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OPERATION TRANSFORMATION

Waterford Walk 2014

Operation Transformation is coming to Waterford for the fourth year. The Irish Sports Council and 31 Local Sports Partnerships from across Ireland have teamed up with RTE's Operation Transformation to encourage people to change their lifestyle for the better in 2014. Last year over 300 people took part in the Operation Transformation Walk hosted by Waterford Sports Partnership in The Kilbarry Nature Park and over 12,000 people took part in Operation Transformation walks nationally.

Join us in Dungarvan on Saturday 18th January at 11.00am to kick start your 2014 transformation with the Waterford Operation Transformation Walk on the Old Railway Track. Registration will be from 10.30am at the Causeway Tennis Club, Abbeyside.

This walk is mostly off road and predominately flat so it's accessible, safe and enjoyable for all levels and abilities. Since its recent redevelopment by Go Dungarvan Smarter Travel, this scenic route has been well used and enjoyed by locals and visitors of all ages. There will be a number of options in terms of distance marked out on the day, ranging from 3km to 7.5km so people can choose to walk the distance that they are comfortable with. The walk will be led by trained walking leaders. John Treacy, CEO of the Irish Sports Council, will lead out the walk on the day following the launch of Waterford Sports Partnership's new 2014-2017 Strategy. We welcome all ages and abilities and we would particularly like to see families getting involved. Why not make a day of it and remember no matter what age you are it is never too late to get active and stay active!

So come and get your New Year's Resolution off to a great start by joining us on January 18th 2014!

Waterford Sports Partnership

LAUNCH of Strategic Plan | 2014 to 2017

Mr. John Treacy, Waterford sporting legend and Chief Executive of the Irish Sports Council will launch Waterford Sports Partnership's new Strategic Plan 2014-2017 on Saturday 18th January prior to leading out the 2014 Operation Transformation walk. This is the third Strategic Plan for WSP and as with our previous strategies, our objective of and commitment to increasing the participation of the people of County Waterford in sport and physical activity remains the key priority. We will continue to deliver quality and inclusive training and participation opportunities that support increased participation and healthy and active lifestyles.

This strategy was developed following an extensive consultation process and a review of current research and trends around participation. We would like to thank all who contributed to that process. We are entering into a consolidation phase in a changed and changing environment and this will involve developing a more robust monitoring and evaluation framework to inform, support and demonstrate the impact of our work. We are now in a position to develop a stronger leadership role supporting the influencing of relevant policies. We will continue to strategically strengthen, develop and build the organisation to lead the next strategic phase. This will involve continuing to support those working in the sporting community and consulting with them on an ongoing basis in order to respond to their needs and priorities in this changing environment. Strong relationships with our partners have been and will continue to be crucial to the success of WSP and we will continue to strengthen and develop current and new strategic alignments.

The plan will be available to download from the WSP website at www.waterfordsportspartnership.ie, following the launch on January 18th. A copy of the review of the WSP Strategic Plan 2007-2011-(13) will also be available to download.

MEET THE WSP SPORTS DEVELOPMENT TEAM

WSP's Sports Development Officers are responsible for the development, delivery and promotion of sport and physical activity for the people of Waterford. They work to support local sports clubs and coaches with a particular focus on training and education, and also develop targeted initiatives with various community based organisations to promote the participation of young people, older adults, women and girls, people with a disability, jobseekers and the general public in physical activity and sport.



Pauline Cunningham, Sports Development Officer, is based at the Regional Sports Centre in Waterford and in addition to supporting clubs and other target groups she leads WSP's work in the area of disability and sport. Pauline can be contacted on (051) 849855 or pcunningham@waterfordsportspartnership.ie

Peter Jones, Sports Development Officer, is based in Dungarvan and in addition to supporting clubs and other target groups he also leads WSP's work with schools and the community to develop and deliver the behavioural change programme for the Go Dungarvan Smarter Travel initiative. Peter can be contacted on (058) 21191 or pjones@waterfordsportspartnership.ie



Sarah Chadwick, Assistant Sports Development Officer, is based in Dungarvan, and in addition to supporting clubs and other target groups she also supports WSP's work with schools and the community to develop and deliver the behavioural change programme for the Go Dungarvan Smarter Travel initiative. Sarah can be contacted on (058) 21199 or schadwick@waterfordsportspartnership.ie.

Brian O'Neill - Youth Sports Development Officer, is based in Waterford City and works to promote the participation of young people (with a focus on youth at risk aged from 10 to 21 years) in sport and physical activity throughout Waterford City. Brian can be contacted on (051) 848583 or boneill@waterfordsportspartnership.ie



PROGRAMMES & EVENTS UPDATES

Youth Pedometer Challenge

The annual Waterford Youth Walkers Challenge took place over four weeks from November 4th to 29th 2013 with twenty-nine young people across three youth groups taking part. The challenge was coordinated by Waterford Sports Partnership with funding from Waterford Leader Partnership. The groups that took part were; the "Tramovers" from Tramore Youth and Family Project, the "Marching Mad Yokes" from the Midway Project Portlaoise and the "Grace Dieu Groovers" from the Northern Suburbs Community Youth Project. The Marching Midway Mad Yokes were the 2012 winners of the challenge so they were keen to retain their title and the coveted Waterford Youth Walkers Trophy in 2013!

Before starting the challenge, the groups were given step counters, high viz vests and an introductory walking workshop which covered the benefits of walking, different types of walking, safety while walking and how to use a step counter. The groups and their leaders were encouraged to plan and take part in a walk during their weekly meeting while tracking their step count so that they felt motivated to increase their activity, get some fresh air, work as a team, enjoy their local surroundings and have fun! Following their walk, groups were asked to submit reports to Waterford Sports Partnership detailing their average step count for the walk, points of interest along the way and safety features. Once the groups knew what they were at they took to the great outdoors to start clocking up those steps!

Over the four week challenge, the three groups completed walks of varying duration and terrain. The groups really enjoyed exploring their localities on the walks and the leaders commented that the step counters motivated participants to increase the distance covered each week. Pamela Lanigan, leader with the Grace Dieu Groovers said, "the pedometers and the fact that it was a competition pushed the young people every week to improve their step count. It was a hugely positive programme and highly anticipated by the young people every week."

At the end of the challenge, The Midway Marching Mad Yokes retained their 2012 title, coming out on top of the step count competition with an overall team average of 31,494 steps! Congratulations and well done to all members of the group! WSP presented the Midway Project with the challenge trophy as well as a voucher to the value of €100 to go towards an activity, event or equipment of their choice to promote regular physical activity participation within the group. WSP will also present award certificates to the Tramore Youth and Family Project as the group with the most improved step count throughout the challenge and the Northern Suburbs Community Youth Project as the winners of the walking reports competition.

Waterford Sports Partnership would like to congratulate everyone that took part and we would like to thank the youth leaders for their cooperation. We look forward to hearing that groups and their leaders are continuing to incorporate walking into their weekly meetings in 2014!



Since 2009 under its Coaching and Development Funds, Waterford Sports Partnership has allocated 136 separate grants totalling €39,759 funding 24 new clubs and 491 coaches from new and established Clubs in Waterford. This fund was replaced by the new WSP Sports Club Grant in 2013 and was open to all sports clubs in Waterford.

Grant Overview

The 2013 WSP Sports Club Grant aimed to support clubs to facilitate sustainability and increase participation for clubs. The grant was specifically aimed at sustaining participation within Youth, Disability, Club members aged 18-25 and over 35's. WSP allocated €1520 to seven clubs from seven different sports during 2013. Congratulations to St Oliver's Ladies Football (youth), Waterford Cricket (youth), Waterford Hockey Club (over 35), Erin's Own GAA (youth), Waterford Wildcats Basketball club (youth), Dungarvan Gymnastics Club (18-34) and Valley Bowman Archery Club (youth/18-34) who were successful in their funding applications.

Do these grants make a difference?

Waterford Sports Partnership is committed to club development and our grant scheme is one of many examples of assistance. Here is a flavor of what the grants mean to clubs...

Tom O'Regan from **Waterford District Cricket Club** which received €250 for equipment and coaching for youth said on the WSP sports club grant 'Another large step was taken in Waterford recently towards the establishment of sustainable youth cricket. Waterford & District Cricket Club fielded their first under-age side and in the process also hosted the first Cricket match at the impressive Regional Sports Centre. The Waterford U-12's played against their counterparts from Wexford Wanderers CC in an 18 over friendly. The real winner in the keenly contested game was Cricket itself, much to the delight of the players and the large number of parents from both sides who attended. Even the weather gods were on hand to make the evening a success. We have had many partners on our journey to making this event a reality. No little thanks must go to the WSP for all their support including funding and training. Having assistance from them over the past four years with our facilities, equipment and coach education ensured that this first step was built on solid foundations which will lead to continued growth and success for the club.'



