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Operation Transformation 2013 WATERFORD WALK

The five Leaders for Operation Transformation 2013 have been selected and will soon feature on our screens, but, don't leave it all up to them! You too can kick start your own physical activity transformation for 2013 right here in Waterford.

For the third year running the Irish Sports Council and the 32 Local Sports Partnerships around the country will host an Operation Transformation walk in their county.

Last year over 600 people took part in the Operation Transformation Walk hosted by Waterford Sports Partnership on the Dungarvan Railway Track and a great day was had by all.



This year the Operation Transformation walk will take place on **Saturday 19th January 2013 at 11am** in the **Waterford Nature Park, Kilbarry.**
REGISTRATION WILL TAKE PLACE AT THE REGIONAL SPORTS CENTRE FROM 10.30AM.

The 4km walk will be led by experienced walking leaders and participants will get a chance to explore the fantastic Waterford Nature Park.

Waterford Sports Partnership Sports Coordinator, Rosarie Kealy said, "This is a wonderful opportunity to start 2013 in an active and healthy way and to visit this unique oasis within Waterford City at the same time".

The entire route is on flat firm ground and is suitable for all ages and abilities. Make sure to take advantage of this great opportunity to kick start the new year with friends and family and join us for this FREE event - All are welcome!

For further information please contact Jane O'Dwyer, Sports Development Officer, Waterford Sports Partnership on (051) 849855



SPORTS DEVELOPMENT OFFICER UPDATE

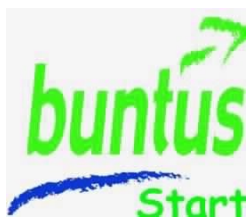


Jane O'Dwyer - Sports Development Officer

Based at the Regional Sports Centre in Waterford, Jane is responsible for the development, delivery and promotion of participation in sport and physical activity for the people of Waterford. Jane works to support local sports clubs and coaches with a particular focus on training and education, and the development of a number of targeted initiatives to promote the participation of young people, older adults, women and girls and the general public in physical activity. **Jane can be contacted on (051) 849855 or jodwyer@waterfordsportspartnership.ie**

Buntús Start

Buntús Start is an Irish Sports Council physical activity programme for three to five year olds. It encourages the development of fundamental motor, manipulative, co-ordination and balancing skills. By introducing these important base level skills in a fun way using purposely adaptive equipment the programme encourages young children to develop a positive attitude to physical activity which will hopefully lead to lifelong involvement.



Waterford Sports Partnership in conjunction with the City and County Childcare Committees has been rolling out this National programme in Waterford since 2006. To date ninety five childcare centres have taken part in the programme. They have received Buntús Start equipment and all staff have participated in a two part training session that focuses on how to best use the programme in a pre-school setting.

Feedback post training has been extremely positive. The centres regularly use the Buntús Start programme with many adapting its use so it can cater for even younger children. In 2012 forty seven childcare workers completed the training, the majority of which are new staff working in a Buntús Start recognised centre.

Waterford Sports Partnership in conjunction with the City and County Childcare Committees recently developed a Buntús Start leaflet for parents which explains the Programme in greater detail. This leaflet is available to download from our website www.waterfordsportspartnership.ie and is also available to all trained childcare centres through the City and County Childcare Committees.



Primary School Teacher Training 2013

As part of our on-going support of physical activity opportunities in schools, Waterford Sports Partnership offers a number of training opportunities each year to primary school teachers across Waterford.

Since the start of the 2012/2013 academic year, sixteen teachers from eleven schools took part in Olympic Handball training and thirteen teachers from six schools took part in Primary School Teacher training. The focus of the training days is to ensure each teacher leaves with the skills, resources and confidence to run sport/physical activity sessions with the class they are currently teaching.

For the remainder of the academic year the following opportunities have been scheduled:

Sport:	Most suitable for:	Date:
5 a-side soccer - FAI Futsal	Teachers of 4 th & 5 th Class	Friday 25 th January 2013 1.30 to 3.30pm Kingfisher Club, Waterford
Cricket - Introduction to Cricket	Teachers of 4 th , 5 th & 6 th Class	Wednesday 6 th February 2013 12 to 2pm Venue TBC
Olympic Handball - Blitz	Teachers that took part in the training on Oct 3 rd 2012	To be confirmed

We are also planning to hold Disability Training suitable for adults working with/leading children with special needs.

If you are a teacher and you would like to find out more about any of the opportunities listed above or if you wish to discuss the possibility of including different sports or physical activities, please contact Jane O'Dwyer, Sports Development Officer, Waterford Sports Partnership on (051) 849855 or email jodwyer@waterfordsportspartnership.ie

2013 Waterford Active Schools Programme (WASP)

In 2013 Waterford Sports Partnership will be offering Primary Schools the opportunity to take part in the Waterford Active Schools Programme (WASP). The rollout of the programme is planned for Monday 25th February to Sunday 24th March 2013.

Many people in Waterford will be familiar with WASP, or as some people call it the Wizzy Programme. The aim of this four week initiative is to increase the activity levels of families and promote the importance of being active by making activity a natural part of daily living. The programme is led by our mascot 'Wizzy the Wasp'.

WASP encourages children and their families to achieve the recommended physical activity levels per week, which is at least 60 minutes a day for children and 30 minutes a day for adults. This can be achieved through a wide range of family and/or school based activities. Each child is given a record card to monitor progress for themselves and a nominated adult. Once a slot of exercise is completed and signed for, a sticker is awarded by the teacher. Each family is challenged to get as many stickers as possible.

So go on, encourage your school to take part in Waterford Active Schools Programme in 2013, it's great fun and you may even get a visit to your school from 'Wizzy' himself!



Wizzy the Wasp

Winter Walking Challenge 2012

Waterford Sports Partnership has just finished running the Winter Walking Challenge Programme which has been embraced by over eighty six Waterford people. Over the last four weeks the thirteen groups were stepping it out every day, counting their steps (with the help of a step counter) and monitoring their progress.

