on this journey—whether by participating in our programmes, supporting our initiatives, or sharing our vision for a healthier, more active county.

Thank you for your continued support, and I look forward to a year of progress, opportunity, and achievement.

John Sweeney

CEO, Clare Local Sports Partnership

Our funders

All our programmes are funded by Sport Ireland
but as part of the partnership ethos
a number of programmes are also funded externally:

Dormant Accounts

Clare County Council

HSE

Government of Ireland and the European Union

Healthy Clare



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Local Sports Partnership of the Year 2024

Clare Local Sports Partnership (CLSP) proudly announces its recognition as the “Local Sports Partnership of the Year” at the 2024 Sports Industry Awards hosted by the Federation of Irish Sport. This prestigious award celebrates CLSP’s exceptional efforts in promoting sports and physical activity throughout County Clare.

The award acknowledges the hard work of CLSP’s dedicated administration and sports development team. Their relentless efforts and passion have been instrumental in fostering collaborations with local agencies, local schools, sports clubs, and community organisations. These partnerships have created a robust network that has significantly increased sports participation and improved community well-being in Clare.



Sports Development Officer, Elizabeth Mc Nicholas & ESF+ Social Inclusion & Innovation in Sport Officer, Conor Mahon receiving the award on behalf of Clare Sports Partnership.



Meet the Team

The sports development and administrations staff of Clare LSP are highly trained and competent in their given work areas. They each have a great interest in sport, and indeed are high achievers themselves!

Chief Executive Officer:	John Sweeney
Finance & Governance Manager:	Catherine Ryan
Programme Manager:	Pat Sexton
Sports Inclusion Disability Officer:	James Murrihy
ESF+ Social Inclusion & Innovation in Sport Officer:	Conor Mahon
Outdoor Recreation Officer:	Jessica O’Keeffe
Sports Development Officer:	Elizabeth McNicholas
Sports Development Officer:	Mary Taylor
Sports Development Officer:	Eimear Lynch
Administration Support:	Ellen Mulcahy



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National Physical Activity Guidelines

Regular physical activity is key to getting and staying healthy.

The key message is that **physical activity is for everyone and any level of activity is better for your health than none.**

These guidelines include recommendations for children and young people as well as adults, people with disabilities and older people.

- * **Children and young people (2-18)**: all children and young people should be active, at a moderate to vigorous level, for at least 60 minutes every day. Include muscle strengthening, flexibility and bone-strengthening exercises three times a week. .
- * **Adults (18-64)**: at least 30 minutes a day of moderate activity on 5 days a week or 150 minutes a week
- * **Older people (65+)**: at least 30 minutes a day of moderate intensity activity on 5 days a week, or 150 minutes a week. Focus on aerobic activity, muscle-strengthening and balance
- * **Children and adults with a disability**: should aim to be as active as their disability allows, and aim to meet the guideline for their age group if possible

You can count even shorter bouts of activity towards the guidelines. These bouts should last at least 10 minutes.





Children's Sport Participation and Physical Activity Report 2022

Key Findings (ROI)

PHYSICAL ACTIVITY

Students meeting the Physical Activity Guidelines

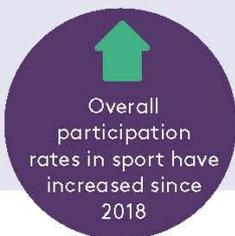
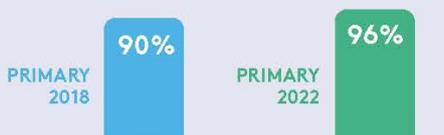


The number of children meeting the National Physical Activity Guidelines has increased since 2018



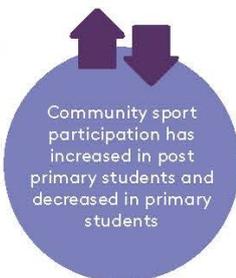
ANY SPORT

Students participating in any sport at least once a week



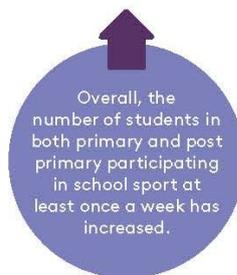
COMMUNITY SPORT

Students participating in sport in a sports club or community setting at least once a week



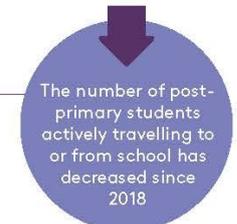
SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week



ACTIVE TRAVEL

Students who actively travel to/from school



PHYSICAL EDUCATION

Average PE minutes per week in schools



2023 ISM – Clare



The 2023 Irish Sports Monitor is a large population survey of sports participation and physical activity in Ireland by people aged 16 and over.



Of the 8,512 respondents surveyed in 2023, 2,209 people reported living in Munster and 198 people reported living in Clare.



The percentage point estimates should take into account the sample size for each geographic area and the associated margin of error.



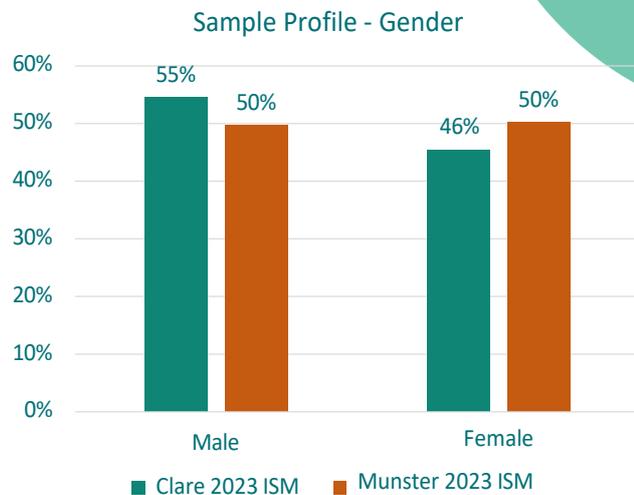
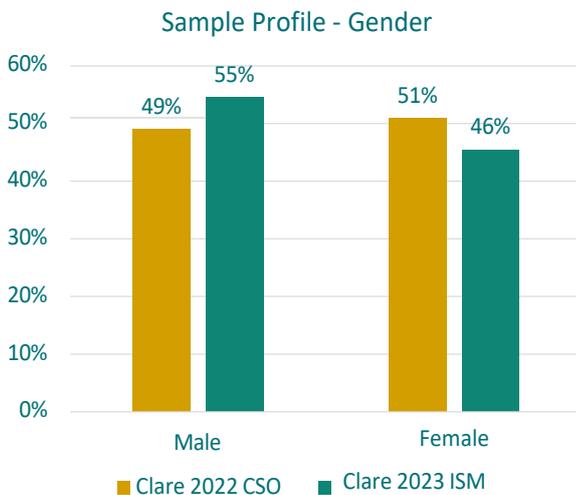
The unweighted gender and age profile of the Clare 2022 Census and the 2023 ISM sample is summarised in the next two slides. No weighting was applied to the data for this analysis.

- ISM Sample, National Sample n=8,512, margin of error at the 50% estimate less than +/- 1.1%
- ISM Munster Sample = 2,209, margin of error at the 50% estimate +/- 2.1%
- ISM Clare Sample n =198, margin of error at the 50% estimate +/- 7.0%
- Margin of error is greater in subgroup analysis.
- However, margin of error is smaller at estimates less than or greater than 50%.



Irish Sport Monitor Survey 2023

2023 ISM - Clare



ISM Sample, National n=8,512 (MOE less than +/- 1.1%), Munster = 2,209 (MOE less than +/- 2.1%), Clare n = 198 (MOE less than +/- 7.0%)



Active Schools

- Pre Schools
- Primary Schools
- Secondary Schools

If you are interested in any schools programmes then please register by scanning the QR code below or contact:

Elizabeth McNicholas

lizzy@claresports.ie

Tel: 065 68 654 34 / 087 359 7767



Register your Primary School



Register your Secondary School

Pre - Schools & Primary Schools

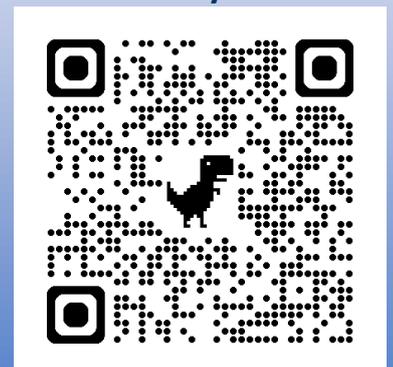
- ◆ **123 Move with Me** (Pre-Schools Only)
- ◆ **Active Storytime**
- ◆ **Playground Markings**
- ◆ **Sports Hall Athletics** (Primary Schools Only)
- ◆ **Active Homework Challenge** (Primary Schools Only)
- ◆ **Equipment Loan**
- ◆ **Staff Training** (see training & development pg. 48– 60)

Pre-School



SCAN ME!

