

NEWSLETTER

Ballybay Town Council Building · Main Street · Ballybay · County Monaghan · Tel. 042 · 9755 126

Welcome



ABOUT

Monaghan Sports Partnership was established in 2006 under the auspices of Monaghan County Development Board. Its values are underpinned by a tripartite agreement between Monaghan Sports Partnership, Monaghan County Council and the Irish Sports Council.

In 2008 The Irish Sports Council launched the national network of Local Sports Partnerships to celebrate the expansion of these organisations to 33 across the Country.

< Pictured at the launch of the Local Sports Partnerships are (left to right): Jennifer Hill, Sports Inclusion Development Officer for Monaghan & Cavan, the late Seamus Brennan (RIP) TD, Minister for Arts, Sport and Tourism, John Tracey, CEO, Irish Sports Council, Michelle Murphy, Sports Coordinator, Monaghan and Liam O'Connor, Chairperson, Monaghan Sports Partnership

LOCAL SPORTS PARTNERSHIPS

What they are all about...

The key aims of the LSPs are to increase participation in sport and to ensure that local resources are used to best effect. The outcomes sought from the Local Sports Partnerships include:

- Enhanced planning of sport at local level
- Increased levels of local participation, especially amongst specific target groups such as older people, girls and women, people with a disability, unemployed people and those who live in disadvantaged communities
- Enhanced local coach deployment
- Club development
- Volunteer training
- Local directories of sports clubs and facilities
- Better use of existing facilities
- School / club / community and possibly school / Sports National Governing Body links
- Local sports events

LOCAL SPORTS PARTNERSHIP BOARD MEMBERS

Name	Organisation	Representing
Adge King	Monaghan County Development Board	Statutory agency
Michael Dillon	FÁS	Statutory agency
Cllr Pat McKenna	Monaghan County Council - elected representative	Statutory agency
Hugo Clerkin	County Monaghan VEC	Statutory agency
Colm Casey	Health Service Executive	Statutory agency
Fr. Peadar Ó Corragain	Monaghan County Athletics Board	Outdoor Sports
Vacant		Outdoor Sports
Liam O'Connor	County Monaghan Community Games	Indoor Sports
Monica Boyle	Killeevan Gymnastics Club	Indoor Sports
John O'Callaghan	Monaghan Rugby Club	Field Sports
John Connolly	Monaghan County GAA	Field Sports
Mary Grimes	Monaghan Ladies GAA	Female Sports
Vacant		Community Sector - Older People's Network
Malachy Marron	Parents & Friends of the Mentally Handicapped	Community Sector - Disability Network
Nicola Thornton	Comhairle na nÓg	Community Sector - Youth
Deirdre Mullen	Comhairle na nÓg	Community Sector - Youth
Jimmy McGeough	Monaghan Education Centre	Primary Schools
Vacant		Post Primary Schools
Michelle Murphy	LSP Coordinator & Secretary	Monaghan Sports Partnership
Eilish Markey	LSP Administrator	Monaghan Sports Partnership
Jennifer Hill	Sports Inclusion Development Officer	Monaghan Sports Partnership

MEET THE SPORTS PARTNERSHIP TEAM



Sports Co-ordinator Michelle Murphy

Michelle was appointed Sports Co-ordinator in November 2006 and has spent a busy 2 years managing the day-to-day operations of the organisation. Her work revolves around the key aims of the LSP. The board decides on the priorities to be assigned to the co-ordinator's work but in general her role is around implementing the key areas contained within the strategic plan and its associated projects and programmes.

Sports Administrator Eilish Markey

Eilish's role is around providing the main point of contact for the Sports Partnership Office in Ballybay and dealing with the administrative day-to-day affairs of the organisation. She supports the Sports Co-ordinator in her role and develops structures to ensure an efficient and effective service and the quality of programmes being delivered. From May to November 2007, Michelle Boyle held the position of administrator.