Their mission was to increase their number of steps every week. The weather was no match for our enthusiastic steppers, who put on their jackets, woolly hats and got out there - well done!

To celebrate the end of the walking challenge, all those taking part were invited to a Winterval Mystery Tour on Tuesday 18th December with their friends and families. Three groups; Pink Striders, Joints in Motion and The Survival of the Fittest met outside Waterford Crystal on the Mall at 6.15pm.

The evening walk was a thirty minute easy stroll and participants got the opportunity to explore some of the Waterford Winterval Festivities.

Congratulations to the thirteen groups who took part in the challenge. Keep your feet moving over the festive period!!

Waterford Arthritis Walkers was one of the groups taking part in the challenge. There are seven members in the group who meet every week at the Waterford Nature Park, Kilbarry. They found the fully accessible flat 2km route ideal for the different levels of fitness within the group. Those looking for a bit more of a cardio workout took on one of the signposted routes over the top of the Park.





Pauline Cunningham - Sports Development Officer

Currently based in Dungarvan, Pauline is responsible for the development, delivery and promotion of participation in sport and physical activity for the people of Waterford. Pauline works to support local sports clubs and coaches with a particular focus on training and education, and the development of 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 (058) 21199 or pcunningham@waterfordsportspartnership.ie**

Commit 2B Fit

WOULD YOU LIKE TO SHAPE UP & FEEL BETTER IN 2013 ?

In late 2012 Waterford Sports Partnership received funding from the Health Service Executive to run an eight week physical activity programme called "Commit 2B Fit".

This eight week programme is aimed at men and women aged thirty years plus from the Dungarvan area. The programme will educate participants on the benefits of exercise and on healthy eating options. Participants will also have the opportunity to try specific men or women only pool, gym and studio classes. The programme will commence on Tuesday 22nd January.

Places are limited and will be allocated on a first come first served basis.

Don't delay, book your place today- call Pauline Cunningham on 058 21199 or email pcunningham@waterfordsportspartnership.ie

Coaching Seminars

Waterford Sports Partnership in conjunction with Coaching Ireland were delighted to pilot three Coaching Seminars designed to develop the skills of sports coaches in Waterford. The content of the three seminars was devised by Peter Jones, Sports Development Officer with Waterford Sports Partnership. Peter felt there was a need to develop a generic course for coaches from all sports that would enable them to develop their own coaching skills.

The seminars were presented by Peter Jones (Waterford Sports Partnership), Declan O' Leary (Coaching Ireland), John O' Neill (Munster Rugby Development Officer) and Jason Ryan (PE Teacher in Coláiste Cathail Naofa).

The first seminar "**Personal Coaching Skills**" was a mixture of theory and practical. This seminar was well attended by twenty four coaches from several clubs in Waterford City and County. Participants had the opportunity to take part in two small sessions where they demonstrated coach organisation, timing/flow of session, positioning and communication. Each participant was then given the opportunity to plan and run a session for a small group and then received feedback from the tutors on areas they could improve in.

The second seminar "**Warm Ups, Cool Downs and Stretching**" was the most popular seminar, with thirty six enthusiastic coaches in attendance on the night. The seminar covered demonstrations from coaches on effective activities for warm ups, cool downs and incorporating dynamic and static stretching. The seminar also covered core stability exercises to focus on athlete injury prevention. Similarly to the first seminar, participants were asked to deliver their own session in this area to fellow group members and gain constructive feedback to develop their own coaching skills.

The final seminar "**Games for Understanding**" was attended by fourteen participants and covered how coaches can get the most out of a game situation. This session specifically looked at adapting and modifying generic games to develop decision makers. There were also a number of practical games that can be used in any coaching session demonstrated on the night. All three nights were a huge success and the calibre of the presenters made the evenings informative, interactive and highly relevant for all present.

For further information on the Coaching Seminars please contact Pauline Cunningham on (058) 21199 or email pcunningham@waterfordsportspartnership.ie





River Rowers

Waterford Sports Partnership secured Women in Sport funding from the Irish Sports Council to run a rowing programme for teenage girls. The River Rowers programme was run over six weeks in conjunction with Blackwater Community College and Cappoquin Rowing Club.

The aim of the programme was to introduce eight female transition year students to their local rowing club and give them the opportunity to learn about all aspects of rowing. After the six weeks three participants joined the local club where they are continuing to row on a regular basis.

The participants really enjoyed the six week programme. We would like to extend our thanks to Cappoquin Rowing Club for facilitating the girls and introducing them to a new sport.

'The Rowing was amazing, and we had so much fun each week'.
Sarah Geoghegan,
Programme Participant



Link 2B
Active

Discounted Sports Opportunities For All

Link2BActive is a programme run by Waterford Sports Partnership in conjunction with leisure facilities and sports clubs in Waterford City and County offering discounted rates for the following target groups:

- **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**

The facilities that have signed up to the programme are committed to providing affordable physical activity opportunities and are offering discounted rates 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

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. To avail of the discounts young people need to sign up to receive a free membership card from the Waterford Youth Service in Waterford City and in early 2013 the Youth Discount Card will be rolled out for young people in Dungarvan too.

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 Pauline Cunningham on 058 21199.

Active Body Active Mind 2013 OPPORTUNITIES FOR JOB SEEKERS

Waterford Sports Partnership has secured funding from the Irish Sports Council to run a programme to offer exercise opportunities for job seekers in the Dunhill/Fenor/Boatstrand/Annestown areas. The Active Body Active Mind programme aims to introduce participants to new leisure activities and encourage them to use local clubs and facilities.

