

DONEGAL Schools

The following support is available to schools running **Active School Week** programmes. Keep an eye on the website as more offers will issue between now and ASW

ACTIVITY	OFFERS/IDEAS	Target Groups	Dates of OFFER	CONTACT
ATHLETICS	School MILE Challenge	Primary (5 th and 6 th class) and Post Primary schools	March - June	Anthony White schools@athleticsireland.ie
BADMINTON	ASW BADMINTON 5 Star Challenge. Why not try this FUN, easy to set up Badminton Challenge as part of your ASW programme?	Primary and Post Primary schools	March - June	Fiach Andrews fandrews@badmintonireland.com If your school would like to try out the challenge but does not have badminton equipment please email development@badmintonireland.com and we will try to arrange equipment on loan from your local club.
BASKETBALL	Free Coach Visit	Non-Basketball Playing Primary schools (3 rd – 6 th class)	24 th – 28 th April, 2017	Niall Mc Dermott nmcdermott@basketballireland.ie

BOXING	<p><u>Illies Golden Gloves Boxing Club, Buncrana</u></p> <p>FREE AND FUN Introduction to Your Local Boxing Club (Non-Contact Programme)</p> <p>Coaches available to give a FREE, non-contact Introduction to Boxing class on school premises</p>	Primary and Post Primary schools	March - June	Sadie Duffy Sadie.duffy@yahoo.ie (086) 2236088 (074) 9321566
CYCLING	<p><u>Sprocket Rocket CYCLING</u> – Fun activities for the Playground</p>	Primary Schools	March - June	Lawrence Salonen lawrence.Salonen@cyclingireland.ie
HOCKEY	<p><u>Hockey Skills Challenge</u></p> <p>Why not take on a Hockey Skills Challenge during Active School Week? This skills circuit is easy to run and easy to set up with FREE online resources available to support you every step of the way. To register visit http://hscregistrationschool.questionpro.com/</p>	Primary and Post Primary schools	March - June	Sue Haslam Sue.haslam@hockey.ie
LEISURE CENTRE	<p><u>Aura Leisure Centre, Letterkenny</u></p> <p>FREE sessions in sports hall and on astro pitches during school hours. <i>Pre-booking required and subject to availability</i></p>	Local Primary and Post Primary schools	March - May 12th	Aine Temple Aine.temple@auragroup.ie

SWIMMING	<p>SWIM for a MILE Challenge</p> <p>The mile (1,600m, 64 lengths of a 25m pool) can be completed individually or as a relay, during school swim lessons or at the local pool at a time that suits you. Certificates will be provided for all participants free of charge. <i>Medals and swim hats are also available, at a small cost.</i></p>	Primary and Post Primary schools	March - June	Carol Finlay participation@swimireland.ie (086) 838 4346
TRIATHLON	<p><u>TRI-HEROES ASW Triathlon</u></p> <p>2 lengths swimming – 10 minutes cycling – 1 mile running</p> <p><i>Activities can be undertaken separately or as a combined multi-event, across 1 hour/1 day/1 week</i></p> <p>Find Out More ASW TRIATHLON certificate</p>	Primary and Post Primary schools	March - June	Michael Black schools@triathlonireland.com TRI-HEROES School Programme
VOLLEYBALL	<p>SITTING Volleyball – Why not give this fast paced, entertaining and inclusive Paralympian sport a go? It's simple to set up and play.</p> <p>Take the 60 Seconds SITTING VOLLEYBALL Challenge</p>	Primary and Post Primary – suitable for able bodied and disabled players	March - June	Norma Mc Intyre east@volleyballireland.com (01) 6707165

WALKING	<p>Get Ireland Walking – Primary Schools Competition</p> <p>Get Ireland Walking (GIW) will award a trophy to the school that:</p> <ul style="list-style-type: none">a. Designs the best walking route (to include 8 exercise stations)b. Covers the most distance walking during their ASW programme <p>Information Sheet</p>	Primary schools	Closing date – June 10 th	David Gaul david@getirelandwalking.ie
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