Primary School



SCAN ME!

123 Move with Me

The aim of the 123 Move with Me programme is to provide an understanding on active play for children aged 0 -3 years, the benefits of physical activity and play for this age group, and the vital role that staff of local community Crèche's/Montessori's can play in fostering an active lifestyle.

This free programme aims to equip participants with the skills and knowledge to roll out physical activity within a childcare setting

Programme Dates: School Term

Cost: Free

You receive: Resource book and equipment pack

Register: Contact lizzy@claresports.ie

Tel: 065 68 654 34 or 087 359 7767

Active Storytime

Active Storytime provides staff of community Crèches/ Montessori's and Primary Schools with the skills, resources and knowledge to deliver short physical activity sessions within the class room setting, all through the medium of story time. It promotes healthy development of children through

- * Active movement
- * Promoting literacy, numeracy, and oral skills
- * Develop imagination & creativity

What is Involved in the Programme:

The programme is delivered on site within the crèche/ Montessori/Primary School settings by a Clare Sports Partnership staff member. All you need is a laptop, USB port, and way of projecting the story onto a big screen.

Programme Dates: School Term

Cost: Free

You receive: Workshop & resource book of stories

Register: Contact lizzy@claresports.ie

Tel: 065 68 654 34 or 087 3597 767

Playground Markings

Stencils are loaned out free of charge with paints provided, enabling you to create playground markings around your community pre-school/ creche or Primary School.

All you have to supply is the labour!

What is Involved in the Programme:

Sets are given on a first come first served basis, to schools that are registered with us, for a two week period (weather dependent). Collect them from our office, and return when finished.

Programme Dates: School Year

Cost: Free, just supply the labour & purchase additional paints if required

You receive: Stencils on loan, booklet with design ideas, starter kit of paints

To register: Contact lizzy@claresports.ie

Tel: 065 68 654 34 or 087 359 7767



Before and after photos of St. Aidan's Primary School playground in Shannon, taken after using our Playground Marking Stencils Kit.



Sports Hall Athletics

(Primary Schools Only)

Introduce children to team athletics in a fun environment while developing their fundamental ABCs (Agility, Balance, Coordination, Strength) skills. Our key focus is participation, but if schools wish to add a competitive element, provision is made for inter-schools and inter-county competition in **Spring**.

*A hall is not an essential requirement for participation
in the programme *

What is Involved in the Programme:

Packs are loaned to schools on a first come first served basis for a two week period. For competition there are 4 categories: 3rd & 4th class (15 girls/15 boys) & 5th & 6th class (15 girls/15 boys). Smaller numbered schools have the option to 'cluster' with neighbouring schools for competition.

Programme Dates (Participation): School Year

Inter Schools Competition: Usually held in March

Cost: Free

You receive: Training for newly participating schools, equipment loan, coaching manual

To register: Contact lizzy@claresports.ie

Tel: 065 68 654 34 or 087 359 7767



Active Homework Challenge

(Primary Schools Only)

This challenge runs in January over a 3 week period, with each student completing some 'physical activity' homework. Teachers and family members at home are strongly encouraged to get involved.

What is Involved in the Programme:

Support resources in the form of physical activity challenge videos and a diary for each participating child are provided.

Programme Dates: School Year

Cost: Free

You receive: Diary for each participating child

To register: Contact lizzy@claresports.ie

Tel: 065 68 654 34 or 087 359 7767

Equipment Loan

Have a sports day or well-being week within the community crèche, pre-school or primary school. Once your request is confirmed, equipment will be given on loan for one to three days, depending on availability.

Equipment available includes:

- * Soft foam javelins
- * Soft foam soccer/ rugby balls
- * Hula hoops
- * Cones
- * Beanbags
- * Soft foam Frisbees
- * Tag rugby equipment

Programme Dates: All Year

Cost: Free of charge

You receive: Requested equipment on loan

To register: Contact lizzy@claresports.ie

Tel: 065 68 654 34 or 087 359 7767

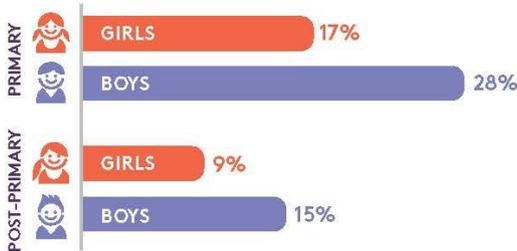


Children's Sport Participation and Physical Activity Report 2022

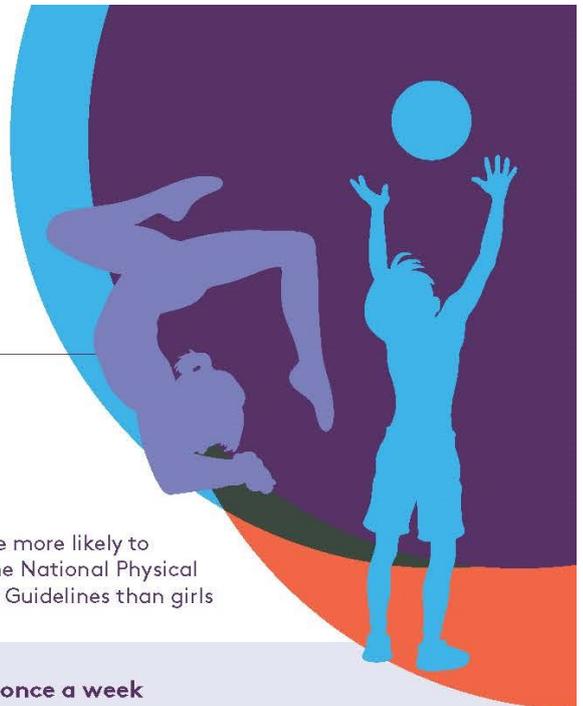
Spotlight on Gender

PHYSICAL ACTIVITY

Students meeting the Physical Activity Guidelines



Boys are more likely to meet the National Physical Activity Guidelines than girls

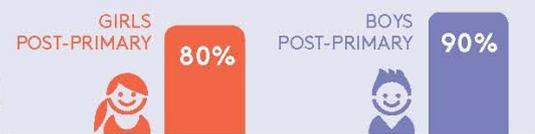


ANY SPORT

Students participating in any sport at least once a week

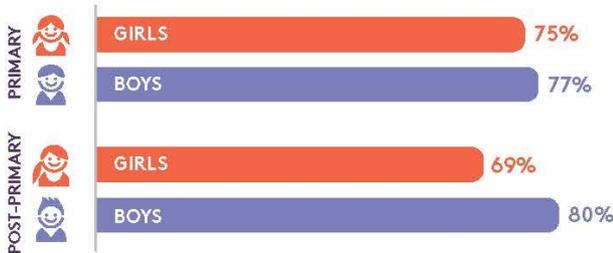


Girls and boys have similar sports participation levels at primary school, but less girls than boys participate at post-primary school



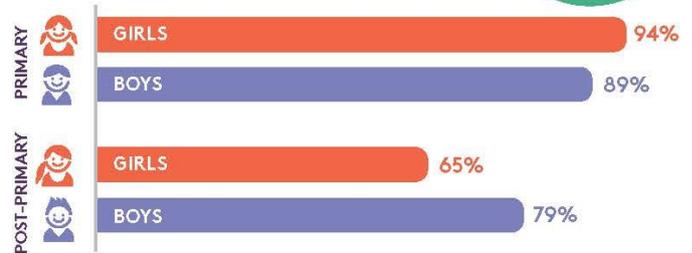
COMMUNITY SPORT

Students participating in sport in a sports club or community setting at least once a week



SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week

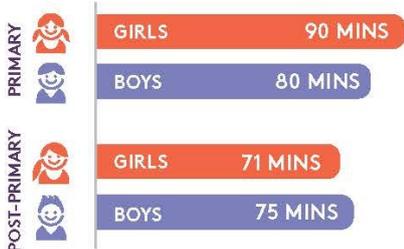


29% drop in girls school sport participation between primary and post-primary school



PHYSICAL EDUCATION

Average PE minutes per week in schools

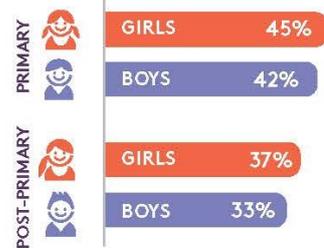


Girls are more likely to walk to school than boys but boys are more likely to cycle.



