



# 'Everyone Active'

the newsletter of Waterford Sports Partnership

Issue 22

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## Irish Sports Council Family Sports Day *a great success!*

On Saturday the 26<sup>th</sup> of September, Waterford Sports Partnership hosted an Irish Sports Council 'Family Sports Day' at the Regional Sports Centre in Waterford. The event was one of five sports days run around the country on the day. The aim of the day was to encourage more families to get involved in playing sport together as a way of keeping fit and healthy.

We were truly blessed with the weather and delighted with the great attendance as over 400 people got a chance to try out the wide variety of sports on offer! The participants got a chance to try sports that they may not have tried before such as archery, fishing, cricket and boccia. Much of the success of the day was down to the local clubs, tutors and volunteers who made the activities such fun for the participants.



A wide range of activities were run on the day and all proved really popular with the young people queuing up to have another go. Land fishing was run by local fishing clubs and supported by the Angling Council of Ireland, archery was run by local archery club 'Na Laoch Dall', golf/pitch and putt was run by local PGA Golf Professional, Ian St. John, the long puck run by the GAA, the penalty shoot out was run by the FAI, cricket was run by the Waterford District Cricket Club, orienteering was run by Andrew Cox representing Orienteering Ireland, volleyball/spike ball was run by local spikeball facilitator Debbie Cox and her daughter Hayley, children's games, boccia, fun games and athletics were run by Waterford Sports Partnership staff and volunteers and rugby was run by Dean Cox.

A big thank you to the local clubs, the National Governing Bodies of sport and the individuals who kindly gave up their time, to make this day such a great success. One of the highlights of the day was the guest appearance by the hugely talented and shining beacon for the future in race walking, Kate Veale. Kate, World Youth Race Walking Champion, took part in a number of the races with the children, took photos with families and signed autographs. Thank you Kate, you are a true inspiration.

We were also thrilled to be joined on the day by Trish Jackman, All-Ireland Camogie Poc Fada champion. Trish delighted everyone by appearing with the Junior Camogie All Ireland Championship cup. Trish and our own Pauline Cunningham are members of the winning camogie team. Well done girls.

Another special guest on the day was Kevin Burns, Waterford United goalkeeper. Kevin delighted the crowd by participating in the penalty shootout and was kept on his toes by some up and coming young strikers. To the surprise of everyone, including Kevin, it took a two-year old to sneak a goal past him!! Thank you, Kevin.

The focus of this event was to encourage families to take part in local sport and be more active. We were delighted with the turnout and enthusiasm of all involved. Check out our facebook page for some great photos and video clips from the day.

## Waterford Sports Partnership - Sports Development Officers



Pauline Cunningham



Peter Jones



Jane O'Dwyer

**Pauline Cunningham** and **Peter Jones** are responsible for the development, delivery and promotion of participation in sport and physical activity for the people of Waterford. While they both work to support the work of local sports clubs and coaches with a particular focus on training and education, they also develop and support a number of targeted initiatives to promote the participation of young people, older adults, women and girls and the general public in physical activity. **Pauline** can be contacted on **(051) 849855** or [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie) and **Peter** on **(058) 21190** or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).

**Jane O'Dwyer** has been working as Walking Officer with a focus on progressing some infrastructure projects and developing support resources in relation to trail development and management on behalf of Waterford County Council.

Jane is currently Acting Sports Co-ordinator. **Jane** can be contacted at **086 1985729** or [jodwyer@waterfordsportspartnership.ie](mailto:jodwyer@waterfordsportspartnership.ie).

## WASP - Waterford Active Schools Programme 2011

2011 was another successful year for the Waterford Active Schools Programme (WASP) with twenty one schools from around Waterford City and County taking part. Following on from the successful WASP Programme help in March, pupils from ten schools have just completed the four week WASP programme. These schools included St. Paul's B.N.S., Presentation Primary School, Christ Church N.S., Scoil na Leani, Aglish N.S, Villierstown N.S., Modeligo N.S., St. Martins Special School and Garranbane N.S..

Once again the pupils and their families rose to the challenge and collected a phenomenal amount of Wizzy stickers during the four week programme which ran over the months of September and October. For every day each child and their nominated adult completed the recommended level of physical activity the student was given a sticker for their WASP record card. There were 40 sticker spots on the record card and when each child filled their record card they received a Wizzy Certificate.

From all the brilliant entries that Wizzy received through the "Win a Wizzy Visit" competition, four schools were selected. These four schools were Aglish National School, Villierstown N.S., Presentation Primary School and St. Paul's B.N.S. who had the chance to talk to Wizzy. The pupils got the opportunity to tell Wizzy what kind of physical activity they had been doing to earn their Wizzy stickers and even got the chance to join Wizzy in doing some Irish dancing. And we can confirm Wizzy was very impressed with what he heard!!

Wizzy visits Presentation Primary School

Wizzy visits Villierstown National School



Wizzy visits Aglish National School



## Operation Transformation 2012

coming to Waterford for the second year

The Irish Sports Council and 33 Local Sports Partnerships have teamed up with Operation Transformation to promote healthy living in 2012.

Join us on **Saturday 14<sup>th</sup> January at 10.30am** at the **Causeway Tennis Club**, Abbeyside, Dungarvan to kick start your own Physical Activity Transformation for 2012. Waterford Sports Partnership and special guest World Youth Race Walking Champion **Kate Veale** will host a **3k and 4.5k** walk on the newly upgraded **Railway Track**. This is a great chance to check out this great facility and get active with friends and family.

The walk will be lead by trained Irish Heart Foundation Walking Leaders. We welcome all ages and abilities along on the day and particularly would like to see families getting involved. The event is ideal for beginners to come out and give it a go and remember no matter what age you are it is never too late to change your thinking on physical activity.

There will also be a number of information stands from various leisure centres and organisations promoting physical activity. You may find an activity that interests you and helps you get active and stay active this year.

**So kick start your New Year's resolution and join us on Saturday January 14th 2012**

**FOR MORE INFORMATION PLEASE CONTACT PAULINE CUNNINGHAM ON 051-849855**



## Buntús Start

With the support of Waterford City and County Childcare Committees, Waterford Sports Partnership ran three Buntús Start Session this year. Over ninety city and county pre-schools have now been trained in this physical activity module. This year more than fifty participants from twenty Childcare Centres, including seven new Centres received training. WSP would like to thank Coláiste Chathail Naofa, The Causeway Tennis Club, St. Marys Ballygunner and St. Pauls Community College for the use of their facilities.

**FOR MORE INFORMATION PLEASE CONTACT PAULINE CUNNINGHAM ON 051-849855**



## Introduction to Cricket

Cricket Ireland in conjunction with Waterford Sports Partnership and Waterford District Cricket Club ran an 'Introduction to Cricket' programme for 3<sup>rd</sup> to 6<sup>th</sup> class pupils of six National Schools in Waterford. Each class received a thirty-five minute session for three weeks. The schools that took part in the programme were Waterpark N.S., Our Lady of Good Council Ferrybank, Scoil na Croise Noafa, Christ Church N.S. and Lismore Mochuda N.S.



This was the first time that such a course had been run in Waterford and it was a great success. In Spring 2012 the participating schools will be invited to take part in the first Waterford Schools Cricket blitz.

