



PRESS RELEASE

EMBARGOED UNTIL 12 NOON WEDNESDAY 28th APRIL

Niall Quinn Launches Sporting Fingal Community Trust's Sports Conditioning Resource Manual For Schools

On Wednesday 28th April 2010 at 1.30pm, at Sportslink in Santry, Niall Quinn, ex-Ireland International and Chairman of Sunderland F.C. launched the Sporting Fingal Community Trust Sports Conditioning Resource Manual for schools, in conjunction with Fingal County Council. The ethos of the Community Trust is to use sport as a vehicle to deliver education and social inclusion programmes, and Sports Conditioning is an integral part of this. Aimed at Primary schools, the Resource Manual sets out all the drills and exercises that teachers need to implement a sports conditioning programme for their pupils.

Sports Conditioning is a programme specially designed by Niall Quinn and Harm Jager (a former Dutch Olympian who holds a Masters Degree in Sports Science), that teaches young people the basic motor skills that are central to all sports, at an age when they find it easiest to absorb. Fingal County Council's Sports Unit, working with Sports Conditioning Ireland, has been running the programme in over 40 primary schools throughout the county since 2006. Sports Con has also been made available to more than 20 Youth Groups and Summer Camps during that period.

The programme, which enhances teachers' skills and ability to deliver the P.E. curriculum, has proved to be extremely popular and successful. It is delivered by Fingal Sports Conditioning Coach, Owen McGrath, overseen by Harm Jager and combines coaching students and training teachers in the disciplines of Sports Conditioning. The Resource Manual has been developed in response to requests from teachers involved in the programme and outlines in detail the exercises and fun games incorporated in the programme.

Speaking at the launch, Niall Quinn said "The Sports Conditioning programme is there for youngsters, particularly those who feel uncomfortable at games, and replaces any sense of awkwardness or inadequacy with a self-confidence and enjoyment of sport. It embraces all children equally, equally those with disabilities, be they naturally sports-minded or not."

Pat Queenan, Chair of the Sporting Fingal Community Trust said “Niall Quinn launched the Sporting Fingal Community Trust exactly one year ago, and we’re delighted to have him launch the Manual for the programme he was so involved in developing. In the past 12 months the Community Trust has worked with a variety of Agencies to deliver educational and development programmes to young people, unemployed men, school children, and has worked with the Council’s Sports Unit to deliver this Sports Conditioning Resource Manual. The Trust uses sport to deliver a range of programmes tackling social inclusion and educational issues, and we see Sports Conditioning as a very important core element of this.”

David O’Connor, Fingal County Manager, and patron of the Sporting Fingal Community Trust, expressed his thanks to Niall and Harm and to the Co. Dublin V.E.C. “What really appealed to us about Sports Conditioning is that the benefits go beyond encouraging more youngsters to participate in sport” he said. “It is well established that young people who play sports perform better in school and are less likely to leave school early, become involved in alcohol and substance abuse and fall through society’s cracks in a number of ways. I am delighted that Sports Conditioning assists us in addressing these issues”.

ENDS 28/04/10

For further information please contact:

Pat Queenan, Chair, Sporting Fingal Community Trust at 01-890 6729 / 087 285 3622 or pat.queenan@fingalcoco.ie

Marion Brown, Principal Sports Officer, Fingal County Council at 01-890 5107 or marion.brown@fingalcoco.ie

Notes to Editors

1. Sporting Fingal Community Trust was officially launched on 27th April 2009 by Niall Quinn, and is influenced by Sunderland F.C.’s Sunderland Foundation.
2. The Trust is the first initiative of its kind to be associated with a League of Ireland football club, and is a groundbreaking initiative which provides and leads a range of education and early intervention programmes, through the vehicle of football. These programmes address social issues in the Fingal area such as early school leaving, alcohol and substance abuse, literacy and numeracy problems, and racism.
3. Programmes are managed and delivered on an inter-agency basis between Fingal County Council, County Dublin V.E.C., An Garda Síochána, the Health Service Executive, Barnados and FAS.