ACTIVE TRAVEL

Students who actively travel to/from school



2023 ISM - Clare

Sample Profile - Age



ISM Average Age, National = 46.2, Clare 50.1, Munster 48.8



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Irish Sport Monitor Survey 2023

2023 ISM - Clare

Sample Profile - Socio-Economic Status



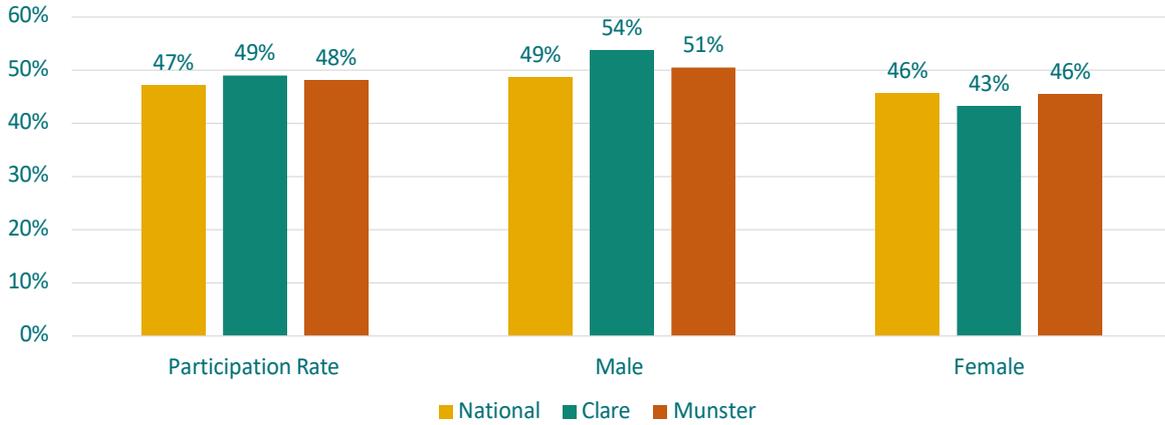
- AB Higher & intermediate managerial, administrative, professional occupations
- C1 Supervisory, clerical & junior managerial, administrative, professional occupations
- C2 Skilled manual occupations
- DE Semi-skilled & unskilled manual occupations, Unemployed and lowest grade occupations
- F Farmers



sportireland.ie

2023 ISM - Clare

Sports Participation - Gender



* I would now like to ask you about any OTHER physical activities you undertook in the past 7 days for exercise, recreation or sport. Please DO NOT include physical activity for work, transport, or domestic work like gardening or DIY. Please DO include personal exercise, such as swimming, dancing or jogging, as well as all forms of sporting activity, indoor or outdoor, whether undertaken in an organised setting or casually with family or friends. So, in the past 7 days, did you participate in any such activities?

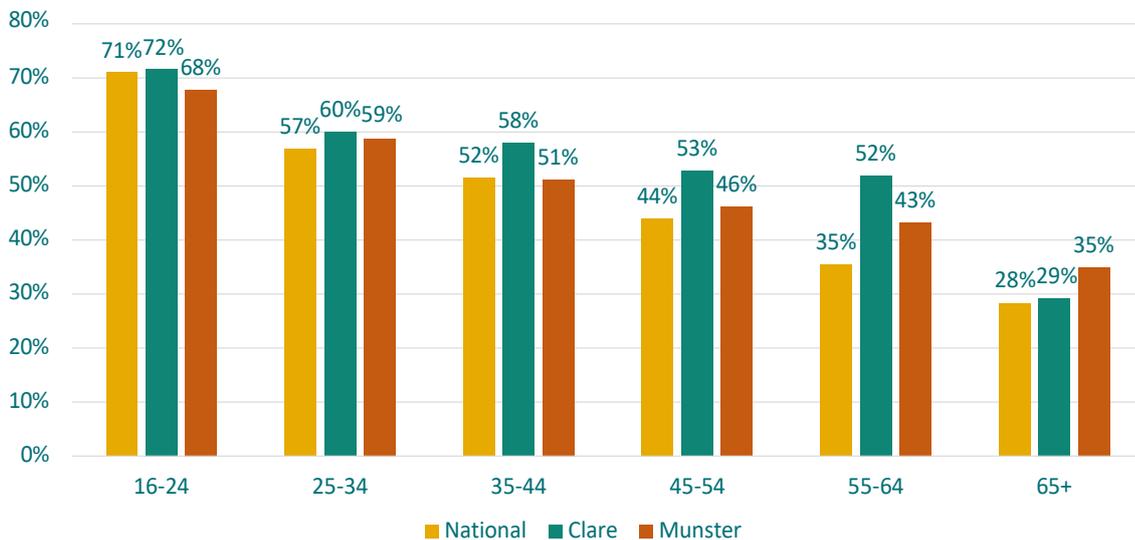


sportireland.ie

Irish Sport Monitor Survey 2023

2023 ISM - Clare

Sports Participation - Age



sportireland.ie



Post Primary Schools

- ◆ **Sports Hall Athletics**
- ◆ **Mental Health Week**
- ◆ **VIP Programme**
- ◆ **Wheelchair Basketball**
- ◆ **Get Going Get Rowing**
- ◆ **Post Primary Staff Training**

(see training & development pg. 48-60)



SCAN ME!

Sports Hall Athletics

Sports Hall Athletics is a programme for First, Second and Transition year students. The programme focuses on athletic skills & physical activity in a safe and enjoyable way, while catering progressively for the needs of the developing pupil. The wide range of activities & events within SportsHall incorporate and encourage the development of the core fundamental physical skills at the heart of the secondary curriculum. Places will be given on a first come first served basis

What is Involved in the Programme:

Equipment packs are loaned to schools on a first come first served basis for a six week period. Training is delivered to Transition Year students who then in turn deliver SportsHall Athletics to first and second year students.

Programme Dates: School Year

Cost: Free

**You receive: Training for participating schools, equipment loan,
coaching manual**

To register: Contact lizzy@claresports.ie

Tel: 065 68 654 34 or 087 359 7767

VIP Programme

Voluntary Inspired Participation

Our new **VIP** Programme will launch at the start of the academic year . This programme is specific for Transition year students.

- * Only 20 places available
- * Interview process to secure place
- * 80% attendance required throughout the year
- * 1 day per week for the academic year

What you gain:

- * Sporting experience & qualifications—Soccer, GAA, Rugby, Basketball, Kayaking, Rowing etc
- * Training—Safeguarding, Sports First Aid, Various Disability Courses
- * Personal Development Workshops—Goal setting, Social development, Values, Self-esteem, Organisational skills
- * Volunteer Experience—within Clare Sports Partnership programmes

Programme Dates: School Year

Registration: Application Process

Cost: Free

For More Info: james@claresports.ie

065 68 654 34 / 087 962 76 96

School / Transition Year

Wheelchair Basketball

Clare Sports Partnership are offering schools the opportunity to participate in Wheelchair Basketball.

