

WICKLOW LOCAL SPORTS PARTNERSHIP STRATEGIC PLAN 2010 – 2013

Providing Sporting and Physical Activity
Opportunities through Partnership



Wicklow Local Sports Partnership

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This plan has been prepared by Wicklow Local Sports Partnership assisted by:

Atlantic Sports Management & Training (ASMT)

www.atlanticsport.ie

Message from Cllr. George Jones, Chairperson, Wicklow County Development Board

As Chairman of the Wicklow County Development Board I am delighted to be associated with the launch of the first ever Strategic Plan for Wicklow Local Sports Partnership. The Plan is being launched at a very difficult financial time facing this country, but as I have said on a number of occasions its important to use this current time to very much plan for the future.

Indeed this plan is very much for the future and address' the needs and key area's that we should be very focused on to develop sport in County Wicklow going forward. It is most important for local sports development to increase and maintain the levels of sports participation.

Over the last number of years here in Wicklow, sports facilities both public and private have greatly improved following major capital investment in premises, playing pitches and other key area's. Based on these improvements its timely that we are now launching the first strategy for Wicklow Local Sports Partnership, which should help to ensure that sport and participation in sport and physical activity in Wicklow grows in strength.

I would like to thank all who have contributed to this plan and wish everyone in Wicklow Local Sports Partnership and indeed all those involved in sport in general in the County success in the years ahead.

Cllr. George Jones



Message from Kevin Lewis, Chairperson, Wicklow Local Sports Partnership

Sport, is best summarised based on the definition contained within the Irish Sports Council Act 1999. It states that it is either competitive or recreational and means all forms of physical activity, which through participation aims at expressing or improving physical fitness, mental well being and at forming social relationships. In the case of competitive sport this expands to encompass improving results in competition at all levels.

This Strategy is our vision of what we can bring to the sporting life of the community in Co. Wicklow over the next three years. Wicklow Local Sports Partnership met for the first time on Monday 30th March 2009 and the past fourteen months has seen the Board members grapple with the multiple and complex issues entailed in the promotion of sport. We have worked towards preparing a cohesive, co-ordinated and achievable strategy to maximise the potential of sport in the county from young to old, across all socio-economic divides and to encourage all from the 'couch potato' to the most elite of sports people. We in Co. Wicklow are very proud of our extraordinarily talented sportspeople who have competed so successfully both at home and abroad and who have inspired so many, especially young people, to take part in a more active and sport filled lifestyle.

Likewise we are very proud of the world renowned beautiful landscape in the 'Garden County' which opens multiple opportunities for outdoor, adventure and recreational sport. While we work hard to maximise these natural resources of sea, lake, river, hill, forest and inspiring scenery we must never allow ourselves to take any of this for granted and must continue to respect all of these facilities. The Wicklow Local Sports Partnership will strive, as set out in this strategy, to enhance participation and enjoyment of our community and indeed visitors to the county of these resources.



Our Vision and Mission Statements, set out in this publication, are about maximising participation in sport through good co-ordination and partnership. We are very proud of the interagency, cross sectoral work that contributes to the work of the Wicklow Local Sports Partnership epitomised by the membership of the Partnership Board. I would like to acknowledge the co-operation of all the agencies involved especially Wicklow County Council (Community and Enterprise Section) without whose support and expertise the Local Sports Partnership would not survive. I would also like to acknowledge the support of my own employer Co. Wicklow VEC, in particular CEO Ms. Fiona Hartley, for the encouragement I have received in taking on this role. Likewise I wish to acknowledge the commitment of all members of the Board whether they represent Sporting Bodies, Voluntary/Community Groups or Public Representatives.

A special word must go to our superbly energetic Co-ordinator, Tracy Bunyan, who has driven this plan and who always ensures that the multiple programmes, activities and governance structure of the Local Sports Partnership are delivered in a quality, professional and friendly manner. Morgan Buckley of 'Atlantic Sports Management and Training' deserves special mention because of the professionalism and insight he has brought to the cohesive and readable Strategic Plan contained within this publication. The support of the Irish Sports Council and in particular John Treacy, CEO, and Emma Jane Clarke has been heartening and motivating.

I hope that you take the time to read this Strategic Plan and that we can work with you, your sports club/organisation, youth club, adventure club, community/voluntary group, statutory body, etc to enhance the participation levels in sport across the county. We are particularly anxious to increase and motivate volunteers in sports leadership, coaching, etc. Without your involvement and contribution to our community we cannot make this strategy work. We very much look forward to working in partnership with all interested parties to ensure maximum participation and enhancement of the sporting life of Co. Wicklow.

Kevin Lewis

Message from John Treacy, Chief Executive, Irish Sports Council

This is the first strategy of the Wicklow Local Sports Partnership. It aims to ensure that the Wicklow Local Sports Partnership grows in strength and is the key agency in providing opportunities for more people to become involved in sport and physical activity in the next few years and beyond.

The Irish Sports Council has now produced four strategies having recently completed its fourth strategy. Central to the strategies has been the importance of establishing a sustainable national structure for local sports development to increase and then maintain levels of sports participation.



The Irish Sports Council considers the strategic planning process to be an essential step in the development of Local Sports Partnerships. This step can bring many benefits such as matching the needs of the local communities to the priorities of the partnership. It is then possible to quantify the resources required effectively to achieve these priorities and answer local needs. This ensures that the plan can be a working document, which will show results over its lifetime.

This document is the final product of an intensive process of examination, evaluation, consultation and discussion in the future direction of the Partnership. I would like to thank all those who contributed to the strategy process and I wish everybody involved in Wicklow Local Sports Partnership all the best for the future.

John Treacy

Message from Tracy Bunyan, Sports Co-ordinator, Wicklow Local Sports Partnership

As Co-ordinator of Wicklow Local Sports Partnership I'm delighted to present the first Strategic Plan 2010-2013 for the Local Sports Partnership. Since the commencement of Wicklow Local Sports Partnership in November 2008, we have made significant progress in the areas of sports and physical activity planning, development and provision in the County, through the roll out of national and local programmes, along with training, education and funding. The Strategic Plan will assist us in continuing with this work and future planning for sport in Co. Wicklow under our four themes, Sports Development, Physical Activity, Leadership & Management and Marketing & Communications. It will also provide us with guidelines and indicators on achieving our overall aim which is to increase participation in sport & physical activity in Wicklow. The Strategic Plan is the result of an extensive consultation process which was undertaken with statutory agencies, local development groups, sports clubs, sports development professionals and voluntary groups throughout the County.



Within Wicklow we have a wealth of sporting opportunities, facilities and resources available. These range from the numerous community based sports clubs and organisations through to the development and provision of community leisure facilities which all have the aim of increasing opportunities available to the Wicklow population to participate in sport, recreation and active living. In addition to this Wicklow is famed for its natural outdoor environment, rivers, lakes, coast and mountains all of which are used extensively for outdoor recreation and adventure sports by residents of the county.

Wicklow Local Sports Partnership believes that sport and physical activity have important benefits both health, community development and socially. With this in mind, we believe in providing opportunities for everyone to be active and involved in a sport or physical activity of their choice and at a level of their choice whether this be competitively or recreationally.

Wicklow Local Sports Partnership has a diverse representation of a variety of statutory, sporting and voluntary organisations and it is with these partners that our aims will be reached and achieved. I would like to thank the Strategic Planning Steering Group, the Board of Wicklow Local Sports Partnership and the Irish Sports Council for their advice, assistance and support in preparing this document. I would also like to thank Morgan Buckley from ASMT Ltd who guided and facilitated the strategic planning process and to all those who contributed to the plan.

Tracy Bunyan

MEMBERS OF WICKLOW LOCAL SPORTS PARTNERSHIP

The composition of Wicklow Local Sports Partnership Board as of 1st January 2010 is:

Elected Representatives: Cllr Pat Vance & Cllr George Jones	Special Olympics Wicklow: Ms Pam Beacom
Wicklow V.E.C: Mr Kevin Lewis (Chairperson)	Baltinglass & District Forum: Ms Mai Quaid
An Garda Siochana: Mr Declan Lynch (Vice Chairperson)	Comhairle na Nog: Mr Danny McDevitt
H.S.E: Mr Jim Gorman	Wicklow County Childcare Committee: Mr Jeremy Kynaston
Wicklow Recreation Services: Mr Dominic Gunshenan	Wicklow Sports Forum: Mr Terry Kavanagh, Mr Andrew Kavanagh
Wicklow Uplands Council: Ms Helen Lawless	Wicklow Older Adults Forum: Mr John Smith
The County Wicklow Partnership: Mr Tom Gregan	Wicklow County Council: Mr Joe Lane



WICKLOW LOCAL SPORTS PARTNERSHIP

KEY STAKEHOLDERS

Wicklow County Council: Wicklow Local Authorities generally have three principal roles: 1. Provide essential services, which play a great part in the quality of life of individuals and communities 2. They are planners and regulators for the betterment and protection of the citizens of Wicklow 3. As democratically elected bodies, they are the champions and spokespersons for Wicklow and it's people. Wicklow Local Authority is divided into five core sections, 1. Transportation & Roads Infrastructure, 2. Planning & Economic Development, 3. Water & Environmental Services, 4. Community, Cultural and Social Development and 5. Support Services. The Community & Enterprise Section of Wicklow County Council who host the Local Sports Partnership aims to provide a quality service to the community by identifying, developing and implementing policies and objectives which will aid in initiating and expanding the role of the local authority in the social, cultural and community development fields. A number of projects such as The County Development Board, RAPID, Social Inclusion, Arts, Library & Archive services and the Wicklow Local Sports Partnership are managed by the Community & Enterprise Section of Wicklow Local Authority.