## Buntús New Teacher Training

New Teacher Training Workshops in Buntús, a national physical activity programme specifically for Primary Schools, were held in November.

A total of sixteen teachers took part in the training from Christ Church N.S., Waterpark N.S., St. Angela's Primary School, Newtown Junior School, Holy Family Primary School, St. Paul's B.N.S. and Presentation Primary School.

**FOR MORE INFORMATION PLEASE CONTACT PAULINE CUNNINGHAM ON 051-849855**



## 2011 WAS A GREAT YEAR FOR OLDER ADULT ACTIVITY IN WATERFORD....

Forty seven older adults took part in a Walking Programme in June which saw eleven PALs trained as walking leaders. Thirty eight individuals from thirteen groups also received training at five PALs workshops including a pilot Dance workshop and six groups received a presentation from Waterford Sports Partnership (WSP) on physical activity ideas and how to implement these in their group. These programmes and training initiatives coupled with the increased activity in local gyms and use of equipment from previous WSP programmes has really made an impact on the importance of physical activity and availability of local opportunities.



However, perhaps the highlight of the year has been the success of the bowling programme which took place in March 2011. 110 older adults, twelve tutors and five sporting facilities were involved in the programme. Since this six week programme, bowling has continued in three facilities where regular competitions take place. In addition Cappoquin Community Centre recently established their own bowling mornings. The development of the outdoor rink and gym equipment at Causeway Bowling Club has further boosted the levels of bowling activity taking place in Waterford

## Go for Life Grants 2011

### €9150 awarded to 27 Waterford Older Adults Initiatives

"Thousands of older people are more active because of Go for Life Grants" states Minister Michael Ring. A total of 906 older groups nationwide shared a sports allocation of €300,000. The Irish Sports Council awarded the money under the eleventh Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Michael Ring TD, Minister of State for Tourism and Sport, announced details of the allocations recently in Castlebar. The grants help local clubs and organisations to increase opportunities for their older members in recreational sport and physical activities.

This year, over 1,000 applications were received from older people's groups all over the country. The successful applicants include Active Retirement Associations, Senior Citizens Clubs, ICA guilds, sports clubs, Local Sports Partnerships, Day Centres and Community Centres in 26 counties. The grant aid is being used to buy sports equipment and to fund sport and activity programmes.

Making the announcement, Minister Ring said "Last year, over 28,000 people participated in physical activity directly funded by this grant scheme. People are staying more physically active and as a result improving their social, mental and physical well-being. This can lead to substantial savings in health and long-term care costs. The grants announced today are used by communities across the country to promote physical activity for older people. That certainly is a welcome prospect for older people, particularly in rural areas, to get involved in their locality and feel a lot less isolated."

Speaking at the announcement, John Treacy, Chief Executive of the Irish Sports Council said: "Now, more than ever, people need encouragement and engagement. Go for Life has proven over the last ten years to be very effective in persuading older people to become physically active. It has engaged with groups and communities as well as highlighting all the benefits of an active lifestyle to thousands of older people."

Robert Grier, Chairman of the Go for Life Steering Committee acknowledged the support of the Irish Sports Council for the programme and pointed out that Go for Life's volunteer network of over 1000 Physical Activity Leaders or PALs are the backbone of the programme and were celebrated earlier in the year at Go for Life's tenth birthday party. Go for Life is an Age & Opportunity initiative which is funded by the Irish Sports Council.

At the announcements, Ann Leahy, Assistant CEO of Age & Opportunity pointed out that "Increasing physical activity among older people can lead to substantial savings in health spending. The Go for Life programme is an excellent demonstration of how modest amounts spent on prevention can save money in the long run while promoting more engaged local communities."

**Waterford Sports Partnership was awarded €1300 from the grant scheme which will be used to run a Walking Programme commencing in April/May 2012. A big well done to all successful groups!**

Causeway Lawn Bowls Club	€305
Ballyduff ARA	€305
Kinsalebeg Community Group	€305
Tramore ICA	€305
Tramore and District ARA	€305
Modeligo Ladies Club	€305
Comeragh ARA	€305
Cill Barra Community Sports Centre	€285
St. Pauls and District Men's ARA	€305
Dungarvan Care of the Aged Ltd.	€285
Waterford Sports Partnership	€1,300
Dungarvan and District ARA	€305
Modeligo Community Alert	€305
Waterford Farm Family	€305
Tallow and District ARA	€305
Minaun ICA	€285
Old Parish ICA	€305
Cappoquin Group ARA	€305
Dolmen ARA	€305
Ballymacarbery Elders Housing Assoc Ltd	€305
Ferrybank Ladies ARA	€305
Ballymacarbery ICA	€305
Irish Wheelchair Association, Waterford	€305
Ardmore and Grange ICA	€305
Glenbeg ICA	€305
Clonea Rathgormack ICA	€305

# Older Adults Update and Activities for 2012

**Go For Life Workshops** The aim of the Go for Life Programme is to give individuals the necessary leadership skills to go back to their groups and deliver activity sessions. In 2011 WSP were restricted to delivering PALs training to a maximum of twenty four individuals per session from all of the groups around the county. In 2011 a total of thirty eight individuals from thirteen different groups have participated in at least one of the five workshops delivered with eleven new PALs taking part in this training.

Special mention must go to Monica O'Sullivan who was awarded the Go for Life certificate for attending the eight Go For Life workshops. Monica has been great in assisting Angela O'Reilly to run activity sessions in the Cappoquin Active Retirement Group and it is no coincidence that their numbers and activity levels are so high and the group enjoy regular sessions of bowling, walking and other activities. Monica is also one of the PALs involved in the South East Network and is a great ambassador for Waterford PALs. Well done Monica!



**March & April 2012** In 2012 Waterford Sports Partnership is running four workshops (see below) to PALs who have previously attended a Go for Life session. Participants must attend all four workshops.

**Please note:** There is now a charge of €10 to cover the workshops. This year booking for the Go for Life PALs workshops will be on a first come first served basis.

Monday 5 <sup>th</sup> March	Rolling & Bowling	10am to 3pm	Cill Barra Sports Centre
Monday 12 <sup>th</sup> March	Stepping & Strolling	10am to 3pm	Rainbow Hall, Kilmacthomas
Monday 26 <sup>th</sup> March	Pitching & Tossing	10am to 3pm	Cill Barra Sports Centre
Monday 2 <sup>nd</sup> April	PALs Skills	10am to 3pm	Rainbow Hall, Kilmacthomas

For more information on the Go for Life workshops, please contact Peter Jones, Sports Development Officer. Waterford Sports Partnership on 058 21191.

## Link2BActive

Waterford Sports Partnership has worked with a number of local facilities and clubs to offer discounted activity sessions for certain groups including older adults. Opportunities available include Aqua Aerobics, Bowling, Golf, Gym sessions, Nordic Walking, Pitch and Putt, Surfing and discounted gym membership.



See our website for details.

