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COACHING FOR SUCCESS SEMINAR AN INSPIRING EVENING FOR ALL PRESENT

Despite the challenging weather sports coaches and players turned up in great numbers to the **Coaching for Success Seminar** which took place in Clonea Strand Hotel on the 30th of November. The Seminar, organised by Waterford Sports Partnership, focused on the current framework for coaching, the role of the coach in helping an individual reach their sporting potential and the challenge and commitment of amateur sport.

All those who braved the weather were treated to a highly informative evening with an excellent line-up of speakers. The opening speaker was Michael Mc Geehin, Director of the National Coaching and Training Centre who gave an insight into the work of the NCTC and how the structures within Irish Sport are changing especially the approach to Long Term Player/Athlete Development. Next up was the great Packie Bonner, Technical Director of the FAI, who spoke about the importance of coaches having the right approach and being able to nurture and bring out the best in their players. He stressed the importance of empowering young people to make their own decisions on the field of play and the importance of having a player-centred approach.



Ray Ryan WSP Chairman hands over a cheque for €1610 to Bridgid Burke President of Dungarvan Lions Club

Philip Doyle the Irish Women's Rugby Team Coach then spoke about the commitment that it takes from players and coaches in amateur sport to achieve success. Philip emphasised the importance of having a human approach as a coach and understanding the individual needs of your players.

In Jim Kilty's own words 'forty years of coaching was all justified in eight seconds' in Moscow this year when Derval O'Rourke won the Gold medal in the 60 metre hurdles at the World Indoor Championships. Jim inspired the audience with his common sense approach to coaching across all codes and outlined the importance of adapting training methods to the requirements of the sport.

The final speaker of the evening was Justin McCarthy, Waterford Senior Hurling Team Manager; Justin spoke passionately about the way the amateur game has changed over the years. He spoke about the highly professional preparation and approach to amateur sport displayed across the country.

The presentations from this very informative evening are available on our website www.waterfordsportspartnership.ie. Waterford Sports Partnership would like to thank everyone that supported this event. All proceeds from the night were donated to the WLR FM Lions Club Christmas Appeal.

Jim Kilty, Coach to Derval O'Rourke who gave such an inspirational and practical talk at the Coaching for Success Seminar will return to Waterford in March 2007 to give a **SAQ** (Speed, Agility & Quickness) **Foundation Course**. Demand for this course is expected to be high so **BOOK EARLY** to avoid disappointment.

€7,775 for Physical Activity Initiatives for Older Adults Groups in Waterford

Mr. John O'Donoghue, Minister for Arts Sports & Tourism announced €7,775 in Sports Grants for 13 older adults initiatives in Waterford as part of the Go for Life National Grant Scheme for Sport and Physical Activity for older people which aims to help local clubs and organisations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities. Under the 2006 National Grant Scheme the following groups were successful.

Waterford Sports Partnership	€1200
Old Parish ICA	€500
Ballymacarbry ICA	€500
Cappoquin Day Care Centre	€500
Knockboy ICA	€500
Splashworld Health & Fitness Centre	€1000
Clonea Rathgormack ICA	€500
Modeligo Ladies Club	€525
Ardmore & Grange ICA	€500
Waterford Farm Family	€525
Irish Wheelchair Association	€500
Comeragh ARA	€525
Friends of Assisi House	€500

The National Grant Scheme for Sport and Physical Activity for older people is advertised every Autumn and the staff of Waterford Sports Partnership are available to assist clubs and organisations with their applications.

PALS WORKSHOPS

Waterford Sports Partnership held 9 Physical Activity Workshops in Waterford during 2006 supporting Physical Activity Leaders in 28 different older adult groups. The workshops included Basic Principles (x2), Sit Fit, Going Strong, Better Balance, Rolling & Bowling, Pitching & Tossing, Stepping & Strolling and PALs Skills.

ACTIVITY MORNINGS in DUNGARVAN

Activity mornings will reconvene on 11th January in Dungarvan Sports Centre, every Thursday from 11am to 12 noon. These mornings aim to support the PAL's and offer the chance for people to meet each other and to share experiences around physical activity. Activities include short mat bowling, six and nine pins, kurling, rings, bocca, potcha, frisbie and much more. All welcome.



Group from PAL's Skills Workshop held in Rainbow Hall Kilmacthomas October 2006

Cappoquin Snooker & Billiards Club

The Cappoquin Snooker & Billiards Club was formed in 1927 and for many years served the area very well. The Club was probably at its strongest in the 1980's but, due to a severe drop in members the 1990's became a fairly bleak period for the Club and the Club ceased operating in the late '90's. Then in 2005 a very committed group came together to try and revive the club again. After a big push and with great support from Waterford Sports Partnership who provided a club start-up grant which contributed to the purchase of essential start up equipment. Cappoquin Snooker Club has really taken off again.