Co. Wicklow V.E.C: Co. Wicklow Vocational Education Committee (VEC) is a statutory provider of education and training and is the largest such provider within County Wicklow. It provides Second Level and Post Leaving Certificates education in eleven schools, Further and Adult Education through its various Centres throughout the county, Management and support to Social Inclusion Programmes and Projects, Youth Services, Third Level Grants, School Transport among many other services. Co. Wicklow VEC is particularly involved in developing sport through the following:

- (a) The network of schools providing organisation of competitive sport throughout the county and nationally, in tandem with national sporting bodies
- (b) Baltinglass Outdoor Education Centre
- (c) Bray based Co. Wicklow VEC Sports Promotion Unit
- (d) Adventure Sports through Youth Service provision
- (e) Commitment to and working closely with Wicklow Local Sports Partnership

Wicklow Recreation Services: Formed in 2007 Wicklow Recreation Services Ltd was created by Wicklow County Council to operate two new leisure facilities, Greystones Swimming Pool & Community Centre and Charlesland Sport & Recreation Park. Wicklow Recreation Services Ltd adopted the brand name "Shoreline Leisure" to represent their vision for sport and leisure provision in Co. Wicklow. Wicklow Recreation Services Ltd offers a diverse range of leisure facilities which includes: gymnasium, 25m pool, indoor sports hall, all weather pitches, 400m running track, tennis courts, skate park, basketball court. Programmes at Wicklow Recreation Services Ltd facilities include: Leisure for Life, School Swim Programmes, Cardiac Rehab and a selection of pay & play options.

Special Olympics: Special Olympics Eastern Region provides year round sports training and competition to athletes with an intellectual disability. In County Wicklow there are three clubs affiliated to Special Olympics, Bray Lakers in Bray, Blue Dolphins, Wicklow Town and Vikings Special Olympics Club, Arklow. Bray and Wicklow Town are currently affiliated under Special Olympics Eastern Region, while Vikings Special Olympics Club Arklow, are affiliated with Special Olympics Leinster Region. The mission of all clubs is to provide year round sports training and athletic competition in a variety of Olympic type sports, for all children and adults with a learning disability. The clubs aim to include as many members of the community with a learning disability as possible, to introduce sports which the athletes will enjoy, to ensure each athlete is prepared to compete at his/her highest standard at all competitions, to provide opportunities for social interaction for all athletes and their families. Opportunities to participate are provided through the Athletes Leadership Programme and the Family Support Programme. The clubs are run on a voluntary basis by coaches, volunteers and parents who give freely of their time.

H.S.E: The role of the H.S.E. is to develop and enhance health promotion partnerships and initiatives which promote, support and maintain the health and well being of the population. The Health Promotion service places particular emphasis on addressing the determinants of health, health inequalities and on partnership working. The Health Promotion Unit of the H.S.E. in Dublin Mid-Leinster places emphasis on the promotion of health enhancing physical activity, particularly in disadvantaged areas and amongst older adults.

The County Wicklow Partnership: The County Wicklow Partnership is a community based rural development company working in Co. Wicklow. Its principal responsibility is the delivery of the LEADER + and National Rural Development Programme (NRDP) in Co. Wicklow outside the areas of Bray, Rathmichael and part of Kilmacanogue. In addition to the delivery of these programmes, The County Wicklow Partnership is also responsible for the delivery of the National Rural Transport Initiative in the county, through Wicklow Rural Transport. The company objectives are:

- (a) To pro-actively develop the human capacity and infrastructure of communities in a focused manner, thereby improving their quality of life.
- (b) To develop innovative rural enterprise initiatives.
- (c) To develop Co. Wicklow as a sustainable rural tourism destination through product development and promotion.
- (d) To develop and support innovative renewable energy and environmentally friendly initiatives in conjunction with other relevant agencies.
- (e) To develop and support community based heritage, arts and cultural initiatives in Co. Wicklow.

The County Wicklow Partnership work to encourage Women & Youth to pro-actively participate in and benefit from all their activities and supports. To energise and support the capacity of individuals and communities to reach their desired potential. To focus resources on projects and initiatives in the less well developed areas of Co. Wicklow and particularly in the South and West of the County.

The County Wicklow Partnership in partnership with Coillte, Fáilte Ireland, the Irish Sports Council, the National Parks & Wildlife Service, Wicklow County Council, Wicklow IFA and the Wicklow Uplands Council undertook an extensive consultation process to develop the Co. Wicklow Outdoor Recreation Strategy 2009- 2013. The Outdoor Recreation Strategy shows how outdoor recreation activities can bring local economic benefit and enhance the health and well-being of our population.

Wicklow Uplands Council: Wicklow Uplands Council is a sustainable development non-governmental organisation with charitable status that works for the sustainable use and enjoyment of the local landscape in partnership with those that live, work and recreate there. The mission which is the basis for all Wicklow Uplands Council's actions, underpins the co-operative approach that they take to developing projects that bring value to the area. Projects which Wicklow Uplands Council have been involved in include: Wicklow Countryside Access, Signage and Interpretation, Amenity Parking, PURE (Protecting Upland Rural Environments) and Young Observers.

Wicklow Sports Forum: The Wicklow Sports Forum was established to provide a platform for local voluntary clubs to communicate with the Local Sports Partnership. The Sports Forum tackles issues of mutual interest, acts as a co-ordinated voice for local level sports clubs in the county and guides the training needs of sports clubs. The Wicklow Sports Forum which was established in 2009, currently has 30 members representing 18 different sports. The Sports Forum also has two representatives on the Board of Wicklow Local Sports Partnership, who are elected by Sports Forum members to represent clubs involved in the Wicklow Sports Forum.

Baltinglass & District Forum: The Baltinglass & District Forum has a mission "to promote the welfare of the community" whether by actively campaigning on behalf of beneficial projects and issues. It provides a discussion platform where any community resident or group may express their views or raise objections to plans or schemes which may impinge on their rights or their best interest. The Forum is constituted by representation from all local groups both social and sporting.

1. INTRODUCTION AND PRESENT POSITION OF WICKLOW LOCAL SPORTS PARTNERSHIP

ESTABLISHMENT OF THE WICKLOW LOCAL SPORTS PARTNERSHIP

Wicklow Local Sports Partnership was established in 2008 supported by the Irish Sports Council's (ISC) Local Sports Partnership initiative. The Partnership includes representatives from a variety of agencies and communities involved in sport, physical activity, outdoor recreation and community development. This strategic plan sets out the vision and goals of the Wicklow Local Sports Partnership for 2010 through to 2013 with the aim of increasing participation in sport and physical activity in Co Wicklow. This plan is based on a detailed review of our work to date and consultation with our partners.

IRISH SPORTS COUNCIL

The Irish Sports Council was established on 1 July 1999 under the Irish Sports Council Act and is a statutory authority comprising of eight major divisions:

- Anti-Doping, Corporate Services, Finance, High Performance, Local Sports Partnerships, National Governing Bodies, National Trails Office, and the Irish Institute of Sport.

"The Irish Sports Council aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland"

The Irish Sports Council's vision is one where sport contributes to enhancing the quality of Irish life and:

- Everyone is encouraged and valued in sport;
- Young people see sport participation as an integral and enjoyable part of their busy lives;
- Individuals can develop their sporting abilities and enhance their enjoyment, limited only by their talent and commitment; and
- Irish sportsmen and women achieve consistent world-class performance, fairly.

The Irish Sports Council has established a National Network of 33 Local Sports Partnerships (LSPs) to promote participation in sport at a local level. The general aims of the Local Sports Partnership's are to increase participation in sport, and to ensure that local resources are used to best effect. Some of the outcomes we seek are:

- Club development
- Volunteer training
- Enhanced planning of sport at local level
- Local directories of sports bodies & facilities
- School, club, community and national governing body (NGB) links
- Increased levels of local participation, especially amongst specific target groups such as older people, girls & women, people with disabilities, unemployed people, and those who live in identified disadvantaged communities

The key outcomes which the Irish Sports Council seek from Wicklow Local Sports Partnership working in partnership with key stakeholders through the implementation of this plan are:

- Stronger, vibrant sporting and physical activity sector in County Wicklow – providing opportunities for everyone to participate in safe, enjoyable sporting and recreational activities at all levels.
- Increased participation in sport and physical activity in the county.
- Better use and access to local facilities, outdoor amenities and resources in the county.

FUNCTIONS OF WICKLOW LOCAL SPORTS PARTNERSHIP

Wicklow Local Sports Partnership's three main functions are:

1. **Information Provision:** involving co-ordination of local sports information, initiating research, compiling a sports directory / database, identifying needs and resources to form the basis of local planning and establishing a consultative sports forum.
2. **Education & Training:** provision of opportunities for education and training at local level, including generic training courses in areas such as Code of Ethics, First Aid and Active Leadership while also supporting the delivery of sports specific courses in conjunction with the National Governing Bodies of Sport.
3. **Implementation:** implementation of a range of national programmes to encourage participation e.g. Buntús, Women In Sport, Go for Life. Programmes are delivered in areas such as Sports Development, Community Sport & Physical Activity, Schools Sport, Youth Sport and Sport and Inclusion. Wicklow Local Sports Partnership will also implement sports programmes in the context of the local strategic plan for Sport and Physical Activity and in line with Irish Sports Council priorities and as identified by the strategic planning process.