Students and teaching staff will get the opportunity to learn how to use sports wheelchairs safely & experience the game of Wheelchair Basketball

What is Involved:

- * Sessions are delivered by our Wheelchair Basketball Tutor
- * Sessions venue - St. Josephs GAA Hall, Gurteen, Doorra Barefield
- * A maximum of two sessions per day
9.30am-12.00noon and **12:30-3.00pm**
- * A maximum of 25 participants per session

Programme Dates: School Year

Cost: €50 per session (hall costs)

You receive: Wheelchair Basketball practical workshop

To register: Contact james@claresports.ie

Tel: 065 68 654 34 or 087 962 7696

Get Going Get Rowing

Clare Sports Partnership are offering schools the opportunity to participate in a Get Going Get Rowing Programme in conjunction with Rowing Ireland Transition Year Students will get the opportunity to become indoor rowing coaches through this 6-week programme.

What is Involved:

- * We deliver 6 Rowing Machines to the participating school
- * 1 day training workshop is delivered by Rowing Ireland
- * TY students coach indoor rowing to 1st and 2nd year students for 6 weeks
- * A rowing coach will visit the Transition Year students during these coaching sessions

Programme Dates: School Year

Cost: €32 per student (subsided by Clare Sports Partnership)

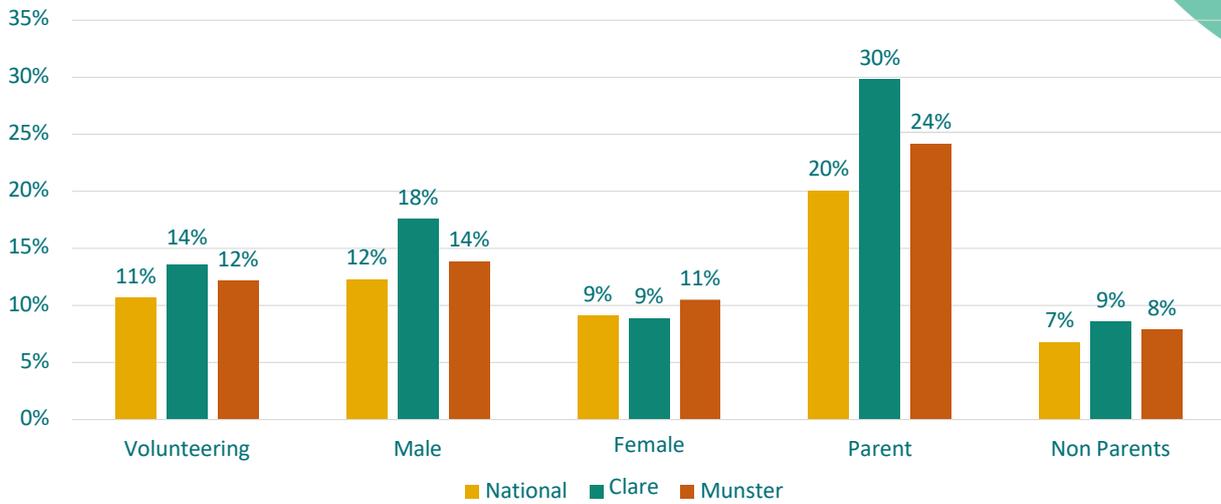
You receive: 6 Rowing Machines for the 6 week period. A Rowing Ireland coaching qualification

To register: Contact lizzy@claresports.ie

Tel: 065 68 65434 or 087 359 7767

2023 ISM - Clare

Social Participation - Volunteering



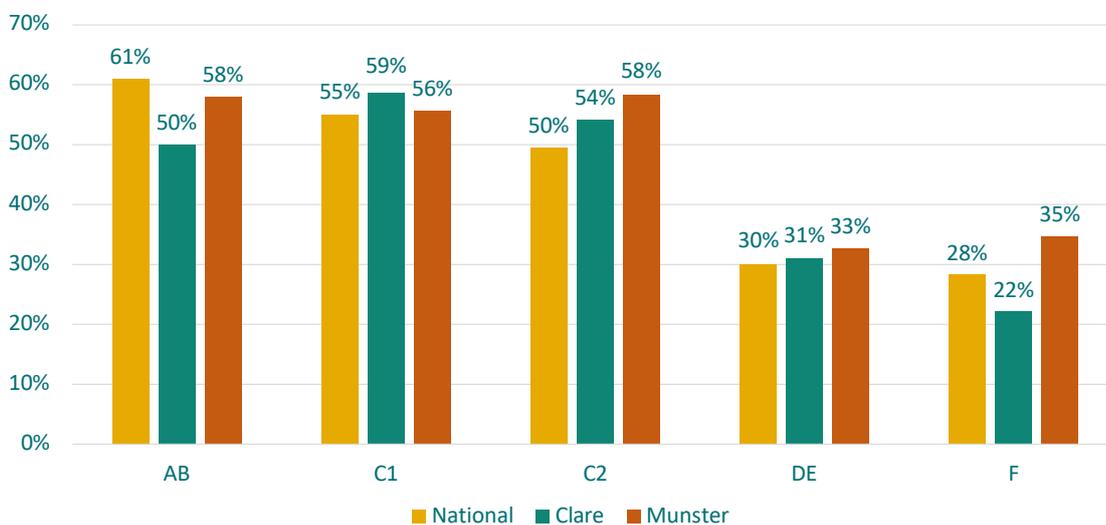
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Irish Sport Monitor Survey 2023

Irish Sport Monitor Survey 2023

2023 ISM - Clare

Sports Participation – Socio-Economic Status



Community Youth

- **Teen Girls Programmes**
- **Teen Boys Programmes**
- **Volunteer Opportunities**

Teen Girls Programmes

Would you like to become or be more physically active, but not sure what you might like? Team Sports aren't for everyone and that's perfectly ok.

These programmes are aimed at Teen girls that are doing little or no physical activity outside of school hours

Throughout the year we deliver a range of physical activity programmes designed specifically for teenage girls

What is Involved:

You must be a Teenage Girl between the age of 13-17yrs

The programmes delivered vary but can include:

- Beginner Gym
- Yoga
- Rock climbing
- Surfing

Programme Dates: Throughout the year

Cost: Depending on chosen programme

To register: Contact lizzy@claresports.ie

Tel: 065 68 654 34 or 087 359 7767

Teen Boys Programmes

Would you like to become or be more physically active, but not sure what you might like? Team Sports aren't for everyone and that's perfectly ok.

These programmes are aimed at Teen boys that are doing little or no physical activity outside of school hours

Throughout the year we deliver a range of physical activity programmes designed specifically for teenage boys

What is Involved:

You must be a Teenage boy between the age of 13-17yrs

The programmes delivered vary but can include:

- Beginner Gym/Strength Training
- Boxing /Mai Thai
- Surfing

Programme Dates: Throughout the year

Cost: Depending on chosen programme

To register: Contact lizzy@claresports.ie

Tel: 065 68 654 34 or 087 359 7767

Volunteer Opportunities

We are offering youths throughout Clare the opportunity to volunteer with Clare Sports Partnership during some of our organised events.

Why would you volunteer:

- * See what it is like to work within a sporting organisation
- * Experience the joy and satisfaction of helping other through physical activity
- * Give back to your community
- * Learn new skills

Opportunities to Volunteer on Weekends and during the Summer

- * Inclusive Summer Camps
- * parkrun
- * Inclusive Clubs
- * Inclusive Gymnastics

What is Involved:

Volunteers will be vetted through Clare Sports Partnership

Must be 16yrs+

Have signed consent from a parent/ guardian

Volunteer Dates: throughout the year

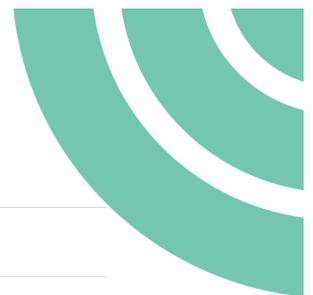
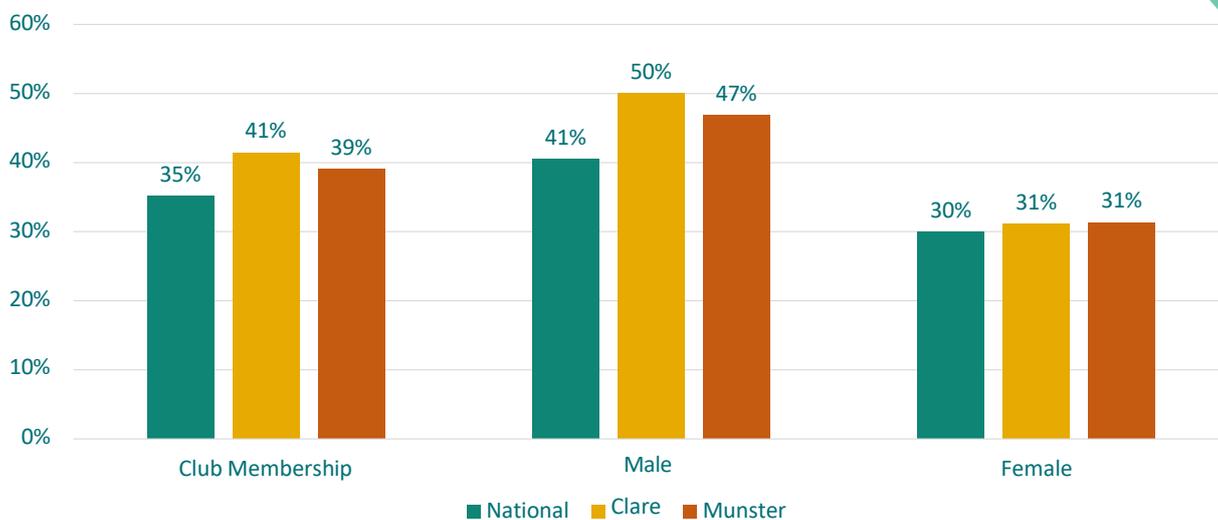
To register: Contact james@claresports.ie

Tel: 065 68 654 34 / 087 962 7696

Irish Sport Monitor Survey 2023

2023 ISM - Clare

Social Participation - Club Membership



Community Adult Programmes

- ◆ **Community Sports Hubs**
- ◆ **Men on the Move**
- ◆ **The Banner Mile**
- ◆ **Open Water Swimming**
- ◆ **parkrun**
- ◆ **Bike Week**
- ◆ **Walking/Running Programmes**

Contact: Eimear Lynch
eimear@claresports.ie

Tel: 065 68 654 34 / 087 450 90 71



SCAN ME!

Community Sports Hubs

Community Sports Hubs provide a home for sport

Community Sports Hubs bring together progressive sport clubs and community organisations who want to develop and grow the sporting offering in the community.

They focus on sustainable, community-led approaches that get clubs working together to develop welcoming, safe and fun sporting environments for all.

Our aim is to get more people active, more often

Clare Community Sports Hubs

Clarisford Park Killaloe, Kilrush, Shannon

Contact: eimear@claresports.ie

Tel: 065 68 654 34 / 087 450 90 71

Men on the Move

Men on the Move is a free physical activity programme implemented by Clare Local Sports Partnership in conjunction with Sport Ireland and the H.S.E. aimed towards MEN aged 35 years and over.

The aim of the free 12-week programme is to educate and enhance men's quality of life, have fun and improve fitness levels in a group environment.

Nutrition & Well-Being workshops as also part of the programme.

5 Reason to join Men on the Move

- * Enhanced Energy levels
- * Improved mood
- * Reduce stress
- * Improved health for better quality life
- * Meet new people

Programmes Dates: Spring & Autumn

Cost: €35 pp

Contact: mary@claresports.ie

065 68 654 34 or 087 490 91 03

The best move you'll ever make

The Banner Mile

The Banner Mile is an initiative aiming to encourage people to get back into the pool and become confident life-long swimmers.

- * The programme runs annually, starting in January and consists of 10-12 weeks of training.
- * On conclusion of the training programme you have the option to complete either a half mile or timed mile swim.

Locations: Ennis, Shannon, Lahinch

Programme Dates: January—March annually

Cost: Depending on location

Contact: eimear@claresports.ie or

Tel: 065 68 654 34 / 087 450 90 71

Open Water Swimming

Each year we team up with Clare Water Safety to bring you our Open Water Swimming Series.

The programme will run over six-weeks in four locations for 45 minute per session. The aim of the programme is to get you swimming over 700 meters by the end of the 6 weeks

Requirements:

- For programmes at Whitestrand Miltown Malbay, Cappa, and Kilkee: **you must be able to swim 50-metre front crawl consecutively.**
- For programmes at Whitestrand Doonbeg these are suitable for beginner level sea swimming **ONLY.**
- Wetsuits and swimming buoys are mandatory

Locations: Whitestrand Miltown Malbay, Cappa, Kilkee & Whitestrand
Doonbeg

Programme Dates: July — August

Cost: €50

Contact: pat@claresports.ie

065 68 654 34 or 087 494 53 81

parkrun

It's free

parkruns are free, weekly, timed events across the world, organised by local volunteers.

It's for everyone

Everyone is welcome at parkrun - whether you walk, jog, run or volunteer.

It's forever

Thanks to the support of our partners, land owners, and thousands of volunteers, our events will always be free and everyone will always be welcome!

Register just once <https://www.parkrun.ie/register>

parkrun in Clare

every Saturday morning at 9.30am

- * JOHN O'SULLIVAN PARK, LEES ROAD, ENNIS
- * CLARISFORD PARK, KILLALOE
- * VANDELEUR GARDENS, KILRUSH
- * ILLAUNMANAGH, SHANNON

Bike Week

Bike Week is a national celebration that promotes the benefits of cycling for all. Bike week takes place annually in May. In conjunction with Clare County Council, Clare Sports Partnership hosts events/initiatives across County Clare in club, community and school settings. Did you know cycling is one of the most inclusive sports, it is a lifelong skill and caters to all age groups? People of all abilities can enjoy participating. A full list of the events can be accessed on the Clare Sports Partnership website.

Fun Facts:

1. Currently, it's estimated that there are over 1 billion bicycles in use all around the world
2. The yearly maintenance cost for a bicycle is 20 times cheaper than for a single car.
3. There are twice as many bicycles in the world than cars.
4. Studies have proven that cycling is great for your health. It is one of the best pastimes for people who want to reduce the risk of having heart disease and stroke.

Contact: Eimear Lynch
eimear@claresports.ie

Tel: 065 68 654 34 / 087 450 90 71

Walking / Running Programmes

Would you like to be more physically active? Did you know walking and running are the easiest forms of physical activity. Each year we run initiatives to get you up and active both virtually and in person.

These programmes are for adults aged 18 and older but are family friendly also, so grab the family and off you go!

The programmes delivered vary but can include:

- Virtual Walking challenge:
- Community walking programme:
- Couch to 1k - 2k or 5km

Contact: eimear@claresports.ie or

Tel: 065 68 654 34 / 087 450 90 71

Women in Sport

- ◆ **Leadership Programme**
- ◆ **Beginner/Intermediate Swimming**
- ◆ **Other Opportunities**

Women in Sport Leadership

The Women in Sport Leadership programme is open to all existing female sports coaches in Clare over 18yrs of age.

This six month programme will provide participants with the leadership skills and confidence to take their coaching career to the next level.

Course Content:

- Introduction to Sports Psychology
- Team & Personal Leadership
- Introduction to Strength & Conditioning
- Nutrition

Places are limited

Programme Dates: October—March

Cost: Free

Contact: mary@claresports.ie

065 68 654 34 or 087 490 91 03

Beginner/Intermediate Swim Programme

6 Week Swimming Programme for Women

Reasons to join

- Learn to swim
- Meet swimmers of a similar ability
- Increase confidence in the water
- Swimming in a group enhances motivation
- Potential to move to Intermediate session

Includes

- One weekly coached session

Locations: Ennis, Shannon, Kilkee & Lahinch

Programme Dates: Autumn annually

Cost: €50

Contact: mary@claresports.ie

065 68 654 34 or 087 490 91 03

Other Opportunities for Women in Sport

Throughout the year we run many incentives to give new sporting opportunities to adult women.

These social sports can lead to lifelong involvement in the sport by partnering with clubs/organisations to create sustainable participation model.

Programmes vary each year but can include

- Tennis
- Caving
- Sailing
- Rock Climbing
- Currach Rowing
- Beginner Gym Programme

Contact: mary@claresports.ie

065 68 654 34 or 087 490 91 03



Ethnic Minorities & New Communities

- 123 Move With Me
- Membership Bursary

Contact: eimear@claresports.ie or

Tel: 065 68 654 34 / 087 450 90 71

123 Move With Me

The aim of the 123 Move with Me programme is to provide an understanding on active play for children aged 0 -3 years, the benefits of physical activity and play for this age group, and the vital role that parents can play in fostering an active lifestyle.