The Active Body Active Mind Programme is being run for job seekers by Waterford Sports Partnership in conjunction with the Dunhill Multi-Education Centre and local sports clubs and leisure facilities. This free ten week programme will be run in Spring 2013 and participants will attend two sessions per week. Waterford Sports Partnership will run sporting activities, delivered by coaches from local sports clubs and leisure facilities, and Dunhill Multi-Education Centre will host sessions covering the Back to Work Scheme and sessions with local agencies such as MABS, WIT, FAS etc.

If you would like further information on this programme, please contact:
Pauline Cunningham on 058 21199 | pcunningham@waterfordsportspartnership.ie

Walk Waterford

Spring Series 2013



Waterford Sports Partnership is organising a spring series of leisure walks to give the people of Waterford a chance to get out and explore the wonders of Waterford.

Are you a walker, a social stroller, a family, a local looking for something to do? Why not come along to the Walk Waterford Spring Series. There are five walks which are suitable for families and leisure walkers, all you need is suitable walking shoes (runners are ideal) and a rain jacket just in case. So come along, bring your family, bring your friends. County Waterford is yours to discover or rediscover! To find out more contact **Jane O'Dwyer**, Sports Development Officer, Waterford Sports Partnership on **086 1985729**.

DATE	NAME OF WALK	MEETING TIME & PLACE	TRAIL DETAILS	TOP 3 HIGHLIGHTS	GETTING THERE
Saturday 26th January	Dungarvan Railway Walk	Time: 11am at the Public car park just off the Park Hotel roundabout	Distance : 3.5km Duration: 45 mins there and back. This is one of Dungarvan's gems – a green route that follows the old railway line.	- New improved green route suitable for cyclists and walkers alike - This route is mostly off road - Fantastic views across Dungarvan Bay	Once you reach Dungarvan the Public Car Park is just off the Park Hotel roundabout opposite Country Life.
Saturday 2nd February	Dunmore East Wood Walk	Time: 11am at the park (opposite the Haven Hotel) by the tennis courts.	Distance: 3km Time: 45 mins 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	- Lovely tranquil woods - Fabulous views across to The Hook - Interesting walk through the village past the thatched cottages	The Park is on the main road into Dunmore East on the left hand side
Saturday 9th February	Glenshelane River Walk	Time: 11am Glenshelane Wood car park	Distance : 4km Duration: 1hr 30 mins there and back. Glenshelane or Gleann Sióthláin 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.	- the relaxing tranquil Coillte forest - the picturesque setting - this is a little piece of Paradise	From Cappoquin 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.
Saturday 16th February	Tramore Doneraile	Time: 11am at the car park opposite the Majestic Hotel	Distance: 4.9km Duration: 1hr 30 mins 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.	- historical features which reflect the maritime heritage of Tramore - the tranquil woodland section - the views of Tramore Bay	The car park opposite the Majestic Hotel is on the main road into Tramore.
Saturday 23rd February	Mahon Falls Comeragh Mountains	Time: 11am Mahon Falls car park	Distance: 2.4km Duration: 40 minutes there and back. This is an easy walk which is mostly flat with one steep section near the falls	- The magnificent Mahon Falls - One of the most accessible routes into the Comeragh Mountains - Amazing view over Dungarvan Bay and beyond	Signposted off the N25 at Kilmacthomas and Leamybrien





Men on Target – The GAMES

In 2012 Waterford Sports Partnership was selected to be one of five counties to take part in Go for Life's Men Only pilot programme. The aim of the programme was to teach men to play target games with the main objective to get men physically active. The programme consisted of three fortnightly sessions where participants learned to play three target games called Lobbers (Boules), Scidil (Bowling) and Flisc (Frisbee).

After the three sessions, four Waterford men joined forces with men from the Carlow area and travelled to The Watershed in Kilkenny to take part in a blitz against other counties in the South East. The day was a huge success with all participants thoroughly enjoying the day's activities. Well done to all the lads involved, you did your County proud!!!



WalkAbility Challenge

Waterford Sports Partnership has secured funding through The Go for Life Grant (GFL) Scheme to run a 5 week Walking Programme.

The five week programme will commence on **Wednesday 10th April in Rainbow Hall, Kilmacthomas** with a **Go For Life PAL's Workshop "Stepping & Strolling"**.

Following on from the workshop, all participants will have the opportunity to take part in four organised walks in either Waterford City or County. Each participant will receive a pedometer, walking light and hi visibility vest. This programme will also introduce groups to local walks and participants will be asked to monitor the amount of steps they walk for the five week period.

Places are limited and will be allocated on first come first served basis. If you or your group is interested in taking part in this walking programme, please contact Pauline Cunningham on 058 21199 by Wednesday 27th March.

Active Older People

- Gym Programme 2013

Waterford Sports Partnership is delighted to announce they we will be running an Active Older People (AOP) Gym Programme funded by Go For Life in early February. The aim of this programme is to give older adults more opportunities to exercise on a more regular basis.

The programme will run for 6 consecutive weeks in Waterford City and County. The programme will facilitate a 'Men Only' and a 'Women Only' Session.

Places are limited and will be allocated on a first come first served basis. For more information and to book your place please call Pauline Cunningham on 058 21199.

Waterford Go For Life Grant Recipients 2012

Organisation	Amount Granted
Dungarvan Care of the Aged Ltd.	€285
Tramore and District ARA	€285
Respond, Waterford	€285
Respond Waterford	€285
Butler Community Centre	€285
Ballinroad ICA	€285
Glenbeg ICA	€285
St. Pauls and District Men's ARA	€285
Cill Barra Community Sports Centre	€285
Waterford Sports Partnership	€1200
Modeligo Ladies Club	€285
Dungarvan and District ARA	€285
Carlow Men's Health Project	€310
Tallow and District ARA	€285
Comeragh ARA	€285
Ferrybank Ladies ARA	€285
Tramore ICA	€285
Dolmen ARA	€285
Suir ARA	€285
Deise Women's Group	€310
DeafHear (Waterford)	€285
Arthritis Ireland, Waterford Branch	€285
Waterford Farm Family	€285
Sacred Heart ARA	€285

Go For Life Grants 2012

€7805 awarded to 24 Waterford Older Adult Initiatives

On November 29th Go for Life announced their annual Small Grant Scheme allocation for 2012. The grant scheme is a joint initiative between Go for Life and the Irish Sports Council. It funds groups and clubs who cater for older people around the country so that they can buy equipment, run sports events or try new activities.