[www.waterfordsportspartnership.ie/bactive](http://www.waterfordsportspartnership.ie/bactive)  
Or simply contact the office on (058) 21199 and we can give you more details

## Walking Programme

April/May 2012

Waterford Sports Partnership obtained funding through the Go for Life Grant Scheme to run a Walking Programme called FittleSTICKS which involves the use of Nordic walking poles. This five week programme for twenty participants will be facilitated by Frank Fahey in Waterford City and Waterford County. **If you are interested in this Walking Programme please contact Peter Jones on 058 21191 for an application form.**

## Fifteen Waterford PALs represent the County at the South East PALs Network

Waterford Sports Partnership in conjunction with Carlow, Kilkenny, South Tipperary and Wexford Sports Partnerships have come together to train local PALs from each region to be part of a South East network of PALs. By being part of the network it is hoped that the PALs will develop their leadership skills, develop new exercise ideas and discuss how to improve opportunities for older adults in their groups.

The preliminary session was held on Tuesday 6<sup>th</sup> December in Kilkenny and sixty nine Physical Activity Leaders (PALs) from all five counties took part, fifteen of the PALs that attended the session hailed from Waterford. PALs from each county took turns in delivering Boccia, Indoor Bowling, Speed Stacks and Polybat sessions to the group. Eoin Breathnach, Waterford GAA Games Development Officer gave a demonstration of adapted GAA games through Caman Abu and Peil Abu. The Waterford PALs all admitted to being nervous before leading indoor bowling to over fifty PALs from the other counties, but they all surpassed themselves and did an exceptional job.

The Network will meet again in 2012, if you are interested in becoming a part of this programme, please contact Peter Jones on 058 21191.



*"I really enjoyed the day and it was great to meet people from other counties and talk to them about physical activity and how we can improve our own group".*

**Monica O'Sullivan**  
Cappoquin Active Retirement

*"it was a great day and thoroughly worth attending"*

**Julie Richardson**  
Tramore Active Retirement

# John Treacy Festival

## VILLIERSTOWN

### 26 & 27<sup>th</sup> May 2012

The date has been set and planning is now underway for Villierstown 2012. Spurred on by last years success the community in Villierstown are organising an array of festivities for the full weekend.

Waterford Sports Partnership in conjunction with Waterford County Council will once again host the family fun walk/runs on Sunday 26th. Last year 350 people took part in the 1km and 5km routes around Villierstown with some people doing both!

Villierstown's Olympic legend John Treacy will be amongst the fun runners so come and join us on Sunday 27<sup>th</sup> May for your chance to run with a legend.

More details will be posted soon on [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) and [www.itsafeeling.com](http://www.itsafeeling.com)



## Pilot Coaching Course

### Coaching Ireland to develop and deliver course nationwide

Waterford Sports Partnership delivered four pilot courses to sixty one coaches in 2011. The pilots were delivered by Jason Ryan (Colaiste Cathal Naofa), John O'Neill (Munster Rugby) and Peter Jones (Waterford Sports Partnership). This course was developed by Waterford Sports Partnership as it was felt there was a need for coaches to develop specific coaching skills in relation to communication, positioning skills and develop players through targeted questioning. The course highlights specific generic practices and encourages coaches to use their own knowledge and that of the players to develop the all round player athlete.

WSP worked in partnership with various National Governing Bodies including IRFU, GAA, Camogie and FAI but particular thanks must go to John O'Neill from Munster Rugby and Jason Ryan, Colaiste Cathal Naofa. Declan O'Leary; Head of Coaching Services with Coaching Ireland has been involved in the continued development of the course and attended the workshops and met with the tutors. The course is a three hour workshop which focuses on nine key areas of coaching, practical delivery and video analysis. Participants are provided with a coaching booklet, DVD and coaching planning, observation, evaluation and match day observation templates.

*"Successful coaching is a skill. Athletes are expected to train and prepare to improve their skills; however coaches do not spend as much time upskilling and developing their own coaching skills. The coaching workshop provides an ideal opportunity for coaches to fine tune and develop their coaching skills and techniques. This workshop provides ideas and feedback for all participants in a manner that can be transferred across all sports indoor and outdoor, individual and team. I would recommend this workshop for coaches across all levels of sport"*

Jason Ryan

*"On behalf of the Juvenile coaches at Dungarvan Rugby Club, I would just like to say thanks for the recent course you ran for us. Everyone enjoyed the course and found it very worthwhile - It was some of the most basic stuff covered that was most helpful like knowing where to stand, how to address the kids, asking for kids to give feedback, things that never occurred to the coaches especially new coaches. They found the videos very helpful.*

*It helps gives these new coaches the confidence to take on the task of coaching the young kids.*

Trevor Doherty,  
Chairperson, Dungarvan Juvenile RFC

**Dungarvan Rugby Club** The final pilot coaching course for 2011 took place on 17<sup>th</sup> October for nine coaches from Dungarvan Juvenile RFC. This course specifically focuses on implementing a coaching structure and ethos. By giving coaches individual feedback on coaching styles and trying to ensure that all coaches use the same planning and evaluation sheets.

**The Future** - Waterford Sports Partnership are delighted that Coaching Ireland are developing this course into an accredited qualification which will be delivered nationwide in 2012. Declan O'Leary' from Coaching Ireland outlined his plans for the course by saying, "Waterford Sports Partnership has developed a booklet on coaching in conjunction with local development officers from a number of sports. Along with this, a workshop has been piloted on a number of occasions, with it being refined to focus on coaching skills. The feedback from coaches who attended these pilots has been very positive. Moving forward it is proposed that Coaching Ireland adopts what has been developed by Waterford Sports Partnership and looks to include it in a range of continuous professional development coach support factsheets and coach support workshops that Coaching Ireland is developing."

**The course is available to clubs in Waterford in 2012. If you are interested in attending or require further information - please contact Peter Jones on 058 21191.**



## Waterford Sports Partnership Coaching, Development & Participation Funds

In 2011 under its Coaching and Development Funds, Waterford Sports Partnership allocated €10,580 to twenty eight separate clubs and organisations. The Coaching & Development Funds are both open to all sports clubs in Waterford. The maximum allocation is €300 for the coaching fund and €400 for the Development Fund.

**COACHING FUND** - The aims of the Coaching Fund is to ensure that coaches in sports club have the opportunity to develop their own skill which will then have an impact on the players and athletes whom they coach. The Coaching Fund enables any coach to attend a coaching course run by the National Governing Body and receive full funding for this. The maximum allocated to a club is €300 per annum. €4480 was allocated in 2011 which provided training for 142 coaches in sixteen different clubs.

An **Ghaeltacht Athletic Club** has 72 members across all underage categories from the parishes of An Rinn, Ardmore, Grange and neighbouring parishes. We received funding for eight coaches and volunteers to take part in an Athletics Ireland Coaching Course in 2011. Thanks to the grant from Waterford Sports Partnership the involvement of these extra assistant coaches has been invaluable in allowing Head Coach, John Harty to enhance his coaching programme, particularly as a large percentage of our members are under 10 years of age. The input of the assistant coaches also means that we have been able to offer the children other sporting activities, as we are also the co-ordinating body within the area for the Community Games.

We had a total of eight All-Ireland (A&B) medal winners this year, in both track & field and cross country events, as well as several Munster and county medal winners. Our plans for 2012 include getting more local children involved in athletics and the Sports Partnership grant will also allow us to further promote team athletics events as part of our training programme, and develop extra track and field activities such as the high jump.

