



# Draft Blessington Local Area Plan Submission - Report

Who are you:	Group
Name:	Lakeside Community Games
Reference:	DBLESSLAP-103344
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## Topic

Community Development (incl. sports facilities & schools, etc.)

## Submission

To whom it may concern,

I am co-secretary for the Lakeside Community Games which has been running for over 40 years in the area. We coach over 100 children on a voluntary basis from March to the end of August. Each year we have a number of children that medal at county, regionals and all-Ireland levels. Before we begin training we have to try and find an available pitch to train on, which is usually a Sunday night for an hour as its the only time available. We are coaching long jump, javelin and various other field events with no facilities. Throwing events bring an element of risk as we always have to try and find a safe space to coach the discipline. Regional and All-Ireland finals are always on a tartan track and it immediately puts our children at a disadvantage as other areas have access to regularly train on a proper track whereas our children are training on grass which gives them a disadvantage as lactic acid builds up in the muscles quickly when they aren't use to running on a track surface. There is a huge number of children in the area travelling up to 50 minutes to run in a club with a track. I feel it is vital to have varied sports facilities in our ever growing community. Not all children want to play a ball sport and with obesity on the rise in children providing options for them to fit and healthy is vital. We coach all the children every week regardless if they don't want to compete as its promoting fitness in a fun way.

Thank you

Rebecca Kelly

Co-Secretary, Lakeside Community Games

