



LIMERICK SPORTS PARTNERSHIP

Getting Limerick Active



LIMERICK SPORTS PARTNERSHIP

General Update

Strategic Plan 2016-2020 Outline

Three Key Functions of the LSP

- ▶ To Inform
- ▶ To Educate
- ▶ To Enable



Guiding Plans



LSP General Update & Strategic Plan Outline

- Our Vision : *Is of a Limerick where everybody lives and works in an environment that promotes Physical Activity and facilitates an active way of life.*
- Our Mission : *Is to encourage and enable Limerick People to partake in physical activity on a regular basis regardless of age or ability. Getting Limerick active together.*



LSP Strategic Plan - Themes

- ▶ Theme 1
 - ▶ Creating Solid Foundations
- ▶ Theme 2
 - ▶ Building Community Capacity
- ▶ Theme 3
 - ▶ Promoting Equality of Opportunity
- ▶ Theme 4
 - ▶ Implementing in Partnership



Theme 1 Creating Solid Foundations

► Goal:

To provide children and young people with a positive introduction to physical activity which promotes and supports lifelong involvement.



Examples - Walking and Sports Leadership Awards



Example - TY VIP Leadership Programme



Examples - Schools Marathon Challenge & Sportshall Athletics



Theme 2 Building Community Capacity

► Goal:

To build capacity in communities to facilitate sustained increases in physical activity levels thereby enhancing wellbeing and improved quality of life.



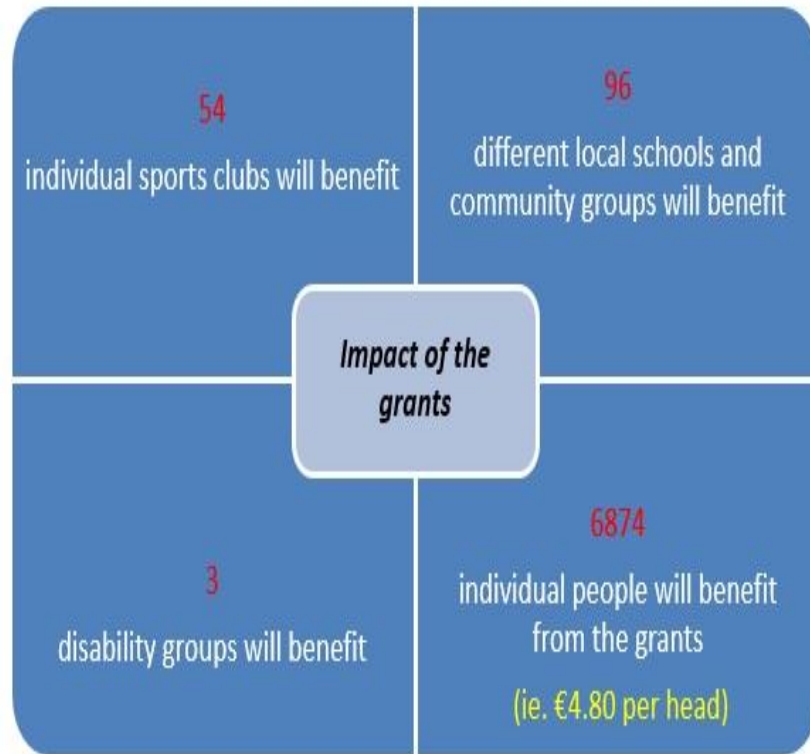
Examples - Mother of All Tag & Men on the Move



Examples - Community Walking & Company Marathon Challenge



Examples - Club/Community Grants & CPD Education



Coaching Children Series: Workshop 1

Coaching Children Successfully in Sport –
An Introduction for Coaches

Developed by
 LEEDS BECKETT UNIVERSITY



Theme 3 Promoting Equality of Opportunity

► Goal:

To support equality of opportunity and facilitate people of all ages and abilities to access physical activity throughout their lifecycle



Examples - Ability Sports & Engaging Marginalised Communities



Examples - Older Adult Programmes



Theme 4 Implementing in Partnership

► Goal:

To develop the combined potential of physical activity providers and key stakeholders to get limerick active together



How will we Deliver this Plan?