**Maire Breathnach | An Ghaeltacht Athletic Club**

**Comeragh Cycling Club** received a coaching grant of €300 for four coaches in the club to achieve their level 1 qualifications. The club is celebrating it's 25th Anniversary this year, the club which was founded in 1987 during the era of Stephen Roche winning the Tour de France and Sean Kelly winning the Classics always had a huge delegation of underage cyclists but the introduction of video and Nintendo games over the last number of years meant the number of young people involved in cycling dwindled. Over the last number of years Comeragh CC has been working with Waterford Sports Partnership to run the very successful youth training spins for the Sean Kelly Tour of Waterford. In 2012 the club will resurrect the *Comeragh CC Youth Academy*. With the help of the coaching grants we received from WSP over the past 2 years seven club members have completed the Foundation level coaching course. In December 2011 three of them will complete Level 1 and the other four will complete Level 1 in 2012. It is vital for a club with over 70 members to have a number of qualified coaches to teach and help other members in preparation for racing and leisure events and especially now that we hope to grow in numbers with the re-introduction of the Youth Academy.

As we are not a sponsored club the money we receive through grants from WSP is vital to help us train and grow, we are very thankful for the support and hope to continue working closely with WSP to keep cycling alive in Waterford.

**Sinead Power | Comerragh Cycling Club**

**DEVELOPMENT FUND** - The aim of the Development Fund is to assist new clubs with essential start up costs and also to support existing clubs with participation initiatives. In 2011 €3600 was allocated to ten clubs which included the set up of five new clubs. This grant has benefitted a variety of clubs since its inception and has been of particular relevance to Camogie this year with the set up of three new Camogie clubs.

The **Camogie Association** is sincerely appreciative of the excellent assistance and support we receive from the WSP. Firstly in terms of the financial assistance provided in the form of grants to three new clubs and the support of the roll out of a 'Mum & Me' Skills Coaching Programme in Mount Sion. The advice and support provided to the local clubs and myself as Development Officer by WSP is always first class and extremely practical.

**Deirdre Murphy, Camogie Development Officer**

**Cumann Camógaíochta na Rinne** was established in 2004 and for the first time in the history of the club, teams under 8, 10, 12 & 14 were fielded in 2011 and a juvenile club was set up. Thanks to a New Club Grant from Waterford Sports Partnership's of €400, the juvenile club was able to purchase training bibs, cones, sliotars, hurleys & even went some way towards a new set of jerseys. This grant gave our juvenile club a fantastic start and helped in the development of camogie amongst our young players.

**Sinead Breathnach, Cumann Camógaíochta na Rinne**

This year it was great to see a number of minority sports availing of the grant. Liam Power has worked tirelessly to set up the **Fenor Road Bowling Club** who received €400 from WSP. Liam said the grant helped the club by giving them the leg up they needed to get up and running officially, with the grant money they were able to replenish their depleted equipment with 28oz bowls for the adults and 24oz for the younger members, purchase road caution and warning signs and also contributed towards their affiliation costs to Bol Chumann na hEireann. The club hopes to increase its male & female membership and encourage younger members to take up the sport. They would also like to run bigger tournaments hopefully in conjunction with the National Governing Body and to make contacts and friendships with more clubs around the country. They also plan to coach community groups and run team building sessions with GAA clubs to build up and encourage this once popular sport again in the county of Waterford.

**SPORTS CLUB PARTICIPATION FUND** — This was a new fund in 2011 which was advertised in May. €2500 was allocated between eight clubs for participation programmes with a specific aim to develop club numbers for youth, people with a disability or over 35's. This funding stream proved very successful and has benefitted many clubs through increased participation in activities. The availability of this Fund in 2012 is dependant on funding received from the Irish Sports Council.

**CRITERIA & APPLICATION FORMS FOR THE COACHING & DEVELOPMENT FUNDS ARE AVAILABLE TO DOWNLOAD FROM THE FUNDING SECTION OF OUR WEBSITE [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or you can contact our offices for further information on (058) 21191 or (051) 849855**

## COMING SOON!

# Walk Waterford Spring Series

**Contae Phort Láirge - is leatsa é!**

Following on from the fantastic turnout for the Walk Waterford Autumn Series, Waterford Sports Partnership is planning a great selection of walks for the Spring. All the walks are suitable for families and leisure walkers.

- DETAILS ARE LISTED BELOW

Contact **Jane O'Dwyer** at Waterford Sport Partnership on **058 21190** or **jodwyer@waterfordsportpartnership.ie** to find out more or sign up to WSP's Walk Waterford e-group for regular email or text alerts for up and coming walks.

In Autumn 2011 over 70 people took up the challenge to 'get out and discover their County.' Five walks were hosted by volunteer Sli Walking Leaders and Waterford Sports Partnership.



DATE	NAME OF WALK	MEETING TIME & PLACE	TRAIL DETAILS	TOP 3 HIGHLIGHTS	HOW TO GET THERE
Sunday 26 <sup>th</sup> February	Dunmore East Wood Walk	2pm - at the park (opposite the Haven Hotel) by the tennis courts.	Distance: <b>3km</b> Time: <b>45 mins</b> looped walk  This is an easy walk which goes through the woods and the village. Please note there is one steep section in the woods	<ul style="list-style-type: none"> <li>• Lovely tranquil woods</li> <li>• Fabulous views across to The Hook</li> <li>• Interesting walk through the village past the thatched cottages</li> </ul>	The Park is on the main road into Dunmore East on the left hand side
Sunday 11 <sup>th</sup> March	Dungarvan Railway Walk	2pm - at the Waterford County Council car park just off the Park Hotel roundabout	Distance: <b>3.5km</b> Time: <b>45 mins</b> there and back.  This is one of Dungarvan's gems – a green route that follows the old Railway line	<ul style="list-style-type: none"> <li>• new improved green route suitable for cyclists and walkers alike</li> <li>• this route is mostly off road</li> <li>• fantastic sea views across Dungarvan Bay</li> </ul>	Once you reach Dungarvan the Waterford County Council car park is just off the Park Hotel roundabout opposite Country Life
Sunday 25 <sup>th</sup> March	Tramore Doneraile	2pm - at the car park opposite the Majestic Hotel	Distance: <b>4.9km</b> Time: <b>1hr 30 mins</b>  This is one of Waterford's Sli na Slainte routes which offers majestic views over Tramore Bay and surrounds as well as interesting heritage sites on route.	<ul style="list-style-type: none"> <li>• the historical features which reflect the maritime nature of Tramore</li> <li>• the tranquil woodland section</li> <li>• the views of Tramore Bay</li> </ul>	the car park opposite the Majestic Hotel is on the main road into Tramore
Sunday 15 <sup>th</sup> April	Glenshelane River Walk Cappelquin	2pm Glenshelane Wood car park Cappelquin	Distance: <b>4km</b> Time: <b>1hr 30mins</b> there and back  Glenshelane or Gleann Sióthlám means "The Glen of the Fairies". The River Walk takes you along the river up into the Glenshelane Valley sheltered by a pleasant forest of beech, ash, oak and many beautiful flora and fauna.	<ul style="list-style-type: none"> <li>• the relaxing tranquil Coillte forest</li> <li>• the picturesque setting</li> <li>• this is a little piece of paradise</li> </ul>	From Cappelquin take the R669 eastwards. At the junction where there is a statue between the two roads, veer right. Cross the bridge and turn immediately left into the car park beside the river.
Sunday 29 <sup>th</sup> April	Mahon Falls Comeragh Mountains	2pm Mahon Falls car park	Distance: <b>2.4 km</b> Time: <b>40 mins</b> there and back  This is an easy walk which is mostly flat with one steep section near the falls	<ul style="list-style-type: none"> <li>• The magnificent Mahon Falls</li> <li>• One of the most accessible routes into the Comeragh Mountains</li> <li>• Amazing view over Dungarvan Bay and beyond</li> </ul>	Signposted off the N25 at Kilmacthomas and Leamybrien

## Active Body Active Mind

Waterford Sports Partnership secured funding from the Irish Sports Council to run a programme to offer exercise opportunities to job seekers in Waterford. The aim of the Active Body Active Mind (ABAM) programme was to introduce new leisure activities to the participants and to encourage them to use local clubs and facilities.