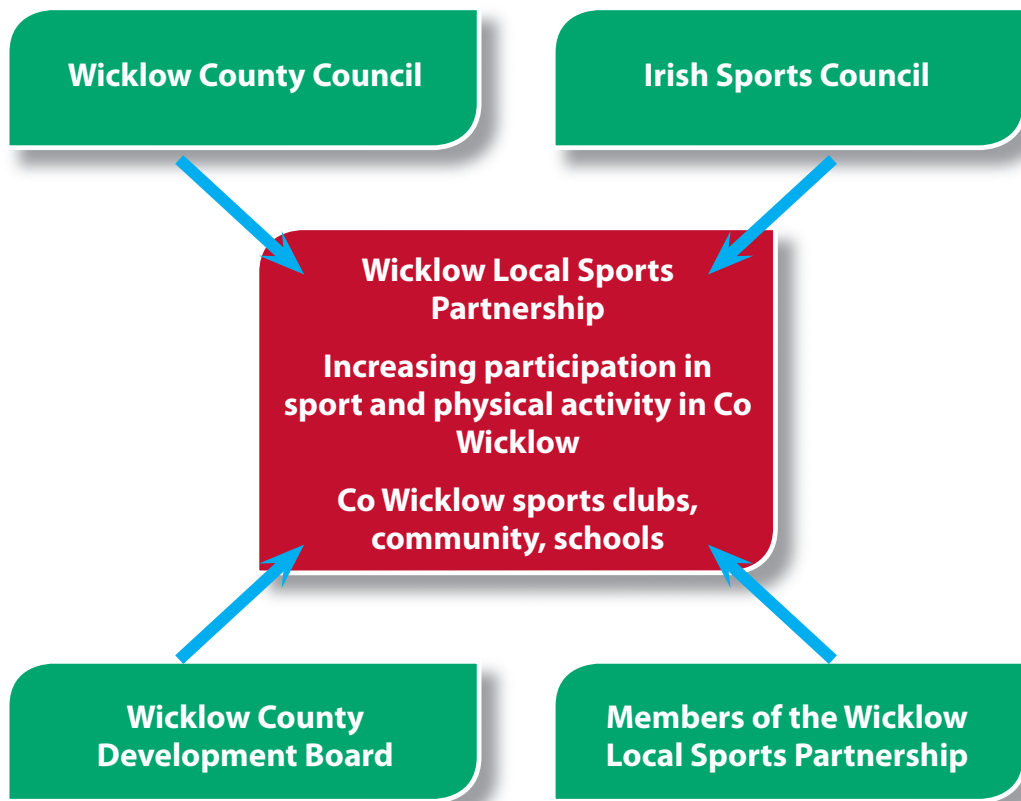
STRUCTURE OF WICKLOW LOCAL SPORTS PARTNERSHIP

The Wicklow Local Sports Partnership is a subgroup of the Wicklow County Development Board and managed by Wicklow County Council. In 2000 the government established 34 city and county development boards across the country to prepare and implement an integrated economic, social and cultural strategy for their city or county. The Wicklow County Development Board was established later that year. Under Wicklow County Development Board's Strategic Plan for Social, Economic and Cultural Development 'Outlook' 2002-2012 it was identified 'that both sporting and recreational activity in County Wicklow should be developed in a sustainable manner and supported from a socially inclusive perspective'. One of the Actions within Outlook also supported 'the establishment of an adequately resourced Local Sports Partnership in County Wicklow'. It's 28 members are drawn from the four sectors that have the greatest influence over our lives, these include local government, local development, state agencies and social partners.

Wicklow Local Sports Partnership works to ensure that local resources are used to best effect. The Local Sports Partnership offers a number of participation programmes, club development programmes, coach education & training and sports events. Wicklow Local Sports Partnership operates within the same boundaries as Wicklow County Council and receives support from local agencies that have an interest or responsibility for sports provision and development within the county such as County Council, the Vocational Educational Committee, the Health Service Executive and sports and recreational bodies. The work of the Local Sports Partnership is very much based on the local needs within the county as identified by local operators. The Partnership employs a full time Co-ordinator, to implement policies and programmes.

RELATIONSHIPS

The following diagram outlines where the Wicklow Local Sports Partnerships fits in the context of the County and Nationally.



PROFILE OF COUNTY WICKLOW

County Wicklow occupies an area of 2,107 square kilometres with a population of approximately 126,194. County Wicklow is a rapidly growing county which has experienced a population increase of 22.9% over a ten year period from 1996-2006. The county is part of the Greater Dublin Area and is therefore subject to many of the pressures emanating from the expansion of the capital city. The typical topography in Wicklow is one of mountains, rolling foothills, forests, coastline and lakes with attractive views and prospects. The county is dominated by the Wicklow Mountains with the exception of a narrow coastal strip and some low ground in the south. Most of County Wicklow lies above the 200 metre contour line and over one third of the county lies above the 300 metre contour line. Wicklow also has 66km of coastline.

In recent times the dominant influence has been the extent of commuting that has resulted from the overspill of Dublin. The principal towns are located along the East Coast with a second linear arrangement of smaller centres in the west. The principal transport routes are the N11 in the east and the N81 in the west. East-west movement is severely restricted by the mountains. County Wicklow can be divided into three regions:

1. **North Wicklow:** This is the most populated part of the county as it is adjacent to the Dublin Metropolitan area. It includes Blessington, Enniskerry and the N11 commuting areas of Bray, Greystones, Kilcoole and Newtownmountkennedy.
2. **The Southeast:** This region stretches from north of Wicklow Town to south of Arklow.
3. **The South and West:** This region covers the area west of Rathdrum/Aughrim to Dunlavin/Baltinglass and south towards Tinahely and Counties Carlow and Wexford.

The census of Population 2006 shows County Wicklow having a population of 126,194, an increase of 10 percent or an actual increase of 11,518 since 2002. The population is 49.85 percent male and 50.15 percent female. 63.8 percent of the population in County Wicklow live in aggregate town areas. 36.2 percent of the population in County Wicklow live in aggregate rural areas.

AGE	1991	1996	2002	2006
0 - 14	27,384	25,585	25,826	27,137
15 - 24	15,753	16,968	17,641	7,767
25 - 44	27,596	29,349	34,694	40,331
45 - 64	16,716	20,361	25,082	28,442
65 years and over	9,816	10,420	11,433	12,517
TOTAL	97,265	102,683	114,676	126,194

County Wicklow has a youthful population with just over 40,000 residents falling into the 24-44 years age category. County Wicklow's population is becoming increasingly diverse, of the persons usually resident in the county 86.6 percent were born in Ireland, 6.7 percent in the UK, 1 percent in Poland, 0.5 percent in Lithuania 1.8 percent in other EU states and 3.5 percent in the rest of the world. The strategies of the Partnership will need to take account of these demographics and ensure that priority is given to delivering and implementing programmes and initiatives aimed at young people.

SPORTING AND OUTDOOR RECREATION OPPORTUNITIES IN COUNTY WICKLOW

There are extensive opportunities to participate in sport, physical activity and outdoor recreation in the county. The summary details include:

- The Irish Sports Monitor Research 2008 ranked Wicklow as the 4th most active county in Ireland. .
- There are over 200 identified sports clubs currently operating in the county. The Partnership is updating a detailed directory on these.
- Facilities are provided by local authority, towns councils, commercial organisations/business', sports clubs, agencies and communities throughout County Wicklow. Table below illustrates the identified sporting, recreational and leisure facilities which currently exist in Co. Wicklow.
- Amenities and natural resources available such as mountains, lakes, forests and the coast make the county an attractive adventure sport and outdoor recreation destination.
- The County Wicklow Outdoor Recreation Strategy 2009-2013 focuses on policies to access these amenities. Wicklow is the first county to develop and implement an Outdoor Recreation Strategy in Ireland.
- There are 66 community facilities – identified in the Community Facilities Audit 2008 throughout the county.

The range of facilities includes:

Types of Facilities	Number of Facilities in Co. Wicklow
GAA Clubs (including playing pitches, changing facilities, indoor halls)	37
Sports Complexes (including indoor community sports halls)	4
Leisure Centres (including gyms, swimming pools)	13
Adventure Centres (including outdoor recreation centres)	12
Equestrian Centres	12
Golf Clubs (including par 3 courses)	24
Fishing facilities	3
Bowling Clubs (including lawn bowls)	2
Community Pitches & Fields (which are multi-purpose)	2
Rugby Clubs(including playing pitches, changing facilities, indoor halls)	4
Soccer Clubs (majority of playing pitches and facilities are leased from Local Authority and Town Council's)	7
Rowing Clubs (with clubhouse, storage facilities)	1
Tennis Clubs (with courts, changing facilities, indoor facilities)	4
Sailing & Watersport Clubs (with clubhouses, changing facilities and indoor facilities)	4
Croquet Clubs(with playing facilities)	1
Cycling Clubs (with indoor facilities, changing facilities)	1
Martial Arts (with indoor facilities, changing facilities)	
Ten Pin Bowling	1
Snooker Clubs	1
Community Playgrounds	15

Information courtesy of Wicklow County Council.



PRIORITY ISSUES AND CHALLENGES FOR WICKLOW LOCAL SPORTS PARTNERSHIP

Wicklow Local Sports Partnership completed a detailed consultation process to develop the strategic plan (see Appendix 1). The summary points to emerge were:

Theme	Details
1. Information	People want to know more about what is available and what is happening in the county. The most common recommendation was for the Local Sports Partnership to develop a really good website which brings together all the information and opportunities which exist in the county.
2. People	The key focus for success will be harnessing the goodwill and skills of people already involved in sport and physical activity in the county. More information is required on the range of people working in sport in the county and how they can work with the Partnership in a structured way on common purposes. Sports clubs want help in recruiting volunteers and members.
3. Young People	The area in which the Local Sports Partnership can make the biggest difference is by focusing its resources on young people to promote the benefits and opportunities to be active. Matching their needs to the opportunities available will be a challenge and needs coordination.
4. Programmes	There are many programmes being delivered by agencies, facility operators, the commercial sector and sport which the Partnership need to identify and promote. These need to be fully identified and documented.
5. Training	There is a strong demand to improve access to training for leaders, coaches, volunteers, teachers and parents on how to promote and develop activities, what is available, code of ethics and good support. The clubs want advice and support in recruitment, development and coaching.
6. Resources	There are multiple resources available to increase participation in sport and physical activity in the county which need to be coordinated and focused on priority areas.
7. Working with Groups and Agencies	There are many groups and agencies with the common aim of increasing participation in sport and physical activity. If the Wicklow Local Sports Partnership can find a way to promote and match their services to priority groups it can make a real difference.
8. Working with Sport and Voluntary Sector	There is significant capacity to grow participation in sports clubs and voluntary groups. However they will need support to match these opportunities with people. Nearly all clubs and groups are looking for more members participants and volunteers.
9. Policy + links with other strategies	There are a number of published strategies and policies in the area of sport, physical activity, leisure and outdoor recreation. There is no coordinated approach yet to aligning these policies and strategies. This is a key role which the Local Sports Partnership can play if there is a willingness and awareness to do this.