Lindsey Sheehan from **Dungarvan Gymnastics Club** which received €250 for equipment and coaching costs for development of the clubs youth and 18-34 target group said 'Waterford Sports Partnership funding assisted Dungarvan Gymnastics Club purchase some key pieces of equipment which will allow us to expand our membership to adults starting early 2014. Providing full body support the more mature adult will gain more confidence learning skills with the added benefit of being on a sprung floor for a super soft landing.'

Waterford Hockey Club was granted €120 towards the establishment of an over 35 social hockey branch of the club. Claire Ryan said that, 'thanks to the WSP funding, we were able to offer free mixed summer hockey to all for the month of August. It was such a success that it is intended that it will become a permanent fixture in the Club's events calendar. We started mixed hockey in July for the first time in 2013. Its aim was to give people in Waterford an opportunity for the first time to play hockey for fun during the summer. Not only did it meet that aim but it

surpassed it. The numbers playing grew to the point where we were able to have two half pitch matches every night. A number of past players who were home for the summer were able to play. This proved a valuable way for our club to stay in touch with past members. It allowed the men's and women's teams to be back to full training early in September with a reasonable level of fitness and stick work already done. Because it was for fun, it allowed 6 people who had never played before to try hockey and of that 6, 4 have stayed playing hockey. In addition it allowed a number of players who had not played for a number to regain their skill and confidence without pressure. Of those players, 2 have stayed playing. As a small club, every additional player is valuable and so to be able to say that we have 6 new playing members as a result of summer hockey is fantastic. The mixed aspect of the summer hockey is very new within Ireland and we were able to gain a prime time radio slot on WLR to promote it, which was brilliant advertising for our Club. We are so grateful to Waterford Sports Partnership for helping us to achieve such fantastic results with this new initiative.'

Wildcats Basketball Club, another 2013 grant recipient, was delighted to receive support from Waterford Sports Partnership which helped them provide training bibs for their growing number of underage players that train in the Mercy Secondary school gym every Saturday.

The WSP grant for 2014 is dependent upon funding which will be announced in February.



PROGRAMMES & EVENTS



Waterford Active Schools Programme (WASP)

Pupils from eleven schools around Waterford were busy collecting Wizzy stickers during the four week programme which ran from September 30th until October 27th. Once again the pupils and their families rose to the challenge and collected a phenomenal amount of Wizzy stickers during the four week programme. For every day each child and their nominated adult completed the recommended level of physical activity the class teacher awarded each student 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.

This year WSP developed an interactive weekly newsletter called 'The Buzz'. Each week schools sent Wizzy their photos and news of the activities they were doing to earn Wizzy stickers which Wizzy then circulated to all participating schools! Wizzy selected two lucky schools (White Church N.S. and Gaelscoil Phortláirge) to secure a Wizzy Visit for their school. Pupils got the fantastic opportunity to meet and exercise with Wizzy for 30 minutes.



The schools that took part in this 4 week programme were: St. Joseph's Special School, Gaelscoil Portlairge, Knockmahon N.S., St. Mary's N.S. Ballygunner, St. Anne's N.S., Carriglea N.S., Villierstown N.S., Aglish N.S., Whitechurch N.S., St. Joseph's Primary School and Our Lady of Good Council Primary School.

If your school is interested in taking part in the programme in 2014 or if you require more information contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie

Teacher Training

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. Earlier this year WSP delivered individual school visits for three schools in Waterford; Cappoquin N.S., Ursuline Primary School and Waterpark N.S. The training aims to give teachers the confidence to run sport and physical activity sessions of the training days and 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:

ACTIVITY	DESCRIPTION	MOST SUITABLE FOR	DATE/TIME/VENUE
Tag Rugby	Modified game of touch rugby that allows for mixed gender participation regardless of size age or ability.	Teachers of 4 th , 5 th & 6 th Class	Wednesday 12 th February 1-4pm Waterford City Venue
Disability Awareness Training	Familiarise teachers with the benefits of inclusive games and the best methods for including individuals with a disability in their school. Course is a mixture of theory & practical work.	All Primary School teachers	Wednesday 2 nd April 1-4pm Mid Waterford Venue

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 Pauline Cunningham on 051 849855 or email pcunningham@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 over 85 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. In 2013 nineteen childcare workers from nine centres including three new childcare centres completed the training. The centres regularly use the Buntús Start programme with many adapting its use so it can cater for even younger children. Feedback post training has been extremely positive with participants "highly recommending the training to other staff in their facility". **If you or your childcare centre are interested in attending the training or require more information please contact Pauline Cunningham on 051 849855 or pcunningham@waterfordsportspartnership.ie**

Active Body, Active Mind.

The Active Body Active Mind (ABAM) programme took place from September 3rd to October 24th 2013 over 8 weeks with 11 female participants in receipt of social welfare taking part. The programme was run by Waterford Sports Partnership and Dunhill Multi-Education Centre, Pobal and The Irish Sports Council. Participants ranged in age from 25-53 and were from a range of areas including Dunhill, Tramore, Fenor and Kilmacthomas.

On Tuesday mornings, participants took part in practical and theory based recession beating modules based in Dunhill Multi-Education Centre. Topics included managing your finances, healthy eating, preparing meals on a budget, growing your own vegetables, repairing your own clothes, managing stress and job seeking skills. These modules were designed to facilitate professional development as well as general life skills. On Thursday mornings, participants had the opportunity to try their hand at a range of activities and sports available in clubs and leisure facilities in their area. Taster sessions included Road Bowling, Walking, Gaelic Football, Surfing, Rugby, Pilates and Boxing. Participants also attended a seminar on the benefits of physical activity and sport for physical, mental and social health. The aim of the sports taster sessions was to increase awareness of sport and physical activity opportunities in the area and to build confidence in taking part in new activities while having fun and meeting new people. On completion of each of the sessions, participants were made aware of the avenues for regular participation that are available in their locality. Feedback following the programme was extremely positive with 100% of participants saying that they enjoyed the programme and felt that it gave them physical, mental, social and intellectual benefits. Participants' lifestyle satisfaction, enjoyment of physical activity and level of participation also increased from pre to post. Pilates was the favourite activity that the majority of the group said they would be most likely to continue, the participants said that they felt the benefits straight away.

Waterford Sports Partnership would like to commend and congratulate the participants for trying such a range of new sports, activities and modules throughout the programme with an open mind and an enthusiastic attitude! We look forward to hearing that they are continuing participation in their preferred activities now that they are aware of the many opportunities to get active in their locality. We would also like to thank Dunhill Education Centre for working with us to provide an excellent line up of activities for the programme and for providing an ideal base with brilliant facilities.

WSP would like to run a similar programme with male job seekers aged 18+ in the near future, if you would be interested in taking part or getting more information please contact Sarah Chadwick at Waterford Sports Partnership on (058) 21199 or schadwick@waterfordsportspartnership.ie



River Rowers

Waterford Sports Partnership has secured Women in Sport funding from the Irish Sports Council to run a rowing programme for teenage girls. The aim of the programme is to introduce female transition year students to their local rowing club and give them the opportunity to learn about all aspects of rowing. An initial programme took place in October 2012 involving nine students from Blackwater Community College under the guidance of Cappoquin Rowing Club. The Programme was a great success with feedback from the transition year girls including 'Great time, loved it, worth the pain' and 'rowing was amazing, great fun every week. We were delighted that four of the nine girls became members of the Rowing Club as a result of taking part in the 2012 River Rowers Programme.

Due to the success of the 2012 Programme, Waterford Sports Partnership is running a six week programme beginning in January 2014 for twelve transition year students from Blackwater Community College.

"We are delighted to be involved with this initiative again from Waterford Sports Partnership. Encouraging girls to become more involved in sport is really important. Rowing is one of the longest established sports in the area and it is a wonderful opportunity for the girls to experience what a club like Cappoquin Rowing Club with such a long and proud tradition has to offer."

Gillian Jeffrey, Transition Year Coordinator



Participant Comments

"the location and facilities at the Dunhill Education Centre were perfect for the programme and second to none."

"Taking part in this programme has changed my approach to exercise and I have learned to re-train my brain".

"It was great to get a taste of the sports in my area. I worked muscles I didn't know I had! Really feel that I would want to exercise more now."

"It was great to work as a team during the team sport activities, and to get to know a lovely group of similar minded ladies, we will keep in touch".