Over the past eleven years, the scheme has awarded almost €4million in nearly 8,000 grants. This year, the allocation of €285,000 will benefit 872 groups across the country.

The successful applicants include Active Retirement Associations, Day Centres, Community Centres and Local Sports Partnerships. Waterford Sports partnership was awarded €1200 from the grant scheme which will be used to run a men only programme called "The Games" commencing in May/June 2013.

A big well done to all successful groups!

"From our own research, we know that the Small Grant Scheme increases participation by older people in groups and clubs, making physical activity a core part of their programmes. Older people are getting more active and, from what we see on the ground, we're confident that participation levels are on the rise."

Mary Harkin,
Go for Life's Programme Director.

Date	Course/Event	Time	Venue
January 2013			
Wednesday 16 th January	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Saturday 19 th January	Operation Transformation Walk – Waterford Nature Park Kilbarry, Waterford	11am	Meeting at the Regional Sports Centre Registration from 10.30am
Friday 25 th January	5 a-side soccer - FAI Futsal (Primary School Teacher Training)	1.30 to 3.30pm	Kingfisher Club, Tramore Road, Waterford
Saturday 26 th January	Walk Waterford Spring Series – Dungarvan Railway Walk	11am	Meeting at the public car park (opposite Country Life), Dungarvan
Monday 28 th January	Child Welfare & Protection Awareness Course	6 to 9pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
Thursday 31 st January	Tae Kwon Do for children with a disability - Come & Try It!	5 to 6pm	St. Lawrence's Hall, Ballinroad, Dungarvan, Co. Waterford
February 2013			
Saturday 2 nd February	Walk Waterford Spring Series – Dunmore East Coastal Walk	11am	Meeting at the public car park, the first right once you turn down to the harbour
Wednesday 6 th February	Introduction to Cricket (Primary School Teacher Training)	12 to 2pm	Venue TBC
Saturday 9 th February	Walk Waterford Spring Series – Glenshelane River Walk	11am	From Cappoquin take the R669 eastwards then right at the statue. The car park is on the immediate left once you cross the bridge
Wednesday 13 th February	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Saturday 16 th February	Walk Waterford Spring Series – Tramore Doneraile	11am	Meeting at the car park opposite the Majestic Hotel
Saturday 23 rd February	Walk Waterford Spring Series – Mahon Falls	11am	Mahon Falls car park, follow signs from N25 at Kilmacthomas & Leamybrien
Monday 25 th Feb	Child Welfare & Protection Awareness Course	6 to 9pm	Regional Sports Centre, Cork Road, Waterford
March 2013			
Wednesday 13 th March	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Monday 25 th March	Child Welfare & Protection Awareness Course	6 to 9pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
April 2013			
Monday 15 th April	Child Welfare & Protection Awareness Course	6 to 9pm	Regional Sports Centre, Cork Road, Waterford
Wednesday 17 th April	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Monday 22 nd April	Children's Officer Training Part 1	6 to 9pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
Monday 29 th April	Children's Officer Training Part 2	6 to 9pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford

Date	Course/Event	Time	Venue
May 2013			
Wednesday 15 th May	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Monday 20 th May	Child Welfare & Protection Awareness Course	6 to 9pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
June 2013			
Wednesday 12 th June	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Saturday 15 th to Sunday 23 rd June 2013	Bike Week 2013 - Various Events	TBC	TBC
July 2013			
Wednesday 17 th July	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
August 2013			
Wednesday 14 th August	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Saturday 24 th & Sunday 25 th August	Sean Kelly Tour of Waterford 2013	SEE www.theseankellytour.com FOR MORE DETAILS	
September 2013			
Wednesday 11 th September	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Monday 16 th September	Child Welfare & Protection Awareness Course	6 to 9pm	Regional Sports Centre, Cork Road, Waterford
Sunday 22 nd September	Walk Waterford Autumn Series	2pm	TBC
Sunday 29 th September	Walk Waterford Autumn Series	2pm	TBC
October 2013			
Sunday 6 th October	Walk Waterford Autumn Series (National Trails Day 2013)	2pm	TBC
Sunday 13 th October	Walk Waterford Autumn Series	2pm	TBC
Monday 14 th October	Child Welfare & Protection Awareness Course	6 to 9pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
Wednesday 16 th October	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Sunday 20 th October	Walk Waterford Autumn Series	2pm	TBC
November 2013			
Monday 11 th November	Child Welfare & Protection Awareness Course	6 to 9pm	Regional Sports Centre, Cork Road, Waterford
Wednesday 13 th November	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
December 2013			
Wednesday 11 th December	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford

**ACTIVE LEADERSHIP TRAINING
FIRST AID (REC1 or REC2) TRAINING
DRUG AWARENESS POLICY**

If interested please contact the office on 058-21199/051-849855

**WSP can also support you to take part in WALKING LEADER TRAINING courses run by the Irish Heart Foundation
See www.irishheart.ie for dates for 2013**

**Further information on courses and application forms can be downloaded from our website
www.waterfordsportpartnership.ie**

**Please feel free to contact the office on 058 21194
to request an application form or further information**

WATERFORD SPORTS PARTNERSHIP – FUNDING 2012

In 2012 under the Coaching, Development and Club Participation Funds, Waterford Sports Partnership funded twenty even separate clubs and organisations. The Coaching & Development Funds are open to all sports clubs in Waterford. Grants for 2013 will be dependant on our Irish Sports Council budget allocation for 2013 which will be confirmed in February.