Sports Inclusion Development Officer Jennifer Hill



Jennifer took up the position of Sports Inclusion Development Officer for Counties Monaghan and Cavan in January 2008, after a joint application to Pobal by the two Counties was successful in achieving funding under the Dormant Accounts Fund. Jennifer's role centres on assessing and improving the provision of sport and physical activity for people with a disability across both counties and she has already organised a number of successful events. Jennifer is one of 21 Officers across the Country (see sports inclusion page for more information).



BUNTÚS PROGRAMMES

The Buntús Programme is a physical activity programme for Primary Schools which was developed by the Irish Sports Council and endorsed by the Department of Education. The programme has two streams – Buntús Play and Buntús Multi-Sport that are aimed at supporting teachers in delivering the games strand of the p.e. curriculum

Buntús Play is aimed mostly at 5-9 year olds. The focus is to aid in the development of basic motor and movement skills. This is done using equipment such as balloon balls and other small sized equipment.

Buntús Multi-Sport is aimed at 7-11 year olds. It acts as an introduction to net/wall activities and games whereby teams invade each others space.

The three key components of the programme - **training, resource cards and equipment** - are designed to provide easy to understand, and accessible support to give children a fun, but high quality introduction to sport.

All Schools that take part receive 2 bags of sports equipment as seen below.



Primary school teachers completing their Buntús training. ^

Children from St. Louis NS, Monaghan > launching the Buntús Programme.



45 Schools

completed training 2007/2008

- The Billis NS
- Clontibret NS
- Deravoy NS
- Urbleshanny NS
- Edenmore NS
- Drumacruttin NS
- Latton NS
- Knocknagrave NS
- Knockconan NS
- Latnamard NS
- Leitrim NS
- Ballybay Central NS
- Rockcorry NS
- St. Brigids NS, Aughnafarcon
- Connons National School
- St. Michaels NS, Annyalla
- Scoil Éanna, Ballybay
- St. Patricks NS, Broomfield
- Rath na nÓg, Castleblaney
- Scoil Croí Ró Naofa, Clones
- Scoil Padraig NS, Corduff
- All Saints NS, Doohamlet
- Scoil Phádraig, Garron
- Scoil Mhuire, Gransha
- St. Michaels NS, Corcaghan
- Scoil Mhuire, Magherarney
- St. Louis Infant School, Monaghan
- Scoil Phádraig Naofa, Oram
- St. Michaels NS, Rackwallace
- Scoil Mhuire, Glaslough
- Scoil Naomh Mhuire, Clontibret
- Scoil Rois, Carrickmacross
- St. Dympnas NS, Tydavnet
- St. Joseph's NS Knockatallon
- St. Josephs BNS, Carrickmacross
- St. Oliver Plunketts NS, Loughmourne
- St. Patricks NS, Clara
- St. Mary's NS, Threemilehouse
- Blackstaff NS, Inniskeen
- St.. Loius Girls NS, Monaghan
- Killeevan NS
- Fortview NS
- Gaelscoil Eois, Clones
- Drumcorrin NS
- St. Endas NS, Scotshouse
- St. Louis Infant School, Castleblaney

THE CODE OF ETHICS AND GOOD PRACTICE FOR CHILDREN'S SPORT

The **Code of Ethics and Good Practice for Children's Sport** is a practical set of guidelines for those involved in sport for young people as developed by the Irish Sports Council and Sports Council of Northern Ireland. It is a 32 County document adopted by most National Governing Bodies of Sport.

Monaghan Sports Partnership offers the basic 4-hour awareness training course on "Child Welfare & Protection in Sport" which is aimed at leaders within sports clubs / organisations (see courses/events).

Monaghan Sports Partnership highly recommends that clubs would elect a 'Children's Officer' who will actively carry out the role of ensuring appropriate structures for the welfare of all their members.

Monaghan Sports Partnership has organised 14 of these courses to date in Carrickmacross, Ardagh, Castleblayney, Emyvale, Monaghan, Clones, Ballybay, Killeevan, Truagh and Threemilehouse providing training for 209 people representing 65 sports clubs / organisations throughout the County.