Go For Life “Whirling & Twirling” Dance Workshop

Twenty-eight participants “whirled and twirled” the day away in Rainbow Hall, Kilmacthomas on Wednesday 16th October at the Go for Life (GLFL) Dance Workshop run by Waterford Sports Partnership.

The workshop aimed to encourage older adults to incorporate dance into their weekly meetings as a fun and social activity. The GFL tutors led the group in a seated warm-up and then taught them the steps to a number of songs throughout the day, progressively adding in steps and music as the participants confidence grew. At the end of the session the participants received workbooks detailing the dances they had learned and a CD of music so that they could work towards teaching their group members the activities. Feedback from the day was very positive with comments including “Wonderful, enjoyable and great fun” and “invigorating way for older adults to get the body moving”.

Well done to all that took part, we hope you continue to be physical activity leaders by sharing what you learned and spreading dance fever to your groups, friends and family!



Go for Life Games Workshop and Waterford League

Twenty-four older adults attended the Games Workshop run by Waterford Sports Partnership in Rainbow Hall, Kilmacthomas on Wednesday 23rd October. The aim of the workshop was to showcase the variety of games that can be played to incorporate physical activity into meetings for all abilities. WSP staff led the group in a warm-up and then the participants were split into three groups to take part in the games circuit. Participants tried their hand at a range of games including Box Hockey (adaptation of Hockey), Polybat (adaptation of Table Tennis), Speed Stacks (a cups based game to develop coordination and dexterity) and Caman Abu (adaptation of Hurling). Comments from this part of the session were very positive with one participant remarking that “the games are very adaptable for all abilities.”

Following lunch, the participants were introduced to the Go for Life (GFL) Games activities; Skidils (adaptation of ten pin bowling), Lobbers (adaptation of Boules) and Flisk (adaptation of Frisbee). The session concluded with a presentation about the GFL Games to encourage participants to borrow equipment and register their groups’ interest in taking part in a Waterford GFL Games League in 2014. The aim of this league will be to provide the opportunity for teams from around Waterford to meet up and play the GFL games activities in the lead up to the GFL Games in Summer 2014. The GFL Games is a yearly event in which teams from counties across Ireland take part in a tournament to celebrate and promote fun and social physical activity participation among older adults. The Waterford team had great success at the GFL Games in 2013 with our Lobbers team winning their event overall and the group as a whole thoroughly enjoying the friendly and fun atmosphere on the day.

Following the workshop, eight teams for six groups have already registered their interest in taking part in the Waterford GFL league. WSP will be organising matches for these groups in the coming weeks.

If you or your group would be interested in taking part in The Waterford Go for Life Games League in 2014 or would like more information, please contact Sarah Chadwick on (058) 21199 schadwick@waterfordsportspartnership.ie





National Grant Scheme 2013

Each year the National Grant Scheme for Sport and Physical Activity for Older People provides funding to assist in the

implementation of locally developed well planned initiatives that are designed to increase participation in recreational sport and physical activity among older people.

WSP are delighted to announce that a record number of over 1000 grants have been allocated in 2013, with twenty Waterford groups receiving €6,170 in total. Across Ireland, over 27,000 older people will be taking part in physical activity initiatives funded by the 2013 round of grants.

Go for Life Manager, Mary Harkin, is delighted with the response to this year's scheme: "At Go for Life, it is important for us that older people continue to get access to the spread of games, sports and activities to stay active and healthy. All adults, no matter what age, need 30 minutes of physical activity most days a week. The scheme ensures that, as we get older, we can keep playing sport, we can keep moving and we can stay healthy and independent."

Congratulations to all successful applicants, we look forward to seeing the benefit of this funding in 2014.

SUCCESSFUL WATERFORD GRANT RECEIPIENTS

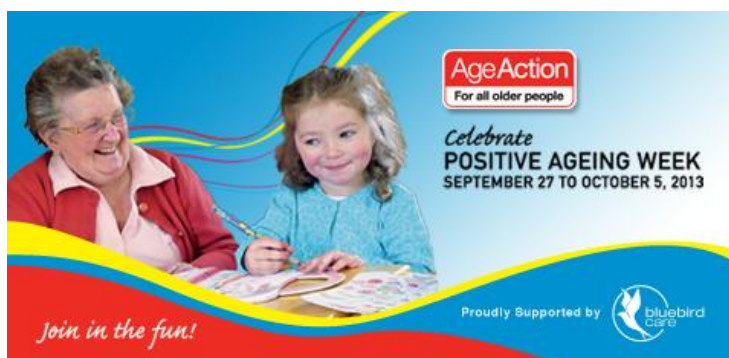
Arthritis Ireland, Waterford Branch	€250
Ballinroad ICA	€260
Ballymacarbery ICA	€260
Cappoquin Group ARA	€270
Cill Barra Community Sports Centre	€250
Clonea Rathgormack ICA	€260
Comeragh ARA	€260
Dr Martin Day Centre	€270
Dungarvan Care of the Aged Ltd.	€270
Ferrybank Ladies ARA	€260
Irish Wheelchair Association, Waterford	€260
Minaun ICA	€250
Old Parish ICA	€260
Respond Housing (New Ross)	€260
Respond Waterford	€270
Tallow and District ARA	€270
Tramore and District ARA	€260
Tramore ICA	€260
Waterford Farm Family	€270
Waterford Sports Partnership	€1200



Link2BActive

Many older adults have already benefited from the discounted rates on offer through WSP's Link2BActive scheme.

This programme offers discounted rates/exercise opportunities for older adults in participating facilities. If your facility/group would like to be included in this programme or if you are interested in availing of the discounted rates, please call 058 21199 or click on the Link2BActive logo on www.waterfordsportspartnership.ie



Positive Ageing Week 2013

Ageing with Confidence Seminar

As part of the Positive Ageing Week festival Waterford Sports Partnership delivered a presentation to 180 older adults at the Ageing with Confidence Seminar in the Park Hotel on Tuesday 1st October. WSP highlighted the physical, social and psychological benefits of regular physical activity throughout the lifespan and detailed some of the opportunities for older people to get active in Waterford. Response from attendees was very positive; we hope to see some new faces taking part in our older adults' activities in 2014!

Bowling opportunities in Waterford

A number of centres currently run weekly bowling sessions as outlined below:

Butler Community Centre | Waterford

Mondays 10-12pm €5 per person

For more information please call: (051) 876907

Cill Barra Sports Centre | Ballybeg | Waterford

Tuesdays 10:30-12:30pm €4 per person with instructor,
Thursdays 10:30am-12:30pm €3 per person no instructor.

For more information please call: (051) 350800

Causeway Tennis & Bowls Club | Dungarvan

Outdoor bowling: €4 taster session

Annual membership €100.

Contact James Mullen on 085 1981639 or Celia Gaffney on 087 8219218 to organise a taster session.

GROUP DELIVERY

ON DEMAND!

Waterford Sports Partnership can deliver physical activity workshops to groups (minimum of 12 people). These sessions involve an introduction to a wide range of warm up and physical activity games including Bowling, Polybat, Box Hockey and Caman Abu. WSP also has a store of equipment that groups can borrow.

**For more information PLEASE CONTACT
Peter Jones on 058 21191**

As always, if you have any ideas for future activities or exercise opportunities, please feel free to contact Peter Jones on (058) 21191 or Sarah Chadwick on (058) 21199.

Walk Waterford Autumn Series 2013

Waterford Sports Partnership was delighted to have the opportunity to showcase some of Waterford's finest walks as part of the Walk Waterford Autumn Series. Five walks were planned as part of the Autumn Series; Mahon Falls, Waterford Kilbarry Nature Park, Ballysaggart Towers Lismore, Tramore Dunes and Colligan Wood. We are delighted that over thirty people took part in at least one of the five walks organised.

All five walks received fantastic reviews. The Autumn Series kicked off on Sunday 22nd September with the well known Mahon Falls walk in the Comeragh Mountains. Twenty one leisure walkers undertook the 2.4km scenic route that led walkers into the heart of the Comeragh Mountains on an accessible path allowing everyone to enjoy the spectacular scenic views.



The second walk in the series took place on "World Heart Day" on Sunday 29th September in Kilbarry Nature Park where twenty two walkers explored the fully accessible amenity. Participants enjoyed an invigorating sixty minutes of activity as they explored the different trails, views and biodiversity information boards in the park. Despite the wet and windy weather twenty keen leisure walkers took part in our third walk of the series on Sunday 6th October to the Ballysaggart Towers, Lismore. This walk exceeded all expectations as some participants described the walk as "magical, taking us into another world", as we explored The Towers and Lodge Gates.