COACHING FUND

– Educating Waterford Coaches

The Coaching Fund aims to ensure that coaches of all sports clubs have the opportunity to develop themselves individually, 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 a National Governing Body and receive funding for this.

The maximum allocated to a club is €250 per annum with €4000 being allocated in 2012 providing training for nineteen different clubs and seventy one coaches.

The fund has enabled clubs to continue to develop and give children and adults access to better quality coaching.

DEVELOPMENT FUND

The Development Fund aims to assist new clubs with essential start up costs and also to support existing clubs with participation initiatives.

The maximum allocated to a club is €300 per annum with €1200 being allocated to four clubs which included the set up of new clubs.

St. Paul's Juvenile Fishing Club

was one of the successful recipients of our **Coaching Grant** earlier this year, according to Der Casey, Club Coach:

"The club has gone from strength to strength in terms of numbers participating, competitive results and technical skill level" according to Der Casey (Coach).

Der also said that "It would be difficult to overvalue the contribution of Waterford Sports Partnership's coaching grant to this success. Through it we have internationally accredited skilled coaches, as well as a motivated team of Coaching Ireland certified mentors for our young anglers. It would have been impossible to develop the club to this level without financial support".



SPORTS CLUB PARTICIPATION FUND

The Sports Club Participation Fund was advertised in May 2012. This small scale grant aims to encourage and assist existing clubs in their club development and in particular to increase participation levels in Youth, Disability and Over 35's.

The grant had a maximum allocation of €400 per club with a total fund of €2000. Congratulations to Down Syndrome Ireland (Waterford Branch), Ardmore Gaelic for Mothers, Dungarvan Rugby Club, Cunnigar Pitch & Putt, Ardmore AFC, Ferrybank Camogie Club, Waterford Muai Thai and Johnville FC who all received funding this year.

Ardmore AFC

was one of the clubs that received financial assistance through our **Sports Club Participation Grant** which enabled the club to develop their Schoolboy and Schoolgirl Academy.

'Since we received the grant we have increased our membership by 25% and currently are in the process of commencing U12 and u16 girls teams. Without the funding provided by Waterford Sports Partnership the club would not have been in a position to do this. We are deeply grateful for the help and assistance given to us by all the staff at Waterford Sports Partnership'.

Declan Brown (Club Chairman)



Tae Kwon Do for Children with a Disability

Waterford Sports Partnership is currently recruiting children with a disability to take part in a 6 week Tae-Kwan-Do Programme. The Tae Kwan Do programme was designed by Waterford Sports Partnership and Dungarvan Tae Kwan Do Club and is funded by the HSE. The aim of the programme is to give children with a disability such as ADHD, Dyspraxia, Cerebral Palsy, Motor Coordination Disability, Autism Spectrum Disorder etc. an opportunity to try out Tae Kwan Do in a safe and structured environment.



The six week programme will commence with a FREE "Come and Try it" session which will take place on **Thursday 31st January in St. Lawrence's Hall, Ballinroad, from 5-6pm**. Following the Come and Try it session, participants will be encouraged to take part in five weekly Tae Kwan Do sessions, where they will learn all the fundamental skills at a cost of €3 per child per session. The children will all progress at their own pace at these sessions and whilst some may feel ready to move on to a mainstream group, others may not wish to do so and are encouraged to continue taking part in their current class. Tae Kwan Do was chosen as a sport suitable for children with a disability due to the structure and repetitive learning process. Many of the routines are repeated and built upon in the session. The children will be encouraged to participate to their fullest at their own level of ability.

If your child is interested in taking part in this programme please contact Pauline Cunningham, Sports Development Officer, Waterford Sports Partnership on 058 -21199 or email pcunningham@waterfordsportspartnership.ie



Social Soccer League for Adults with a disability

During 2012 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 League 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 the FAI Project Futsal students, two sections are run, an indoor section for participants who would be of low level ability and an outdoor section for higher level ability participants. A huge thank to the students from the FAI Project Futsal who run the sessions each month. The students create an enthusiastic, fun and friendly environment and work excellently

with all participants. The students coaching have noticed a considerable increase in the participants' confidence and skill level since they started last year. We would also like to thank all the groups for taking part, namely, Rehab Care, National Learning Network, Brothers of Charity and Carrigalea Cairde Services for their support of this worthwhile project. We will be resuming the Social Soccer League in January 2013. Well done to all involved keep up the good work.

Boccia Blitz

Early in 2012, Waterford Sports Partnership ran a Boccia Training day to teach staff from the Kingfisher Club, Woodland Health and Leisure Centre, Cill Barra Sports Centre, Clonea Health and Leisure Centre, The Park Hotel and St. Otterans how to play Boccia in a fun way for individuals with a disability. The staff then brought the training back to their facility/organisation where they played for four weeks.

After the four weeks, Waterford Sports Partnership ran its first ever Boccia Blitz for adults with a disability. The aim of the Blitz was to get people with physical disabilities involved in exercise through playing in a monthly Boccia Blitz. The Blitz was adapted to suit the needs of each individual making it inclusive for everybody. On average there were 28-54 participants with varying degrees of different disabilities taking part in the monthly Blitzes.

The participants have really enjoyed this programme, with many of them finding it very beneficial both socially and psychologically. A huge thank you to Cill Barra Sports Centre who helped to host each Blitz.