The ABAM programme was run by Waterford Sports Partnership (WSP) in conjunction with Waterford Leader Partnership (WLP). Local clubs/facilities provided venues for male job seekers in Lismore and female job seekers in Tramore. The specific aim of this programme was increase the participant's physical activity levels and their awareness of new ways of exercising and to inform them about different activities on offer in their own locality.

Waterford Leader Partnership informed the participants of employment opportunities and back to work schemes/courses to assist participants in increasing self efficacy and gaining new skills and information to find employment. Organisations such as FAS, HSE, Citizen Advice, WIT and VEC to name a few were represented during this ten week programme.

Ten men took part in the programme in Lismore and over the ten weeks they enjoyed fishing, rowing, badminton, walking, a gym introduction and a Nutrition Seminar as well as a Benefits of Exercise presentation and REC 1 First Aid course. In Tramore the thirteen ladies that took part enjoyed yoga, surfing, swim/gym, boxing and walking along with a Nutrition Seminar, Benefits of Exercise presentation and a REC 1 First Aid course. 100% of the participants said that they enjoyed the programme with 88% saying they gained physical benefits and 94% saying that they gained educational benefits. 100% said that socially it was most beneficial.

The Active Body Active Mind programme has been a great success with thirteen women and ten men becoming more active. Three have continued their participation in Boxing, four in badminton, three in surfing and a further four in swim/gym while others have continued with some form of exercise.

**The Future** - If you are a jobseeker and interested in participating in a similar programme in 2012, please contact Peter Jones on 058 21191. If you would like to become more active, please visit Link2BActive on our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) to see the discounted leisure rates on offer for job seekers and other target groups.

### FEEDBACK FROM PARTICIPANTS

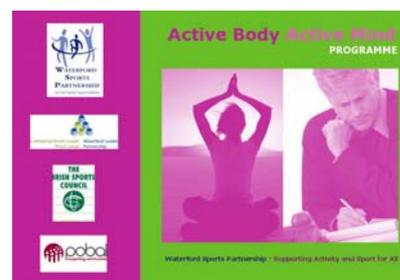
*"It was great to get to do different activities that I would never have had the opportunity to even try, if it wasn't for this programme"*

*"it had a positive effect on my confidence levels"*

*"I feel better physically and psychologically"*

*"really enjoyed the surfing, never would have tried in a million years; will definitely do this again"*

*"we learned lots about how to look after our health and the importance of physical activity"*



## Anyone for Tennis

Over the past few months Waterford Sports Partnership has been developing tennis in Waterford City. WSP advertised looking for individuals who were not already members of a tennis club to join us in playing for 6 weeks at a discounted rate in the Kingfisher Club. 14 participants signed up to play every Wednesday night during the 6 week period. Following on from this, a meeting was held with all interested participants who have now formed as a group called "**Waterford City Tennis Club**". This group will continue to play Tennis on a regular basis, and is open to new members.

**The group will start again in early January with a registration evening for anyone interested in joining on Monday 9<sup>th</sup> January in the Regional Sports Centre. The cost of joining the club is €30 for 13 weeks of tennis.**

**For more information on this programme please contact:**

Pauline Cunningham, Sports Development Officer, Waterford Sports Partnership,  
051 – 849855 | [pccunningham@waterfordsportspartnership.ie](mailto:pccunningham@waterfordsportspartnership.ie)

## Discounted Sports Opportunities For All

Waterford Sports Partnership has again secured funding from the Irish Sports Council to run the Link2BActive initiative to offer discounted exercise opportunities to the people of Waterford. This programme aims to introduce people to new leisure activities and utilise local clubs and facilities to make sport more accessible.



Link2BActive was run as a pilot programme in 2010 by Waterford Sports Partnership in conjunction with leisure facilities and sports clubs in Waterford City and County who offered discounted rates specifically for job seekers. A web page was created listing all of the facilities/clubs involved in the programme and was accessed via the WSP website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

Keen to ensure that affordable physical activity is available to a wider audience in Waterford, Waterford Sports Partnership decided to expand this programme to cater for five target groups as follows:

- YOUTH aged 13-17 (in conjunction with Waterford/Dungarvan Youth Information Service)
- PEOPLE WITH A DISABILITY
- JOB SEEKERS
- Adults aged 50 YEARS+
- Discounted rates for the GENERAL PUBLIC

**Link2BActive Launching in January** - Waterford Sports Partnership is delighted to announce that the Link2BActive programme is being launched in January with twelve pilot facilities in Waterford City and County. These facilities are committed to providing affordable physical activity opportunities and are offering discounted physical activity opportunities for Bowling, Golf, Gym membership, Pitch and Putt, Swimming and Surfing. The website will be updated regularly as new facilities and offers come on board and the facility list can be viewed at [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

**Youth Discounts** - Waterford Sports Partnership is working in partnership with Comhairle na nÓg and the Waterford Youth Service to provide young people aged between 13 and 17 with a Link2BActive card which they can use to avail of discounted rates in local shop and sports facilities. This information can be accessed via the Waterford Youth Services website at [www.waterfordinfo.com/active](http://www.waterfordinfo.com/active). To avail of these discounts individuals will need to sign up to receive a free membership card from the Waterford Youth Service in Dungarvan and Waterford City

**CALLING ALL CLUBS AND FACILITIES:** The success of the Link2BActive programme is dependent upon the involvement of local clubs and facilities. If you, as a club or facility manager are interested in hearing more about the programme and possibly taking part, please contact Peter Jones on 058 21191 or Pauline Cunningham on 051 849855.