On Sunday 13th October our fourth walk took place in the Tramore Dunes where the sixteen walkers enjoyed the mild weather, lovely sea air and most of all the spectacular views. The strollers enjoyed the 5km route but more importantly they enjoyed the good company and chats along the way.

Last but not least was the beautiful Colligan Wood Walk at the foothills of the Comeragh Mountains on Sunday 20th October. Despite the torrential rain thirteen participants attended the walk where participants had the opportunity to try either a leisurely 3km walk or a 6km walk for those that were looking for a bit of a challenge.

A special thank you to all the volunteers that assisted Waterford Sports Partnership with the leading of each of the walks, your support and commitment contributed immensely to the success of the programme. We plan to run the Walk Waterford programme again in the Spring. Meanwhile if you are looking for something to do over the winter why not get your friends and family together and walk some of these scenic, tranquil and spectacular walks.



Following on from the fantastic turnout for the Walk Waterford Autumn Series, Waterford Sports Partnership is planning a great selection of walks for Spring 2014. All the walks are suitable for families and leisure walkers.

CHECK OUT THE 2014 CALENDAR HERE..

Walk Waterford - Spring Series 2014

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!

Check out the Calendar below for the next walk and get out and discover the Deise!

DATE	NAME OF WALK	MEETING TIME & PLACE	TRAIL DETAILS	TOP 3 HIGHLIGHTS	GETTING THERE
Sunday 9th February	Kilbarry Nature Park Waterford	Time: 10am In the Kilbarry Park car park (via Kingfisher entrance)	Distance: 1.8km + optional additional 1.8km Duration: 1 hour There is a choice of walks and interesting features in the nature park. Come along and see what it has to offer.	<ul style="list-style-type: none"> - 50 acres of public park and nature reserve - Plenty of spots for picnics if you fancy a snack afterwards - A jewel in the middle of the city 	The entrance to the Waterford Nature Park is through the entrance to the Kingfisher Club which is on the old Tramore Road (R675), on the right after Superquinn.
Sunday 16th February	Cliff Walk—Ardmore	Time: 10am Meet at the Cliff House Hotel Car Park. Please park in Ardmore Village	Distance: 5km Duration: 1 hour 30 minutes This is an easy looped walk along the cliff tops with spectacular views. It includes steps and cliff top paths.	<ul style="list-style-type: none"> - Wonderful archaeology such as early Christian St. Declan's Well & the Round Towers. - Walk is home to a host of coastal birds - Other birds such as Rock Pipits, Pheasants and Kestrels can also be seen. 	From Dungarvan follow the N25 in the direction of Cork. After approx 18km make a sharp left onto the R673 (signs for Ardmore).
Sunday 23rd February	Anne Valley Walk—Dunhill	Time: 10am In the Anne Valley Carpark nearest Harney's Bar.	Distance: 4km Duration: 1 hour The new Anne Valley Walk follows the Anne River which flows through the Anne Valley and meanders past many beautiful ponds to reach Dunhill Castle. The newly developed path allows comfortable wheelchair and buggy access with no steep slopes.	<ul style="list-style-type: none"> - The walk winds through forest and marshland next to the river Anne - You may see some of the many protected wildlife species such as the Heron, Kingfisher, Otter and an amazing range of other fauna and flora. - Views of Dunhill Castle 	From Waterford follow N25 to Cork and follow this road past Whitfield Clinic until you see signs at a crossroads for Tramore. Take the left turn on this crossroads and continue for 2.8 miles where you will meet a small crossroads signposted Dunhill. Take the right hand turn at this crossroads and continue for 3.5 miles to the second car park on the left.
Sunday 2nd March	Colligan Wood, Dungarvan	Time: 10am Colligan Wood Carpark	Distance: 3km looped route (optional 6km) Duration: 1 hour 15 minutes There is something here for everyone, a short flat walk along the river, a 3.5km looped route and for those wanting an even bigger challenge there is a 6km looped trail.	<ul style="list-style-type: none"> - The tranquil Coillte forest - Picnic tables by the restful Colligan River - This is a little piece of paradise 	From Dungarvan take the N72 to Lismore. At the Master McGrath monument take a right onto the R672. Travel a further 4km to the next junction and exit right to Kilbrien road. Travel 2km on this road to the car park on the left.
Sunday 9th March	Dunmore East Coastal Walk	Time: 10am At the public Carpark above the harbour.	Distance: 4km Duration: 1 hour The linear coastal path connects Dunmore East to the picturesque Portally Cove. It includes cliff tops, steps and gravel type footpath.	<ul style="list-style-type: none"> - Kittiwake colony on route - Fabulous sea views across Hook Head - Possibility of seeing seals on the way 	Drive through Dunmore East Village take a left down towards the harbour then the next right up to the car park.

To find out more contact Pauline Cunningham, Sports Development Officer,
Waterford Sports Partnership on (051) 849855

Date	Course/Event	Time	Cost	Venue
January 2014				
Saturday 18 th January	Launch of Waterford Sports Partnership Strategic Plan 2014 to 2017	10am	By invite only	Civic Offices, Dungarvan, Co. Waterford
Saturday 18 th January	Operation Transformation Walk – Dungarvan Railway Track	11.30am	FREE	Meeting at the Causeway Tennis Club Registration from 10.30am
Monday 27 th January	Child Welfare & Protection Awareness Course	6 to 9pm	€15	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
February 2014				
Sunday 2 nd February	Walking Leader Training	9am to 12pm	FREE	Venue TBC
Saturday 8 th February	Disability Inclusion Training (DIT)	9am to 5pm	€35 (early bird) €45	Crystal Sports Centre
Sunday 9 th February	Walk Waterford Spring Series	10am	FREE	Kilbarry Nature Park, Waterford
Sunday 16 th February	Walk Waterford Spring Series	10am	FREE	Cliff Walk, Ardmore
Sunday 23 rd February	Walk Waterford Spring Series	10am	FREE	Anne Valley Walk, Dunhill
Monday 24 th February	Child Welfare & Protection Awareness Course	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
March 2014				
Sunday 2 nd March	Walk Waterford Spring Series	10am	FREE	Colligan Wood, Dungarvan
Saturday 8 th March	First Aid Training Remote Emergency Care	9am to 5pm	€45	City Venue TBC
Sunday 9 th March	Walk Waterford Spring Series	10am	FREE	Dunmore East Coastal Walk
Monday 24 th March	Child Welfare & Protection Awareness Course	6 to 9pm	€15	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
April 2014				
Monday 28 th April	Child Welfare & Protection Awareness Course	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
May 2014				
Monday 12 th & 19 th May	Children's Officer Training (must have completed Code of Ethics)	6 to 9pm	€25	Regional Sports Centre, Cork Road, Waterford
Friday 23 rd & Saturday 24 th May	Active Leadership Training	6 to 9.30pm 9am to 5pm	€25	County Venue TBC
Monday 26 th May	Child Welfare & Protection Awareness Course	6 to 9pm	€15	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
June 2014				
Saturday 14 th June	First Aid Training Remote Emergency Care	9am to 5pm	€45	County Venue TBC
Saturday 14 th to Sunday 22 nd June 2014	Bike Week 2014 - Various Events	TBC	TBC	Various

Date	Course/Event	Time	Cost	
August 2014				
Friday 16 th & Saturday 17 th August	Active Leadership Training	6 to 9.30pm 9am to 5pm	€25	City Venue TBC
Saturday 23 rd & Sunday 24 th August	Sean Kelly Tour of Waterford 2014	SEE www.theseankellytour.com FOR MORE DETAILS		
September 2014				
Monday 15 th September	Child Welfare & Protection Awareness Course	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
October 2014				
Monday 13 th October	Child Welfare & Protection Awareness Course	6 to 9pm	€15	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
November 2014				
Monday 17 th November	Child Welfare & Protection Awareness Course	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford

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 2014

What's on in 2014

Waterford Sports Partnership aims to increase physical activity amongst a wide range of target groups and run specific intervention programmes to achieve this. Below are some WSP programmes planned for 2014 which may be of interest to you.

