



## Spring 2014 Programme of training / events

[www.mayosports.ie](http://www.mayosports.ie)

<b>Date &amp; Time</b>	<b>Workshop / Course</b>	<b>Venue</b>	<b>Fee</b>	<b>Further Information</b>
Sat 18 <sup>th</sup> Jan at 11am	<b>Mayo Operation Transformation Walks</b>	Belmullet, Castlebar Claremorris, Westport	<b>N/A</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:mzp@mayococo.ie">mzp@mayococo.ie</a>
Mon 20 <sup>th</sup> Jan – Fri 21 <sup>st</sup> Feb	<b>Operation “Get Mayo Active”</b> ( 5 week Programme with communities, groups, Clubs throughout Mayo)	Various Locations in Mayo	<b>N/A</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:mzp@mayococo.ie">mzp@mayococo.ie</a>
<b><u>February</u></b>				
Tues 4 <sup>th</sup> Feb (7pm – 10pm)	<b>Code of Ethics and Best Practice in Sport Workshop</b>	Mayo Education Centre Castlebar	<b>€15</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:mzp@mayococo.ie">mzp@mayococo.ie</a>
Thursday 13 <sup>th</sup> February at 5pm	<b>Launch of the Western People West of Ireland Womens Mini Marathon</b>	Lough Lannagh Village Castlebar	<b>N/A</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:mzp@mayococo.ie">mzp@mayococo.ie</a>
T.B.C.	<b>Walking Leader Training Irish Heart Foundation Accredited</b>	Belmullet	<b>€50</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:mzp@mayococo.ie">mzp@mayococo.ie</a>
Dates TBC	<b>Cycling Bike for Life Training Course</b>	Belmullet	<b>TBC</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:mzp@mayococo.ie">mzp@mayococo.ie</a>
Sat 22 <sup>nd</sup> Feb T.B.C.	<b>Mayo Operation Transformation 5K Run / Walk</b>	Belmullet, Castlebar Claremorris, Westport	<b>N/A</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:mzp@mayococo.ie">mzp@mayococo.ie</a>
Mon 24 <sup>th</sup> Feb (7pm – 10pm)	<b>Code of Ethics and Best Practice in Sport Workshop</b>	Aras Inis Gluaire Belmullet	<b>€15</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:mzp@mayococo.ie">mzp@mayococo.ie</a>
<b><u>March</u></b>				
Thurs 6 <sup>th</sup> March (7-10pm)	<b>Code of Ethics &amp; Best Practice in Sport Awareness Course</b>	Ballina Sports Complex	<b>€15</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:mzp@mayococo.ie">mzp@mayococo.ie</a>
TBC	<b>Physical Activity Leader Training for Older Peoples Groups</b>	Castlebar	<b>€10</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:mzp@mayococo.ie">mzp@mayococo.ie</a>

Sat 8 <sup>th</sup> March at 9.30am	<b>Castlebar 5K Park Run</b>	Lough Lannagh Castlebar	<b>FREE</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a>
Sat 8 <sup>th</sup> & Sun 9 <sup>th</sup> March (9:30am-4:30pm)	<b>2 Day Occupational Sports First Aid Course</b>	Ballyheane Comm.Centre	<b>€80</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a>
TBC	<b>Disability Inclusion Training</b>	Castlebar	<b>€45</b>	<a href="http://www.caraapa.ie">www.caraapa.ie</a>
Mon 24 <sup>th</sup> March (8pm- 9:30pm)	<b>Funding Information Evening</b> (Sports Partnership Grant Scheme & Others)	Mayo Education Centre Castlebar	<b>n/a</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a>
Wed 26 <sup>th</sup> March (7-10pm)	<b>Code of Ethics &amp; Best Practice in Sport Awareness Course</b>	Curam Centre Claremorris	<b>€15</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a>
Fri 29 <sup>th</sup> March (7pm -10pm) Sat 30 <sup>th</sup> (10am – 4pm)	<b>Active Leadership/Sports Leader Training</b>	Castlebar	<b>€20</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a>
<b><u>April</u></b>				
Tues April 8 <sup>th</sup> (7-10pm)	<b>Childrens Officer in Sport Course Part 1</b> (Follow on to Code of Ethics & Best Practice Awareness course)	Mayo Education Centre Castlebar	<b>€25</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a>
Tues April 15 <sup>th</sup> (7-10pm)	<b>Childrens Officer in Sport Course Part 2</b> (Follow on to Code of Ethics & Best Practice Awareness course)	Mayo Education Centre Castlebar		<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a>
<b><u>May</u></b>				
Sun 4 <sup>th</sup> May 12 Noon	<b>Western People West of Ireland Womens Mini Marathon 2014</b>	Castlebar	<b>€20</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a>
Tues 20 <sup>th</sup> May (7-10pm)	<b>Code of Ethics &amp; Best Practice in Sport Awareness Course</b>	Mayo Education Centre Castlebar	<b>€15</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a>
<b><u>June</u></b>				
1 <sup>st</sup> – 30 <sup>th</sup> June	<b>Mayo in Motion Walking &amp; Cycle Month</b>	Various	<b>n/a</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a>
Sat 14 <sup>th</sup> – Sun 22 <sup>nd</sup> June	<b>Bike Week</b>	Various	<b>n/a</b>	<a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a>

Further information on courses and applications can be downloaded from our website [www.mayosports.ie](http://www.mayosports.ie) , before posting application, please check with office to ensure places are left on your chosen course by email [msp@mayosports.ie](mailto:msp@mayosports.ie) or phone: **094 9047025**, Thank You.