



Registration Form

“Peace by Piece”
Sport and Good Relations Conference

Name _____

Sports Club/Organisation _____

Address _____

Email _____

Tel _____

Closing date for registration forms is Monday the 27th September as places are limited. Please return completed registration forms to Community Sport Development Officer, Sligo Sport and Recreation Partnership, VEC Offices, Riverside, Sligo

For further information please email diane@sligosportandrecreation.ie or telephone 0719161511.



Timetable

- 06.00pm Registration & Light Refreshments
- 06.30pm Opening Address and Introduction
Representative from Sligo Sport and Recreation Partnership
- 06.40pm Athlete’s Perspective
Darren O’Neill, Elite Boxing High Performance Team
- 07.00pm Sligo Peace and Reconciliation
Representative from Sligo Peace and Reconciliation Partnership Committee
- 07.10pm Coaching Workshops
 - Workshop 1 Good Relations in Sport
Peter Shaw, Sport Coach UK trainer
 - Workshop 2 Strength and Conditioning
Mike McGurn, Strength and Conditioning Coach
 - Workshop 3 Sports Psychology
John Kremer, Queen’s University
- 10.00pm Conference Ends

Peace BY Piece



Sport and Good Relations Conference
Thursday 30th September 2010
Multi Purpose Centre,
IT Sligo
06.00-10.00pm



Project supported by Peace III Programme managed for the Special EU Programmes Body by Sligo county Council on behalf of Sligo Peace & Reconciliation Partnership Committee (a sub group of the Sligo County Development Board).

“Peace by Piece”, Sport and Good Relations Conference

Sligo Sport and Recreation Partnership (SSRP) and partner agencies Sligo VEC and Copius Consulting are delivering a cross border sports project ‘Sporting Peace’, which aims to develop a shared and reconciled society through the medium of sport. As part of this project, SSRP is hosting a conference in sport and good relations “Peace by Piece”.

This Conference will deliver presentations based on sport as a tool for building capacity for a shared society and highlighting best practice in social inclusion, anti racism and anti sectarianism. Participants will also greatly benefit from lectures and practical workshops in sports psychology and developing strength and conditioning. The keynotes and workshops will be delivered by national experts, with practical knowledge and experience of dealing first hand with real coaching issues.

Workshop 1 Good Relations in Sport

Peter Shaw

Peter has been involved in training development and delivery for almost 20 years and is a qualified Sport Coach UK trainer. Peter has been responsible for the successful development of numerous training packages including Equity, Child Protection, Sport for All Leaders and Community Sports Development. Peter manages and helped to create the renowned Belfast Community Sports Development Network (BCSDN). This is a network of organisations working collaboratively across Belfast to develop disadvantaged communities through sport. Through his work with BCSDN, Peter is acutely aware of the good relations issues that are prevalent at a community level across Ireland and how sport and physical activity can have a positive impact. As manager of BCSDN, Peter masterminded the delivery of good relations based projects including The Old Firm Alliance and the Cultural Diversity Through Sport Programme, also funded through Peace III. BCSDN work across Belfast in some of the most volatile and fractious communities in Northern Ireland, highlighting the organisations capacity to utilise sport as the medium through which societal issues can be addressed.

Workshop 2 Strength and Conditioning

Mike McGurn

Hailing from GAA traditions, Mike McGurn began his career in sport at the age of 15 when he became involved in athletics. He competed for Ulster and Ireland in cross country and athletics events. For his efforts was awarded a scholarship to study Sports Science in the USA for four years. Once graduated and while lecturing in Workington, he became fitness coach for the local Rugby League club. Such was his success that the break into professional sport came naturally. He quickly became sought after by the cream of Rugby League. Known for his no-nonsense, hard working attitude, McGurn helped guide St Helens to the elusive treble-Challenge Cup, Super League and World Club Champions in the 2000/2001 season.

2002 saw him make the move back to Ireland after being head-hunted by Eddie O’Sullivan to join the national Rugby Union team as Head of Strength and Conditioning. In his tenure of 7 years he oversaw 84 International Test games in which he totally revolutionised the training structures of the squad laying the foundations for what has become the most successful Irish Team ever.

The last few year have been busy and succesful for McGurn. Following his success with the Irish team he took up the position of Head of Strength and Conditioning for Ospreys Rugby Union club in South Wales and almost instantaneously success followed with the Ospreys who are present Magners League Champions. He also began working with boxer Bernard Dunne, helping the Dubliner become Super Bantam-Weight Champion of the World in 2009. In November 2008 he enjoyed more success, this time with the Irish Compromise Rules team when they won the series beating Australia in both tests. More recent success has also followed in the sport of Gaelic Football with Armagh who won the Division 2 title in Croke Park this year.

McGurn consults across team and individual sports. He is the first Strength and Conditioning Coach to work with three different Irish National teams in three different codes. He is widely considered as one of the best strength and conditioning coaches in the business.



Workshop 3 Sports Psychology

John Kremer

Born in Lytham St Annes in Lancashire in 1956, and attended Kendal Grammar School before going to Loughborough University in 1974. John Kremer graduated with an Upper Second in Social Psychology and then stayed in Loughborough to complete his PhD with David Mack (1980) on leadership styles in small groups. Married to Jane in July 1980, he was appointed to a lectureship in psychology at Queen’s University in January 1981 and have been here ever since. John Kremer is a half-time Reader in Psychology at Queen’s University, where he has lectured since 1980. He moved to a half- time contract in 2001 to be able to devote more time to external consultancy work around equality and diversity in particular. As an applied social psychologist, his attention has focused on two areas in particular, equality and diversity at work and the psychology of sport and exercise. He combines his academic interest in sport and exercise psychology with practical work with many sports including soccer, netball, gaelic football, hurling squash, athletics, gymnastics, darts, cycling, bowls, sailing, motor sports, cricket, rugby, badminton, tennis, snooker, weight lifting and golf. John has worked with many national and county teams over the years. His numerous publications include Pure Sport (2008), Sport Psychology: Contemporary Themes (2006), Psychology in Sport (1994) and Young People’s Involvement in Sport (1997). He has also edited special issues of the Irish Journal of Psychology and The Psychologist devoted to sport psychology.

Special Apperance By

Athlete’s Perspective

Darren O’Neill

Darren O’Neill, a boxer on the Irish Elite High Performance Team, is best known for being the current 10 – 75 KG National Senior Boxing Champion, 2009 European Union Champion and 2010 European silver medallist. This Dublin based school teacher is now one of the best boxing amateurs in the world.