Date	Programme	Description	Target Group	Venue	Further information
January - April	Go For Life The Games	This is a programme for older adults to enter a team of four to participate in monthly completion days in the three Go for Life Games bowling activities; Lobbers, Flisk and Scidils.	People aged over 50	City & County	Contact Sarah Chadwick 058 21199 or schadwick@waterfordsportspartnership.ie
January	Commit2BFit	An eight week programme for women based in the Park Hotel which includes pre and post screening and sessions in gym induction, circuit classes and aqua aerobics. Discounted one and three month membership for those who attend.	Women	Dungarvan	Contact Sarah Chadwick 058 21199 or schadwick@waterfordsportspartnership.ie
February	Active Body, Active Mind (ABAM)	An eight week physical activity programme where participants trial activities in the locality e.g. boxing, golf, fishing, tennis, bowling etc. Participating clubs/venues to offer discounted rates to participants.	Traveller Men	Dungarvan	Contact Peter Jones 058 21191 or pjones@waterfordsportspartnership.ie
February	Active Body, Active Mind (ABAM)	An eight week physical activity programme where participants trial activities in the locality e.g. boxing, golf, surfing, tennis etc. Participating clubs/venues to offer discounted rates to participants.	Job Seeking Men	Waterford City	Contact Peter Jones 058 21191 or pjones@waterfordsportspartnership.ie
March	Walking Football	Walking Football is an FAI programme which WSP will assist in delivering accessible football session to adults	People aged over 50	TBC	Contact Sarah Chadwick 058 21199 or schadwick@waterfordsportspartnership.ie

Coming later in 2014....

- > Sean Kelly Youth Challenge for teenage boys and girls
- > WSP Club development supports

Further information on courses and application forms can be downloaded from our website

www.waterfordsportspartnership.ie

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

Soccer for Special Schools

Waterford Sports Partnership in conjunction with the FAI ran a four week soccer training programme for the three special schools in Waterford; St. Martin's Special School, St. Joseph's Special School and St. John's Special School. The aim of the programme was to introduce the students to basic soccer skills by playing fun games that everyone could play. After the four week programme monthly blitzes will be held for all three schools to participate in and show off their skills! A huge thank you to the interns from the FAI who ran the sessions each week. They created an enthusiastic, fun and friendly environment and worked excellently with all participants. The interns have noticed a considerable increase in the confidence and skill level of the participants after just four weeks. Well done to all involved, keep up the good work.

**For more information please contact:
Pauline Cunningham on 051 849855
or email pcunningham@waterfordsportspartnership.ie**

Coming Soon in 2014

Disability Inclusion Training

Waterford Sports Partnership is delighted to announce a Disability Inclusion Training course is taking place on **Saturday 8th February in Crystal Sports & Leisure Centre from 10.00am – 4.00pm.**

This six hour introduction course is designed to give attendees the ideas and inspiration to adapt their sessions to make them more accessible for participants with a disability. The course is a mixture of theory and practical work that covers terminology, barriers to participation, offers guidance, gives an introduction to disability sports and ways of adapting activities to make them inclusive.

On completion of the course all participants will receive a Coaching Ireland /CARA APA Centre Certificate of Attendance and will be placed on the Coaching Ireland Database of Coaches. This course is ideally suited to Coaches, Sports Volunteers, Development Officers, Teachers, Special Needs Assistants etc.

If you require more information on this course please contact Pauline Cunningham on 051 849855 pcunningham@waterfordsportspartnership.ie or to book your place please follow the link below <http://goo.gl/DjOHBI>

Disability Awareness and Sports Inclusion Course for Pre-Schools

On Monday 11th November fourteen eager and enthusiastic participants attended a Disability Awareness and Sports Inclusion Course. Waterford Sports Partnership ran the course in conjunction with the Irish Wheelchair Association (IWA) and the course was tutored by Paul Ryan (IWA Sports Development Officer).



The aim of the course was to familiarise child care staff with the benefits of inclusive games and the best methods for including children with a disability in their pre-school activity sessions. The course included a mixture of both theory and practical modules which covered physical and sensory disabilities and how to adapt a physical activity session to cater for all abilities. Participants were delighted with how the course ran suggesting; "it made me realise that it's not as difficult as I thought to make small changes that can have a huge impact on including children with disabilities" (Rosemarie Cusack, Waterford County Childcare Committee).

If you require more information or you are interested in taking part in a Disability Awareness and Sports Inclusion Course, please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie

NEW for 2014!

Gym programme for Women with MS

Waterford Sports Partnership in conjunction with the MS Society are running a 6 week gym programme in the Dungarvan area for women with MS. It is a known fact that exercise is a safe and effective intervention that improves a number of physiological, functional and psychological factors in individuals with MS. The programme will start in February and places will be allocated on a first come first served basis. **If you are interested in taking part in this programme or would like more information please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie**



Social Soccer

During 2013 on the last Thursday of every month Waterford Sports Partnership & the FAI ran the 'Football For All Social Soccer' in Waterford. WSP would like to thank all the groups for taking part and we are looking forward to seeing you all there again in 2014. **If your organisation is interested in taking part or require more information, please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie**

Waterford Boccia League

During 2013 Waterford Sports Partnership in partnership with Cill Barra Sports Centre ran a monthly Boccia Blitz for adults with a disability. All blitzes were held in Cill Barra Sports Centre from 10.45am-12.45pm and facilitated by Sinead Brannigan. Waterford Sports Partnership would like to thank participants from Brothers of Charity, Rehab Care, St. Otterans and Carriglea Chairde Services who took part in the monthly blitzes. A special thank you must go to Cill Barra for hosting the Boccia Blitz in 2013 and we are all looking forward to another successful year in 2014. The next blitz will take place on Wednesday 15th January in Cill Barra Sports Centre.

If your organisation is interested in taking part or requires more information, please contact Pauline Cunningham on 051 849855 or pcunningham@waterfordsportspartnership.ie

Calendar of Disability Events | January to June 2014

DATE	COURSE/EVENT	TIME	VENUE	COST	FURTHER INFORMATION
Every Thursday	Tae Kwon Do for Children with a disability	5 to 6pm	St Augustine's College Sports Hall, Dungarvan	€25 membership €2 per session	Contact Luke Laffan on 087 7668548
Every Friday	PAN Soccer for children (6 – 16 years)	5 to 6pm	Tramore AFC, Tramore	€2	Contact Pauline Cunningham on (051) 849855
Wednesday 15 th January	Waterford Boccia League	10.45am-12.45pm	Cill Barra Sports Centre	€2 pp	Contact Sinead on (051) 350800
Thursday 30 th January	Social Soccer for Adults	1 to 2pm	Kingfisher Club	€2 pp	Contact Gary Power on 086 3883850
Saturday 8 th February	Disability Inclusion Training (DIT)	9am to 5pm	Crystal Sports Centre, Waterford	€35 (early bird) €45	Contact Pauline Cunningham on (051) 849855
Wednesday 12 th February	Waterford Boccia League	10.45am-12.45pm	Cill Barra Sports Centre	€2 pp	Contact Sinead on (051) 350800
Thursday 27 th February	Social Soccer for Adults	1 to 2pm	Kingfisher Club	€2 pp	Contact Gary Power on 086 3883850
Wednesday 12 th March	Waterford Boccia League	10.45am-12.45pm	Cill Barra Sports Centre	€2 pp	Contact Sinead on (051) 350800
Thursday 27 th March	Social Soccer for Adults	1 to 2pm	Kingfisher Club	€2 pp	Contact Gary Power on 086 3883850
Wednesday 16 th April	Waterford Boccia League	10.45am-12.45pm	Cill Barra Sports Centre	€2 pp	Contact Sinead on (051) 350800
Thursday 24 th April	Social Soccer for Adults	1 to 2pm	Kingfisher Club	€2 pp	Contact Gary Power on 086 3883850
Wednesday 14 th May	Waterford Boccia League	10.45am-12.45pm	Cill Barra Sports Centre	€2 pp	Contact Sinead on (051) 350800
Thursday 29 th May	Social Soccer for Adults	1 to 2pm	Kingfisher Club	€2 pp	Contact Gary Power on 086 3883850
Wednesday 11 th June	Waterford Boccia League	10.45am-12.45pm	Cill Barra Sports Centre	€2 per person	Contact Sinead on (051) 350800
Thursday 26 th June	Social Soccer for Adults	1 to 2pm	Kingfisher Club	€2 per person	Contact Gary Power on 086 3883850

Useful Contacts

SPORT	CONTACT NAME	TELEPHONE	EMAIL
Blind Sport	Sarah McLoughlin	085 8500193	office@visionsports.ie
Cerebral Palsy Sport Ireland	Rosemary Ryan	083 1772097	rosemary@cpsi.ie
Downs Syndrome Waterford Branch		087 6057069	info@dsiwaterford.ie
Irish Wheelchair Association	Paul Ryan	087 1371333 021 4350283	paul.ryan@iwa.ie
Powerchair Football	Donal Byrne	087 4117911	donal.byrne@cheshire.ie
Special Olympics		021 4977192	munster@specialolympics.ie
Waterford Autism Sports and Social Action (WASSA)	Anthony Doheny	086 6637055	contact@wassai.ie

TRAINING OFFERED

- > Balance bike teacher training
- > Balance bike training for junior and senior infants
- > Cycle training for 1st-3rd class
- > Advanced cycle training for 4th class to 2nd year
- > Parent and child cycle training
- > Teaching staff and parent cycle training
- > Bike maintenance workshop

INTERVENTION PROGRAMMES

- > Travel challenge for primary and secondary school concentrating on students walking/cycling/car pooling to school.
- > Walking challenge for classes to incorporate different forms of walking in class time and rewarding students for walking to school in groups for safety
- > Road Safety week intervention
- > Pannier trial with secondary schools looking at combating the problems of carrying large/heavy school bags.