The intended audience for this resource is Traveller Community Health Workers and others involved with providing services to parents of children aged 0 – 3 years.

The training element of the project aims to enable participants to 1) **educate** the parents on the importance of active play, 2) **encourage** the parents to promote regular active play with their children 3) **empower** the parents with useful supports.

Contact: Eimear Lynch

eimear@claresports.ie

Tel: 065 68 654 34 / 087 450 90 71

Membership Bursary

The primary goal of the Membership Bursary is to break down socio-economic barriers such as mental health, disabilities and physical health and promote inclusivity by providing individuals up to the age of 21 facing financial challenges with the opportunity to engage in physical activity and sports.

This scheme is open to youths between 8 – 21 years of age.

A funding cycle is for 12 months from the 1st of January – 31st December.

The maximum amount of funding available for a person is €200. If it is a family application, the funding is also €200 max per family. This is funding-dependent and can change. Each application is assessed separately.

Contact: Eimear Lynch

eimear@claresports.ie

Tel: 065 68 654 34 / 087 450 90 71

Training & Club Development

- ◆ **Sports First Aid**
- ◆ **Safeguarding 1/ 2/ 3**
- ◆ **Physical Literacy**
- ◆ **Disability Awareness**
- ◆ **Disability Inclusion**
- ◆ **Autism Awareness Training**
- ◆ **Other Opportunities**
- ◆ **Club Development**
- ◆ **Club Grants**

Contact: mary@claresports.ie

Tel: 065 68 654 34 / 087 490 9103



SCAN ME!

Sports First Aid

These courses are for anyone who is involved in sporting organisations either as a coach or club volunteer in county Clare. The courses deal with common sporting injuries such as strains and sprains to the rare and more serious injuries such as spinal injuries and cardiac arrest.

Course Content:

Safe accident scene management

Correct Procedure for calling the emergency services

Circulation, wounds and bleeding

Cardiopulmonary resuscitation for Adult and Child Introduction to defibrillators (CPR)

Unconsciousness including head injuries such as concussion.

Fractures, Sprains, Strains and Dislocations

Diabetes, Epilepsy and Asthma and Concussion

Spinal Injuries

Programme Dates: Courses run throughout the year during Spring & Autumn

Cost: €25pp subsidised

You receive: CFR certificate from PHECC and an Emergency Sports First Aid Certificate

Contact: mary@claresports.ie

065 68 654 34 or 087 490 91 03

Safeguarding 1

This workshop is necessary for anyone involved in sport to understand their responsibilities in safeguarding children.

This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

All Coaches, Children's Officers and Designated Liaison Persons (DLP) must first complete the 3 hour Child Welfare & Protection Basic Awareness Course before completing Safeguarding 2 or Safeguarding 3. You must be 18yrs + to complete

Face to face courses can be organised for clubs.

Minimum number of participants 16

All course dates are advertised on our website and run regularly throughout the year via zoom

Programme Dates: Throughout the year

Cost: €15pp

You receive: Resource book and certification

Contact: mary@claresports.ie

065 68 654 34 or 087 490 91 03

Safeguarding 2

CLUB CHILDREN'S OFFICER

Club Children's Officers should be child centred in focus and have as the primary aim the establishment of a child centred ethos within the club. S/he is the link between the children and the adults in the club. S/he also takes responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and Sports Leaders.

A person appointed to the Club Children's Officer position in a club must have completed safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and should complete the New Club Children's Officer 3 hour workshop. This course will help the Club

Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the club. Participants will also receive a Club Children's Officer Action Planning document as part of the training.

All course dates are advertised on our website and run throughout the year via
zoom

Programme Dates: Throughout the year

Cost: €15pp

You receive: Resource book and certification

Contact: mary@claresports.ie

065 68 654 34 or 087 490 91 03

Safeguarding 3

DESIGNATED LIAISON PERSON DLP

Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochán / PSNI. It is recommended that this person is a senior club person. However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as Designated Liaison Person once the club/organisation is clear about the responsibilities of each role. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

A person appointed to the Designated Liaison Person position in a club must have completed the Child Welfare & Protection Basic Awareness Course and should complete the NEW Designated Liaison Person 3 hour workshop. A club may appoint the same person to both the CCO and DLP positions however best practice

All course dates are advertised on our website and run throughout the year via
zoom

Programme Dates: Throughout the year

Cost: €15pp

You receive: Resource book and certification

Contact: mary@claresports.ie

065 68 654 34 or 087 490 91 03

Physical Literacy

Definition: Physical literacy is the **motivation, confidence, physical competence, knowledge** and **understanding** that enables a person to value and participate in physical activity throughout life.

Sport Ireland Coaching has developed a course to allow participants to expand their knowledge and understanding of physical literacy in an interactive 2-hour workshop that will enable participants to outline the origins, definition, elements, relationship between the elements and importance of physical literacy and explain whether individuals can be described as 'physically literate' and whether physical literacy can be assessed.

By developing an individual's physical literacy, they can find 'the switch' that works for them, start to value physical activity in their lives, grow a love of being active and include it in their lives every day. If you wish to learn more about this course, please get in touch.

Contact: Eimear Lynch/Mary Taylor

eimear@claresports.ie/mary@claresports.ie

Tel: 065 68 654 34 / 087 450 90 71 / 087 490 91 03

Coaching Children Workshop

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

The concepts of Physical Literacy and Holistic Development run throughout the series of workshops and will be covered in detail.

- * **Workshop 1:** Coaching Children Successfully in Sport
An Introduction for Coaches
- * **Workshop 2:** Child-Centred Coaching
Understanding Child Development & Learning and its impact on how We Coach
- * **Workshop 3:** Developing Physical Literacy through Sport 1
Coaching Children to Move
- * **Workshop 4:** Developing Physical Literacy through Sport 2
Coaching Children To Think

Duration: Each Workshop is 6hrs

Location/Time: Ennis

Cost: €50pp for full course

To register your Interest contact:

mary@claresports.ie

Tel: 065 68 65 434 / 087 490 91 03

Disability Awareness Training

This 90 minute workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.

On completion of the course all attendees will receive an Active Disability Ireland certificate of attendance endorsed by Sport Ireland.

Learning Outcomes

- * Understanding Disability: to define and distinguish between the different disability/impairment groups
- * Increased Awareness: have an increased awareness of people with disabilities taking part in sport and opportunities in your community
- * Reflect and Evaluate: reflect and evaluate your own practice of inclusion

Locations: Via Zoom

Programme Dates: Throughout the year

Cost: Free

You receive: An Active Disability Ireland certificate Contact:

james@claresports.ie 065 68 654 34 / 087 962 76 96

Disability Inclusion Training

This six hour workshop is designed to get attendees engaged through

- ⇒ Interactive group work
- ⇒ Theory content
- ⇒ Introduction to adaptation tools

and then applying this learning to a variety of games and activities, making them inclusive for all ability groups.

Learning Outcomes:

Provide participants with the knowledge, skills and ideas on how to adapt and modify your sport, physical activity or physical education sessions.

On completion of the workshop all participants will receive an Active Disability Ireland certificate of attendance endorsed by Sport Ireland, a resource manual and a games booklet full of fun inclusive activities.

Programme Dates: Throughout the year

Cost: Varies

You receive: Active Disability Ireland certificate of attendance, a resource manual, and a games booklet full of fun inclusive activities

Contact: james@claresports.ie or 065 68 654 34 / 087 962 7696

Autism in Sport Workshop

This workshop will provide attendees with an understanding of Autism focusing on the delivery of sport.

This three hour workshop is designed to get attendees engaged through

- ⇒ Interactive group work
- ⇒ Theory content
- ⇒ Introduction to adaptation tools

and then applying this learning to a variety of games and activities, making them inclusive for autism groups.