Last season we had a fantastic number of members and as the season progressed it was decided by the committee to redevelop the hall. This was going to be a huge undertaking, and thankfully our application for Sports Capital Grants funding

was successful. Once again Waterford Sports Partnership gave us a lot of advice and guidance in preparing our application for funding and we are grateful to the staff for their time and effort. Snooker in the Cappoquin area is now very strong and competitive again as a result of a great group of people working in partnership together.

Martin Reddy
PRO - Cappoquin Snooker & Billiards

NEW INITIATIVE coming in 2007...

WASP
Waterford Active Schools Programme.

A programme aimed at increasing awareness in families of the importance of being active, to make activity a natural part of daily living - resulting in families being more active, more often.

To be piloted in 7 primary schools across Waterford in January 2007.

Programme Mascot 'Wizzy the Wasp'

Watch this space for further information in 2007



Club Children's Officer Training

NEW COURSE

Waterford Sports Partnership held the first Club Children's Officer training in the Civic Offices, Dungarvan on the 16th and 23rd October 2006. This workshop is a follow on from the 4 hour Basic Awareness Course and is aimed at Club Children's Officers to help them to carry out the function of their role and implement Best Practice in their clubs.

Valerie Colville and George Young Irish Sports Council Tutors delivered the 6 hour workshop to children's officers from Ferrybank F.C., Tramore Special Olympics, Villa F.C., Dungarvan Sports Centre, Southend Utd F.C., Kilmacthomas A.F.C., Railway A.F.C., Ballyduff Upper Juvenile GAA Club, Waterford Life Saving Club, Stradbally F.C., and St. Saviour's FC.



Comments from participants included... 'Invaluable knowledge acquired for all club members at all levels'. 'Make as many people as possible in your club aware of these courses. I must spread the news'

For further information on upcoming courses please see our calendar of events on the back page or visit our

website: www.waterfordsportspartnership.ie

Dungarvan Gymnastics Club

NEW CLUB

In response to the demand for Gymnastics in the Dungarvan area. WSP were successful in attracting funding from Irish Gymnastics to start up a Gymnastics Club in Dungarvan.....

On the 7th September, 2006 a public meeting was held in the Park Hotel, for interested individuals to drive the formation of a new gymnastics club in Dungarvan. There was a great turn out on the night, which was also attended by Pdraig Dooley from Irish Gymnastics. At this meeting a committee was formed and Dungarvan Gymnastics Club was registered with Irish Gymnastics.

Since the formation of the club a number of committee meetings were held to formalise the club structures. A foundation level-coaching course in Artistic Gymnastics was held over the weekend of the 11th & 12th November at which, 10 members of the committee attended. Also, three committee members attended Child Welfare & Protection Course and are at present drawing up policies and procedures in line with the Code of Ethic and Good Practice for the Dungarvan Gymnastics Club.

Dungarvan Gymnastics Club advertised for participants between the ages of 6 – 12 years on the 26th October. Over 120 applications were received and places were allocated on a first come first served basis to 60 children, the unsuccessful applicants have been placed on a waiting list which the club hope to tackle as soon as possible.

Dungarvan Gymnastics Club will commence sessions in the Dungarvan Sports Centre every Tuesday evening between 4.15 and 6.15pm early in the New Year.



Group who attended a Foundation Level-Coaching Course in Artistic Gymnastics in November

Lets All Play!

"Because we are privileged we have great power..."; In a quotation by John O'Donoghue from Eternal Echoes the keynote speaker Pat Flanagan, Head of Dept. Health & Leisure/ Chemical & Life Sciences in Tralee Institute of Technology, set the tone for a thought provoking conference and underlined our duty; "to speak out for those who have no voice or are not being listened to".

The **Lets All Play!** Inclusive Childcare conference took place on Thursday 26th October in Hotel Kilkenny. The purpose of this conference was to highlight the need to make childcare and play environments more accessible to children with disabilities and to explore strategies for the greater inclusion of children with disabilities in community childcare settings.

The conference was a collaborative initiative organised by the Disability Equality Specialist Support Agency (DESSA), Waterford Sports Partnership, Kilkenny Recreation & Sports Partnership, County & City Childcare Committees in Waterford, Carlow, Kilkenny, South Tipperary and Wexford, the Waterford Area Partnership, Local Authorities in Waterford County & City and Kilkenny and Parents Groups in Kilkenny, Waterford and Wexford.

The conference was chaired by Heino Schonfeld, Director of Centre for Early Childhood Development & Education. Presentations were also given by Mark Barry, Sports Development Officer with the Irish Wheelchair Association, on his experience of inclusion and by Marie Curran on her experience as a parent on access to inclusive childcare and play opportunities. A case study documenting the transition of disabled children to mainstream settings was presented by James Borland, Service Manager, HSE.

There were also 4 practical workshops in the afternoon presented by play specialists: One of which was The Buntus Programme presented by Valerie Colville and Nicola Keeshan of Waterford & Kilkenny Sports Partnerships.

