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Coaching Corner

Coaching Conference a huge success!

On Saturday 3rd November, Waterford Sports Partnership held the 2007 Coaching for Success Conference where over 90 participants from Waterford and beyond benefitted greatly from the expertise and activities delivered.

The 2007 conference built on the positive feedback received in the 2006 Coaching for Success seminar by including a mixture of practical and theory components. The day's events focused on a wide range of topics where the seven speakers were given the task of delivering broad but relevant information to cater for a wide range of individual and team sports.



Pictured here at the Coaching for Success Conference are (from l to r):
Rosarie Kealy, Sports Coordinator, Waterford Sports Partnership; Ray Ryan, Chairman, Waterford Sports Partnership; Pat O'Shea, Kerry Senior Football Manager & Aoife Hearne, Dietician.

The day began in earnest with a keynote speech from Kerry All Ireland winning coach Pat O'Shea. Feedback from participants included 'the talk was inspirational' and 'some of what he said was a surprise but made sense'. Pat's generous sharing of his knowledge and experience set the tone for the day.

Sports Nutrition, a huge topic not only within Irish sport but also within society today was covered by Aoife Hearne who delivered a well structured talk described by attendees as 'very informative' and 'easy to understand and practical'. This stimulated many questions from the audience in the ensuing panel discussion.

The Practical Workshops with Pat Flanagan on Ball Coordinated Warm Ups and Jim Kilty on Speed, Agility and Quickness (SAQ) were extremely well received and provided participants with many ideas to take back to their own clubs.

(continued overleaf)

Coaching for Success 2007 (cont/d)....

After taking part in an hour's practical session, participants then attended a 90 minute observation session. A key component for all coaches is the ability to observe other coaches coach, and with coaches of the quality and experience of Pat O'Shea, Jim Kilty and Pat Flanagan those present couldn't fail to learn new drills and incorporate ideas into their coaching structure.

Special thanks must be given to the members of Ferrybank Athletics Club, Waterford Wildcats U16 Development Squad and the 12 Ladies Footballers from St Pats, Tramore, Old Parish and Abbeyside Ladies Football clubs whose participation and skill levels as volunteers for the observation session led to short, sharp and informative practical displays.

The first afternoon session involved Ciara Losty outlining the importance of Sports Psychology to all participants. Participants were then given a choice of practical workshops to attend from either an Introduction to Weightlifting from Colin Buckley or Ron Swanson delivering Basic Injury Assessment and Strapping. The day was then concluded with a Panel discussion that captured the success of the day through the sheer amount of questions that speakers fielded.

Participants described the conference as 'very informative and well worth attending' with a 'good range of topics' with the variation of the day being captured as 'practical and theory worked very well'. Special thanks to all the speakers on the day and also to Ray Ryan, Chairman of Waterford Sport Partnership for acting as MC for the day. Thanks also to Michael Evans of WIT and to Glanbia for their information stand on Proton Revive.

**The following Speaker Presentations and Handouts from this very informative day are available to download from our website.....
www.waterfordsportpartnership.ie**

SPEAKER PRESENTATIONS

- Aoife Hearne - Performance Nutrition
- Colin Buckley - Weight Training
- Ron Swanson - Basic Strapping
- Ciara Losty - Sports Psychology
- Pat O'Shea - Coaching for Success

SPEAKER HANDOUTS

- Aoife Hearne - General Nutrition Tips
- Colin Buckley - Introduction to Weight Training
- Ciara Losty - Applied Sports Psychology
- Jim Kilty - SAQ Warm-ups for Speed
- Pat Flanagan - Incorporating Fitness into your Sessions
- Pat Flanagan - Ball-related Warm-ups



Upcoming SAQ Foundation Course

Due to demand from local coaches and from participants at the taster session Jim Kilty delivered at our Coaching for Success Conference in November, Waterford Sports Partnership has organised a 6 hour SAQ Foundation Course for March 2008.

SAQ is a system of progressive exercise and instruction aimed at developing fundamental motor abilities to enhance the capability of players / athletes to be more skilful at faster speeds and with greater precision.

The SAQ foundation course deals with Dynamic Warm Up, Movement Mechanics and Innervations and Fast feet Training. The Course then looks at how to implement SAQ training into training sessions and programmes. The 6 hour workshop is split between practical and theoretical elements. This programme has already been delivered to a number of people locally, but SAQ is now a proven concept that is being used by the Brazilian Soccer side, Irish Rugby team and the Waterford Senior Hurling team.

