

JANUARY 2016 E Z I N E

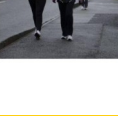
Greetings for the new year

Áthbhliain fé shéan is fé mhaise daoibh ó Offaly Sports Partnership
Happy New Year to you and yours from all at Offaly Sports Partnership)

Operation Transformation National Walk





Kick start your Operation Transformation and join Offaly Sports Partnership on:
Saturday, 9th January 2016 from 9.30am
(walk 10am sharp) in Cloghan GAA Club




057 93 57462
sports@offalycoco.ie
www.offalysports.ie
Follow us on Facebook/
OffalySportsPartnership
Follow us on
Twitter@OffalySP

The Operation Transformation National Walk 2016 takes place on Saturday, 9th January at 10am along the Cloghan Slí na Sláinte.


Meet at Cloghan GAA from 9.30am. Club mates, families, friends, people with disabilities all welcome. Come along and kick start your Operation Transformation.



Sponsored by


Operation Transformation programmes in Offaly

Ballykilmurray Community Centre presents
operation TRANSFORMATION
In Association with Edgewater Clinic
with all funds going to Ballykilmurray Community Centre



8 Week individual program with group sessions
medical screening on first night by GP | body fat analysis each week
private weigh-ins each week | individual food plans
individual exercise programs | weekly group activity | 5k run/walk at the end

Family Plans. Recipes. Healthy Tips.
"Healthy Bodies...Healthy Communities."

OPEN TO ALL AGES
€100 per person
€200 per family
To book your place text to:
087-9942571

COMMENCING ON:
06.01.16



WE ARE BACK JANUARY 2016

WHAT OUR COMMUNITY ACHIEVED LAST YEAR

146 COMMUNITY PARTICIPANTS OF EVERY AGE
2500 WEEKLY HOURS
24 ORGANISED EVENTS
1000 LBS LOST

THIS YEAR
IT'S GOING TO BE BIGGER & BETTER
€1500 GETAWAY FOR THE WINNING TEAM
START DATE - 5TH JANUARY 2016
VENUE: COLAISTE PHOIBIL

MARIMAY Week 1	THURSDAY Week 5
Saturday 2nd - Team Hough and	Tuesday 2nd - Kettlebell
Tuesday 5th - Kettlebell	Thursday 4th - Boot Camp
Thursday 7th - Boot Camp	Sunday 7th - Monogall Walk & Trail Walk
Sunday 10th - Monogall Walk	LIBRARY Week 6
MARIMAY Week 2	Tuesday 10th - Kettlebell
Tuesday 12th - Kettlebell	Thursday 11th - Boot Camp
Thursday 14th - Boot Camp	Sunday 14th - Monogall Walk
Sunday 17th - Monogall Walk	HERMAY Week 7
MARIMAY Week 3	Tuesday 16th - Kettlebell
Tuesday 18th - Kettlebell	Thursday 17th - Boot Camp
Thursday 20th - Boot Camp	Sunday 20th - Monogall Walk
Sunday 23rd - Monogall Walk	THURSDAY Week 8
MARIMAY Week 4	Tuesday 18th - Kettlebell
Tuesday 20th - Kettlebell	Thursday 21st - Boot Camp
Thursday 23rd - Boot Camp	Sunday 23rd - Monogall Walk

Check out <https://www.facebook.com/communitytransformationmoneygallfc> for more information

Community Coaching

Are you interested in gaining sports coaching qualifications? Or do you know someone else who may be? Are you or they free during the day?

Offaly Sports Partnership is currently recruiting participants for our next Community Coaching programme taking place in Tullamore every Monday, Wednesday and Friday; commencing early February, and running until mid May.

This programme is focused on successfully assisting people to gain employment, coaching, volunteering and further education opportunities in the sports sector as coaches, referees, physical activity leaders, etc. Topics to be covered to include: -

- Athletics and SPORTSHALL Athletics
Child Welfare & Protection in Sport
Disability inclusion
First aid
Fitness testing

GAA
Rugby
Safe cycling
Soccer
Water activities (kayaking)

Other sporting activities may be included depending on the interest of the trainees. Those trained can also expect to participate on a variety of work experience projects; and gain the skills and knowledge to pursue pathways into the sports sector.

Should you require further information on this programme or wish to register your interest to participate, please contact the office on 057 93 46843.

Offaly Sports Partnership’s Community Coaching Programme is supported by the Dormant Accounts fund and Sport Ireland.



ciste na
gcuntas díomhaoin
the dormant
accounts fund



sport ireland

Notes for schools



BADMINTON
IRELAND



SHUTTLE
TIME
BADMINTON IRELAND'S SCHOOLS PROGRAMME

Badminton Ireland brings you Shuttle Time - a six hour training course open to both primary and secondary school teachers.

Teachers will receive resources including a teacher’s manual, 22 prepared lesson plans and access to 90+ video resources. Teachers that complete the course are also entitled to avail of a Shuttle Time School Kit Bag (one per school) at a reduced rate of €90 (RRP - €200).

Schools must affiliate with Badminton Ireland at a cost of €15 to avail of this offer; thereafter, schools can send up to three teachers **FREE** of charge to attend the course.

21 courses are run annually in various locations around the country. To register your interest, contact coaching@badmintonireland.com

Notes for clubs, facilities, groups and organisations on our database

Offaly Sports Partnership is currently in the process of updating its clubs, facilities, groups, organisations and schools’ databases.

Clubs and facilities, please review the clubs and facilities directories online and advise of any changes by [email](#).

Schools, groups and organisations, if you are concerned that the Partnership may have incorrect details for your school, group or organisation, please contact us by [email](#) to update your details.

To remove your name from our mailing list, please [click here](#)

Questions or comments? [Email us](#) or call 057 93 57462

Offaly Sports Partnership is a sub group of Offaly County Council, funded by Sport Ireland (formerly the Irish Sports Council and hosted by Offaly County Council.