Feedback from the delegates who came from childcare provider organisations, community development projects and specialist disability groups in the south east region was excellent.



Keynote Speaker Pat Flanagan

For further information: Contact Waterford Sports Partnership at 058 21192 or 051 849855 or Alice Griffin in DESSA at 01 4163548 or email : agriffin@dessa.ie

Calendar of Upcoming Courses and Events 2007

Date	Course/Event	Time	Venue
Thursdays 11th Jan to 26th April	Activity Mornings	11.00 - 12.00	Dungarvan Sports Centre
Saturday 3rd February	South East GAA Coaching Workshop	09.30 - 17.30	W.I.T. Main Campus, Cork Rd.
Monday 5th February	Child Welfare & Protection	18.00 - 22.00	City Hall, Waterford
Monday 19th February	Go for Life Workshop—Sit Fit	10.00 - 15.30	Rainbow Hall, Kilmacthomas
Fri 23rd, Sat 24th & Sun 25th February	Sli na Slainte Training	All Day	Mardyke Arena, Cork
Monday 26th February	Go For Life Workshop – Rolling & Bowling	10.00 - 15.30	Dungarvan Sports Centre
Friday 2nd March	SAQ Foundation Course	16.00 - 22.00	Cill Barra Community Centre, Ballybeg, Waterford
Monday 5th March	Club Children's Officer Training (Part 1)	19.00 - 22.00	City Hall, Waterford
Sat 10th & Sun 11th March	REC 2 - First Aid Course	09.30 - 16.30	Venue TBC
Monday 12th March	Club Children's Officer Training (Part 2)	19.00 - 22.00	City Hall, Waterford
Fri 23rd, Sat 24th & Sun 25th March	Sli na Slainte Training	All Day	NUI Campus Maynooth
Friday 30th & Saturday 31st March	FAI—Kick Start 1 (Female only) (a Women in Sport Project in Partnership with WSP)	19.00 - 22.00 10.00 - 16.00	Cill Barra Community Centre, Ballybeg, Waterford
Monday 2nd April	Go for Life Forum	11.00 - 16.00	Venue TBC
Saturday 14th & Sunday 15th April	REC 2 - First Aid Course	09.30 - 16.30	Waterford Crystal Sports Centre, Cork Road, Waterford
Monday 23rd April	Child Welfare & Protection	18.00 - 22.00	Civic Offices, Dungarvan
Monday 14th May	Go for Life Festival 2007	10.00 - 15.30	Venue TBC
Friday 25th, Sat 26th & Sun 27th May	Sli na Slainte Training	All Day	Ennistymon, Co. Clare

COACHING CORNER



FAI
Kickstart 2- Ferrybank FC
February 16th, 17th & 18th

Senior Introductory
Coaching Course
May 5th & 6th - Venue TBC

FAI Youth Cert - Tramore FC
May 18th, 19th & 20th

CONTACT: Darren Murray
on 087 637 8742
or darrenmurray@fai.ie

Kickstart 1
February 16th & 17th
West Waterford Venue TBC

CONTACT:
Michael Looby 087 050 8623

CALLING ALL SPORTS
To Advertise your coaching courses in the
next issue of our Newsletter or on our
website please contact the
WSP office.



Basketball Ireland intends to hold a coaching clinic in the month of **February**. This coaching clinic is opened to anyone interested in Basketball in the **South East Region** and will be conducted by **Mr Greg Gurr National Director of High Performance and Coaching**. For further details regarding date and venue etc, please contact **Dermot Howlin** South East Regional Development Officer @ **086/8112868** or email **dhowlin@basketballireland.ie**



GAA
Foundation Level Coach Education
January 15th at 7pm - Venue TBC

Level 1 Coaching Course
January 29th at 7pm - Waterford
January 29th at 7pm - Dungarvan
Venues TBC

For Information on upcoming Courses
CONTACT: Eoin Breathnach
on 087 921 9345



**Ladies Gaelic Football
Association**

Level 6, Cusack Stand,
Croke Park, Dublin 3

CONTACT: Diane
Tel: (01) 8363156 Fax: (01) 8363111
Email: diane@ladiesgaelic.ie

**Ladies Gaelic Football
Fundamentals Course**
Saturday January 13th Waterford
- Venue TBC

CONTACT: George Young 087 4158417



IRFU
For Information on upcoming courses
CONTACT: Mark Hickey
on 086 601 1729



Badminton
For Information on upcoming courses
CONTACT: Wayne Doyle
on 087 687 1929



Athletics Ireland
Level 1 Athletics Coach
Education Course

1st weekend - St Abbans AC,
Crettyard, Co Laois
on Saturday 13th
& Sunday 14th January

2nd weekend - in Kilkenny
on Saturday Feb 3rd
& Sunday Feb 4th.

Enquiries to:
Jacqui Freyne (087) 2629950
or Pat Ryan (087) 2621310
(Athletics Ireland RDOs)

CONTACT US

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