Saturday 25th August  
Sunday 26th August

**GET ON YOUR BIKE!!**

ONLINE ENTRY WILL OPEN  
IN JANUARY 2012

[www.theseankellytour.com](http://www.theseankellytour.com)

## National Trails Day 2011

Andrew Harrington who is currently undertaking a local research project 'Mammals in a Sustainable Environment' hosted one of the eight walks held on National Trails Day on the 2<sup>nd</sup> October. This educational walk was held in Portlaw Woods, walkers got the chance to not only enjoy the tranquil Portlaw Woods but also Andrew demonstrated how to spot signs of wild mammals and explained how some methods of wild mammal surveying. "We had set up small mammal bait pots, squirrel hair tubes and a stealth camera. We checked the five bait pots, which had been smeared with peanut butter the night before to attract mice, shrews and voles, and we found that some of these animals had visited them and left signs of their presence. We also explained how we use the squirrel hair tubes to get samples of squirrel hair for genetic analysis and the stealth camera can be used for visual evidence of wild mammals in places we are surveying"

**Physical activity and education all rolled into one made for an interesting day!**



## Safe Cycle Programme

### *for Adults with an Intellectual Disability*

The Carriglea Cairde Services Centre Dungarvan with the help of Waterford Sports Partnership and Waterford Leader Partnership ran an eight week Safe Cycle Programme for adults with intellectual disabilities. Five adults took part in the programme.

This programme worked on increasing cycling skills such as balance and control along with traffic awareness, road sign identification and general safety knowledge. Each week there was a new challenge to face, such as passing parked cars safely, entering roundabouts correctly, what to do at junctions, hand signals and how to exit main routes making right hand turns into by-roads.

Each participant was given a hi-visibility bib and educated on the importance of helmet safety, lights and bicycle care. Upon return to the centre after each session, the participants learned a little bit of theory around safety and cycling. Any mistakes made when out on their route would also be revisited back at the centre as part of the learning process. This was a very beneficial programme with participants growing in independence and confidence, with some even managing to master the skill of cycling to and from the centre each day independently. Everyone enjoyed the programme and had fun along the way.

This Safe cycle programme will be run again in 2012 as part of an on-going initiative to include people with disabilities in sport. Participants will be encouraged to set themselves a goal of taking part in the 10k cycle in the 2012 Sean Kelly Tour of Waterford.

**For further information on this programme please contact Peter Jones on (058)21191**

## Social Soccer League

### *for Adults with a disability*

During 2011 on the last Thursday of every month the FAI and Waterford Sports Partnership ran the Football For All Social Soccer in Waterford City. The Social Soccer is made up of various disability groups from right across the County who come together each month to take part in soccer. With the assistance of volunteers from all the disability groups involved, two sections are run, an indoor section for participants who would be of low level ability and an outdoor section for high level ability participants.

We would like to thank all the groups for taking part namely, Rehab Care, National Learning Network, Brothers of Charity, Springarden Alley, Carriglea Cairde Services, for their support of this worthwhile project. We will be resuming the Social Soccer in January 2012.



## Boccia in Tallow *for Individuals with a Physical Disability*

The community in Tallow secured funding from Waterford Leader Partnership through Waterford Sports Partnership to run a Boccia programme. This activity is held each week in Tallow Community Centre for people with physical disabilities. The programme introduced individuals mainly to the game of Boccia along with other activities. The aim of the programme was to get people with physical disabilities involved in exercise through playing Boccia by adapting the game to suit the needs of each individual making it inclusive for everybody. The participants range from young children to mature adults with varying degrees of different disabilities and at present there are twelve people taking part.

To date the participants have really enjoyed this programme, with many of them finding it very beneficial for them from both a social and a psychological point of view. Some have even reported better mobility due to the exercise. WSP has supported the group by helping to promote the programme and providing equipment to assist them with getting this programme off the ground in the hope that the community will continue to sustain the programme in to the future. So far a group of leaders has been formed and plans are underway for WSP to provide these leaders with a training day so that they can run further activity sessions for the group.

**For further information on this programme please contact Peter Jones on (058)21191**



# WSP TRAINING COURSES

## Child Welfare and Protection Course (Code of Ethics)

Over 18's - €10 pp

*The Child Welfare and Protection in Sport Training Course is a 3 hour basic awareness course, covering how to keep adults and young people safe and happy within the club environment. This course is open to sports leaders, coaches, parents, children's officers and other adults involved in the organisation of sport for young people. This course will help to create and maintain a safe and fun environment for young people within the sports club or organisation. As well as undertaking child protection training, all governing bodies of sports, sports clubs and related organisations should adopt child protection policies and procedures as outlined in the Code of Ethics and Good Practice for Children's Sport.*

The next **Child Welfare & Protection Course** is scheduled for **Monday 30th January from 6.15 to 9.30pm** in the RSC, Waterford City. Please visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) for further information and an application form or contact the office on (058) 21194 or (051) 849855

## Children's Officer Training

Over 18's - €10 pp

*Applicants for the Children's Officer Training Course must have completed a Child Welfare and Protection Awareness Course at least 3 months prior to Children's Officer Training. The course is aimed at Club Children's Officers to help them to carry out the function of their role in the club. It goes into further detail of material delivered in the Basic Awareness Course (Child Welfare & Protection in Sport Course). This information will support the Club Children's Officer in the implementation of Best Practice in the club. This course is a follow on from the 3 hour Basic Awareness course (Child Welfare & Protection in Sport Course) that is offered to all over 18's involved in organised sport for young people.*

The next **Children's Officer Training** is scheduled for **Monday 5th & 12th March 2012 from 6.15 to 9.30pm** in the RSC, Waterford City. Please visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) for further information and an application form or contact the office on (058) 21194 or (051) 849855

## Active Leadership Training

Over 18's - €25 pp

*Active Leadership is an Irish Sports Council certified course which aims to develop the leadership skills of **youth group leaders** and **sports club coaches**. The course is a 10 hour practical course over 2 days and assists participants in applying knowledge gained in planning and organising safe and enjoyable physical activity sessions. On the course, participants are given a resource booklet with games and activities with the assessment involving everybody having to plan and deliver a warm up, main activity and cool down. This course would be perfect for young or novice coaches and youth/community group leaders who are looking for further ideas and assistance on their communication skills to groups in delivering an enjoyable physical activity session.*

Waterford Sport Partnership delivers this course at a subsidised rate to a minimum of 12 participants from interested sports clubs, youth groups and community groups.

**If you or your club would be interested in participating in an Active Leadership Course, please contact Peter Jones on 058 21191. To find out more about Active Leadership or other Waterford Sports Partnership Courses, please visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

## First Aid Course - REC1 (Rescue Emergency Care 1)

Over 16's - €45 pp

Waterford Sports Partnership runs REC1 First Aid Courses throughout the year.

*Rescue Emergency Care is a nationally recognised First Aid Training scheme. This is a **1-day** First Aid course designed to introduce a systematic way of first aid for managing casualties/injuries covering: How to treat an unconscious casualty, Bleeding wounds, Broken limbs and C.P.R.*

**Please contact the office on (058) 21194 or (051) 849855 if interested.**

## First Aid Course - REC2 (Rescue Emergency Care 2)

Over 16's - €75 pp

Waterford Sports Partnership is looking for interested applicants for a REC 2 course in Waterford in 2011. *The REC 2 course is a two day sports first aid course and covers most of the situations which can arise at the scene of an accident or emergency. This includes vital signs, accident procedure, injury management, first aid kits, common medical, emergencies, casualty handling, multiple casualties & prioritisation (Triage), drowning, resuscitation & CPR.*

**Please contact the office on (058) 21194 or (051) 849855 if interested.**

# Get Ireland Active



Promoting Physical Activity in Ireland

[www.getirelandactive.ie](http://www.getirelandactive.ie)

## Get Ireland Active is a GREAT NEW WEBSITE!

A ONE STOP SHOP FOR:

**getting active & staying active**  
**SPORTS CLUBS & LEISURE FACILITIES**  
**promote your events and activities here**

For more information please contact:  
Karen Phelan, Communications Officer,  
Waterford Sports Partnership on 058 21192

CHECK IT OUT TODAY!