IMPLICATIONS

THEME	DETAILS
1. Effective use of resources	<ul style="list-style-type: none"> ● Wicklow Local Sports Partnership is operating in challenging financial and economic times and needs to effectively manage and source resources to achieve our aims. The issues to be addressed in providing a focus for where resources of the Local Sports Partnership should be allocated. ● The Wicklow Local Sports Partnership will seek to play a key role in coordinating the programmes, opportunities and resources available in the county. It will need to establish quality systems and tools to manage plans, programmes and information to do this effectively.
2. Website	<ul style="list-style-type: none"> ● The immediate priority is to develop a top quality website which identifies the opportunities and resources available and provides a framework to let people know what is happening and to interact with the Local Sports Partnership and the agencies and organisations associated with Wicklow Local Sports Partnership. Wicklow has a great range of facilities, natural resources, walking trails and routes. These need to be identified on one main website with links and opportunities identified. The Local Sports Partnership should work with lead agencies to develop this.
3. Operational Priorities	<p>The focus of Wicklow Local Sports Partnership should be on:</p> <ul style="list-style-type: none"> ● Prioritising children and young people in Co Wicklow to be involved in sport and physical activity. There is strong potential to work with local agencies, sporting organisations, community groups and schools on doing this and to provide strong, effective and focused programmes for young people in disadvantaged areas and create sustainable opportunities. ● Facilitating the development of sport development plans for the county identifying how each of the sports will work with VEC, Rapid and NGBs / clubs to deliver opportunities to young people and train coaches, leaders and volunteers. ● Developing a Sport Wicklow Brand which brings 8 – 10 NGBs into a co-ordinated sports programme linking clubs, schools, facilities and communities aimed at increasing participation for target groups delivered by clubs and organisations who have the capacity to deliver. ● Setting up a focus group to develop policies and coordinate programmes aimed at increasing physical activity in the wider community. ● Completing a detailed audit of existing programmes, opportunities and then promoting these opportunities to the community through our website and members and making best use of existing facilities and resources – although it should be noted that Wicklow Local Sports Partnership has no role to play in funding or operating sports facilities ● Working to support the integration of the different ethnic communities living in Co Wicklow into sporting opportunities in the county.

THEME	DETAILS
4. Working in Partnership	<ul style="list-style-type: none"> ● The work of Wicklow Local Sports Partnership to-date identified that there is a strong demand for the potential services offered by the Local Sports Partnership in the county. The priorities will be to provide information, training and access to services and resources in the county. However at present Wicklow Local Sports Partnership is not resourced to directly deliver or respond to all of these elements and can only work with and through the network of agencies and organisations in the county. ● Creating better links and pathways between school, clubs and the community – in line with best practice guidelines and the LISPA (Life-long Involvement in Sports and Physical Activity) framework
5. Making Wicklow a hub for sport and physical activity	<ul style="list-style-type: none"> ● The composition of Wicklow Local Sports Partnership has the potential to yield significant impact and make Wicklow a real hub of sport and physical activity. The Board of Wicklow Local Sports Partnership need to determine their purpose, vision and goals in completing their strategic plan. It needs to be clear on why and where Wicklow Local Sports Partnership want to increase participation and where it can best target its limited resources.
6. Promote the social and economic benefits	<ul style="list-style-type: none"> ● Wicklow Local Sports Partnership will work with the key agencies to promote the social, economic and strategic benefits of sport and physical activity to Wicklow as a county. There is strong potential to create and sustain employment, grow tourism and increase commercial activity in the county through this sector. There are a number of key agencies and groups who have the potential to deliver these services and the focus of the Local Sports Partnership should be to work with them to do so.

CONCLUSION

Wicklow Local Sports Partnership has commenced its work of delivering programmes and training in the County. There is a vibrant network of clubs, groups, schools and opportunities to be active in the County and through working in partnership with the statutory agencies and members of the Local Sports Partnership we will systematically look to increase opportunities to participate in sport and be physically active. We will look to communicate with the wider community and groups associated with the Local Sports Partnership through an effective well designed website and communications programme.

2. WHAT IS THE WICKLOW LOCAL SPORTS PARTNERSHIP AIMING TO DO?

OVERVIEW

This section of the plan outlines what Wicklow Local Sports Partnership is aiming to do over the next three years. Wicklow Local Sports Partnership has developed a clear sense of what we want to achieve and deliver. The focus of the Wicklow Local Sports Partnership will be to increase participation in sport and physical activity and this will be done through the delivery, co-ordination and facilitation of programmes and training directly to sport, education and community groups and in partnership with member agencies and organisations.

WICKLOW LOCAL SPORTS PARTNERSHIP VISION

Increase participation in sport and physical activity in County Wicklow through the co-ordination and delivery of quality programmes, training and services.

This means

- We want Co Wicklow to be a place where everyone has the opportunity to be involved in a sport and physical activity of their choice
- We see potential benefits and we will encourage people - especially younger people who are not already doing so to become involved in sport and physical activity through the delivery of quality programmes, training and working with the different sporting and community sectors to provide opportunities for them to be active
- We will target our programmes and resources and make them available to groups and communities in key priority areas
- We want to create sustainable models of delivery and ensure that people can remain involved in sport and physical activity

MISSION

“Providing sporting and physical activity opportunities through partnership”

GOALS

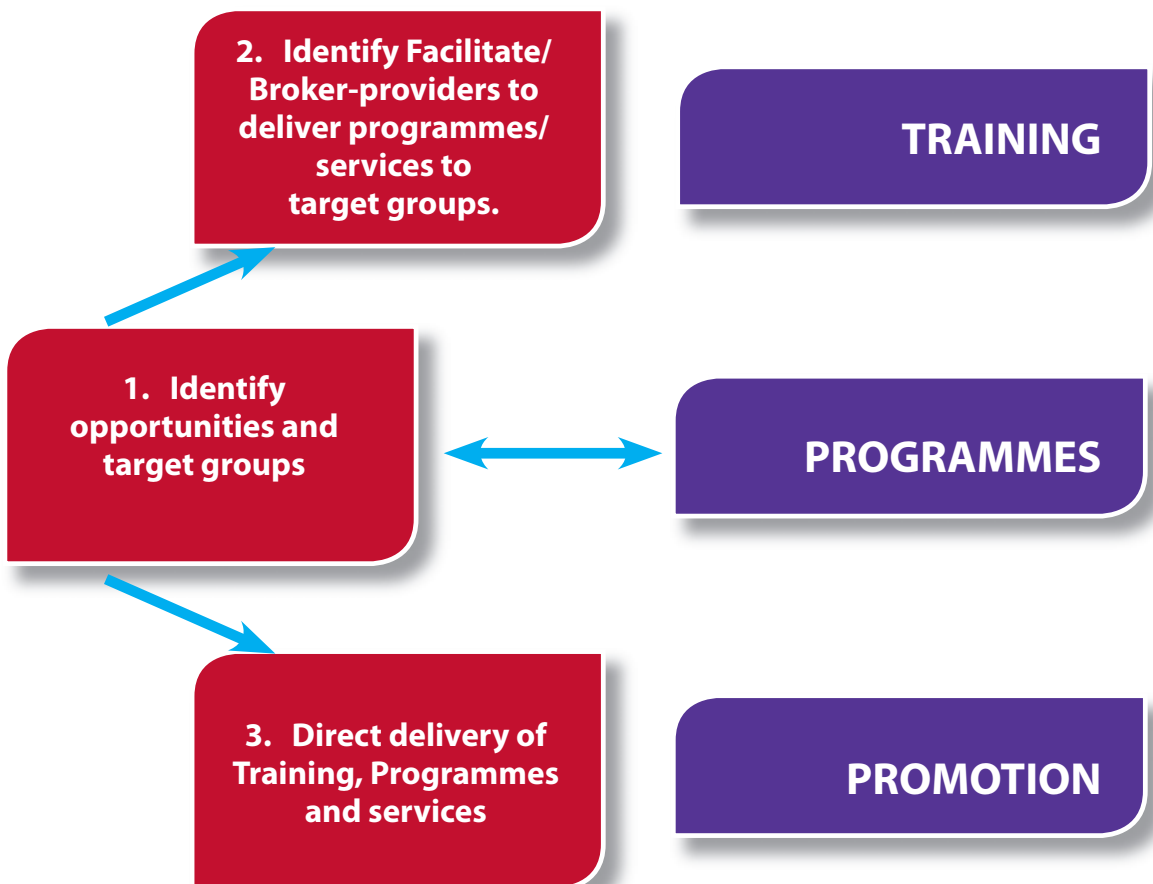
Our goals are to:

1. Support the development of sport and physical activity in Co Wicklow.
2. Increase participation in sport and physical activity in Co Wicklow.
3. Ensure that Wicklow Local Sports Partnership operates successfully.

ROLE OF WICKLOW LOCAL SPORTS PARTNERSHIP

In summary our role is to:

- Promote participation in sport and physical activity in Co Wicklow.
- Identify people who would like to participate in sport and physical activity in Wicklow, especially in disadvantaged areas.
- Prioritise people who are not already involved in sport and physically active.
- Establish the best way for these people to participate and who is best placed to support them and encourage them
- Create strong partnerships and agreements with sport, agencies, community groups, facility operators and education to deliver programmes and services.
- Facilitate training and recruitment of coaches, leaders, volunteers to deliver sport and physical activity.
- Provide information for the people of Co Wicklow on where and how they can be involved in and participate in sport and physical activity in the county.
- Work closely with the Irish Sports Council to implement agreed programmes and services supported by the Council.