We would also like to thank all the groups; Rehab Care, Brothers of Charity, Carrigalea Cairde Services, St. Otterans and the Irish Wheelchair Association for taking part and supporting this worthwhile programme. Due to the success of the Blitz, Cill Barra Sports Centre and Waterford Sports Partnership will work in partnership to sustain the league for 2013. The date for the next Blitz is **Wednesday 16th January, from 11am to 1pm at Cill Barra Sports Centre.**

For more information or to book your place for the January Blitz, please contact Jane O' Dwyer on 051 849855 or email odwyer@waterfordsportspartnership.ie



PAN Soccer

Since March 2012, Waterford's first PAN Disability Football for All Club has been up and running and is going from strength to strength. The club is being run by Tramore AFC and is supported by Waterford Sports Partnership and the FAI (Gary Power & Michael Looby – Development Officers). The PAN Club was set up to cater for boys and girls between the ages of 6-16years with all types of disabilities.

The PAN Club runs every Friday evening in Tramore AFC from 5-6pm, there are ten to twelve members who get excellent training from head coach Tommy Griffin. A special mention must be given to Tramore AFC who have been running these sessions along with the help of some local volunteers and specifically the FAI Project Futsal students. Well done to all in Tramore AFC, keep up the good work.

Tramore AFC are looking for new members to join the PAN Disability Football for All Club. If your child is interested in joining please contact Jane O' Dwyer, Sports Development Officer, Waterford Sports Partnership on 051 849855 or email jodwyer@waterfordsportspartnership.ie



Peter Jones - Sports Development Officer

Based in Dungarvan, Peter is currently working on behalf of Waterford Sports Partnership on the Go Dungarvan Smarter Travel initiative. Peter is working with schools and the community to develop and deliver pilot behavioural change programmes

Peter can be contacted on (058) 21191 or pjones@waterfordsportspartnership.ie

National Road Safety Week | Pilot Programme

National Road Safety Week took place from 8th to 14th October. Waterford Sports Partnership on behalf of Go Dungarvan piloted a National School 'Road Safety Awareness Week' with sixth class students from Scoil Mhuire, Abbeyside. The purpose of the Programme was to increase the children's knowledge of road safety, and to train the sixth class students as educators for the other students in the school.

The Programme highlighted two main themes, the importance of wearing a high visibility vest when walking, and the importance of wearing a safety helmet when cycling. The week included daily activities for sixth class students to highlight the importance of general road safety and focused on using cross curricular activities to emphasise the road safety message. School principal Ruaidhri de Paor said 'For the last week the pupils in sixth class at Scoil Mhuire learned loads about road safety in a fun interactive way. Between the quizzes, drama, art, Gaeilge and poetry activities, every pupil was provided with ample opportunity to respond, partake and learn about being a safe and responsible road user.

The weeks activities began with an interactive presentation including videos, road safety games and a quiz on general road safety which students used to design posters highlighting road safety. Three class winners were awarded a Go Dungarvan bicycle bell for their winning designs. Tuesday focused on the composition of poetry in English and Irish and on Wednesday the students compiled their own quiz questions in small groups to deliver to students from third to fifth class. An example of the questions included 'How many steps in the safe cross code', 'What age are children legally allowed to sit in the front seat of a car' and 'What is the only legal requirement for your bike'.



Aileen Hogan, assisted by Transition year students from Ard Scoil na nDéise, performed two drama pieces with road safety themes and highlighting the dangers of texting whilst walking. After this, students were asked to come up with their own drama production, Miss O' Mahony's class looked at the importance of wearing a high visibility vest, and Mr. Walsh's class choreographed a piece on the importance of wearing a cycling helmet. These productions were then performed to first and second class students on Friday. Drama was the big hit of the week and the students produced excellent pieces of work to share the road safety message in a very visual way. During the week the students were rewarded with Go Dungarvan high visibility vests, pens and hi-visibility bags and two students won Go Dungarvan T-shirts.

Beep Beep Day 2012

Waterford Sports Partnership was delighted to work with Go Dungarvan in October for Beep Beep Day. As part of National Road Safety Week and to celebrate Beep Beep Day, 60 pre-school aged children took the 'walking bus' from their respective childcare facilities to a fun packed 'travel themed' morning in Walton Park.

Young children, their parents and carers from The Little School of Montessori, Tina's Kinderkare and Tir na nOg all attended the activities which were organised jointly by Go Dungarvan and Waterford County Childcare Committee. The children themselves had designed their own maps which guided them to Walton Park. They also put their 'Simon and Friends' road safety skills to work as the walking bus made its way along the Old Railway Track, resplendent in new Go Dungarvan hi viz vests!

Waterford Sports Partnership delivered some road safety related activities through the Irish Sports Council Buntús Start programme.

The aim of the activities was to increase road safety awareness amongst preschool children. The three preschool groups had the opportunity to participate in four fun games in a twenty minute period. These activities included colour awareness games that educated children when it was safe to cross the road. This was achieved using red and green signs and the exploration of different forms of transport and their varying speeds.

During the morning the children also got the chance to try out balance bikes and Community Garda Claire Courtney was also on hand to offer road safety advice to the children. At the end of the morning's activities children received a Go Dungarvan goody bag as an acknowledgement for all their hard work!



Go School Smart Challenge

Go School Smart was a pilot programme funded by Go Dungarvan and delivered through Waterford Sports Partnership and involved over 300 students and teachers from eleven classes in Scoil Mhuire, Abbeyside; Scoil Gharbháin and St Mary's National Schools. The aim of the programme was to encourage the students to walk, cycle or car-share to school.



The programme ran for three weeks in November/December, class teachers were provided with a Go School Smart Record sheet to record points earned by students and teachers for their travel choices to school. One point was awarded for car pooling, two for walking or cycling and four points for walking/cycling in cold /wet weather. To ensure that the weather was not an excuse, Go Dungarvan provided each school with an supply of gloves and rain jackets for use by students. The programme was a huge success and it really opened students', teachers' and parents' eyes

to the fact that it is possible to use more sustainable forms of transport. Prizes were awarded to all classes each week for the top performing pupil, most improved pupil from the previous weeks score and also a special gold star award for the pupil who made the most effort during the week. Each winner was presented with a Go Dungarvan hi visibility goody bag containing a Go Dungarvan slap wrap, bell and pen.

