

October 2015

Sports Development Plan

“I believe this offers our club a fantastic opportunity to develop in so many ways”

Monica Culbert, Chairperson



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Sports Development Plan
2015/2020

SPORTS DEVELOPMENT PROVISION

1.1: Sport Development Activities
We are currently developing a range of activities for young people in football, hurling, handball and ladies football,

Action Plan

Objective (what is currently being done)	How (how have you achieved this objective)	Who (responsibility)	When (timescale)	Finance (cost - if any)	Completion (month & year completed)
<i>Outreach pilot with local nursery school to increase participation by 50% of those attending</i>	<i>Club trainers are going to the school to train and encourage young children</i>	<i>Fionnula Murphy</i>	<i>End Sept 2015</i>	<i>£20 per session</i>	<i>Sept 2015</i>
<i>Pilot with "Blackie Centre" for foreign nationals (newcomer sessions) to increase participation by 25%</i>	<i>Young people will attend at the club in Milltown for specialist training</i>	<i>Michael Culbert</i>	<i>Start August 2015</i>	<i>No cost</i>	<i>April 2016</i>
<i>Hurling development weekends for coaches, up to 3 coaches to attend and disseminate among other coaches</i>	<i>Attend organised session in Kilkenny</i>	<i>John Hopkins</i>	<i>September 2015</i>	<i>£350 per head</i>	<i>September 2016</i>
<i>Publish a Handball development plan</i>	<i>Agreed plan to be developed July 2015 to be implemented for the 2015/16 season</i>	<i>Philip O'Neill</i>	<i>July 2015</i>	<i>£200 per annum</i>	<i>April 2016</i>
<i>Match play for younger teams as skills development to increase by 40%</i>	<i>Arrange games with teams outside own county</i>	<i>Juvenile committee</i>	<i>July 2015</i>	<i>£200</i>	<i>September 2015</i>
<i>Develop disability boccia team to participate in tournaments</i>	<i>To encourage others with disabilities to participate by arranging taster sessions etc</i>	<i>Jim Bailie</i>	<i>Oct 2015</i>	<i>£100</i>	<i>September 2016</i>



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SECTION 2: INCREASE IN PARTICIPATION

Objective (what needs done)	How (how you intend to achieve objective)	Who (responsibility)	When (timescale)	Finance (cost - if any)	Completion (month & year completed)
<i>Develop new changing facilities as per development plan to increase usage of changing facilities by 80%</i>	<i>Development of project team and plan</i>	<i>Project Manager</i>	<i>Jan 2015</i>	<i>£800k</i>	<i>June 2018</i>
<i>Develop new pitch as per development plan to increase participation by 100%</i>	<i>Development of joint working SLA leading to formal lease arrangements</i>	<i>Project manager, Monica Culbert and Mary McHenry</i>	<i>August 2015</i>	<i>£600k</i>	<i>June 2018</i>
<i>Build handball court to increase participation by 50% young players and 20% older players</i>	<i>Development of handball court as part of new changing facility</i>	<i>Project manager</i>	<i>Jan 2015</i>	<i>£70k</i>	<i>June 2018</i>
<i>Develop fitness education suite to increase usage by 50 participants per day</i>	<i>To work with a range of stakeholders including community group, environmental groups and disability groups</i>	<i>Project Manager</i>	<i>August 2015</i>	<i>£100k</i>	<i>June 2018</i>
<i>Development of disability access to increase participation by 40%</i>	<i>To develop better disability access to current and future facilities by working closely with Disability Sport NI</i>	<i>Project Manager</i>	<i>August 2015</i>	<i>Consultation will be no cost, however implementation cost is unknown</i>	<i>Jan 2019</i>



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2.2 Increase participation in sport by females

Objective (what needs done)	How (how you intend to achieve objective)	Who (responsibility)	When (timescale)	Finance (cost - if any)	Completion (month & year completed)
Females					
<i>Going into primary schools to develop links and increase participation by 10%</i>	<i>By developing better links with schools and arranging taster sessions aimed at girls</i>	<i>Ladies initiative group</i>	<i>Sept 2015</i>	<i>None</i>	<i>Sept 2016</i>
<i>Enhance links with St Louise's to increase participation in sports and activities by 20%</i>	<i>While we currently have good links with St Louise's, this needs to be developed and enhanced to provide coaching and support to encourage greater participation of girls in sport</i>	<i>Ladies initiative group</i>	<i>Sept 2015</i>	<i>None, although this will be helped by introduction of 4G pitch</i>	<i>May 2019</i>
<i>Develop a ladies initiative group</i>	<i>Establish a group within the Club to address the specific needs of ladies and thus help encourage participation and excellence</i>	<i>Monica Culbert</i>	<i>August 2015</i>	<i>None</i>	<i>September 2015</i>
<i>Gaelic for mothers development to have 20% of mothers participating</i>	<i>To develop this initiative by encouraging mothers who bring their children to training to participate in fitness activities while their kids train</i>	<i>Ladies initiative group</i>	<i>March 2016</i>	<i>None</i>	<i>September 2019</i>
<i>Outdoor gym activities</i>	<i>To ensure that outdoor gym equipment is provided as part of the major development programme to aid activities of Ladies initiative group</i>	<i>Philip O'Neill</i>	<i>June 2018</i>	<i>£20k</i>	<i>June 2018</i>
<i>Encourage Blackie group female participation and have 20% of attendees take up sport</i>	<i>To work with this group to encourage young girls and parents who are new to N. Ireland to participate in sports, particularly organised sports</i>	<i>Ladies initiative group</i>	<i>September 2015</i>	<i>None</i>	<i>May 2019</i>