WICKLOW LOCAL SPORTS PARTNERSHIP'S OBJECTIVES

Our objectives and programmes are:

AREA	OBJECTIVES	PROGRAMMES + TRAINING
1. Sports Training + Development	1.1 To work in partnership with sports in the county to increase participation	<ul style="list-style-type: none"> • Wicklow Local Sports Partnership Sports Programmes • NGB & ISC specific participation programmes e.g. Soccer Sisters, Meet & Train, Gaelic4Girls, Women In Sport
	1.2 To deliver quality training to sports leaders	<ul style="list-style-type: none"> • Active Leadership Training • First Aid, Lucozade Sports Education Programme • Sports Inclusion Training • The Code of Ethics and Good Practice in Children's Sport • Yearly calendar of training & coach education
	1.3 To increase the opportunities to support people with a disability	<ul style="list-style-type: none"> • Club development training • APA Boccia, Powersoccer, Dance Programme • Training: Coaching People with Disabilities • ASA Swim Helpers & Asst Swim Teachers
2. Physical Activity	2.1 To increase physical activity opportunities in primary and pre-schools	<ul style="list-style-type: none"> • Buntús, Buntús Sport Specific, Buntús Start
	2.2 To increase physical activity in the wider community	<ul style="list-style-type: none"> • Outdoor recreation programmes • Physical activity programmes • Go For Life, Fitwalk, PAL's
3. Leadership + Management	3.1 To provide effective leadership and management of the partnership	<ul style="list-style-type: none"> • Board, Executive, Operational Plans • Develop and implement operational structures • Website Management
	3.2 To provide funding and grant aid to priority groups	<ul style="list-style-type: none"> • Wicklow Local Sports Partnership Club Grants Programme • Coach Education Fund • National Grant scheme for older people

MEASURING PERFORMANCE

We will use the following indicators to assess our progress in the implementation of the plan:

Sports Training + Development

1. The number of trained and active coaches, leaders and volunteers
2. The number of people trained in quality courses run by the Local Sports Partnership and member agencies
3. The level of people participating in sport as assessed by the ESRI and Irish Sports Council Sports Monitor Tracking
4. Evidence of increased participation and new clubs in Co Wicklow.

Physical Activity

1. The number and quality of programmes and initiatives delivered both by the Local Sports Partnership, by members agencies and organisations in the community, schools and outdoors and the level of participation in these programmes.
2. The number of people trained as leaders, coaches and facilitators and who are active in the County
3. The number and percentage of people involved in physical activity programmes in the County
4. Monitoring and evidence of increased physical activity participation rates in County Wicklow
5. Tracking and monitoring of the number of volunteers trained.

Leadership, Management + Communications

1. The effectiveness and quality of the leadership of Wicklow Local Sports Partnership.
2. Provide quality, effective, management of all areas of Wicklow Local Sports Partnership, meetings of Local Sports Partnership Board, manage finance resources, implement best practice.
3. Ensure sound management of finances and business of the Local Sports Partnership and effective implementation of strategic and operational plans within budget.
4. The quality and number of partnerships we have developed and service level agreements with key groups.
5. Development and implementation of plans with number of sporting organisations and agencies
6. The implementation of an effective digital media and IT strategy and develop, maintain and update website. Use current IT tools available to reach a wide audience e.g. Facebook, Twitter, SMS.
7. The level of funding secured from external sources/agencies to expand the work of the Local Sports Partnership.
8. Increased awareness of the Local Sports Partnership and promotion of sport and physical activity in Co Wicklow and local awareness of the Local Sports Partnership, hits on the website, number of media opportunities delivered (radio, newspapers, presentations and internet broadcasts).
9. Use of local sporting, community, business events to promote sport, physical activity, active living and Wicklow Local Sports Partnership.

3. HOW WICKLOW LOCAL SPORTS PARTNERSHIP WILL IMPLEMENT THE PLAN?

STRATEGIES

The Local Sports Partnership will play a key role in co-ordinating the programmes, opportunities and resources available in the county. It will seek to establish quality systems and tools to manage plans, programmes and information to do this effectively. The Local Sports Partnership will work with the key agencies to promote the social, economic and strategic benefits of sport and physical activity to Wicklow as a county. We will deliver the plan focusing on four key areas:

AREA	STRATEGY
Sports Training + Development	Working with sport, education and the community sectors to increase participation in sport throughout the county
Physical activity	Working with community, facility operators and outdoor sector to increase opportunities to participate in physical activity
Leadership and Management	Ensuring that we effectively lead and operate the Partnership and work with member agencies.
Marketing and Communications	Raising the profile of sport and physical activity and communication of the work of the Local Sports Partnership through effective marketing and communication of the work and activities of the Local Sports Partnership.

Our priorities are:

SHORT TERM (2010-2011)

- Develop annual operational plans and budgets.
- Establish the Local Sports Partnership on a sound footing, with appropriate administration and operational support.
- Develop clear working agreements with 3-4 agencies in the county on joint operations to coordinate and increase participation in sport and physical activity.
- Work with all sports organisations in the county to increase participation in sport for young people.
- Work with agencies and community organisations to provide opportunities to deliver physical activity programmes, training and courses.
- Work to increase participation in outdoor recreation in the county
- Put in place a system to monitor participation in sport and physical activity in Co Wicklow.

MEDIUM TERM (2012-2013)

- Monitor and track progress in the delivery of programmes and training.
- Continue to coordinate services with agencies, sporting organisations and community groups.
- Develop the next phase of the Local Sports Partnership agreements and services through the development of service level agreements with partner organisations
- Review the progress in the implementation of the plan and outcomes, through an annual and 3 year review of progress and formal analysis of progress made.

PARTNERSHIP + MANAGEMENT

Wicklow Local Sports Partnership is fortunate to have a number of representatives from both state and voluntary sectors, who are committed to working in close co-operation to develop sport and physical activity in the county. Our delivery model will be done in collaboration with schools, clubs, facility operators and the wider community, through a process of brokerage and delivery of services in the community. A small Executive Group will oversee operations and decision making in between our quarterly Board meetings. We will work to provide quality leadership and implementation of our programmes and services in close association with our key partners. In order to maximise finances, resource efficiency, ensure programme sustainability and avoid duplications of effort, Wicklow Local Sports Partnership will increasingly collaborate with Partner agencies and other external organisations to address common goals and achieve greater scale and impact within the county. We will establish appropriate committee structures as required (sub committees) and ensure Local Sports Partnership Board are representative of the community with appropriate skills for their role. We will implement training for Local Sports Partnership Board members.

MEASURING PERFORMANCE

Wicklow Local Sports Partnership is committed to measuring and monitoring performance on an ongoing basis to establish the effectiveness of the Local Sports Partnership and to meet the ongoing commitment to continual improvement. The Local Sports Partnership will implement the Irish Sports Council SPEAK System and develop our internal management systems to assist in monitoring the programme. We will develop a monitoring system for identifying the quality of courses e.g Quality Mark system. We will also use this system to evaluate quality and effectiveness of courses offered and run by the Local Sports Partnership. Our focus will be to ensure courses are delivered to a high standard. The Local Sports Partnership will seek to recruit quality, trained people/groups to deliver courses & training.

PLANNING + COMMUNICATIONS

We will develop an annual operational plan which will chart our progress in implementing this strategic plan. Our new website will provide clear and detailed information on our progress and the services we will provide. We have identified short term and medium term priorities and we will work to implement these. The Local Sports Partnership will provide information on resources and programmes through its website and identify opportunities to participate in sport and physical activity in the County. The Local Sports Partnership will initially prioritise its focus on children and young people.

The composition of the Local Sports Partnership has the potential to yield significant impact and make Wicklow a real hub of sport and physical activity. The Board of Wicklow Local Sports Partnership will focus on the implementation of the Strategic Plan with the focus on increasing participation and where it can best target its limited resources, through the deliver of quality programmes and training in partnership with local sporting groups, community groups and agencies to priority groups and communities. The Local Sports Partnership will work to:

- a) Develop a co-ordinated sports programme linking clubs, schools, facilities and communities aimed at increasing participation for target groups delivered by clubs and organisations who have the capacity to deliver in partnership with National Governing Bodies of Sport, county associations and local clubs.
- b) Facilitate the development of development plans for the county identifying how sporting and recreation organisations can work with Vocational Education Committee, Rapid and National Governing Bodies of Sport / clubs to deliver opportunities to young people and train coaches, leaders and volunteers.
- c) Develop policies and co-ordinate programmes aimed at increasing physical activity in the wider community.

SUMMARY ACTION PLAN

The summary action plan Wicklow Local Sports Partnership will use to guide progress in the implementation and monitoring of the strategic plan will be as follows:

STRATEGIES	TIMEFRAME	OUTCOME
1. Sports Training Development		
1.1 Work with the sports sector to identify programmes which can be delivered to increase participation and development of sport	2010-2013	Programmes delivered
1.2 Deliver training to coaches, administrators, teachers, parents, in sports clubs and local community groups.	2010-2013	Quality training delivered
2. Physical Activity		
2.1 Identify target communities and people who are not participating and would like to do so.	2010	Priorities agreed
2.2 Identify facilities and services available to the wider community in Co Wicklow.	2010	Full scope of programmes and services in Co Wicklow identified
2.3 Implement and deliver programmes.	2010-2013	Programmes delivered by agencies and Wicklow Local Sports Partnership
3. Leadership + Management		
3.1 Develop Wicklow Local Sports Partnership's strategic plan and annual plan and review this on annual basis.	2010-2013	Plans approved and updated
3.2 Ensure that Wicklow Local Sports Partnership is strategically led and managed.	Annually	Effective operation of Wicklow Local Sports Partnership
3.3 Liaise with and participate in Irish Sports Council training, networking and accountability initiatives.	Annually	Full engagement with the Irish Sports Council
3.4 Establish agreements and ways of working with our key partners.	2010-2013	Agreements in place with members of Wicklow Local Sports Partnership
3.5 Report to the Local Sports Partnership and key stakeholders on our progress.	Ongoing	Annual report in progress
4. Marketing and Communications		
4.1 Develop and launch new website for Wicklow Local Sports Partnership	2010	Key tool for promotion and providing information on programmes, events and activities.
4.2 Launch a successful communications initiative to brand, link and promote the Local Sports Partnership with our members.	2010	Strong awareness of Wicklow Local Sports Partnership by key groups

STRATEGIES	TIMEFRAME	OUTCOME
4.3 Raise the profile of sport, physical activity and the work of the Local Sports Partnership – through our website, communications and newsletters	2010-2013	Increase participation in sport and physical activity
4.4 Communicate with our key stakeholders.	2010-2013	Ongoing communication with key partners and groups
4.5 Identify and track participants who are involved in Local Sports Partnership programmes.	2010-2013	Research completed and information published on our website



APPENDIX 1: DEFINITIONS/DESCRIPTIONS/ABBREVIATIONS:

Abbreviations:

APA	Adapted Physical Activity
COE	Code of Ethics
ERSI	Economic and Social Research Institute
FAI	Football Association of Ireland
HSE	Health Service Executive
ISC	Irish Sports Council
IT	Information Technology
KPI	Key Performance Indicator
LSP	Local Sports Partnership
NGB	National Governing Body
PAL	Physical Activity Leader
PE	Physical Education
RAPID	Revitalising Area's by Planning Investment & Development
SMS	Short Message Service
SNA	Special Needs Assistant
SPEAK	Strategic Planning Evaluation & Knowledge
VEC	Vocational Education Committee
WIS	Women In Sport

Definitions:

The following definitions are covered under the Council of Europe's European Sports Charter (1992):

Exercise: Purposeful physical activity, which is often structured and pursued for health and fitness benefits.