Learning Outcomes:

To help participants recognise and understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions

Programme Dates: Throughout the year

Cost: Varies

You receive: 1 hr theory & 1hr practical

Contact: james@claresports.ie or 065 68 654 34/087 962 76 96

PAL's/ Care PAL's Training

Physical Activity Leaders (PALs) - 6 week course

- * This course enables people who are already part of a community group or club to lead physical activities such as short exercise routines, fun games, simple dances and sports like pitch and toss.
- * Groups can be from Active Retirement groups, sports clubs, ICA, or some social group that meets regularly. There are great benefits from having a few PAL's to lead activities within community groups.

PALs Workshop: Throughout the year

Location: St. Josephs GAA Hall, Gurteen, Doora, Ennis, Co. Clare

Cost: €25 (a light lunch will also be provided at no extra cost)

Contact: james@claresports.ie 065 68 654 34 / 087 962 7696

Care PAL's : Extension of PAL's for staff in Care Setting (2 week course)

- * This course empowers staff working in care settings to lead out Health
- * Enhancing Physical Activity (HEPA) sessions for older people with varied levels of ability on a regular basis.
- * To support participants in leading out the ***Go for Life Care PAL's*** programme in their own care setting

Care PAL's Workshop: Throughout the year

Location: St. Josephs GAA Hall, Gurteen, Doora, Ennis, Co. Clare

Cost: €50 (a light lunch will also be provided at no extra cost)

Contact: james@claresports.ie or 065 68 654 34 / 087 962 7696

Other Opportunities

Volunteer with Clare Sports Partnership

Clare Sports Partnership welcomes volunteers who want to get involved with our programmes or administration needs.

If you would like to get involved please contact james [@claresports.ie](mailto:james@claresports.ie)

Become a Clare Sports Partnership Tutor/ Instructor/ Coach

We are updating our panel of physical activity tutors for the delivery of a wide range of established physical activity programmes (day/evening/night time) throughout the county.

Tutors will need to be suitably qualified e.g. P.E. Teachers, Fitness Instructors or Personal Trainers.

If interested please send your C.V. together with a cover letter outlining your area of expertise to

Email: cathy@claresports.ie

Post: Clare Sports Partnership Offices,
c/o Clare Education Centre, Government Buildings'
Kilrush Road, Ennis,
Co. Clare.
V95 F782

Club Development

We aim to support all Sporting Clubs within Clare in the participation of sport all across the sporting network including;

- * Support and Development – Better established links between LSP’s and Clubs using a structured and standard setting template for development.
- * Having an accredited or licensed programme recognised nationally and internationally.
- * Supporting communities to grow their clubs into more inclusive units through the development of policies and procedures which encourage participation of all abilities in a safe and friendly environment.
- * Membership – Allowing clubs to examine methods to increasing membership through innovative recruitment – a well run club will be better established to attract new members.
- * Capacity Development of Members – supporting the clubs to build the capacity of its members including player/athletes, administrators, sports coaches / leaders/volunteers to ensure that the workload of running a club does not fall on a few.
- * Promotion of Club – A well managed club can use the positive profile to attract additional members, sponsors and funding opportunities, it can also be a positive component to promoting a local community.
- * Potential to link to financial and non financial support through programmes delivered by NGB’s / LSP’s etc.

Small Grants

Through our small grants scheme we have limited funding that could help your club in achieving greater participation rates.

- * The criteria for the fund is based on disadvantaged areas and specific target groups as outlined in our strategic plan.
- * Decisions are usually made at our project team monthly meetings.
- * Due to the limited nature of the fund we do not fund any capital expenditure.

Contact: mary@claresports.ie

065 68 654 34 or 087 490 91 03

Active Adults

55yrs+

- * **Active Adults Exercise Classes**
- * **Go for Life Games League**
- * **Active Adults Group Training / Support**
(see training & development pg. 54)

Contact: James Murrelly

james@claresports.ie

Tel: 065 68 654 34 / 087 962 7696



SCAN ME!

Active Adult Group Exercise Classes

Would you like some chat, fun and a little light exercise suitable to your ability? Catch up with your friends over a cup of tea afterwards. Everyone welcome—No need to book, just come along!

These classes are run by John Conroy Fitness4Fun

All classes are pay as you go €10 and can be booked online also at
www.fitness4fun.ie

Ennis, Quin, Kilkishen, Corofin, Shannon & Sixmilebridge

Mon 10am - 11am	Kilkishen	GAA
Mon 11:30am - 12:30pm	Quin	Community Centre
Mon 1:15pm - 2:15pm	Ennis	Cois Na hAbhann Gort Rd
Mon 5pm - 6pm	Roslevan	Fahy Hall
Wed 11:45am - 12:45pm	Crusheen	Community Centre
Wed 1:45pm - 2:45pm	Ennis	Scouts Hall
Thur 10:15am-11:15am	Corofin	Corofin GAA Hall
Fri 10am - 11am	Sixmilebridge	GAA
Fri 12noon - 1pm	Shannon	Hope Cafe

North & West Clare Areas

Tue 10am - 11am	Kilmurry McMahon	Community Hall
Tues 12:30pm - 1:30pm	Kilfenora	Community Centre

Active Adult Group Exercise Classes

These classes for older adults are run by Fiona Ward.

All classes are pay as you go €10

East Clare

Tues 10am-11am	Killaloe	Clarisford Park
Wed 12noon - 1pm	Scariff	Community Centre
Thur 10am - 11am	Killaloe	Clarisford Park

Active Adults Games League

The aim of the Go for Life Games is to involve adults aged 50years and over in recreational sport.

The emphasis of the Games is on participation and fun – played in a non-competitive way – with all participants encouraged to umpire their own game.

Go For Life Games are a combination of:

- * Malai: An adaption of the game of Cornhole
- * Scidil: An adaption of the game Ten Pin Bowling/Skittles
- * Flisk: An adaption of the game of Frisbee and Horse Shoe Pitching

County Regional Spring & Autumn League

- * Kilrush FRC /Clarisford Park Killaloe

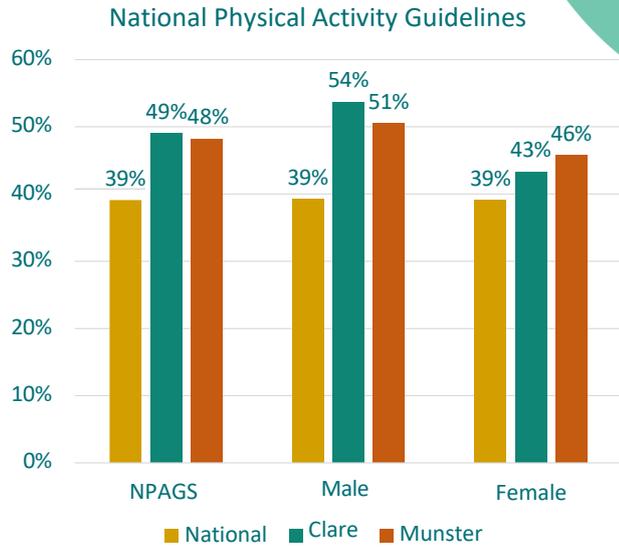
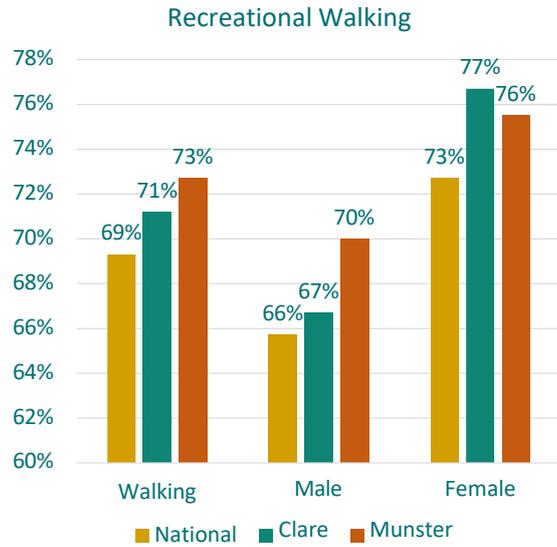
County Finals Spring/Summer League