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2.2b: Increase participation in sport by over 50s

Objective (what needs done)	How (how you intend to achieve objective)	Who (responsibility)	When (timescale)	Finance (cost - if any)	Completion (month & year completed)
<i>Walking club to have at least 20 active members</i>	<i>To develop a walking club linked to our participation in the Bog Meadows to Black Mountain walk</i>	<i>Over 50s group</i>	<i>Oct 2015</i>	<i>None</i>	<i>Sept 2016</i>
<i>Establish over 50s group</i>	<i>To establish a group that will address the specific needs of Over 50s in both sports and other activities</i>	<i>Tony Early and Adrian Harbinson</i>	<i>September 2015</i>	<i>None</i>	<i>On going</i>
<i>Over 50s handball night to attract 20 regular players</i>	<i>To develop a taster session for handball with a view to having a regular slot for older members.</i>	<i>Philip O'Neill</i>	<i>June 2018</i>	<i>£10 per hour</i>	<i>April 2020</i>
<i>Couch to 5k</i>	<i>To work with the existing couch to 5k committee to expand their expertise to over 50 development</i>	<i>Stuart Kennedy</i>	<i>January 2016</i>	<i>£2 per person</i>	<i>April 2020</i>
<i>To deliver up to 6 Health awareness sessions per year</i>	<i>To work with the local community groups to develop and promote health education and awareness sessions in conjunction with HSC trust</i>	<i>Over 50s Group</i>	<i>May 2016</i>	<i>None</i>	<i>April 2020</i>
<i>Develop a drama initiative to put on at least one play per year</i>	<i>To assess the need to develop a drama classes for over 50s</i>	<i>Over 50s Group</i>	<i>Feb 2016</i>	<i>None</i>	<i>April 2016</i>



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2.2c: Increase participation in sport by people living in areas of high social need

Objective (what needs done)	How (how you intend to achieve objective)	Who (responsibility)	When (timescale)	Finance (cost - if any)	Completion (month & year completed)
<i>Develop links with St James' community to have 30 young people participating regularly in sport</i>	<i>To ensure the needs of the community are taken into account for the development of the Bog Meadows area.</i>	<i>Project manager</i>	<i>June 2015</i>	<i>None</i>	<i>June 2020</i>
<i>Health awareness, as above</i>	<i>To develop community health initiatives in conjunction with the local community which is in the top 5 areas on social deprivation in N Ireland</i>	<i>Club Committee</i>	<i>September 2017</i>	<i>None</i>	<i>June 2018</i>
<i>Handball development, to increase participation by at least 5 players from disadvantaged background each year</i>	<i>To develop a range of court and one wall taster sessions aimed at the local community and supported by trained coaches</i>	<i>William Woods</i>	<i>June 2018</i>	<i>£10/hr Hire although cost will be developed along ability to pay basis</i>	<i>April 2020</i>
<i>Arrange 4 midnight sports competitions linked to those from surrounding areas and build on their success</i>	<i>To open our facilities to encourage activities to help address anti-social behaviour and improve fitness and health among hard to reach communities</i>	<i>Club Committee</i>	<i>June 2018</i>	<i>£20/hr Hire although cost will be developed along ability to pay basis</i>	<i>April 2020</i>
<i>To arrange 4 unemployed tournaments in various codes each year</i>	<i>To develop and deliver a range of sporting programmes and tournaments aimed at unemployed members of our community</i>	<i>Club Committee</i>	<i>June 2018</i>	<i>None</i>	<i>April 2020</i>



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2.2d: Increase participation in sport by people with a disability