Those who complete this Course are awarded the SAQ Foundation Certificate.

Check out the Calendar on the back page for SAQ dates, venues etc.

SAQ
Speed, Agility
& Quickness

FEMALE ONLY

FAI Kick Start 2 - Introduction to Coaching

22nd – 24th February 2008
Cill Barra Sports Centre Ballybeg



The Football Association of Ireland and Waterford Sports Partnership are hosting a Kick Start 2 coaching course designed to assist female coaches in the development of the player's (aged 9-12 years) soccer skills and FUNdamental movement skills in game related functions, progressing into small sided games.

Who is this course for?

Female coaches with a Kick Start 1 Certificate.

What you will achieve:

This course will provide female coaches with the ability to:

- Identify stages in the development of young players at the Learn to train phase.
- Plan, Organise and implement coaching sessions
- Adapt activities to develop soccer specific skills in players in the learn to train phase
- Reinforce and progress the player's soccer specific and FUNdamental movement skills in game related functions, progressing into small sided games
- Plan, implement, and review sessions in a fun, safe, and friendly environment



Cill Barra Sports Centre Ballybeg

Dates

Friday 22nd Feb 2008
Saturday 23rd Feb 2008
Sunday 24th Feb 2008

Times

7pm - 10pm
10am - 4pm
10am - 4pm

Places are strictly limited on this course. This course is funded through the Women in Sport Initiative. For further details and to book a place on this course please contact Waterford Sports Partnership.

As there are practical aspects to the course, participants will need to bring appropriate attire.

WASP

Waterford Active Schools Programme *Have you heard the buzz??*

WIZZY the active Wasp has been buzzing around Waterford's Primary Schools introducing boys and girls to the Waterford Active Schools Programme (WASP). Over 2500 children and their parents took part in the 4 week programme in September and October 2007. WASP is designed to raise activity levels to at least 30 minutes a day through a wide range of family based activities. Each child is given a record card to monitor their progress for themselves and a nominated adult. Stickers are awarded to the students once their exercise was completed. The aim is to collect as many stickers as possible during the 4 weeks. WIZZY was very impressed by how many stickers were collected and he thanks everyone for their super effort!



A WASP Research Project partly funded by the Irish Sports Council was carried out in conjunction with WIT to evaluate the programme. The Research monitored the levels of physical activity and the attitude to physical activity of 4th class children and their parents in 10 Intervention schools and 8 control schools. We would like to thank all the schools who took part in this valuable piece of work, the 10 intervention schools: St Mary's N.S., Grange; Our Lady of Mercy N.S., Stradbally; Bunscoil Chill mhic Thomaisin, Kilmacthomas; Kill N.S.; Knockmahon N.S., Bunmahon; Mount Sion Primary School; Ballycurrane N.S., Clashmore; Rathgormack N.S.; Scoil Gharbháin, Dungarvan; Passage East N.S; and the 8 control schools: Faithlegg National School; Glenbeg N.S.; Villierstown N.S.; Scoil na Bhfiodh, Fewes; Holy Family J.N.S., Waterford; S.N. Baile Mhic Airt, An Rinn; Whitechurch NS; Scoil An Bhaile Nua, Newtown. The research data is currently being collated and the findings will be available early in 2008.

14 more Waterford Schools will be taking part in the WASP Programme in January, so keep an eye out for WIZZY in the New Year – he could be buzzing into a school near you!

Sports Capital Grants 2008

Waterford Sports Partnership has been informed that the Sports Capital Grants Scheme for 2008 will be announced early in January 2008. All sports clubs hoping to apply should be preparing their applications now!

Waterford Sports Partnership is holding a **Sports Capital Grants Information Workshop on Tuesday January 29th 2008 at 7.30pm in Rainbow Hall, Kilmacthomas.** The Workshop will be facilitated by **Ann Marie Maher, Sports & Leisure Officer, Laois County Council.** Ann Marie has over 11 years of experience completing and assisting groups to complete Sports Capital Grants applications.

**This Workshop is a must for Clubs applying under the 2008 Scheme.
For Further information and booking please contact the office on (058) 21192**

Buntús Start

To date 24 pre-schools in Waterford have been trained in the Buntús Start programme. This programme is a National programme which links in with Buntús which is in place in all Waterford's Primary Schools.



Each pre-school that takes part in the programme receives 6 hours of training in 2 parts, a huge bag full of specially adapted child friendly equipment and a pack of resource cards. There has been an overwhelmingly positive response to the training and to the programme in general. One course participant commented "absolutely great, thank you so much for introducing me to the fun aspect of sport and P.E."