- * Inagh Community Centre

Contact: james@claresports.ie or 065 68 654 34 / 087 962 7696



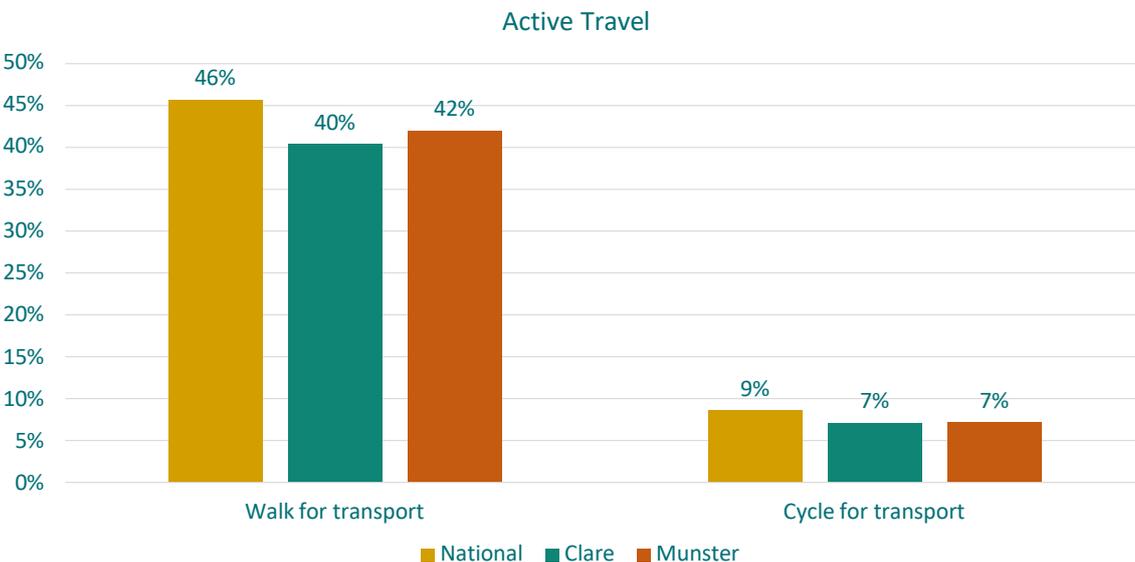
2023 ISM - Clare



sportireland.ie

Irish Sport Monitor Survey 2023

2023 ISM - Clare



sportireland.ie



Inclusion

- * **Disability Training** (see training & development pg. 54)
- * **Inclusive Summer Camps**
- * **Inclusive Clubs**
- * **On – Going Inclusive Programmes/
Groups**

Contact: James Murrihy james@claresports.ie

Tel: 065 68 654 34 / 087 962 7696



SCAN ME!



Inclusive Camps

We work with National Governing Bodies and Sports Clubs to run camps for children with disabilities. The following camps run annually

- Autism Activity Cúl Camp with Clare GAA
- Down Syndrome Soccer Camp with FAI Clare
 - Athletics Camp with Derg Athletics Club
- Basketball Camp with Clare Comets Basketball Club
 - Surfing Camp with West Coast Surf Club

For further information on Camps contact:

james@claresports.ie

Tel: 065 68 654 34 /087 962 7696

Inclusive Clubs

Mainstream Clubs that cater for children with additional needs:

GAA:

- Corofin All Stars
- Éire Og All Stars
- Wolfe Tones All Stars
- Newmarket on Fergus All Stars
- Kilkee Bealaha Hurling Club All Stars

Athletics:

- Derg Athletic Club
- Tulla Athletic Club

Basketball:

- Clare Comets Basketball Club

Surfing:

- West Coast Surf Club

Special Olympics:

- Shannon Flyers
- Ennis Golf Club

For further information on Inclusive Clubs contact:

james@claresports.ie

Tel: 065 68 654 34 /087 962 7696





On-Going Inclusive Programmes

<u>Target</u>	<u>Venue/ Club</u>	<u>Activity</u>
Young Adults	S Club Shannon	Multi Sport Activities
Children	Ennis Voices For Autism	Multi-Sport, Cycling, Swimming
Adults	Various	Boccia
Adults	Dulick Training Centre	Chair Aerobics
Children	Clare Crusaders	Multi Sport Activities
All	Leisure Centres	Swimming , Gym
Children	Ennis Gymnastics	Gymnastics
All	Ennis, Kilrush, Killaloe	Hand-cycling

For further information on disability programmes contact:

james@claresports.ie

Tel: 065 68 654 34 /087 962 7696

Outdoor Recreation

Embracing Ireland's Outdoors, The National Outdoor Recreation Strategy, sets out Ireland's ambition to create a more coordinated and sustainable approach to the development, management and utilisation of Ireland's outdoors. Central to the strategy's implementation are Outdoor Recreation Officers (OROs), dedicated professionals tasked with coordinating and facilitating outdoor recreational leadership at a county level.

Clare Local Sports Partnership have successfully been selected to host one of the 6 pilot Outdoor Recreation Officers.

One of the key roles of the Outdoor Recreation Officers is to facilitate the development of a County Outdoor Recreation plan. These plans serve as tailored roadmaps, reflecting the unique characteristics and needs of each county. Through extensive consultation and planning, the County Outdoor Recreation plans will outline strategies for the development and management of outdoor recreation resources, ranging from hiking trails and cycling routes to water-based activities and nature reserves.

Outdoor sports are sports that take part in the natural environment such examples are hiking, mountain biking, surfing, rowing, caving, climbing, angling and hang-gliding. This list is not exhaustive.

Jessica O'Keeffe is our Outdoor Recreation Officer

Contact: jess@claresports.ie

065 68 654 34 or 087 333 81 31



SCAN ME!



ESF+

What is ESF+?

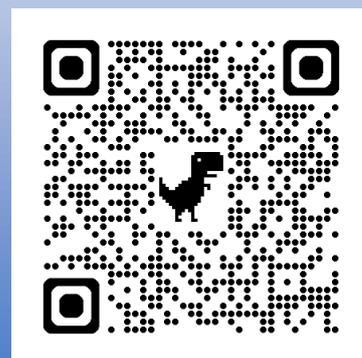
Ireland’s ESF+ programme is about investing in people. It aims to achieve high employment levels, fair social protection and a skilled and resilient workforce for the future world of work. The ESF+ will contribute to reducing the risk of poverty and social exclusion, with an emphasis on disadvantaged groups. Funding will also improve the chances of people getting a job by providing training to up-skill and reskill, lifelong learning, and education measures with a focus on those who face greater challenges in accessing the labour market.



For further information contact:

conor@claresports.ie

Tel: 065 68 65434 /087 932 13 88



SCAN ME!

Sport 4 Empowerment

Sport 4 Empowerment

Sport Ireland has developed a new “Sport 4 Empowerment” (S4E) programme as part of Ireland’s ESF+, EIST Programme for 2021 – 2027. The aim is to develop new social inclusion programmes through sport and physical activity with a specific focus on people at risk of social exclusion and poverty. This programme will support innovative ideas, and methods to tackle social issues through user-focused design thinking.

Sport and physical activity will be used as the mechanism to reach and engage with the identified target communities through innovative programmes.

The Sport 4 Empowerment programme is the responsibility of the ESF+ Social Innovation in Sport Officer.

4501326934

Principles

These principles were selected to help guide the S4E programme. These principles align the S4E programme with the values of Sport Ireland and the objectives of the ESF+ programme.

- 
INCLUSION
 Inclusion is at the heart of the programme, valuing people’s differences, whether it is diverse backgrounds, abilities, or circumstances. The programme aims to create an inclusive environment where everyone feels welcomed, respected, and has a sense of belonging.
- 
PARTNERSHIP
 The programme aims to build strong partnerships with a diverse range of stakeholders. Through collaboration, the programme will leverage expertise and resources to foster social inclusion and empowerment.
- 
INNOVATION
 The programme will place a strong emphasis on innovation and creative problem-solving. By exploring new and imaginative approaches, the programme aims to drive positive social change and enhance the impact of sport and physical activity.
- 
LEARNING
 The programme will promote continuous learning and will create opportunities for participants to acquire new skills, knowledge and confidence through sport and physical activity.

For further information contact: conor@claresports.ie

Tel: 065 68 65434 /087 932 13 88



Social Media



@claresports

#activeclare

www.claresports.ie



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



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An Roinn Forbartha Tuaithe agus Pobail
Department of Rural and Community Development