SCHOOL COMPETITION— The top performing school was St. Mary's N.S. who were awarded a prize of two days of road safety training for all classes through the Road Safety Authority's Streetsmart programme. Well done, St. Mary's.

'The programme was a great success with most children making a real effort, I had to give 2 gold stars out in a week as students travelled a big distance each day.'

**Jason Duhig, 5th Class Teacher
Scoil Gharbháin**

'As a parent I am delighted with the Go School Smart Programme, my child is more motivated about exercising and we are walking to school together in the morning, we get to have a chat on the way and by the time I get to work I am wide awake and raring to go!'

**Josephine Flynn
Parent, Scoil Mhuire, Abbeyside**

'this was a fantastic programme to encourage a healthy lifestyle and acts as a reminder for parents of the different transport modes on offer even during the winter months'

**Kate Kiely
Teacher, St. Mary's N.S.**

STAT ATTACK: 11 classes: 310 students from 3 schools took part | marked increase in numbers of students walking/cycling to school | car sharing increased greatly | classes where the teacher took part had best scores | The average pupil score for the whole programme was 9.11, which, including bonus point days suggests around 85% of students car shared, walked or cycled every day during the programme |

'Sprocket Rocket is a great programme, St John's intends to involve students in cycling more in the future and build on this great initiative'

**Helen Ford, Principal,
St. John's Special School**

'This is a fantastic programme to help promote a healthy lifestyle in a fun and enjoyable way'

Kate Kiely, Teacher, St Mary's N.S.

'it was great that we were doing different activities each week', we got to learn new ways of using a bike'

Student

'it was great fun & really good exercise.'

Student

'One of the aims of the Sport, Exercise and Coaching Programme is to provide our students with an opportunity to develop their coaching and leadership skills in a structured manner. The Sprocket Rocket Programme provides an opportunity to achieve that while making a contribution to the local community. In the year 2012 there is not enough of us in society using bikes for exercise or for transport. I would hope that following implementation of the Sprocket Rocket Programme that we will see more bikes on the roads of Dungarvan in 2013 and beyond.'

**Jason Ryan, PLC Sports, Exercise and Coaching Course Co-Ordinator
Coláiste Chathail Naofa**

'I'm delighted to see such a successful roll out of the SUBWAY Sprocket Rocket Programme in Waterford, where there is a strong tradition of cycling. Hopefully this is the first step on a fun and fulfilling cycling journey for our new Sprocket Rocket Graduates.'

**Heather Boyle,
Sprocket Rocket,
Programme Coordinator,
Cycling Ireland**

Sprocket Rocket

CYCLE TRAINING

Go Dungarvan encourages us all to try and use alternative modes of travel particularly walking and cycling and recognises the importance of people having the necessary skills to walk and cycle safely.

In the month of November, 195 students from five local schools took part in cycling training through the Cycling Ireland Sprocket Rocket Programme.

This training was delivered by twenty four Post Leaving Cert (PLC) students from Coláiste Chathail Naofa who themselves had been trained as tutors by Cycling Ireland in October. Students from Scoil Mhuire, Abbeyside; Ard Scoil na nDeise; Scoil Gharbháin, St. John's and St. Mary's National schools took part in the programme which was co-ordinated by Waterford Sports Partnership. The aim of the Programme was to develop cycling ability including balance, pedalling, braking and cornering.

The feedback from the teachers in participating schools was extremely positive and the legacy of the programme was captured by the fact that nine students who could not cycle before the programme now can. The improvement in cycling proficiency, and ultimately safety, was highlighted by Scoil Gharbháin teacher Jason Duhig saying 'they were shown the basic skills of cycling and really benefitted from it. More and more are now cycling to school each week.'

As a result of this successful pilot programme Go Dungarvan will be running further cycling training in schools and hope to expand this to a parent and student training programme in 2013.





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

FUNDED BY THE DEPARTMENT OF CHILDREN & YOUTH AFFAIRS UNDER THE YOUNG PEOPLES FACILITIES & SERVICES FUND.

Brian is working with young people aged from 10 to 21 years throughout Waterford City, offering opportunities to participate in sport and active recreation. A variety of programmes have been run in all areas of the city and new programmes are constantly being developed and implemented. Brian would love to hear from organisations, associations and agencies that work or volunteer with young people. The following pages give an update on some of the programmes and events that have been happening over the last few months.

Combat Fitness-Martial Arts

Five young boys from Northern Suburbs CYP completed a four week programme in Martial Art Fitness with Pat Rockett's Karate Academy. Pat, who is also a qualified N.C.E.F Fitness Instructor, showed the young boys the basic, fundamental Karate techniques in his state of the art fitness gym. Martial Arts is a great activity where young people can increase their fitness levels, strengthen muscles and bones, increase flexibility, improve their self confidence and make new friends.

The programme had elements of Karate, Boxing and Kickboxing with each of the 5 boys showing very good potential, giving 100% even though they all displayed different levels of fitness. Each participant received 2 free training passes to attend either Karate or Kickboxing classes provided by Pat Rockett Karate Academy as a result of their hard work.

For information on Self Defence, Kickboxing or Fitness classes contact Pat Rockett on 087 9396661 or patshotokan@gmail.com

House Yoga

Ten young men, aged 16-20 years from the Youthreach Sports Performance Soccer Course participated in a 4 week 'House' Yoga programme. House Yoga is an initiative that brings together the breathing of the body with the tempo of music. This concept is designed to make Yoga more appealing to young people as it incorporates movement of the body to music whilst also incorporating traditional Yoga poses. Yoga has many benefits for men such as increased flexibility, restored energy levels, relieved lower back pain, improved posture and relieved stress. If it's good enough for Roy Keane, Evander Holyfield and Basketball Star Shaquille O'Neal; it is good enough for the 10 guys from Youthreach. Well done lads!