Waterford City and County Childcare Committees and Waterford Sports Partnership are rolling out the Buntús Start programme to all Waterford pre-schools.

For further information please contact Jane on (051) 849855.



A date for the diaries

**The 2008
Sean Kelly Tour of Waterford**

Will take place on

**Sunday
August 24th 2008**



**For further info visit
www.theseankellytour.com**

So come on, start training now!

GO FOR LIFE Everyone Active in 2007 !

PHYSICAL ACTIVITY LEADERS (PALs) WORKSHOPS - 18 NEW PALs

Older Adults have been extremely busy since our last newsletter with many groups taking advantage of the PAL's training workshops. 49 PAL's attended



three workshops in Stepping & Strolling, Rolling & Bowling and Basic Principles which included 18 new PALs joining their colleagues in leading physical activity in the older adult community.

A total of 5 workshops were delivered in 2007 involving 70 different PALs from 28 Older Adult groups.

OTHER NEWS

A big congratulations to Peg Teaby and Babs Murphy on the success of the second annual short mat bowling competition which was held recently at the Butler Community Hall in Waterford City. The festival included a short mat bowling competition and also singing and art competitions, followed by a ball for all competitors. A big well done to Peg and Babs and hopefully we can have more of these events in Waterford.



ACTIVITY MORNINGS IN DUNGARVAN

Thursday activity mornings are still going strong in Dungarvan Sports Centre. If

anyone is interested in this please contact the office on 058 21191. Activities include short mat bowling, six and nine pins, kurling, bocca, potcha and much more. All are welcome.

GO FOR LIFE 2008

Waterford Sports Partnership is currently undertaking a review of the work that is being delivered with Older Adults. This will ensure that Older Adult Groups are supported in the most appropriate way. Watch this space for upcoming details on our future initiatives.

GO FOR LIFE GRANTS €10,850 for 17 Waterford Older Adult Initiatives

Since 2001 over three thousand grants totalling €1.93 million have been distributed to local clubs and organisations and this money has been used by older people to purchase equipment and to take part in activity programmes.

Mr Seamus Brennan, Minister for Arts Sports and Tourism announced €349,125 in sports grants for older adult groups around the Country, with 17 initiatives in Waterford receiving grants totally €10,850 as part of the Go for Life National Grant Scheme. The grant aims to help local clubs and organisations in increasing opportunities and participation for their older adult members. The following groups were successful

Ardmore & Grange ICA	€500
Ballin Road ICA	€500
Cairde na Rinne	€525
Clonea Rathgormack ICA	€500
Cunnigar Pitch & Putt Club	€525
Dungarvan ARA	€500
Glenbeg ICA	€500
Golden Years Festival Committee	€550
Old Parish ICA	€500
Respond Housing Association	€550
Waterford Farm Family	€525
Waterford Sports Partnership	€2500
Woodlock Nursing Home	€600
Comeragh ARA	€525
Minaun ICA Guild	€500
Sacred Heart ARA	€525
Tramore & District ARA	€525

The National Grant Scheme for Sport and Physical activity is advertised every autumn and staff of Waterford Sports Partnership are available to assist clubs and organisations with their applications.



NEW
INITIATIVE

Well Girl Programme

The Well Girl Programme is a pilot initiative aimed at increasing physical activity for teenage girls. The programme is a joint venture between Waterford Sports Partnership and the Schools Completion Programme supported by funding from the Irish Sports Council Women in Sport initiative.

St Paul's and Presentation Secondary School are the schools taking part in the City with Coláiste Chathail Naofa and Meánscoil San Nicolás taking part in the County. The second year students from each school are the target group benefitting from the programme.

Waterford Sports Partnership is also conducting research throughout the programme. This research will collect data on the attitude and activity levels of participants both inside and outside of school time. The objective of the programme is to increase activity levels and knowledge of alternative forms of activity.

The Programme so far....

88 girls completed questionnaires from the 4 schools giving feedback on their attitudes towards physical activity and how active they currently are. From these questionnaires, girls were asked what activities they would like to try, many of which were incorporated into the Well Girl Festival.

The County Festival....

22 girls from Coláiste Chathail Naofa and Meánscoil San Nicolás took part in a festival on Thursday 13th December held at Coláiste Chathail Naofa from 9-12.30. Girls experienced Boxing, Dance, Pilates, Self Defence, Cardio Kickboxing, Hip Hop, and Yoga. The festival was a great success with girls saying they 'loved all the energy that was put into the activities', 'the whole day was relaxing and I felt safe doing them' and that they 'wished they could do most of them'

The City Festival....