Play: Play is fun and helps physical, intellectual, linguistic, emotional and social development.

Physical Activity: All forms of bodily movement which uses energy.

Recreation: Defined as recreational sport where the emphasis is on health enhancing activities engaged in by individuals and informal groups.

Sport: All forms of physical activity, which through casual or organised participation, aim at expressing or improving physical fitness and mental wellbeing, forming social relationships or obtaining results in competition at all levels.

Descriptions:

Active Leadership: Irish Sports Council national programme that is designed to provide trained, knowledgeable and enthusiastic community based physical activity leaders.

Buntús: Irish Sports Council national programme that provides equipment and training for teachers and childcare staff in pre-school and primary school setting enabling them to increase opportunities for children to participate in physical activity.

Code of Ethics & Good Practice in Children's Sport: Training modules for leaders within sport clubs to promote a child-centred environment, identifying and eliminating practices that impact negatively on a young person's safe and enjoyable participation in sport.

FitWalk: FitWalk is an indoor walking programme which teaches participants how to improve their fitness through walking, teach good posture and how to stridewalk and powerwalk.

Football for All: FAI programme which caters for players with a disability who want to play football.

Go for Life: Age & Opportunity national programme which promotes physical activity for older adults, empowering older people to organise and lead physical activity sessions for their peers.

Irish Sports Monitor: Research undertaken by the ERSI and the Irish Sports Council has been established as an ongoing survey of participation in sports in Ireland.

Local Sports Partnership: The Irish Sports Council's first strategy "A New Era in Sport" 2000-2002 proposed the establishment of a network of Local Sports Partnership's. The aim of Local Sports Partnership's is to increase levels of participation in sport and physical activity and ensure local resources are used to best effect. Local Sports Partnership's work is overseen by a Board comprising of representatives from statutory bodies, organisations and groups operating in the local area with a responsibility for or interest in sports development.

Lucozade Sports Education: The Sports Education Programme, sponsored by Lucozade Sport, devised by Coaching Ireland and co-ordinated by Wicklow Local Sports Partnership offers clubs the opportunity to access free education for their athletes, players and coaches in the area of sport science.

Soccer Sisters: FAI programme aimed at increasing the number of girls playing soccer and utilising facilities countrywide. Soccer Sisters is also designed to attract new volunteers into soccer e.g. parents and guardians who it is then hoped may get involved in the game in some capacity.

Wicklow Sports Forum: Is a voluntary forum open to representatives from all sports clubs in Wicklow. The Wicklow Sports Forum tackles issues of mutual interest, discovers methods of overcoming problems facing clubs, acts as an information sharing conduit, guides the Local Sports Partnership in the training needs of clubs and acts as a co-ordinated voice for local level sports clubs in the county.

Women in Sport: The Irish Sports Council initiated the Women in Sport Programme to increase the physical activity levels of women. Funding is provided by the Irish Sports Council for locally developed initiatives identified by each LSP.

References:

County Development Board Outlook Strategic Plan 2002-2012

Co. Wicklow Outdoor Recreation Strategy 2009-2013

County Wicklow Sports & Recreation Policy 2004

Irish Sports Council Strategic Plan "Building Sport for Life" 2006-2008

Irish Sports Monitor Research ERSI & Irish Sports Council 2008

APPENDIX 2: DEVELOPMENT OF THE PLAN

Wicklow Local Sports Partnership initiated the consultation process for the County Wicklow Sports Strategy in September 2009. A Strategic Planning Steering Group was formed comprising of five members of the Board of Wicklow Local Sports Partnership. ASMT and Wicklow Local Sports Partnership led a consultation process with local community groups and key agencies in Co. Wicklow. The process involved meetings and workshops with a wide range of people and groups in the county. The broad format for the workshops was:

- Presentation on the current position and proposed strategic direction of the Local Sports Partnership.
- Vision and outcomes.
- Programmes and services.
- Identification of the main driving and restraining forces impacting on the Local Sports Partnership reaching the long term vision.
- Key actions and issues to be addressed.

The Local Sports Partnership met with key agencies to develop a clear understanding of how the Partnership can be developed into a successful leader of sports development in the area. We completed an on-line survey of the sporting and leisure groups in the county and received 27 replies. ASMT developed a summary paper and presentation at the end of the consultation process on the key issues, outcomes and priorities to be addressed. It included a detailed report on the on-line surveys which provided a detailed analysis of the needs and views of the local community.

GROUP	APPROACH
Wicklow Local Sports Partnership	Planning workshop to assess views and priorities of the Local Sports Partnership, vision and goals and to discuss details of the draft plan, implementation and vision.
Co-ordinator	We worked closely with the coordinator to identify priorities, views and capacity to provide services.
Partner members	Consultations also took place with internal and external stakeholders of Wicklow Local Sports Partnership including The Board of Wicklow Local Sports Partnership; Wicklow County Council; Co. Wicklow VEC; HSE; The County Wicklow Partnership; Wicklow Sports Clubs & Sports Forum.
Sports sector	Workshop with Development Officers working in NGBs to assess their views and with sporting clubs and invited them to complete an on-line survey to identify their priorities and focus.
Community sector, social inclusion	Meetings with local agencies and personnel working in Wicklow to identify existing programmes, services and challenges in engaging people in sport. We liaised with key agencies and community groups to identify their views on the needs of the community and the best way to establish their priorities.
Irish Sports Council	Discussion with the Irish Sports Council in relation to the direction of the Wicklow Local Sports Partnership and key issues which need to be addressed.

APPENDIX 3: WICKLOW LOCAL SPORTS PARTNERSHIP PROGRAMMES AND COURSES

WICKLOW LSP PROGRAMMES

Within the first year of operations Wicklow Local Sports Partnership has made significant progress in supporting clubs, coaches, volunteers through provision of national and local programmes to assist in the promotion of sport and overall increasing participation in sport and physical activity.

Wicklow LSP Club Development Grant Scheme

In 2009, Wicklow Local Sports Partnership launched the Club Development Grant Scheme for voluntary sports clubs and organisations in the county whose main remit was sport & physical activity provision. €10,000 was shared amongst nine Co. Wicklow based clubs whose initiatives demonstrated increasing participation in their sport amongst specific target groups.

Football for All

Wicklow Local Sports Partnership along with the FAI piloted a 4 week Football for All programme in Wicklow for young people with an intellectual, sensory or learning disability.

First Tee Ireland Golf Programme.

The First Tee of Ireland (TFTI), as a charity provides a youth development program called The First Tee Life Skills Experience. This program teaches participants to understand, develop and display positive character traits in their daily lives. The program is taught in a seamless approach through the game of golf. Our teaching philosophy is based on our nine core values: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy, judgement. Through The Life Skills Experience™, participants learn valuable lessons about the importance of maintaining a positive attitude such as:

- How to make decisions by thinking about the possible consequences!
- How to define and set goals from the golf course to everyday life

These life skills are taught through a variety of golf-related activities designed with the primary goal of having fun. Participants focus within each level is to learn about them and others through a range of experiences enhancing both their golf and life skills. As Participants progress through the skill levels, participants cultivate interpersonal and self-management skills, experience the dynamics of group and community interactions and develop a sense of social responsibility that can positively impact them both on the golf course and in their everyday lives

Wicklow Blazers Junior Sports Club

A new inclusive sports club, the Wicklow Blazers Junior Sports Club has been up and running for young people with a physical disability and their siblings in Wicklow. The club which is open to all 4-12 year olds provides the opportunity to participate in a variety of fun games and sports. The club grew in response to the sporting needs of young Wicklow people with a physical disability. The club is supported by Wicklow Local Sports Partnership, The Irish Wheelchair Association-Sports Section, Enable Ireland, volunteers and parents. The club has also received support from Wicklow County Council's Disability Access & Equality programme in the form of inclusive sports equipment.

Wicklow Disability Sport Day

As part of Accessibility Awareness Week 2009, Wicklow Local Sports Partnership along with Wicklow County Council & Wicklow Arts Office delivered a Disability Sports Day. The day showcased a number of sports and activities such as athletics, badminton, archery, soccer, new age kurling, boccia, handcycling and a sports art mural, which were facilitated by local coaches, Regional & Sports Development Officers and County Wicklow Arts Officers. Fifty people from young to old with a range of disabilities participated throughout the day. The Disability Sports Day provided an invaluable contact making opportunity for the Local Sports Partnership and raised awareness of the opportunities which the Local Sports Partnership and clubs can provide participation and training wise for disability sports.

Multi-cultural soccer open day & futsal tournament

Wicklow Local Sports Partnership & the FAI worked closely together a number of times throughout 2009, to promote soccer amongst intercultural and ethnic communities throughout Wicklow. An Intercultural Soccer Open Day was held in Bray in May 2009, where 40 young people from Russian, Asian, Phillipino and Traveller backgrounds took part in the event. During December 2009, a multi-cultural Futsal tournament was organised in conjunction with the County Wicklow Partnership and targeted adults from ethnic backgrounds. Forty-eight adults from Algerian, Chinese, Traveller, Polish and Egyptian backgrounds all residing in County Wicklow participated in the Futsal tournament.

Soccer Sisters

Wicklow Local Sports Partnership in conjunction with the FAI Women's Football Development Officer & Greystones United F.C. delivered the Soccer Sisters programme to 21 females aged 7-11 years in Greystones. The programme, which aims to introduce girls with little or no experience playing soccer to the game, proved to be a huge success with all participants joining the girls section at Greystones Utd F.C. and two parents volunteering to coach. In addition to this, a Soccer Sisters Blitz was held at Greystones Utd F.C. which saw 85 girls from 5 soccer clubs participate in the blitz.