[www.getirelandactive.ie](http://www.getirelandactive.ie)

## CITY OFFICE WE HAVE MOVED!!

Our Waterford City office is  
now located at the  
**Regional Sports Centre, Cork Road, Waterford.**  
The main phone number remains  
the same **(051) 849855.**  
**PLEASE FEEL FREE TO CONTACT THE OFFICE**



Like Us On  
**facebook** 

Waterford Sports Partnership  
now has a Facebook Page  
with updates, upcoming events,  
news and more...

PLEASE LIKE US ON FACEBOOK AND LET US KNOW IF  
YOUR CLUB OR GROUP HAS A FACEBOOK PAGE AND  
WE'LL LIKE YOUR PAGE TOO!

## NGB CONTACTS



### Athletics Ireland

**CONTACT: Jacqui Freyne**  
Tel: 087 2629950  
Jacqui@athleticsireland.ie  
[www.athleticsireland.ie](http://www.athleticsireland.ie)



### Badminton Ireland

**CONTACT: Brenda Barry**  
087 6412760  
brenda.barry@badminton.ie  
[www.badminton.ie](http://www.badminton.ie)



### Basketball Ireland

**CONTACT:**  
(01) 4590211  
[www.basketballireland.ie](http://www.basketballireland.ie)



### Cumann Camógaiochta na nGael Camogie Association

**CONTACT: Deirdre Murphy**  
087 641 5485  
deirdre@camogie.ie | [www.camogie.ie](http://www.camogie.ie)



### Cumann Lúthcleas Gael

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



### Football Association of Ireland

**CONTACT: Gary Power**  
086 3883850  
gary.power@fai.ie  
**CONTACT: Michael Looby**  
087 0508623



### Irish Rugby Football Union

**CONTACT: John O'Neill**  
086 8207752  
johnoneill@munsterrugby.ie



### Ladies Gaelic Football Association

**CONTACT: William Harmon**  
Tel: (01) 8363156  
Fax: (01) 8363111  
williamharmon@ladiesgaelic.ie



### Irish Olympic Handball Association

**CONTACT: Lisa Regan**  
Tel: (01) 6251165  
development@olympichandball.org



### Volleyball Association of Ireland

**CONTACT: Ciara Buckley**  
086 8173990  
south@volleyballireland.com  
[www.volleyballireland.com](http://www.volleyballireland.com)



### Cricket Ireland

**CONTACT: James Doran**  
086 8169667  
jimdoran@irishcricket.org  
[www.irishcricket.org](http://www.irishcricket.org)

# Youth Sports Development Update



## Brian O'Neill - Youth Sports Development Officer (YSDO)

In October 2011, Waterford Sports Partnership appointed Brian O'Neill as the new Sports Development Officer. Brian will work with young people aged from 10 to 21yrs throughout Waterford City, offering them the opportunity to participate in a number of activities.

Brian has built on the work of the previous Youth Sports Development Officer and will continue to introduce new programmes over the coming months.

## STREET SOCCER BLITZ

A Street Soccer Blitz organised in conjunction with Community Safety Week, took place at Williamstown Astro-Turf pitches, John's Park from 2-4pm on Saturday December 11th

Teams from Richardson's Meadows, Catherine's Grange, Gracedieu, Avondale, and Manor St. John entered the Blitz with a total of sixty one youngsters taking part. The event ran very smoothly. The U-10s had 4 teams (6-a-side) and played over two pitches which meant no team was standing around. The U-10's played from 2-3pm and the U-13's from 3-4pm. Some of the stronger U-10s were eager to play again with the U-13's, this resulted in four teams (7-a-side) which worked really well as the youngsters all got to play at the same time.

The focus of the Blitz was to have fun and enjoy playing football, there was no semi final or final or prizes for winners. There were however, prizes for the best tackle, best goal, best team attitude. Waterford Sports Partnership would like to thank all the teams that took part in the Blitz and everyone who helped to make the day such a success. A big thanks to Billy Ahearne at Williamstown for the use of the pitches.



## Spikeball Blitz

A SPIKEBALL Blitz took place in November in the Kingfisher Club, Waterford. SPIKEBALL is an initiative developed by the Volleyball Association of Ireland and is used as an introduction to Volleyball; the traditional game has often been viewed as a difficult sport to introduce to young people so, by applying some simple modifications the game of Volleyball has now become more accessible and enjoyable. The objective of these adaptations is to encourage learning, promote physical activity, and increase the fun for the participants.

Five Teams consisting of twenty three players, ranging from 11-15 years of age from the North Suburbs Community Youth Project, Manor St. John Youth Service and the Inner City Community Youth Project took part in this fun event. Ten minute games were played on two courts over two hours, meaning only one team at a time would be resting for a short period. As the games developed, the young people's skills improved and teamwork became more apparent. The games were played in a fun way but there was also a good competitive element.

Waterford Sports Partnership would like to thank all those who participated in the SPIKEBALL event including youth leaders and volunteers and particularly the four transition year students from Stella Maris, Tramore who gave up their time to officiate and score keep, it was their contribution that enabled the Blitz to run so smoothly.

**For further information on this event please contact: Brian O'Neill, Youth Sports Development Officer, on (051) 849583 or email: [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**

## Health, Well being & Recreation Programme

Children's Group Link in conjunction with Waterford Sports Partnership ran this programme in 2010 with great success. Many of the group's participants did not engage in physical activity prior to this programme commencing. On completing the program in 2010, nine out of the sixteen participants have joined clubs such as martial arts, yoga and soccer. After an evaluation, Children's Group Link decided to run a second, modified programme making it a shorter duration and introducing new activities. This began early in November 2011 and will continue for 8 weeks. Modules of this programme focus include personal development, internet safety, substance misuse, self esteem, health & fitness and positive mental health.

**For more information on this programme please contact Vera in Children's Group Link on 051 855036 or Brian O'Neill, Youth Sports Development Officer, Waterford Sports Partnership on (051) 849583 or email: [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**

# Youth Sports Development Update

## Waterford Youth Walkers

YOUNG PEOPLE 12+ IN WATERFORD CITY AREAS

Why not stay active over the Winter & join up with your local youth walkers walking group?

**BROGUE BUSTERS BALLYBEG**  
Tuesdays @ 6:30pm  
Oct/Feb/May  
FOR MEETING PLACE CALL  
Jen on (086) 8589870

**FERRYBANK BFF** (Best Foot Forward)  
Wednesdays @ 6.30pm  
Nov/Jan/March  
FOR MEETING PLACE CALL  
Aileen on (086) 6035457

**MANOR MOVERS**  
Wednesdays @ 6.30pm  
Oct/Feb/April  
FOR MEETING PLACE CALL  
Philomena on (086) 6018961

**GRACEDIEU GROOVERS**  
Saturdays @ 11am  
Oct/March/May  
FOR MEETING PLACE CALL  
Pamela on (086) 6093130

WHEN YOU JOIN UP YOU'LL GET....