68 girls from St Paul's and Presentation Secondary School took part in the city festival on Friday 14th December held at Presentation Secondary School. Girls experienced Kombatán (a Filipino Martial Art), Dance, Self Defence, Cardio Kickboxing, Hip Hop, Yoga and Aerobics. Comments such as 'good to try new stuff' 'it was brilliant' and 'I thought that all the activities were fantastic and it will be hard choosing my favourite' were typical of the day

The Next stage....

Waterford Sports Partnership will collate the feedback from the participating students and will facilitate 4 one hour sessions of the three most popular activities over the next few months. These activities, funded under the Irish Sports Council Women in Sport Initiative, will be delivered on school premises to students either during lunchtime or after school offering girls the opportunity to participate in fun, non-competitive activities.



Leading the way forward!

The Active Leadership award is aimed at those aged 18 years and over. The training is designed to equip participants with the necessary knowledge and skills to lead the delivery of a safe activity session and involves both practical and theoretical sessions which aim to develop participants understanding of leadership. The course also aims to develop leaders knowledge in order to provide enthusiastic community based leaders whose aim is to encourage more people to become, and remain, involved in sport and physical activity.

In October Waterford Sports Partnership ran its first Active Leadership Course with the Sport and Recreation students from Coláiste Chathail Naofa. This involved 10 students completing the course where activities included the delivery of a safe and effective warm up, the knowledge and qualities of a good leader, effective communication and the practical delivery of a 20 minute session.

Participants said 'the course was excellent and very useful' and that the 2 days 'were thoroughly enjoyable'. The students of Coláiste Chathail Naofa are already utilising the skills developed delivering a wide number of sports. They are currently coaching soccer to national school pupils in Cappoquin, Aghlish, Ballinameela, Tallow and Ballymacarbarry and GAA is being delivered to Abbeyside and St Mary's national schools.

The course is ideal for youth group leaders who wish to develop their skills in leading activity sessions.
See the calendar on the back page for upcoming courses



Volleyball - Setting up to smash into Waterford !

Through Waterford Sports Partnership's involvement with Volleyball Ireland supported by the Irish Sports Council Women in Sport funding and Waterford NPAR Funding, volleyball has gone from strength to strength with two newly formed clubs engaging in regular activity and in some competitive games.

Club News

Dungarvan Volleyball Club continue to train twice a week (Tues & Fri) in Dungarvan Sports Centre. The advanced sessions are from 20.00-21.30 with a beginners class also at 20.00-21.30 on Friday evenings.

The club now has a membership base of 41 individuals and 7 different nationalities. The sessions have seen skill levels and confidence rise considerably. This has also seen the club play a number of games this year. A good local rivalry has begun with the Deise Tigers and the club also played against Youghal and Cork winning two games and losing one. The men then entered the prestigious Fermanagh Tournament on the 1st and 2nd December where the best clubs in the north and south compete. The competition was fierce but it is a testimony to the club and how far it has come that it was entered in the 16 team tournament.

In the Waterford, Waterford Volleyball Club meet regularly at the Waterford Crystal Sports Centre and train on Monday between 18.00-19.00 and on Wednesday 22.00-23.00. The club links with The Deise Tigers for training in Presentation school on a Thursday evening. There are now 25 members from 5 different nationalities. **For information on either club please call Peter Jones on (058)21191**

Schools News

Our congratulations go to Stella Maris School in Tramore on being crowned the All Ireland Senior C Girls Champions on the 4th December in Dublin. They now look forward to promotion to the Senior B ranks for 2008.

The Spike ball Primary schools finals were held in December and Gaelscoil Philib Barun in Tramore were victorious and are now through to the regional finals. For schools to get involved in Spike ball please see the courses section below.

Courses

There are courses in the pipeline Spike ball & a referee's course:

Spike ball aims to introduce 5th and 6th year Primary school and 1st and 2nd year post primary school to Volleyball in a fun and enjoyable way. This course will be delivered on a demand basis.

A referee's course is also planned for 2008 with the date and venue yet to be confirmed.