To find out more about House Yoga, visit Karla Kelly at www.housemusicyoga.com



Operation Motivation

Two youth groups; Inner City CYP and Northern Suburbs CYP; recently took part in separate Operation Motivation programmes aimed at young girls aged 12-14 years old. Both programmes consisted of a number of activities that would appeal to this target group such as Walking, Boxercise, Step Aerobics, Dance, Kickboxing and House Yoga (Yoga to Dance Music). All activities were provided by local tutors so the young people could continue with any of the activities that appealed to them most. Great to see such enthusiasm among the young girls in trying the different activities.

Waterford Sports Partnership would like to thank the Kingfisher Leisure Club for the use of their fabulous facilities and instructors during a number of activities for Operation Motivation.



ATHLETICS

School Completion Programme

Waterford Sports Partnership, in association with the School Completion Programme and Waterford Athletic Club ran a seven week Athletic programme in St. Paul's Primary School. This popular activity took place on Friday evenings after school and was open to 24 students from 5th and 6th classes. Activities ranged from warm up and stretching techniques, sprinting technique, soft Javelin throwing, long jump and relay running. Participants of this programme were also entitled to train with Waterford Athletic Club free of charge over the duration of the seven weeks.

Further information on Athletics please contact Brian Scanlon, Juvenile Chairman, Waterford Athletic Club on 087-9911380

Drug Awareness Policy

Five coaches from Pat Rockett Karate Academy, Waterford Muay Thai Gym, Black Belt Academy and Black Dragon Kick Boxing Club recently attended three workshops on how to implement a substance misuse policy within their club. This policy is designed with young people in mind and it is an official document sanctioned by the HSE. It is strongly encouraged that all clubs, whether it's Martial Arts, Soccer, GAA or Rugby, have a policy in place as it covers a range of substances such as tobacco, alcohol, recreational drugs and steroids. **If your club would like information on how to implement a drugs policy within the club please contact: Brian O'Neill, Youth Sports Development Officer on (051) 849583 or 086 0201219 or email boneill@waterfordsportspartnership.ie**

Guidance through Golf

The First Tee of Ireland facilitated this nine week programme for Foroige youth group in Ferrybank using both Williamstown Golf Club and the Driving Range in Tramore. The 8/10 boys and girls were shown basic golf techniques including a good golf grip, body posture, target alignment, successful golf swinging and follow through and perfect putting. The First Tee curriculum focuses on character education as well as basic Golfing skills. Skills include personal development, teamwork, relating to others and social skills. Congratulations to all the young people for their commitment over the nine weeks and for braving the harsh December weather!

If your group is interested in implementing a golf programme in their youth organisation please contact John Warren on (051) 340654 or johnw@thefirstteeireland.org



Diversion Boxing

During the refurbishment of its fitness gym, St. Paul's Community College recently acquired Boxing equipment including punch bags, pads and boxing gloves, paving the way for two boxing programmes to take place on the school premises.



This activity was facilitated by local Boxing coach Seamus Cowman, a member of St. Paul's Boxing Club. The sessions consisted of a warm-up, strength and conditioning, shadow boxing, bag work, pad work, core exercises followed by a cool down. Boxing is one of the few activities that can cater for all shapes, sizes, skills and fitness levels regardless of gender.

On the last day of both programmes, the students were treated to a training session in St. Paul's Boxing Club (as the club is only a five minute walk from the school). This would have been a new experience for most of the students as it would have been the first time that they would have entered a Boxing gym. Such was the success of the programmes, St. Paul's Community College have now included Boxing as part as their after school activity.

If your youth group/organisation is interested in including Boxing as part of their activity plan please contact: Brian O'Neill, Youth Sports Development Officer on (051) 849583 or 086 0201219 or email boneill@waterfordsportspartnership.ie

Rugby

Mount Sion Secondary school started a five week Rugby programme in November for 2nd & 3rd year students. The first session was facilitated by John O'Neill, Development Officer with Munster Rugby. John was impressed with the skill levels of the students, considering that most had never played Rugby before.

This programme covered basic Rugby skills such as passing, catching, tackling, rucking, support play and teamwork whilst improving their fitness levels each week. Mount Sion School intend to continue this activity for the duration of the school term with the assistance of their School Completion Programme and Munster Rugby-who offered to facilitate a number of sessions to monitor the progress of the students. Waterford Sports Partnership would like to thank Munster Rugby for donating a Rugby pack to the school which contained balls, cones, bibs, tag belts and a booklet on Rugby drills.

Any schools interested in developing Rugby as a school activity can contact: John O'Neill, Munster Rugby Development Officer on 086 8207752 or Brian O'Neill, Youth Sports Development Officer, Waterford Sports Partnership on (051) 849 583/086 0201219

Re-engaging Youth in Sports

This programme is to support the re-engagement of young people 14-21yrs back into sport/physical activity. The YSDO will offer young people the opportunity to get back into the sport/physical activity they were once involved, through participating socially or competitively. The YSDO can also assist volunteers in clubs or to gain coaching qualifications and becoming a coach within their chosen sport/activity. **For further information on this programme or to request a referral form please contact: Brian O'Neill, Youth Sports Development Officer on (051) 849583 or 086 0201219 or email boneill@waterfordsportspartnership.ie**



COMING IN 2013

Health and Well Being Programme

Tackling Transition (Basketball & Soccer)

Flash Mob Dance

On Target Archery

3 on 3 Basketball

Gym Warriors

Female Boxercise

License to Pedal – Safe Cycling Programme



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Karen Phelan, Communications Officer,
Waterford Sports Partnership on 058 21192

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PLEASE CHECK TO MAKE SURE YOUR CLUB IS LISTED AND
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WATERFORD SPORTS PARTNERSHIP

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