CHILDREN'S OFFICER TRAINING

This is a six hour training course specifically for those appointed in their respective clubs as Children's Officers. Participants who wish to follow on the code of ethics workshop with Children's Officer Training must wait a minimum period of 3 months from completing the Code of Ethics & Good Practice for Children's Sport Awareness training.

See courses/events for upcoming dates of this training.



COMMENTS ABOUT BUNTÚS START

"Good to introduce physical activities for children. Very useful ideas for physical activity for young children"

"Will encourage more physical play at childcare services"

Monaghan County Childcare Committee Ltd.



BUNTÚS START CHILDCARE CENTRES

Buntús Start is a comprehensive child centred physical activity programme for children aged 2-5 years old rolled out locally by Monaghan Sports Partnership in conjunction with County Monaghan Childcare Committee.

It has been designed for use in pre-school settings to provide a wide range of learning opportunities for young children to develop their fundamental motor skills, manipulative skills, co-ordination and balancing skills and develop a positive attitude to physical activity.

Buntús Start offers a combination of adult-initiated and child-led activities.

Monaghan Sports Partnership has organised 4 courses to date in Monaghan which have been very successful with some very positive feedback from the staff who are working with young children. **To date the following centres have completed training:** Riverbank Childcare Service, Tydavnet Tots to Teens, Knockatallon Community Playgroup, Glen Park Montessori, Tru Beginnings Community Childcare, Aghabog Early Years, Rockcorry Community Childcare, Fingers & Toes Community playgroup, Tír na nÓg Community Nursery, Daisychain Childcare, Bright Sparks Childcare & Farney Community Crèche.





Post primary school students at the sports fest in Ballybay - May 2008

GIRLS IN ACTION

What is Girls in Action?

The 'Girls in Action' programme is designed to target teenage girls in schools who are not currently involved in sports and physical activity. Monaghan Sports Partnership ran the programme in conjunction with the HSE's Health Promotion Unit, following funding received under the Irish Sports Council's 'Women in Sport' initiative which supports physical activity programmes that actively encourage more participation by females.

How does the programme work?

Instructors from within the community visit the school and deliver an activity session to the students. Coordinating teachers in each school assist in identifying specific, less-active students for inclusion in this programme as well as selecting a lunch-time or after-school time slot for running the activities. In doing so, participants have the opportunity to accumulate some or all of the daily recommended 60 minutes of moderate intensity physical activity.



In Monaghan, the following schools signed up to this first roll out of the 'Girls in Action' programme; Beech Hill College, Colaiste Oiriall, Monaghan Collegiate, St. Louis Convent, Carrickmacross, Ballybay Community College, Largy College, Clones

The programme culminated in a Sports Fest Day for all the schools who participated and almost 100 girls turned up to a sun drenched Pearse Park in Ballybay to enjoy the activities of Self Defence, Pilates, Salsa Dancing, Boxercise and Archery. It is anticipated that more post primary schools will sign up to the programme in 2009.



GAELIC 4 GIRLS

What is Gaelic 4 Girls?

Gaelic 4 Girls' is a national initiative developed by the Ladies Gaelic Football Association to target girls aged 9-13 years not currently participating in Gaelic Football. The aim of the programme centres on introducing the girls to the basic skills of the game with minimum emphasis on competitive play and maximum emphasis on fun and enjoyment.

Monaghan town was chosen as a site for this programme in 2008 and it was organised in partnership by the Ladies Gaelic Football Association, Monaghan Sports Partnership and Monaghan Ladies Football County Board. The 'Gaelic 4 Girls' programme in Monaghan took place on Saturday mornings at Beech Hill College, Monaghan with almost 60 girls taking part, one of the highest recorded attendances in the Country at one site. The programme ended with a blitz event in which every girl was given the opportunity to play the game. In ideal outdoor playing conditions, the girls put their newly acquired skills into practice in front of the eager attendance of parents and siblings.