Women's Reasons to Run 5km

Wicklow Local Sports Partnership supported Athletics Wicklow in the running of a Women's only 5km in Greystones in April 2009. The 5km run was a prelude to the Women's Mini-Marathon and linked Meet & Train programmes which are operating in athletics clubs throughout the county. In excess of 100 females aged 16-65 years took part in the event.

Wicklow Sports Forum

The Wicklow Sports Forum was set up in 2009, to provide a platform for local voluntary sports clubs to communicate with the Local Sports Partnership on key areas such as training and education, club development and funding and to tackle issues of mutual interest. At present there are 30 members of the Wicklow Sports Forum representing 18 sports. The Wicklow Sports Forum meet quarterly.

NATIONAL PROGRAMMES

Wicklow Local Sports Partnership delivers a range of national programmes either directly or in partnership with local and national agencies. These programmes include:

Buntús Start & Generic

2009 saw the first roll out of Buntús Start to childcare providers in conjunction with the Wicklow County Childcare Committee and Buntús Generic to primary schools in County Wicklow. Buntús Start is a child centred physical activity programme for children aged 2-5 years and is designed to be used in pre-school settings to provide learning opportunities for young people to develop their fundamental motor, manipulative, co-ordination and balancing skills. During 2009, 7 Buntús Start courses were delivered to 22 childcare facilities and 108 childcare staff. Buntús Generic which complements the games strand of the PE curriculum is delivered to primary school teachers and is designed to give children a fun and high quality introduction to sport & physical activity. During 2009, 14 primary schools in County Wicklow participated in the training, with each school receiving bags of sports equipment, resource cards and a four hour training programme to the value of €1000 completely free. Both Buntús Start & Buntús Generic are delivered by Irish Sports Council tutors.

The Code of Ethics and Good Practice for Children's Sport

The Irish Sports Council and the Sports Council for Northern Ireland published a joint Code of Ethics and Good Practice for Children's Sport in 2000. This major joint publication recognised the commitment of both Councils to ensure that young people are safeguarded in their participation in sport in the island of Ireland.

Women in Sport

Women in Sport programme aims to increase the participation of women in sport. It promotes the positive aspects of sport and health benefits and encourages women to take up volunteer positions. In 2005, research conducted by the ESRI for the Irish Sports Council revealed that less than one in five Irish women came close to conducting the accumulated 30 minutes of physical activity per day, for at least five days per week, as recommended by the World Health Organisation for good health. It was outlined that more than three quarters of Irish women do some recreational physical activity such as walking, swimming or aerobics, but that the majority do so with insufficient regularity or intensity of effort to meet the minimum standard. Over 20 per cent do so little that from a health point of view they can be considered sedentary. The importance of women's participation in sport is well recognised by the Irish Sports Council having completed a large body of research into the subject. It was clear from that research that initiatives needed to be put in place to promote greater participation in sport and physical activity by women. The 'Women in Sport Initiative' launched by the Irish Sports Council in 2005 also set out to address findings that the involvement of girls and women in sport and physical activity at school age and in adult life has tended to be much less than that of their male counterparts. "The 'Women in Sport Initiative' was developed to address the differences that exist between women's and men's interaction with sport, with patterns of volunteering an interesting area of analysis. The overarching objectives of the Women in Sport programme have been to raise overall physical activity levels among women and to support women's roles within sports organisations

Go for Life

The Go for Life Programme aims to increase participation among older people in recreational sport activities. According to research, getting and staying active has an enormous effect on our quality of life as we get older. The Programme is administered by Age and Opportunity, and overseen by a Steering Group comprising representatives of the Irish Sports Council, Age and Opportunity, the Federation of Active Retirement Associations, the Irish Senior Citizens Parliament and the National Council on Ageing and Older People.

In 2007, the Irish Sports Council provided €700,000 under the Programme. 627 groups nationwide shared an allocation of €350,000 under phase seven of the Go for Life National Grant Scheme for Sport and Physical Activity

for Older People. The national grant scheme is just one element of the Go for Life programme and complements the other main strands in the programme - the Active Living programme and the Sports Participation programme. In 2008, Go for Life worked directly with over 35,000 people. Approximately 900 of these are PALs (Physical Activity Leaders) who then run sports and physical activity sessions among their own groups, helping the numbers who benefit from Go for Life to multiply rapidly.

WICKLOW LOCAL SPORTS PARTNERSHIP TRAINING COURSES

Active Leadership

This award is designed to provide trained, knowledgeable and enthusiastic community based physical activity leaders. The intended outcome is that the trainee leader will be competent and confident in taking charge of a group for physical activity sessions.

- The award is designed to provide trained, knowledgeable and enthusiastic community based physical activity leaders
- Leaders will be equipped to work in a wide range of locations including local clubs, community groups, workplaces, community centres and sports' clubs
- Leaders will aim to increase participation rates in physical activity in a variety of practical ways:
- Encourage a wide range of people, such as friends, colleagues and contacts to take up active leisure pursuits
- Apply their knowledge and skills to plan, organise and lead safe, enjoyable activity sessions with small groups
- Assist in the planning, organising and running of community sports days

The intended outcome is that the trainee leader will be competent and confident in taking charge of a group for physical activity sessions. Specifically, the successful leader will be equipped with the necessary knowledge and skills to plan, organise and lead physical activity sessions within their own group setting. The training courses are organised at local level by Local Sports Partnership

Code of Ethics

During 2009, Wicklow Local Sports Partnership delivered 7 Code of Ethics Basic Awareness Workshops throughout the county. In total 94 coaches, volunteers, leaders and parents have participated on the Code of Ethics Basic Awareness Course.

Lucozade Sports Education Programme

As part of its Coach Education & Training calendar, Wicklow Local Sports Partnership teamed up with Coaching Ireland to offer the Lucozade Sports Education Programme. During 2009, two workshops in the four workshop series, Getting Fit for Sport and Fuel & Fluid for Sport, have been delivered to coaches, PE teachers, volunteers, parents, players and athletes. The two remaining workshops are scheduled to take place in February & March 2010.

Sports Inclusion Training

Wicklow Local Sports Partnership, in conjunction with Enable Ireland, the FAI, the Irish Wheelchair Association-Sports Section and Cerebral Palsy Sport Ireland delivered two targeted Sports Inclusion Training Workshops in 2009. The first workshop was aimed at summer camp providers, managers, leaders and volunteers and focused on disability awareness training and provision of games and sports which are inclusive. Following on from this the second workshop in the series was delivered to primary school teachers and SNA's. This training workshop focused on inclusive PE. In total 42 participants attended both workshops.

APPENDIX 3: SUMMARY ISSUES FROM EACH SECTOR

Board Of Wicklow Local Sports Partnership

<p>Discussion</p>	<p>Opportunity to learn from other Local Sports Partnerships.</p> <p>Provide a framework to coordinate sport in the county.</p> <p>Involve the wider community in the work of the Local Sports Partnership.</p> <p>Provide training to leaders, coaches.</p> <p>Integrate sports clubs, schools and facilities.</p> <p>Increase participation in sport in the county.</p> <p>Raise profile of the Local Sports Partnership – gain public support.</p> <p>Be the centre of a well connected, developed and active sport and recreation sector in Wicklow.</p> <p>Increase participation – healthier county.</p> <p>Have wide representation on the Local Sports Partnership.</p> <p>Make sure focus also includes West Wicklow.</p> <p>Identify gap in delivery of services.</p>
<p>Recommendations</p>	<p>Identify and work with key strategic planning and policy committees</p> <p>Support the work of the Coordinator.</p> <p>Share ideas, databases and opportunities.</p> <p>Make facilities available and accessible.</p> <p>Use resources of agencies and organisations to leverage results.</p> <p>Create strong links with existing resources and networks.</p> <p>Cover all areas of the county.</p> <p>Make best use of the forum to promote the Local Sports Partnership.</p> <p>Provide training and examples of best practise to the community.</p> <p>Get the governance and structures of the Local Sports Partnership working well.</p> <p>Deliver a small number of quality programmes which can have an impact.</p> <p>Provide a defined channel for sports clubs to develop and communicate.</p> <p>Make best use of resources and skills in the county.</p> <p>Develop an excellent website which will provide extensive information on sport and recreation in Co Wicklow.</p> <p>Promote sport and activity to young people.</p>

Wicklow Co Council

<p>Discussion</p>	<p>Co Council provides contribution in a number of areas: hosting the Local Sports Partnership, employment of the Co-ordinator, financial management and services.</p> <p>The Council have developed a sport and recreation strategy for the county which identifies its key role in the provision of facilities and leisure services.</p> <p>The Council provide funding through community grants and support the operation of a range of facilities and amenities.</p> <p>The new Shoreline Leisure facilities in Bray and Greystones were developed by the Councils and managed at arms length by a Council company. The Local Sports Partnership offices are located in the Greystones Centre.</p> <p>Council's strategic policy committees are key forums for the issues impacting on sport and recreation and the work of the Partnership to be addressed.</p> <p>Councils provides strong back up and resources to the Local Sports Partnership</p>
<p>Recommendations</p>	<p>Work with key committees in the Committee</p> <p>Identify key priorities and resources to do this.</p> <p>Use existing policy documents as a key reference point for the work of the Local Sports Partnership</p>

Wicklow County Development Board

<p>Discussion</p>	<p>Potential to highlight sport in Co Wicklow in terms of wider social, economic, commercial, developmental and tourism impact.</p> <p>County Development Board provides an excellent forum to put sport on the agenda.</p> <p>Key roles for Local Sports Partnership are education, training, promotion and development of sport in the county.</p> <p>Strong support from County Development Board for Wicklow Outdoor Recreation Strategy.</p>
<p>Recommendations</p>	<p>Coordinate plans and policies.</p> <p>Deliver practical programmes where required and not already available.</p> <p>Look at business and commercial opportunities for sport in the county, n.b. in lead into Olympic Games in 2012.</p> <p>Promote sport to young people and their families – n.b. parents.</p> <p>Examine models for data sharing (e.g. look at process in Fingal Co. Council).</p>