A HI-VISIBILITY VEST

PERSONAL LIGHTS

A PERSONAL PEDOMETER

There will also be guidance from a qualified walking leader & the chance to take a hike with other walking groups in Waterford City & County during the year.

CONTACT THE PERSON IN YOUR AREA TO SIGN UP TODAY & GET WALKING!!



This Programme is being run by Waterford Sports Partnership in association with the Inner City Community Youth Project, Foroige Ferrybank Outreach Project, North Suburbs Community Youth Project & Ballybeg Community Youth Project.

## Re-engaging Programme

Are you aged between 16yrs and 23 yrs and no longer take part in sport and physical activity or you know someone that may fit into this bracket, then this is for you. All you need do is download a referral form from the Youth section of our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or contact the YSDO.

Each young person meets with the YSDO and discusses what they wish to get involved in and what they need to do to achieve that. It might simply be an introduction to a club, support in finding taster sessions to find a physical activity that appeals or it could be assistance to attend a course or workshop should you wish to become a volunteer or coach.

## Fitness for Boys

This six week programme started in November in conjunction with the Ballybeg Youth Project. Six boys aged between 12 and 15 are being encouraged to participate in physical activity. As part of the Programme the youngsters will learn how to warm-up, stretch and cool down correctly. The fitness programme consists of Circuits, Speed, Agility and Quickness (SAQ), Boxercise and Nutritional Classes (Healthy Eating & Hydration). The YSDO will continue to support these young lads in continuing with Physical Activity when this program is complete.

## TRAINING

Check out our website for a full listing of upcoming courses & events

[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

For more information please contact:  
Brian O'Neill (051) 849583

## COMING IN 2012!

Wall Ball Schools Competition

January 2012

Twilight Soccer League

January 2012

License to Pedal

Safe Cycling Programme

February 2012

Spikeball League

February 2012

Basketball Skills Sessions

February 2012

Hip Hop Dance Instructor Workshop

March 2012

## Waterford Youth Discount Card

- coming soon!

Waterford Sports Partnership in association with Comhairle na nOg and Waterford Youth Information Centre has developed a Youth Discount Card. This card will enable young people to avail of discounts offered by local business's, City and County, such as Sporting facilities, Sports Clubs, Leisure Wear, Shops, Cafes and various outlets. This card will come available, free of charge, from the Waterford Youth Information Center early in the New Year.

[www.waterfordinfo.com/active](http://www.waterfordinfo.com/active)

[www.waterfordsportspartnership.ie/bactive.shtml](http://www.waterfordsportspartnership.ie/bactive.shtml)

For more info call into the Youth Information Centre in your area or contact Brian O'Neill on 051 849583



# Waterford Sports Partnership 2012 Calendar of Upcoming Courses and Events

Date	Course/Event	Time	Venue
<b>JANUARY 2012</b>			
Saturday 14 <sup>th</sup> January	OPERATION TRANSFORMATION WALK	10.30am	Causeway Tennis Club, Abbeyside
Monday 30 <sup>th</sup> January	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	Regional Sports Centre, Waterford
<b>FEBRUARY 2012</b>			
Monday 27 <sup>th</sup> February	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	VEC, 2 <sup>nd</sup> Floor, Dungarvan Shopping Centre
<b>MARCH 2012</b>			
Mon 5 <sup>th</sup> & Mon 12 <sup>th</sup> March	Children's Officer Course	6.30 - 9.30pm	Regional Sports Centre, Waterford
Monday 5 <sup>th</sup> March	Go for Life PALs – Rolling & Bowling	10am – 3pm	Cill Barra Sports Centre
Fri 9 <sup>th</sup> , Sat 10 <sup>th</sup> , & Sun 11 <sup>th</sup> March	Sli na Slainte Walking leader Training	Fri 7-9pm, Sat 9am – 5pm, Sun 9am – 2pm	Cavan
Monday 12 <sup>th</sup> March	Go for Life PALs – Stepping & Strolling	10am to 3pm	Rainbow Hall, Kilmacthomas
Monday 26 <sup>th</sup> March	Go for Life PALs - Pitching & Tossing	10am to 3pm	Cill Barra Sports Centre
Monday 26 <sup>th</sup> March	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	Regional Sports Centre, Waterford
Fri 30 <sup>th</sup> , Sat 31 <sup>st</sup> March, & Sun 1 <sup>st</sup> April	Sli na Slainte Walking leader Training	Fri 7-9pm, Sat 9am – 5pm, Sun 9am – 2pm	Kilkenny
Fri 30 <sup>th</sup> & Sat 31 <sup>st</sup> March	Active Leadership Course <i>for Youth leaders, volunteers and Sports Coaches</i>	Fri 6 to 9pm, Sat 9.30am to 5pm	Cill Barra Sports Centre
<b>APRIL 2012</b>			
Monday 2 <sup>nd</sup> April	Go for Life PALs – PALs Skills	10am to 3pm	Rainbow Hall, Kilmacthomas
Friday 20 <sup>th</sup> , Saturday 21 <sup>st</sup> & Sunday 22 <sup>nd</sup> April	Sli na Slainte Walking leader Training	Fri 7-9pm, Sat 9am – 5pm, Sun 9am – 2pm	Louth
Monday 30 <sup>th</sup> April	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	VEC, 2nd Floor, Dungarvan Shopping Centre,
<b>MAY 2012</b>			
Monday 14 <sup>th</sup> May	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	Regional Sports Centre, Waterford
Friday 18 <sup>th</sup> , Saturday 19 <sup>th</sup> & Sunday 20 <sup>th</sup> May	Sli na Slainte Walking leader Training	Fri 7-9pm, Sat 9am – 5pm, Sun 9am – 2pm	Sligo
Sunday 27 <sup>th</sup> May	John Treacy 5km Fun Walk/Run	TBC	Villierstown, Co. Waterford
<b>AUGUST 2012</b>			
Sat 25 <sup>th</sup> & Sun 26 <sup>th</sup> August	The Sean Kelly Tour of Waterford 10/50/70/100/160km	Various	Dungarvan
<b>SEPTEMBER 2012</b>			
Monday 17 <sup>th</sup> September	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	VEC, Second Floor, Dungarvan Shopping Centre, Dungarvan
Friday 21 <sup>st</sup> & Saturday 22 <sup>nd</sup> September	Active Leadership Course <i>for Youth leaders, Volunteers and Sports Coaches</i>	Fri 6 to 9pm Sat 9.30am to 5pm	County TBC
<b>OCTOBER 2012</b>			
Monday 8 <sup>th</sup> October	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	Regional Sports Centre, Waterford
<b>NOVEMBER 2012</b>			
Monday 5 <sup>th</sup> November	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	VEC, Second Floor, Dungarvan Shopping Centre, Dungarvan
Monday 26 <sup>th</sup> November	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	RSC, Waterford
<b>DISABILITY AWARENESS TRAINING ACTIVE LEADERSHIP TRAINING FIRST AID (REC 1 or REC 2) TRAINING CHILDRENS OFFICER TRAINING</b>		<b>IF INTERESTED PLEASE CONTACT THE OFFICE ON 058 21191 / 051 849855</b>	

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