All those who participated received a t-shirt and certificate and then also received a medal and a minis skill football when they travelled to Croke Park on 13th July 2008 to represent Monaghan in the National 'Gaelic 4 Girls' Blitz which was a very proud day for the girls and their families. It is hoped that the 'Gaelic 4 Girls' initiative will be repeated in Monaghan in 2009 at new sites to encourage more girls to play ladies football.



MONAGHAN SPORTS PARTNERSHIP'S NEW WEBSITE

Following the launch of the website for Sport and Recreation in Monaghan on Thursday 5th March, we invite you to take a 'surf' and learn more about what's happening in County Monaghan. There is information on all the programmes that Monaghan Sports Partnership runs as well as latest new items and information on coaching courses, events etc.

Log on to www.monaghansports.ie and keep yourself informed.

All clubs registered with the Sports Partnership are included on the website but should you wish to change contact details or add information, you can do so through the Club Registration Form on the Club Directory link.

Also if you have a significant event coming up in your club, we can help promote it for you.

www.monaghansports.ie



OTHER EVENTS TAKING PLACE IN COUNTY MONAGHAN IN 2009

Workshop/Course	Brief Description	Dates & Venues	Fee
2nd Blackwater 10k Run and Walk	Following on from the success of the 1st Blackwater 10k run in 2008, the event is due to be repeated in 2009 when over 1,000 participants are expected to stroll, jog and race around Rossmore Park. Application form can be downloaded from www.monaghansports.ie	Sunday 17th May 2009 Registration in advance or taken on the morning at 9.30am at Monaghan United FC Grounds, Gortakeegan Race begins at 12.30pm	See application form for fees
Deaf Soccer Tournament	Teams from Ulster, Munster, Connaught and Leinster compete in the Interprovincial Deaf Soccer Tournament hosted by Monaghan in 2009. The semi-finals and final of the Men's competition (15-a-s-side) takes place at Monaghan United FC grounds, Gortakeegan on Saturday and Ladies futsal tournament in Beech Hill College on Sunday. Come along and cheer the Ulster boys and Girls on!	Easter Weekend 2009 Mens Football – Saturday 11th April 2009 Ladies Futsal – Sunday 12th April 2009 Gala Ball Sunday 12th April at Hillgrove Hotel	Free event for spectators
FAI Festival of Football	A series of events will take place during the last week of June in Monaghan as a lead up to the FAI's National AGM. Former stars of the green jersey and FAI Executive will tour the County meeting and greeting young and old on their travels to promote the game of soccer.	29th June – 4th July 2009 For more information contact John Crudden (FAI Development Officer for Monaghan) on 086-0492729	

For all these courses and event and much more, please visit our website www.monaghansports.ie or e-mail info@monaghansports.ie

MONAGHAN SPORTS PARTNERSHIP
ANNOUNCES SPORTS GRANTS

At its February meeting, Monaghan Sports Partnership was able to shine some light on the work of sports clubs in County Monaghan as it announced its allocation of 2008 'Young People in Sport' Grant Scheme. The grants which are funded by the Irish Sports Council have been allocated for three years now towards the development of youth activities within a host of sports clubs throughout County Monaghan. The grants are used toward increasing participation by young people in sport and physical activity are always welcomed by the clubs, particularly those who are in the minority in terms of structure and membership.

The grants will be awarded to successful applicants at a special presentation on Thursday 5th March in the Glencarn Hotel, Castleblayney, an occasion which will also see the launch of Monaghan Sports Partnerships new website, by Mayor of County Monaghan, Cllr. Matt Carthy.

Also, special guest speaker on the night will be Stephen Kiernaghan, representing Steadfast House, Carrickmacross on his involvement and participation in the Monaghan / Cavan Sports Inclusion Programme for people with a disability, led by Jennifer Hill, Sports Inclusion Development Officer.