Co Wicklow Vocational Education Committee

<p>Discussion</p>	<p>VEC run extensive sports development and education programmes and services.</p> <p>Local Sports Partnership should contract VEC team to coordinate implementation of sports programme for young people.</p> <p>Strong focus on adult education and training services which the Local Sports Partnership can harness to train leaders and groups</p> <p>Lack of coordinated work between agencies. Develop more coaches and basic physical skills in young people.</p> <p>Link with youth groups in county. Some clubs have sport. Depends on leaders. Sport is used as a tool.</p> <p>Potential to work on Training for Leaders, Skill Development, Modules., Potential in non competitive sports.</p> <p>Teenage girls (big drop off), girls and sport and leaders. Contacts and links (practical and tangible), information and training, databases. Providing a voice for young people and consultation.</p> <p>Training programme – PLC courses, health, education (Sallynoggin) FETAC modules</p>
<p>Recommendations</p>	<p>Develop strong working relationship with the VEC team. Look to expand successful model in Bray to other areas.</p> <p>Identify full scale of VEC programmes and services and match with other resources (sport, Rapid, etc).</p> <p>Develop sport annual concept to recognise coaches, volunteers, leaders. Look to pilot initiatives with VEC team.</p> <p>Invite the VEC to deliver training, n.b. through adult education courses and networks.</p>

The County Wicklow Partnership

<p>Discussion</p>	<p>The County Wicklow Partnership members of the Local Sports Partnership and willing to work together on joint opportunities.</p> <p>Complete process of mergers and re-structuring and have good networks across the county.</p> <p>Support the development of the outdoor recreation strategy and now engaged with sector in overseeing implementation of this strategy. This strategy provides a blueprint for how the Local Sports Partnership can work with The County Wicklow Partnership.</p> <p>Would like to see more use of outdoor walks and trails.</p> <p>The County Wicklow Partnership interested in the tourism and business potential through increasing access to and usage of facilities and resources in the county.</p> <p>Want to see common website with links to resources, information and opportunities.</p> <p>Need to promote to people in the county – significant inwards use of facilities in Wicklow from people in Dublin and neighbouring areas.</p>
<p>Recommendations</p>	<p>Focus on building contacts and relationships.</p> <p>Work on areas of common interest as identified in the Outdoor Recreation Strategy.</p> <p>Develop website with links and quality information.</p> <p>Share databases and information.</p> <p>Take a common and co-ordinate approach to promotion.</p> <p>Put a simple strategy in place – with realistic targets and review regularly.</p>

National Governing Bodies of Sport Development Officers – Meeting with Officers in Greystones

<p>Discussion</p>	<p>Growing network of full time development officers. Not all were able to attend.</p> <p>No sense of clear plans for the county. This is something which the Local Sports Partnership could work with the National Governing Bodies of Sport to develop.</p> <p>Common focus of sharing ideas – resources, coordination of events, calendars and activities.</p> <p>Access to facilities is a problem for some sports.</p> <p>Willingness to share ideas and information.</p> <p>Concern about potential funding cutbacks.</p>
<p>Recommendations</p>	<p>Local Sports Partnership should create quality website – which clubs and National Governing Bodies of Sport could feed information into.</p> <p>Find some way to help smaller sports.</p> <p>Create calendar and try to coordinate a fixtures planning event and activities.</p> <p>Database of available facilities and resources would be a great help.</p> <p>Welcome forum to coordinate ideas and share exchanges between sports.</p> <p>Raise profile of sport in the county.</p> <p>Coordinate access to schools.</p> <p>Provide training for coaches and volunteers.</p>

Sports Clubs

<p>Discussion</p>	<p>Sports clubs have many vacancies and opportunities and places for people who want to join and participate.</p> <p>Need help with recruiting volunteers, coaches and members.</p> <p>Competition between sports is a challenge – can the Local Sports Partnership assist with producing a common sports calendar and to avoid clashes where possible.</p> <p>Local Sports Partnership can assist with training coaches, volunteers, club development and information.</p> <p>Improving basic administration and keeping clubs going is a common challenge.</p> <p>Website and co-ordination of databases and information would be a big help.</p> <p>Need of help and advice on recruiting and retaining young people.</p> <p>Increasing trend for sports to work together on complementary areas eg racquet sports, indoor sport, athletics clubs linking with training for soccer, GAA, rugby.</p>
<p>Recommendations</p>	<p>Implement training programme for club administrators (eg running sport programme from the UK).</p> <p>Develop website which lists clubs, training and resources available in the county.</p> <p>Produce calendar of events and activities.</p> <p>Identify through website which clubs need members and how people can join.</p> <p>Look to run open days with sports sector to promote clubs to communities.</p>

Rapid Programme

Meeting with Bray Rapid Co-ordinator

Discussion	<p>We met with the Rapid Programme Manager in Bray. Key points to note are:</p> <p>There are 5 designated Rapid estates in Bray. There are challenges in other areas which would be similar to Bray but are not designated as being part of the Rapid scheme.</p> <p>Sport can and does play a key role in targeting youth at risk and people in Rapid Areas</p> <p>Need to create a joined up approach between Rapid, VEC, Sport and community to target and deliver programmes and opportunities in the right way.</p> <p>There is potential to offer a number of programmes and activities – but need to get key community leaders involved.</p> <p>The Wicklow Local Sports Partnership should develop a really good website which identifies the programmes and resources and opportunities to be involved in sport and physical activity in Wicklow.</p> <p>At present the approach is fragmented with potential overlap between the work of the various agencies.</p> <p>Resources are under threat.</p> <p>There are difficulties and barriers to getting young involved in regular sport. Soccer is the most popular activity in Bray.</p>
Recommendations	<p>Co-ordinate work of agencies and develop common programmes and sports policy on how best to work together.</p> <p>Work to create links between getting young people started in sport through summer camps/programmes, festivals and joining sports clubs and facilities.</p> <p>Need to work with lead National Governing Bodies to develop county strategies to link with clubs and coaching.</p> <p>Developing country coaching strategy.</p> <p>Identify range of programmes which can provide opportunities for young people to become involved in sustainable sport and activity.</p> <p>Look for programmes which can develop wider leadership, lifestyle, education and sporting skills in young people.</p>

Physical Activity + Health Promotion

<p>Discussion</p>	<p>HSE Health Promotion Unit provide resources and funding to a range of programmes and groups in the county.</p> <p>HSE looking to assist with implementation of national physical activity guidelines.</p> <p>Funding under review and not clear what will happen in 2010 onwards.</p> <p>Main focus in Go For Life, walking.</p> <p>Developing and implementing new Primary Care strategy which could change way services and programmes are supported and delivered.</p> <p>Potential for duplications and overlap in this area – common purpose and rationale for increasing physical activity not clear as who are target groups.</p> <p>Needs to be grounded back to national strategies.</p> <p>Benefits of working together and co-ordination of resources and services not clear and how this can be achieved not easy to manage (resources are not significant).</p>
<p>Recommendations</p>	<p>Develop common physical activity strategy for the county which looks to see how various agencies and service providers can be co-ordinated – discussion using LISPA framework and other policy models could be a good approach.</p> <p>Produce list of programmes and activities available and how they are targeted.</p> <p>Similar to other recommendations – a good website which identifies opportunities for physical activity and range of groups and agencies involved will be a major step forward.</p> <p>Establish a physical activity forum which brings agencies and providers together to develop policies, share ideas and information.</p>

Older Adults

<p>Discussion</p>	<p>We met with a group of older adults and HSE and VEC in Laragh.</p> <p>Network of adult older groups and Active Retirement across the County – supported by the HSE.</p> <p>Keen to be involved in a range of activities and opportunities.</p> <p>Priority will be to promote opportunities – through groups and accessing wider community through word of mouth, church and community notices and the established networks.</p> <p>Go For Life is available in the county and proves to be a popular activity.</p> <p>There is a need to identify what is available and by way of resources and programmes and which groups and agencies are targeting this area.</p>
<p>Recommendations</p>	<p>Provide training to volunteers and leaders who can work with Active Retirement Groups and community groups.</p> <p>Recruit volunteers to work with and support Active Retirement groups.</p> <p>Promote opportunities to be active and involved in groups.</p> <p>Look at network of festivals, events and activities in the county.</p> <p>Establish working group to examine this area and further explore who best to co-ordinate resources and services to older adults.</p>

<p>Discussion</p>	<p>Strong interest from primary schools and PE teachers in how the Local Sports Partnership can assist them with developing sport and physical activity in schools.</p> <p>People are not generally aware of what is available by way of training and resources. Interested in how the Local Sports Partnership can assist them. There is a need to develop schools sports policies.</p> <p>Co-ordinate how sports clubs and coaches approach schools and after school programmes and activities.</p> <p>Schools need advice on how best to deal with coaches and to ensure that they have appropriate clearance and qualifications to work in schools.</p> <p>There are limits to what the Local Sports Partnership can do – main focus is in training primary schools teachers in the delivery of the Buntús programme.</p> <p>Access to facilities and equipment needs to be co-ordinated (Department of Education have guidelines and recommendations for schools to make facilities available to communities). Schools have many groups trying to access them and deliver sport – needs to be managed and co-ordinated. Need for programmes which can increase skills and physical literacy of young people eg Buntús.</p> <p>Can secondary schools and teachers get access to resources?</p> <p>Great opportunities in Transition Year to train young people in sports development, leadership and coaching.</p> <p>Need to promote outdoor recreation opportunities in the county to young people.</p>
<p>Recommendations</p>	<p>Provide basic training and information to teachers and schools on what training resources and support is available.</p> <p>Encourage schools to develop policies and guidelines for increasing access to sport and physical activity.</p> <p>Identify ways and good ideas of creating school – club links in a sustainable and co-ordinated approach.</p> <p>Provide training to coaches on dealing with schools and identify coaches who are available to go into schools to promote and develop sports.</p> <p>Provide information for young people on how to be physically active and where they can go to be involved in sport and physical activity.</p> <p>Work with agencies to develop common school sport strategy for Wicklow.</p> <p>Promote and develop active schools policy – linked to the LISPA model and Irish Sports Council initiatives.</p> <p>Work with Coaching Ireland to promote coaching and coach education courses.</p> <p>Ensure sport, clubs and coaches are aware of and implement best practice policies for young people and code of ethics programme.</p> <p>Recognise and support schools, coaches and teachers who are doing good work.</p>

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