Waterford Sports Partnership (WSP) is working on behalf of the Go Dungarvan Smarter Travel initiative to develop and deliver behavioural change programmes to schools, community and workplaces in Dungarvan.

Schools Overview

WSP is implementing a 10 month school travel intervention programme involving the five primary schools and four secondary schools in Dungarvan for 2013/14. The activities include walking and cycling training for staff, parents and students and a number of behavioural change programmes.

CYCLING:

Waterford Sports Partnership delivered cycling training on behalf of Go Dungarvan to primary and secondary school children in 2013. WSP has developed a three tier cycling progression from balance bike (level 1) training for junior and senior infants, to skills training (level 2) for 2nd and 3rd class to advanced cycling training (level 3) for older primary school children and secondary school children incorporating practical road skills.

Here are the 2013 cycling training participant numbers who took part in 2013 for levels two and three of the cycle skills training:

- > 51 Cycling Tutors trained
- > 11 schools received cycling training (7 primary (2 in Tramore), 4 secondary)
- > 653 individual children have received cycle training
- > 7 school staff and 14 parents of school children have received cycle training

The advanced (level three) cycling training being delivered involves five one hour sessions and includes skills such as pedalling, cornering, braking and signalling, road safety awareness and also practical experience on the roads, particularly roundabouts. The initial results are very encouraging with students, teachers and parents commenting on the improvement of basic skills such as signalling and how to cycle on a road safely.

'The cycling module is very beneficial for the students. It prepares them for real life situations and makes them more aware of the safety issues when using the road'

Angela Walsh, Teacher, St. Augustine's College,

'A wonderful opportunity for children to learn and then put into practice road safety skills which will keep them safe on our roads' **Mary Harney, Teacher, Scoil Mhuire Abbeyside**

'The cycling programme has opened up a whole new learning opportunity for the third year pupils of Coláiste Chathail Naofa, starting in September 2013. We will now be in a position to take pupils on the science, geography and other field trips on bikes, confident that they will be safe on the busy roads around Dungarvan. Our own art department hopes to organise outdoor classes where the pupils can cycle to new work spots. For PE lessons we will have new freedom in travel to off-site locations, especially tennis and swimming.' **Jason Ryan, P.E. Teacher, Coláiste Chathail Naofa.**



'We learnt balance is important and that all the coaches want everyone to have fun and be safe with all our gear. We had to check our bikes and we were cycling around the school yard and playing cycling games which were fun like traffic lights, the slow race and other fun stuff. If you didn't know how to cycle they would help you until you could cycle like a professional. There were a lot of coaches that were a great help. It was a great day and all of 1st year had a great day. It was so much fun I want to do it all over again. Go Dungarvan Rules!!' **Robyn Corby, First Year Student, Coláiste Chathail Naofa**



Research

We are monitoring the Cycle Skills Programme on behalf of Go Dungarvan to see if there is a sustained impact on the numbers cycling of those who have received cycling training, and also to see if there is a change in children and parents' perceptions about cycling. This research involves 8 schools and 21 classes which include over 1200 children and parents who are being surveyed at pre training, post training and post one month, three months and six months of the training. This research is important to see if the programmes we are running actually make a difference to people travelling smarter.

The initial pilot results from May showed that 100% of children trained improved cycling skills and the percentage of children cycling to school increased from 12.7% to 40.8% from week one to week five. The number of children cycling on their own increased from 2.8% to 19.7% and the numbers cycling with a family member from 0% to 4.2%. Full results will be published in 2014.



'excellent programme both in preparation and delivery and feedback has been extremely positive from both students and parents',
Eoghan O'Sullivan Teacher, Glór na Mara N.S.

'The childrens' confidence grew and I definitely noticed their control improving and they were eager to take part each week'.

Julie Kennedy, 3rd Class Teacher, Holy Cross N.S.

'We in Holy Cross NS found that the cycle skills training course was a great success. The coaches under the leadership of Waterford Sports Partnership were excellent. They were well organised and were very good with the children and I would highly recommend this course to any school'.

John Kindlon, Principal, Holy Cross N.S.

'students' confidence and cycling skills developed considerably through safe and enjoyable activities'.

Noirin Phelan, Coordinator for the cycle skills Programme in Glór Na Mara N.S.

Tramore Cycle Training

Waterford Sports Partnership delivered cycling training in Tramore to 105 students and 10 parents in 3rd and 4th class in Glór Na Mara and Holy Cross National schools.

Go Dungarvan is conducting research into the effects of cycling training on confidence levels of students and parents and consequently on numbers using cycling as a form of transport. This research also investigates if the cycling infrastructure of Dungarvan has an impact. Therefore, it was necessary to have a town of similar size to Dungarvan to validate results and Tramore was chosen as the infrastructure comparison area.

ADULT CYCLING TRAINING

Some parents of school children took part in cycling training in November/December 2013. In 2014, Waterford Sports Partnership in conjunction with Go Dungarvan is planning to deliver cycling training to workplaces and the general public to increase confidence levels in cycling on the road. These two hour Cycling Training sessions will cover bike maintenance, cycling skills such as signalling and turning as well as giving participants the opportunity to gain experience cycling on the road, specifically for negotiation of T- junctions and roundabouts.

If you are interested in taking part in this training, or would like more information please contact Peter Jones on 058 21191.

Balance Bike Programme for childcare centres and Primary Schools

In October 2013 Waterford Sports Partnership, on behalf of Go Dungarvan, delivered balance bike training to 8 teachers from St. Mary's N.S., Waterford County Childcare Committee and Dara Dever the An Taisce Travel Officer. The teachers were provided with a resource pack including lesson plans and equipment and the ninety minute training session allowed the teachers to practice practical elements of the programme delivery with each other.

Schools were given balance bikes, cones/ramps, a teacher resource pack, a PowerPoint presentation, video, helmets and hi visibility vests for all children. Jacqui DeSuin, Waterford County Childcare Development Officer said 'The balance bike training will enable children to develop their physical and social skills. Skills such as coordination and balance are important for safety but also the ability to learn how to take turns and be aware of other children is key'.

Following training, eight junior and senior infant teachers in St. Mary's N.S. delivered six weeks of balance bike training to five classes. The training course aimed to develop children's balance skills and increase confidence levels and ability to ride a bike without stabilisers. Noreen Barry said 'I am just thrilled to see how much their confidence in using bikes has grown. They also learned how to take turns and mind each other which is lovely'.

The balance bike training is the first tier of the structured cycling training being delivered to schools. It is planned to deliver this training to all junior and senior infant teachers and childcare centres in Dungarvan in 2014.

'I can't wait to use the balance bikes with my class and I know they are going to love them. We loved them ourselves'
Noreen Barry, Programme Participant



Go School Smart Travel Challenge

The Go School Smart Travel Challenge involved 538 primary school students from 1st-6th class in St. Mary's, Scoil Gharbháin, St. Joseph's and Scoil Mhuire. The two week challenge ran from November 25th December 6th and was coordinated by Go Dungarvan and Waterford Sports Partnership. The aim of the initiative was to encourage students to use sustainable "Smarter Travel" modes on the journey to school by walking, cycling, carpooling, using park 'n' stride and riding the bus instead of travelling by private car.

Students were awarded one point for each day they used a Smarter Travel mode with those living within 2km being encouraged to walk or cycle and those living further away being encouraged to carpool, park n' stride or travel by bus. Each class taking part was given a "School Travel Tracker" to record the number of students in the class travelling by each form of transport every day. Two versions of the School Travel Tracker were piloted for this challenge, including a laminated paper tracker and a wipe clean metal tracker with stick-on travel magnets. Both trackers are reusable so that classes that took part can continue to use them after the challenge and encourage long term shift in travel habits.