Objective (what needs done)	How (how you intend to achieve objective)	Who (responsibility)	When (timescale)	Finance (cost - if any)	Completion (month & year completed)
<i>Coaches training for working with disabilities</i>	<i>To ensure all our coaches are trained and equipped to work with people with disabilities</i>	<i>Juvenile committee</i>	<i>Sept 2015</i>	<i>£20 per head</i>	<i>April 2016</i>
<i>Promote disability football, hurling and handball through the use of our ball wall and increase participation by 20 players each year</i>	<i>To ensure the ball wall is disability friendly and to arrange organised taster sessions. Also to work with the Co Antrim GAA to develop a team</i>	<i>Club Committee</i>	<i>Oct 2015</i>	<i>None</i>	<i>April 2017</i>
<i>Development of boccia team, see above</i>	<i>To work to develop taster sessions to allow us to encourage those with disabilities to play boccia</i>	<i>Jim Bailie</i>	<i>Oct 2015</i>	<i>£100</i>	<i>On going</i>
<i>To arrange indoor sports such as badminton to increase participation by those with disabilities by 10 people each year</i>	<i>To develop a new facility to encourage a range of sports that are disability friendly such as badminton</i>	<i>Project Manager</i>	<i>Aug 2015</i>	<i>£20 per hour</i>	<i>June 2018</i>
<i>Develop links with Disability Sports NI</i>	<i>To work with DSNi to develop a range of user friendly activities and sports</i>	<i>Project manager</i>	<i>July 2015</i>	<i>None</i>	<i>June 2018</i>



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2.3: Develop other activities within the club

Objective (what needs done)	How (how you intend to achieve objective)	Who (responsibility)	When (timescale)	Finance (cost - if any)	Completion (month & year completed)
<i>To deliver at least 6 Community advice evenings each year</i>	<i>These will be aimed at the local community and will offer advice on benefits, education and health</i>	<i>Club Committee</i>	<i>Sept 2016</i>	<i>None</i>	<i>April 2020</i>
<i>Increase tournament participation by 20%</i>	<i>We run 4 underage tournaments each year and we will aim to increase participation by 20%</i>	<i>Juvenile committee</i>	<i>June 2018</i>	<i>None</i>	<i>On-going</i>
<i>Develop Go Games to have at least 50 young players participate each summer</i>	<i>We will work with central GAA to increase participation in Go-Games and advertise locally</i>	<i>Juvenile Committee</i>	<i>June 2018</i>	<i>Fix by GAA</i>	<i>On-going</i>
<i>To develop dance classes to attract up to 20 participants</i>	<i>We will develop a range of dance classes to encourage greater participation of Irish, Set and Caile dancing</i>	<i>Club Committee</i>	<i>June 2018</i>	<i>£20 per hour</i>	<i>On-going</i>
<i>To increase the use of facilities by young musicians by up to 40 participants each week</i>	<i>To encourage the Loch Loi traditional music group to return to the club and use the education facilities to promote participation in a range of music</i>	<i>Club Committee</i>	<i>June 2018</i>	<i>£20 per hour</i>	<i>On-going</i>
<i>Environmental initiative to attract up to 50 new attendees per week to the Bog Meadows area</i>	<i>To work with the Ulster Wildlife Trust to encourage greater use of the Bog Meadows area by providing bespoke facilities and arranging guided walks</i>	<i>Project Manager</i>	<i>July 2015</i>	<i>£20 per hour</i>	<i>June 2018</i>



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2.4: Develop coaches, officials and volunteers within the club

Objective (what needs done)	How (how you intend to achieve objective)	Who (responsibility)	When (timescale)	Finance (cost - if any)	Completion (month & year completed)
<i>Development of young referees</i>	<i>To work with the Antrim GAA to increase our young referees by 50% to aid and support juvenile games development</i>	<i>Juvenile committee</i>	<i>April 2016</i>	<i>£50 per head</i>	<i>Sept 2017</i>
<i>Increase First aid training</i>	<i>To ensure all our coaches have minimal fist aid training and to increase those with defibrillator training by 50%</i>	<i>Club Committee</i>	<i>April 2016</i>	<i>£20 per head</i>	<i>Sept 2017</i>
<i>Increase coaches by 5 new coaches each year</i>	<i>To encourage more club members to become qualified coaches by increasing both awareness and support for coaching</i>	<i>Club Committee</i>	<i>April 2016</i>	<i>£40 per head</i>	<i>On-going</i>
<i>Foundation training</i>	<i>To ensure all coaches, mentors and helpers have at least foundation coaching awards and 50% have level 2 awards</i>	<i>Juvenile committee</i>	<i>Sept 2015</i>	<i>£40 per head</i>	<i>On-going</i>
<i>Develop retired senior players to participate in all the above</i>	<i>To train our more senior players to use their experience to develop young players and to promote sport and activities among young people</i>	<i>Juvenile committee</i>	<i>April 2016</i>	<i>None</i>	<i>On-going</i>



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