Name of Club	Grant Allocation
Drum Village Development Assoc.	€300.00
Drum Table Tennis Club	€500.00
Monaghan Shotokan Karate Club	€500.00
First Monaghan Table Tennis Club	€500.00
Sliabh Beagh Swimming Cub	€500.00
Tydavnet Community Games	€500.00
Clontibret Community Games	€500.00
Newbliss Table Tennis Club	€500.00
Monaghan United Football Club	€500.00
Clontibret Hurling Club	€500.00
Smithboro Boxing Club	€500.00
Killanny Community Games	€500.00
Emyvale Cycling Club	€500.00
Riding For the Disabled Assoc. Monaghan.	€500.00
Glaslough Villa F.C.	€500.00
Ardaghey Games Committee	€500.00
Killeevan Gymnastics Club	€500.00
Truagh Hurling Club	€500.00
Clontibret Camogie Club	€500.00
Truagh Camogie Club	€500.00
Monaghan Youth Federation	€500.00
Carrickmacross Community Games	€500.00
Drumhowan Geraldines GFC	€268.65

The grants, advertised in December and with a closing date of 9th January 2009, were approved at the February meeting of Monaghan Sports Partnership and successful applicants are listed below. Monaghan Sports Partnership would like to take this opportunity to congratulate all those clubs who work so hard to promote activities for young people and devote many hours of volunteering.



ciste na gcuntas díomhaoin
the dormant accounts fund

SPORTS INCLUSION DEVELOPMENT PROGRAMME

In 2006, Monaghan Sports Partnership was awarded €167,074 in funding from Dormant Accounts following an application made for Monaghan and Cavan for a Sports Inclusion Development Officer (SIDO).

In January last, Jennifer Hill from Castleblayney was appointed the Sports Inclusion Development Officer for both Counties.

The Sports Inclusion Development Officer's work to date has included making links with disability groups in Monaghan and Cavan and preparing a work plan to include the following areas of priority; Increasing opportunities for people with disabilities to participate in sport and physical activity through:



■ Come and Try it Days

Come and try it days are designed to give people with a disability a positive introduction into physical activity and an opportunity to try out a new sport in a supportive non-competitive environment. Wheelchair Basketball, Rugby & Soccer, New Age Kurling & Boccia, GAA & Badminton were just some of the sports participants get to try out on the day.

■ Riding for the Disabled Class

For the first time a 'Riding for the Disabled' class was included in Castleblayney Agricultural Show in 2008 and its success has sparked interest in horse riding in preparation for next years show with over 40 people signing up to take horse riding classes at Shenandoagh Stables, Lough Egish.

■ Monaghans First Boccia League

A number of Boccia sessions were run for centres throughout Monaghan in 2008 with tutors from each centre being trained up in the sport of Boccia. This resulted in Monaghan's first Boccia League which took place on Thursday 4th December 2008 in the Phoenix Leisure Centre. This League will continue in 2009.

■ Activity Workshops

Activity workshops have taken place in a number of centres across the county. The aim of these workshops was to introduce the importance of physical activity to people with a disability. The workshops involved a fun interactive presentation on the basic knowledge of the importance of physical activity and finished off with a practical session of aerobics.

■ Soccer Skills Programme

The Soccer Skills Programme was set up in conjunction with the FAI to introduce & develop soccer skills to people with a learning/intellectual disability. Participants from four centres in Monaghan took part in the ten week programme which finished up with a soccer blitz at Monaghan United FC grounds at Gortakeegan.



If you wish to find out more about activities for people with a disability please contact:

Jennifer Hill on 087-2623956 or Monaghan Sports Partnership Office on 042-9755126



GO FOR LIFE

Go for Life is the national programme for sport and physical activity for older people. The aim of Go for Life is to involve more older adults in all aspects of sport and physical activity more often. The thrust of the programme is to empower and enable older people by reaching out to active retirement associations, senior citizens groups, day care and community centres around the country, to ensure that more older people are more active, more often.

Go for Life is an Age & Opportunity initiative funded by the Irish Sports Council. The Go for Life team at Age and Opportunity administers the Go for Life programme, working in partnership with the Health Service Executive and the Local Sports Partnerships.