At the end of each week, classes calculated their Smarter Travel Score by adding up the number of sustainable transport journeys throughout the week. Teachers also gave out Go Dungarvan spot prizes on randomly chosen days and students got to enter into a raffle for additional prizes on the days that they chose Smarter Travel modes. The weather was very kind to those that walked, cycled and used park n'stride throughout the challenge with ten out of ten dry mornings...maybe Irish weather isn't so bad after all!

At the end of the two weeks, the final results were in and it was clear to see that all classes that took part really committed to the challenge! Fourth class in Scoil Gharbháin were the highest scoring class overall with 91% journeys to school throughout the challenge taken by Smarter Travel modes! Go Dungarvan awarded the class with a certificate to mark their achievement and each child and their teacher received a cinema ticket as a special prize!



Third class from St. Joseph's was the most improved class from week 1 to week 2 of the challenge, increasing their Smarter Travel Score by 36%.

Special achievement certificates were also awarded to a number of additional classes and every class that took part received a certificate to acknowledge their participation. Overall 78% of all journeys to school were taken by sustainable forms of transport throughout the challenge. This is a major achievement so well done to all students, staff and parents that took part.

Waterford Sports Partnership and Go Dungarvan would like to thank you for your cooperation in supporting the Go School Smart Travel Challenge. We hope to see you all keeping up and improving upon your new sustainable travel habits in 2014!

Go School Smart 2013 Results

Highest Scoring Class Overall	4 th class Scoil Gharbháin
Highest Scoring Class in St. Mary's	6 th class
Highest Scoring Class in Scoil Mhuire	5 th class (Ms. Brennan)
Highest Scoring Class in St. Joseph's	2 nd class
Most Improved Class Overall	3 rd class St. Joseph's
Most Improved Class in St. Mary's	2 nd class
Most Improved Class in Scoil Mhuire	4 th class
Most Improved Class in Scoil Gharbháin	5 th class
Highest Scoring School Overall	St. Mary's
Most Improved School Overall	St. Joseph's



GP Exercise Referral Programme

Forty people have signed up to the GP Exercise Referral Programme since April 2013. Ten Dungarvan based GP's are registered for the programme. Waterford Sports Partnership is coordinating this programme on behalf of Go Dungarvan.

The GP exercise referral programme in Dungarvan allows GP's to refer patients that will benefit from increased physical activity to a specifically trained coordinator in the Park Hotel or Clonea Leisure Centre. The participant will meet with their coordinator and take part in a twelve week personalised gym programme with progress consultations at regular intervals. In Dungarvan, Go Dungarvan has adapted the programme to encourage participants to walk and cycle for transport alongside their gym programme. The participant receives a step counter and an exercise tracker so that they can record their steps and feel motivated to increase their daily activity. On completion of the programme, the coordinator sends the GP a report and the participant is encouraged to advance their exercise routine with discounted gym membership rates on offer.

Feedback from participants that have taken part so far has been very positive with activity levels increasing from 10 minutes per week at week one to 150 minutes in week twelve in the case of one participant. GP's involved in the programme have also praised the programme and commented that their patients have found it very worthwhile and rewarding in terms of fitness, health and quality of life gains.

If you are interested in the GP Exercise Referral Programme, ask your GP about your suitability to take part. Coordinators in the Clonea Leisure Centre and the Park Hotel are ready and waiting to help you get active! Please contact Sarah Chadwick on (058)21199 with any queries.

Comhairle na nÓg Go Dungarvan Focus Group

Waterford County Comhairle na nÓg has been taking part in a Go Dungarvan focus group to ensure that our sustainable transport programmes and initiatives address the opinions of youth in Dungarvan. The group has shared and discussed their ideas and views on topics including the use of media and technology to promote sustainable transport, how to encourage wearing of helmets and supportive infrastructure to promote walking and cycling.

PANNIER TRIAL

During focus group meetings, members discussed the many barriers that stop young people cycling to school. The issue of carrying a heavy school bag on a bike was highlighted, which is consistent with the comments from students that have been reported to Go Dungarvan staff in schools. With this in mind, Comhairle members were asked to trial the use of panniers on bicycles to carry heavy loads over the summer months. Panniers are carriers that are fixed to the back of your bike with removable bags on both sides to distribute weight evenly. Comhairle members were asked to record and share their experiences so that we could see if they thought panniers were a viable solution to address this problem in schools.

Caoilte De Barra used the pannier to carry clothes, water, shopping and electronics on a 120km off road trip while on a cycling holiday. Caoilte commented that he preferred the pannier over a backpack for carrying heavy loads as it's more comfortable, easier to balance on the bike, it's handy and it's very secure. When asked if he would now consider using a pannier for school to carry books or PE gear Caoilte said, **"I would highly recommend them, it's much easier and you can carry much more around, it can put a stop to all those huge school bags that will leave you like the hunchback of Notre Dame when you're older"**. Pax O'Faoláin shared Caoilte's preference for panniers. He said that the carrier bags made little or no difference to the momentum of the bike even when they were full and kept contents dry on wet days. He added **"I found a pannier to be an excellent way of transporting things and I am thinking of getting one for my own bike."**

This trial and feedback from the Comhairle na nÓg members will be instrumental in informing the cycling interventions which Go Dungarvan are hoping to roll out in a number of pilot secondary schools this year. Well done and thank you to all members that took part.

Go Dungarvan have found the input from Comhairle na nÓg invaluable for ensuring that young people have a say in the development of Dungarvan as a Smarter Travel town.

Comhairle focus group members pictured here with Co-ordinator Jamie Moore and Peter Jones from Waterford Sports Partnership at the AGM on October 11th in the Park Hotel, at which potential Comhairle members from schools across Waterford County were encouraged to get involved with the focus group next year.

We can't wait to work with and learn from these bright and insightful young minds again soon!

'The focus group has given the opportunity for Comhairle members to have an input into behavioral change initiatives being planned by Go Dungarvan but also to gain skills and confidence in generating ideas and being creative which has in turn been applied to their participation in Comhairle na nÓg benefiting the group. Feedback from Comhairle members has been very positive'.

Jamie Moore, Comhairle na nÓg Co-ordinator.



YOUTH SPORTS DEVELOPMENT OFFICER UPDATE

Brian O'Neill - Youth Sports Development Officer, is based in Waterford City and FUNDED BY THE DEPARTMENT OF CHILDREN & YOUTH AFFAIRS UNDER THE YOUNG PEOPLES FACILITIES & SERVICES FUND.

Brian works with young people aged from 10 to 21 years throughout Waterford City, offering opportunities to participate in sport and physical activity. 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.

Parkour/Free Running is the art of moving through the environment, or over obstacles, as swiftly and effectively as possible using only the human body. It involves jumping, running, turning and landing in a safe manner. This 6 week programme was open to young people aged 13-18 yrs and was facilitated by Martial Art instructors from Black Belt Academy, Six Cross Roads Business Park. Twenty two boys participated and they were shown how to fall and land safely and how to maximize jumps. The programme also included strengthening exercises by just incorporating their own body weight such as squats, core exercises and pushups. Flexibility is also a requirement for Parkour which the participants were shown how to do correctly and safely. Black Belt Academy is running Parkour lessons every Saturday from 3.30-4.30pm for €5 per person. **For further information on Parkour, contact Pat Evans on 086 4173312 or email pat.evans@live.ie**

Diversion Boxing - Manor St. John

A five week Boxing programme for seven young members (9-12 yrs) from Manor St. John Youth project, Lisduggan took place in their next door neighbours venue-St. Paul's Boxing Club. Under the watchful eye of Boxing coach Seamus Cowman, the main objective of this programme was to introduce young people into a Boxing gym setting, whilst also learning the skills of Boxing. For all of the participants it would have been the first time that they would have entered a local Boxing gym and participated in this type of activity. **For further information on Boxing programmes, contact Brian O'Neill on 086 0201219**

Rugby | Mount Sion School (1st & 2nd yrs)

Waterford Sports Partnership, in collaboration with Waterford City Rugby Club, has recently implemented Rugby as an extracurricular after school activity. Each Friday the students practice their passing, catching and defending skills whilst also developing teamwork and increasing fitness levels. Hopefully these guys will be ready for their first game early in the New Year! Waterford Sports Partnership would like to acknowledge the endless efforts of Mr. Keane in providing physical activity programmes for the students of Mount Sion.

Youthreach Rugby

Seventeen students aged between 16 and 19 from Youthreach Tramore participated in a 4 week Tag Rugby programme. Youthreach is a support service that targets early school leavers (15-20 yrs) who are unemployed and provides them with an opportunity to complete their leaving cert or other FETAC accredited courses. The 1st session took place in the Nature Park by the Kingfisher Club just to showcase this free facility. The 2nd took place in the People's Park in Waterford City. The final sessions took place in Tramore on the local GAA pitch.