**For further information on either of these courses please contact
Ciara Buckley
on 086 8173990**



Calendar of Upcoming Courses and Events 2008

Date	Course/Event	Time	Venue
Monday 21st January	Child Welfare & Protection Training FULL	18.00 - 22.00	City Hall, Waterford
Tuesday 29th January	Sports Capital Grants Information Workshop	19.30 - 21.30	Rainbow Hall, Kilmacthomas
Friday 1st & Saturday 2nd February	Active Leadership Course	18.00 - 21.00 10.00 - 17.00	St. Angela's Ursline Convent Waterford
Fri 1st, Sat 2nd & Sun 3rd February	Sli na Slainte Walking Leader Training	All Day	Macroom, Galway
Monday 4th February	Child Welfare & Protection Training	18.00 - 22.00	Civic Offices, Dungarvan
Friday 22nd, Saturday 23rd & Sunday 24th February	FAI - Kick Start 2 (Female Only)	19.00 - 22.00 10.00 - 17.00 10.00 - 17.00	Cill Barra Sports Centre, Ballybeg
Sat 23rd & Sun 24th February	REC 2 - First Aid Course	09.30 - 17.00 09.30 - 17.00	Waterford Crystal Sports Centre, Cork Road, Waterford
Friday 14th March	SAQ - Foundation Course	16.00 - 22.00	Dungarvan Sports Centre
Sat 22nd & Sun 23rd March	REC 3 - First Aid Course	09.30 - 17.00 09.30 - 17.00	Waterford Crystal Sports Centre, Cork Road, Waterford
Friday 11th, Saturday 12th & Sunday 13th April	Sli na Slainte Walking Leader Training	All Day	NUI Campus Maynooth
Saturday 12th & Sunday 13th April	REC 2 - First Aid Course	09.30 - 17.00 09.30 - 17.00	Dungarvan GAA Club
Monday 21st April	Child Welfare & Protection Training	18.00 - 22.00	City Hall, Waterford

COACHING CORNER 2008



Football Association of Ireland

Kickstart 1

Friday 15th February (19.00 - 22.00)
&
Sunday 17th February (10.00 - 16.00)

Kickstart 2 (Female Only)

Friday 22nd February (19.00 - 22.00)
Saturday 23rd February (09.00 - 17.00)
Sunday 24th February (09.00 - 17.00)

Volunteer Management Course

Monday 10th March (19.00 - 22.00)

Kickstart 2

Friday 11th April (19.00 - 22.00)
Saturday 12th April (09.00 - 17.00)
Sunday 13th April (09.00 - 17.00)

CONTACT: Gary Power 086 3883850
gary.power@fai.com



Athletics Ireland

For Information on upcoming courses

CONTACT: Jacqui Freyne 087 2629950
or Jacqui@athleticsireland.ie
or visit www.athleticsireland.ie



Irish Rugby Football Union

Mini Coaching Course

Tralee RFC, Kerry
Friday 25th & Saturday 26th January

Foundation Coaching Course

Colaiste Stiofan Naofa, Cork
Saturday 16th & Sunday 17th February

Mini Coaching Course

University of Limerick
Saturday 16th & Sunday 17th February

Foundation Coaching Course

Clanwilliam RFC, Tipperary
Saturday 1st & Sunday 2nd March

For Information on upcoming courses
CONTACT: Munster Rugby Coaching & Development Office
developmentoffice@munsterrugby.ie



Badminton Ireland

For Information on upcoming courses

CONTACT: Wayne Doyle 087 6871929
wayne.doyle@badminton.ie



Basketball Ireland

For Information on upcoming courses

CONTACT: Dermot Howlin
South East Regional Development Officer
086 8112868
dhowlin@basketballireland.ie



GAA

Foundation Level Coach Education
January (date & venue tbc)
February (4 courses planned dates & venues tbc)

Level 1 Coaching Course

Dungarvan—Monday 4th February

For further information on upcoming courses

CONTACT: Eoin Breathnach 087 9219345
eoin.breathnach@games.gaa.ie



Ladies Gaelic Football Association

Level 6, Cusack Stand,
Croke Park, Dublin 3

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



Cumann Camógaíochta na nGael Camogie Association

Croke Park, Dublin 3

CONTACT: Deirdre Murphy
087 64715485
Deirdre@camogie.ie

Volleyball Association of Ireland

CONTACT: Ciara Buckley
086 8173990
south@volleyballireland.com

CALLING ALL SPORTS

To advertise your coaching courses in the next issue of our Newsletter or on our website please contact the WSP office.

CONTACT US

Civic Offices,
Dungarvan, Co. Waterford
Tel: (058) 21192
Fax: (058) 23110

email: info@waterfordsportspartnership.ie
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