Monaghan Sports Partnership is pleased to be a recipient of the 8th Annual Go For Life National Grant Scheme receiving €1200 towards the running of Pitch and Putt classes and Aqua-Aerobics for older adults in County Monaghan. Along with Monaghan Sports Partnership were 11 other groups in the County who were successful in securing funding towards sport and physical activity. Congratulations to the following grant recipients and we look forward to your activities in 2009.

Carrickmacross ARA Monaghan	€400
Ballybay - Derryvalley Outdoor-Bowling Club	€475
Ceara Womens Group	€450
Broomfield ICA	€475
Broomfield Day Care Development Group	€350
Clones ICA Guild	€475
Killanny ICA	€475
Stonetown Community Group	€475
Lisdoonan Recreation & Development Association	€400
Scotstown ICA	€450
Corduff / Raferagh ARA	€475



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

If you would like to find out more about the Go For Life Annual Grant Scheme or are interested in setting up activities for older people in your community, contact the Sports Partnership office.

MONAGHAN SPORTS PARTNERSHIP PROGRAMME SPRING 2009

COACHING / EDUCATION

Workshop/Course	Brief Description	Dates & Venues	Fee
Code of Ethics Awareness & Good Practice for Children's Sport	The Code of Ethics and Good Practice for Children's Sport, (COE) is a practical set of guidelines for those involved in sport for young people as developed and certified by the Irish Sports Council. Choose one of the dates.	Monday 9th March '09 (6.30-10.30pm) In The Iontas Centre, Castleblayney. Wednesday 25th March '09 (6.30-10.30pm) Farney Workhouse, Carrickmacross.	€10pp
First Aid (REC2)	Rescue Emergency Care 2 First Aid (2 day course) is a bench mark First Aid award for anyone leading sports in Ireland. It is accredited in Ireland by several of the NGBs of Sport & it is built around realistic First Aid scenarios which occur while participating in sport.	2 Day course running on: Sat 21st March & Sat 28th March '09 (9am-5pm) Monaghan GAA Centre of Excellence Cloghan	€60pp
Buntús Start For Childcare Centres	Six hour training module for Childcare Staff to encourage regular activity by 2-5 years olds as part of their daily routine. The training is fully interactive with participation and planning by the childcare staff and is lots of fun. Centres completing the training receive a large resource bag of age-appropriate equipment. In conjunction with Monaghan County Childcare Committee.	Information evening - Tuesday 2nd March 2009 at County Childcare Offices, Monaghan (8.00pm - 9.00pm) This training is available on an ongoing basis - open for Childcare Centres to book training	
Buntús Training for Primary Schools	Four hour training module for Primary School teachers which complements the games strand of the P.E. curriculum. The course offers practical advice on physical education for young people and a series of activities and games to encourage their participation and inclusion.	Monday 9th March 2009 - already booked Monday 16th March 2009 - already booked This training is available on an ongoing basis - open for schools to book training	
Children's Officer Training	This is a follow on from the 4 hour Basic Awareness course (COE) and expands on the material delivered in the Basic Awareness Course. This information will support the Children's Officer in the implementation of best practice in the club. Must have completed Basic Awareness course at least three months prior to this course. 6 hour course running over 2 evenings :	Wed 22nd Apr '09 & Thur 23rd Apr '09 (7.00pm - 10.00pm) In Castleblayney Enterprise Centre.	€20pp

For more information on Monaghan Sports Partnership courses & application forms contact Michelle Murphy or Eilish Markey in the Sports Partnership office on 042-9755126