Facilitated by Dean Cox from Waterford City Rugby Club, Dean had an excellent relationship with this group. This attributed to 100% participation by all the students. The programme consisted of fun warm up's, passing drills, fitness drills, modified games and with structured games of Tag Rugby. The ability to pick up the skills and an understanding of the game over such a short period of time was impressive. Great to see such enthusiasm and a willingness to learn. Well done guys and see you all for part two in the New Year.



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 in, through participating socially or competitively. The YSDO can also assist volunteers in clubs 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 boneill@waterfordsportspartnership.ie**



A member of the SWAY Project receiving Boxing gloves from Waterford Sports Partnership as a reward for her hard work in recent months with St.Paul's Boxing Club.

Dodgeball Blitz for Youth Groups

This activity was a new initiative aimed at boys and girls from youth groups only, aged 10-15 yrs. Four teams took part in the U-12 section and 3 teams in the U-15 section. A Dodgeball team consists of 6 players on the court and 6 subs in the squad if needs be. A total of 48 young people took part in the Dodgeball Blitz. Four members from the Waterford Dodgeball Club assisted in running this event for the hour. Games were played on 2 courts to limit the young people standing around for a game. Games were played for 2 minutes duration or if one team is eliminated before the 2 minutes are up. The focus of this Blitz was participation, so no semi-finals, finals or winners were declared. The young people really enjoyed this activity as it is a game that includes everybody, providing a platform for young people to express their competitive nature that perhaps they would have been excluded in previous sporting events. Great to see the girls showing their competitive spirit, especially against the boys. Roll on the next Blitz in 2014. Special thanks to the Waterford Dodgeball Club who assisted in running the event for the hour. **For further information on Dodgeball, contact Brian O'Neill on 086 0201219 or boneill@waterfordsportspartnership.ie or visit www.dodgeballwaterford.com**

EQUIPMENT FREE HIRE

Waterford Sports Partnership has a range of sports equipment such as surf boards, volleyball, soccer packs, basketball, rugby packs and pitch & putt clubs available for hire, free of charge. For more information contact Brian O'Neill on 086 0201219 or boneill@waterfordsportspartnership.ie.

On Target Archery

This five week Parent/Child programme began in September with all 10 positions (5 Adult-5 Child) fully booked with attendance 100% for the entire five weeks. The programme covered topics such as introduction to safety on the range, description of equipment and its components, technique on 'drawing' and 'shooting' the bow, shooting form and mental aspects of shooting. The Archery tutor made the participants feel very welcome into their club and reinforced the 'family environment' that the club likes to portray. Waterford Sports Partnership is currently liaising with the Archery club to discuss options available on how this activity can become more accessible for young people. **Interested in Archery? Why not contact Thomas on 086 8224912 or visit Na Laoch Dall Archery on www.nalaochdall.com**



ATHLETICS | St. Paul's Primary School

Twenty four boys from 4th and 5th classes from St. Paul's Primary School took part in a seven week athletic programme delivered by Waterford AC. Skills covered were correct running technique and posture, improved balance, baton replay, soft javelin, small hurdles, shot putt and stretching techniques. Attendance was high throughout-numbers never dropped below twenty participants for each session.

This was an afterschool activity so it wasn't mandatory for the students to participate. For the final session, the students joined in on a Waterford AC training session in the RSC.

All students were presented with a Waterford AC string bag with 2 free training concessions, contact details and times of training sessions. Waterford Sports Partnership would like to thank by the School Completion Programme who played an active roll for the duration of this activity and to Waterford AC for delivering an excellent programme.

ATHLETICS | St Saviour's Primary School

Such was the success of the six week Athletic programme in St. Paul's Primary School that a similar programme was implemented in St. Saviour's National School for the 5th class students. This activity was facilitated by Waterford Athletic Club, assisted by the School Completion Programme. Skills covered were correct, improved balance, baton replay, soft javelin, small hurdles and high jump.

For further information on Athletic programmes, contact Brian Scanlon, Waterford Athletic Club on 087 9911380



BOXING FITNESS | St. Saviour's Primary School

This activity catered for 6th class students from St. Saviour's Primary School and took place in Saviour's Crystal Boxing Club. The club is situated on the same street as the school so accessibility was not an issue.

This programme focused more on physical activity than actually on the sport of Boxing. The programme included a number of games such as footwork on the ladders, running with the medicine ball, tag in the Boxing ring and Rugby with a Swiss Ball. The young students were also shown how to use the fitness equipment correctly such as the thread mill, rowing machine and exercise bikes. The skills of the sport were also included with the students practicing their techniques by shadow boxing, using the punch bags and hand pads. All sessions began with a warm up and concluded with a cool down including stretching.

For further information on training with Saviour's Crystal Boxing Club, contact Bartie Simpson on 085 1660175.



Late Night Soccer

The aim of this programme was to offer a positive, safe environment for young people (15-20 yrs) to socialise on Friday evenings. This was an initiative between the YSDO, Community Gardai and the FAI. Twenty eight young people attended this programme over 5 weeks on Friday evenings from 7.30pm-9.30pm. Numbers varied each night but never falling below 20 which is a great result. The group was split into 4 teams of 5/6 people; therefore 2 games took place simultaneously, lasting 20 minutes. Each team played each other, so each team got to play at least 3 games and also against some members of the Gardai. The sporting play amongst the young people was amazing. The games were played hard but very fair. Waterford Sports Partnership would like to thank the four projects who took part, AXIS Project Ballybeg, TREO, BALL and SWAY and also to the FAI Development Officers and their interns.

Coming in 2014 . . .

Health and Well Being
Tackling Transition
On Target Archery
Youth Dodgeball League

Martial Arts Fitness
Female Boxercise
Diversion Boxing
Wall Ball

USEFUL CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
Athletics Ireland	Paul McNamara Colin Byrne	087 2693675 087 0632326	paul@athelticsireland.ie colinbyrne@athleticsireland.ie	www.athleticsireland.ie
Badminton Ireland	Liam Chadwick	01 8393028	info@badmintonireland.com	www.badmintonireland.com
Basketball Ireland		01 4590211	info@basketballireland.ie	www.basketballireland.ie
Irish Amateur Boxing Association		01 4533371	iaba@eircom.net	www.iaba.ie
Cumann Camógaíochta na nGael	Aileen Lawlor	087 4172019	aileenlawlor@camogie.ie	www.camogie.ie
Cricket Ireland	James Doran	086 8169667	jimdoran@cricketireland.ie	www.cricketireland.ie
Cycling Ireland	Rachel Ormrod	086 7802937	rachel@cyclingireland.ie	www.cyclingireland.ie
Gymnastics Ireland	Ciaran Gallagher	01 6251125	ciaran@gymnasticsireland.com	www.gymnasticsireland.com
Cumann Lúthcleas Gael	Eoin Breathnach	087 9219345	eoin.breathnach@games.gaa.ie	www.gaa.ie
Irish Water Safety		091 564400	info@iws.ie	www.iws.ie
Ladies Gaelic Football	Peter Jordan	087 2442966	peterjordan5@hotmail.com	www.ladiesgaelic.ie
Olympic Handball		01 6251165	ioha@olympichandball.org	www.olympichandball.org
Orienteering	Andrew Cox		development@orienteering.ie	www.orienteering.ie
Irish Road Bowling	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
Irish Rugby Football Union	John O'Neill	086 8207752	johnoneill@munsterrugby.ie	www.munsterrugby.ie
Football Association of Ireland	Gary Power Michael Looby	086 3883850 087 0508623	gary.power@fai.ie michael.looby@fai.ie	www.fai.ie
Tennis Ireland		01 8844010	info@tennisireland.ie	www.tennisireland.ie
Swim Ireland	Cathal Geraghty	086 0619452	mso@swimireland.ie	www.swimireland.ie
Triathlon Ireland	Scott	086 8169667	scott@triathlonireland.com	www.triathlonireland.com
Volleyball Ireland	Paul McKeever	087 4195516	ddc@volleyballireland.com	www.volleyballireland.com

IS YOUR CLUB LISTED?

We have a comprehensive CLUB CONTACTS LISTING
on our website www.waterfordsportspartnership.ie

PLEASE CHECK TO MAKE SURE YOUR CLUB IS LISTED
AND THE CONTACT DETAILS ARE CORRECT

For any changes or new listings please email info@waterfordsportspartnership.ie

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