- ▶ Dedicated, experienced and qualified staff
- ▶ Professional & committed Board of Directors
- ▶ Disability Forum
- ▶ Sports Forum
- ▶ Qualified Tutor Panel
- ▶ Excellent programme facilitators team
- ▶ Volunteers
- ▶ Coaches/Leaders





MID WEST REGIONAL
DRUGS & ALCOHOL FORUM
Clare • Limerick • N Tipperary

Age &
Opportunity
Life is for
Living.



COACHING IRELAND
OILIÚINT ÉIREANN



ULBeo

The University of Limerick
Breaking New ground in Physical Activity and Sport



UNIVERSITY
of
LIMERICK
OILSCOIL LUIMNIGH

Limerick
CITY & COUNTY
COUNCIL



lcetb

Bord Oideachais agus Oiliúna
Luimnigh agus an Chláir
Limerick and Clare
Education and Training Board

UL
SPORT
IRELAND'S SPORTS CAMPUS



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



ARA

Adapted Physical Activity Centre

AN IRISH SPORTS COUNCIL / IT TRALEE INITIATIVE / HYUNDAI INITIATIVE



sport ireland



LIMERICK INSTITUTE
OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA
LUIMNIGH

limerick youth service



QQI - Community Coaching Programme

- ▶ 14 Week - QQI Level 3 & 4 Personal Development and Coaching/Leadership Qualifications
- ▶ Partners
 - ▶ Dormant Accounts
 - ▶ Sport Ireland
 - ▶ LCETB
 - ▶ West Limerick Resources
 - ▶ Rural Bus
 - ▶ NGB's
 - ▶ Coaching Ireland
 - ▶ Community Groups/Facilities



Course Participants - Limerick City and NCW

- ▶ Debbie Cropper
- ▶ Christina Flavin
- ▶ Noel Healy
- ▶ Denis Kelliher
- ▶ Michael Kelliher
- ▶ Gerard O'Brien
- ▶ Karen O'Brien
- ▶ Timmy O'Brien
- ▶ Sean O'Donnell
- ▶ Kelvin Reynolds
- ▶ John Smith
- ▶ Paul Byrne
- ▶ Noel Hayes
- ▶ Pat Hehir
- ▶ Trevor Hyde
- ▶ Grace Mulqueen
- ▶ Dominique O'Connell
- ▶ Martin O'Gorman
- ▶ Shane Ryan

CPD Coach Education/Seminar Series





SPORTS SEMINAR

TITLE:
FUNDAMENTAL MOVEMENT SKILLS: LINK TO
HEALTH, SPORTING EXCELLENCE AND
ACTIVITY ADHERENCE

PRESENTER: TOM COMYNS

- Lecturer in Human Movement Science
- Research & teaching interests involve all aspects of Human Movement Science—particular focus on Strength & Conditioning (S&C)
- Research has provided scientific evidence for optimising the potentiation benefits of complex training.
- Worked as S&C coach with munster rugby and IRFU before taking up post of Head of S&C at the Irish Institute of Sport
- Lead S&C provision and strategy for Ireland's Olympians and Paralympians.
- Tom is an Olympian and an accomplished Irish sprinter.
- Competed in the 4 x 100 m relay for Ireland at the Sydney Olympic Games



WWW.LIMERICKSPORTS.IE



**AIMED AT
TEACHERS AND
COACHES**

**ONLINE
REGISTRATION**
www.limericksports.ie
LIMITED PLACES AVAILABLE
(FREE OF CHARGE)

WHEN
Wednesday 1st
June at 6:45pm

WHERE
University of
Limerick,
Physical
Education &
Sports
Science
Building
(PESS)

ULBeo
University of Limerick