DISABILITY TRAINING COURSES

Workshop/Course	Brief Description	Dates & Venues	Fee
Power Soccer Regional Club	Power Soccer is an action packed team sport combining the skill of the wheelchair user with the speed and power of the chair itself to create a challenging game very similar to soccer. Power soccer is a team sport designed and developed specifically for power wheelchair users but can be played also by people using manual chairs.	Wednesday 1st April 2009 Phoenix Centre Carrickmacross, Co. Monaghan Time: 3.30pm - 5.00pm	Free
ASA Helpers Certificate (Swimming for people with Disabilities)	One day course designed for people who are involved in helping people with a disability during swimming lessons. The basic principles involved in teaching people with a disability to swim will be covered concisely and practically. Full qualification granted on completion of the one day course.	Friday 27th February 2009 Venue: Monaghan Swimming Pool, County Monaghan Time: 9.15am-4.30pm This course is now full but we are taking names for future courses	€20pp
Boccia League	An indoor bowling game for people with a disability. Please call to register at Monaghan Sports Partnership to sign up to this new exciting league.	Wednesday 4th March 2009 Phoenix Centre Carrickmacross, Co. Monaghan Time: 11.00am-12.30pm	Free
Disability Awareness Training for Sports Clubs	This training will provide sporting clubs with the knowledge on how to make their club more inclusive for people with a disability. The training will incorporate both the practical and theoretical knowledge on how to provide sporting opportunities for people young and old with a disability (All disabilities will be incorporated)	Thursday 19th March 2009 Venue: YWCA, North Road, Monaghan Time: 7.00pm-9.00pm	€5pp
Kick Start 1 Course	For leaders of groups that cater for people with a disability. To provide training in Soccer skills for leaders that work with or care for people with a disability. This is following on from the successful Soccer Skills programme run in 2008 in conjunction with the FAI.	Thursday 16th April 2009 Venue: to be confirmed Time: 9.15am-4.30pm	To be confirmed

For more information on disability sports courses & application forms contact Jennifer Hill or Eilish Markey in the Sports Partnership office on 042-9755126

NATIONAL GOVERNING BODY (NGB) TRAINING COURSES

Workshop/Course	Brief Description	Dates & Venues	Fee
FAI Coaching Courses	KICK START ONE on 5/09/2009 at Cavan KICK START TWO 4th/5th/6th Dec 2009 at Kingspan Century Homes Park. 13th/14th/15th Feb 2009 at Cootehill, Cavan. REFEREES BEGINNERS 29th/30th Aug 2009 at Carrickmacross GOALKEEPING INTRODUCTORY on 4/04/2009 at Cootehill, Cavan	Contact John Crudden (FAI development Officer for Monaghan) on 086-0492729 or e-mail john.crudden@fai.ie for information on any of the FAI accredited coaching courses, times of courses etc.	Check with Development Officer for fees
GAA Coaching Courses	'Friends of Monaghan' Go Games programme Football - U-12 - Saturdays 7th / 25th March Football - U-10 - Saturdays 4th Apr / 2nd May / 27th June Football - U-8 - Saturdays 18th April / 23rd May / 6th June Hurling - U-12 - Monday 27th July / 24th August Hurling - U10 - Monday 13th July / 10th August Dates for Monaghan VHI GAA Cúl Cmaps have been announced for 13 venues around Monaghan. Log onto www.gaa.ie for more information	Contact Paul O'Connor (GAA Coaching & Games Development Manager for Monaghan) on 086-8374827 or e-mail occonnorpaul@hotmail.com for information on any of the GAA accredited coaching courses, times of courses etc.	Check with Development Officer for more info
Athletics Association of Ireland Level 1 Coaching Course	The Level 1 two weekend course is focused on the learning to train stage on the LTAD pathway. Coaches working at this stage will continue to develop the fundamental skills of the athlete. Fun and participation are still the main aims of this course, along with the development of sports specific skills-learning the correct posture, movements of all running, jumping and throwing event. Entry Requirements: Level 1 is open to those who have completed an Athletics Leader course or an Introductory level course.	Wk 1 - Shercock, Co. Cavan (7th / 8th Mar) 9.30am-4.30pm Wk 2 - Monaghan Town (18th /19th Apr) 9.30am-4.30pm Contact: Eamon Harvey, Athletics Ireland, Regional Development Officer eamon.harvey@athleticsireland.ie Mob 087 2797548	€100

For more information on NGB courses & application forms contact the relevant Sports Development Officer above