
GAME ON ...

WELCOME TO *activesport*

Thank you to Ms Rousseau and the Board of Management at Rathmichael National School for giving us the opportunity to run the After-School program, PE, and mid term camps. We are all about providing quality sports coaching in a fun and inclusive environment. Our ultimate goal is to develop the skills confidence and resilience in our ActiveSport participants helping them pursue an active and healthy lifestyle.

[You can book now via our www.activesport.ie](http://www.activesport.ie)

[Enquiries: egreaves@activesport.ie](mailto:egreaves@activesport.ie)

Our infant programs

Our infant programs are designed to provide a positive introduction to sport. We build confidence and resilience by creating a fun & safe environment where we embrace & learn from our mistakes. The ultimate goal across our multi-sport and athletic infants program is to develop the fundamental movement skills that are universal across sports. The development of FMS skills is key for active healthy lifestyle.

Multi-sport Program (1st - 6th)

There is a sport out there for everyone. Our multi-sport program for 1st - 6th class is to help children find a sport they love, develop their skills & help combat inactivity trends. The children will get to try their hands at a range of sports including Archery, Tennis, Dodgeball, Athletics, Cricket, Soccer, Tag Rugby, Uni-Hoc, Netball and more.

We have three new programs coming to Rathmichael to compliment the Hockey & Soccer programs. Olympic Handball, Basketball and Drama.

Olympic Handball (3rd - 6th) [Video Explainer](#)

Why Olympic Handball ? ... it's great craic and the will kids love playing it. It will serve as the medium for children to represent Rathmichael NS and experience a tournament environment. Olympic Handball is a fast-paced team sport where players pass a ball using their hands with the aim of scoring goals in the opposing team's net. Combining elements of basketball, soccer, and hockey, it encourages teamwork, agility, and quick decision-making.

We have the option of entering 4 teams into a primary school competition:

3rd & 4th Class: U11 Boys team & U11 Girls team

5th & 6th Class: U13 Boys team & U13 Girls team

A squad consists of 8 players with 6 players on the court at all times. Squads will be selected on a first come served basis.

Basketball (3rd - 6th Class)

We are excited to introduce our basketball after-school program, developed in response to high demand from the school community. ActiveSport has a partnership with the Irish Super League Basketball team UCD Marian, using that expertise we will bring top-tier coaching directly to your child. The program will be led by UCD Marrian Professional Player and the Super league MVP Jon Jean, a seasoned professional basketball player and coach. The kids might be interested in checking out Jon Jeans seasons highlight [here](#).

Jon's passion for the game and commitment to player development make him an exceptional mentor for young athletes. With his guidance, participants will refine their skills, learn the fundamentals of teamwork, and enjoy the thrill of the game in a structured, supportive environment. Whether your child is just starting out or looking to elevate their game, our basketball program offers the perfect blend of fun and skill development.

Drama (Infant Classes & 1st - 6th Class)

We're thrilled to introduce our Drama after-school program, a creative and fun-filled opportunity for students to explore the world of theatre and self-expression. The program will be led by Sandra Mullins, a highly experienced drama teacher with over 15 years of experience in the performing arts. As a member of Martello Productions Sandra is no stranger to stage at Rathmichael. She has worked with numerous youth theatre groups, helping young actors find their voice and confidence on stage. Her passion for drama and her talent for nurturing creativity make her an inspiring mentor. Through games, improvisation, and scene work, Sandra will guide students in developing their acting skills, building self-confidence, and fostering a love for the performing arts. This program is perfect for students who want to express themselves, gain stage experience, and have a lot of fun along the way!

Soccer (3rd - 6th Class)

Our soccer after-school program is designed to complement the fantastic work being done by local clubs by focusing on skill development in a fun and supportive environment. We aim to build on the foundation your child has already developed, honing their abilities in dribbling, passing, shooting, and teamwork. Through a mix of drills, small-sided games, and personalised coaching, we ensure each child gains confidence and improves their technical skills, setting them up for continued success on the field. Whether your child is new to the game or looking to sharpen their talents, our program is the perfect next step in their soccer journey. Please note that children will be grouped by age, 3rd & 4th Class / 5th & 6th Class.