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## Wishing all our readers a healthy & active 2017!

### Operation Transformation 2017 Waterford Walk

The Sport Ireland National Network of Local Sports Partnerships has teamed up with Operation Transformation once again this year to promote healthy living in 2017.

Waterford Sports Partnership is organising a walk  
at **9.30am on Saturday 7th January in Kilmacthomas.**

**KICK START YOUR TRANSFORMATION!**

by joining us for the Waterford Walk - Details are as follows...



**KICKSTART YOUR 2017!**

# Waterford Walk

**FREE EVENT**

Join us for the 2017  
**Operation Transformation Walk**  
along the stunning Waterford Greenway

**Sponsored by**  
safe food

## Saturday 7<sup>th</sup> January

**STARTING @ 9.30am SHARP**

**at the Workhouse Car Park | Kilmacthomas**

**REGISTRATION FROM 9AM**

**3K & 5K ROUTES**

**ALL WELCOME!**

For more information please contact:  
Pauline Cunningham on 076 110 2682 or  
[pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## 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.



**Peter Jones, Sports Development Officer**, is based in the Civic Offices in Dungarvan and in addition to leading WSP's work promoting physical activity for older adults, men and sports club coaches he also leads WSP's cycle training programme in schools and the community. **Peter can be contacted on 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).**

**Pauline Cunningham, Sports Development Officer and Sports Inclusion Disability Officer**, Pauline is based at the Regional Sports Centre

in Waterford City and works three days a week (Wed-Fri) as WSP's Sports Inclusion Disability Officer (SIDO) with a focus on creating sustainable physical activity opportunities for people with disabilities in Waterford. She also works as Sports Development Officer (Mon-Tues) supporting other target groups including women and sports club volunteers. **Pauline can be contacted on 0761 10 2619 or [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie).**



**Brian O'Neill, Youth Sports Development Officer**, is based at the Regional Sports Centre 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 and across the County. **Brian can be contacted on 0761 10 2583 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).**



**Mary Doyle, Sports Development Officer**, is based at the Regional Sports Centre in Waterford City. Mary works three days a week on Sports Development work i.e. supporting clubs and other target groups and leading WSP's Primary Schools programme, and two days a week developing the Carrickphierish School Community Sports Hub. **Mary can be contacted at 0761 10 2619 or [mdoyle@waterfordsportspartnership.ie](mailto:mdoyle@waterfordsportspartnership.ie).**



## SCHOOL PROGRAMME UPDATE - PRESCHOOLS

### Buntús Start Refresher Training

Buntús Start Refresher Training was delivered to 11 childcare workers in Dungarvan Sports Centre on Wednesday 12<sup>th</sup> of October. The training was delivered by Waterford Childcare Committee staff and Buntús Start tutors Jacqui de Síun and Máire Cooke. The training took place from 5-8pm. This was the second of two Buntús Start refresher trainings delivered to childcare workers. The childcare centres represented on the day were Clonea/Rathgormack Preschool, The Little School of Montessori, Villierstown Montessori, Jigsaw Day Nursery, Small Talk, and Tír Na Nog.



The highlight of the training was when all childcare workers were asked to show a piece of Buntús equipment that they use the most in their centre. They all had different ideas for the equipment and even some games that the children had made up themselves.



### Pre-School Balance Bike Programme

A new Balance Bike Programme for Preschools was launched in September 2016 when twenty new bikes and helmets were purchased by Waterford City and County Council as part of European Mobility Week. As part of the programme Waterford Childcare Committee and Waterford Sports Partnership will train 10 preschools. Following training, preschools will have the opportunity to avail of the use of Balance Bikes for a two week period.



To date four preschools have been trained: Play Together Preschool (2) ; Cappoquin Community Childcare Company; Tir na nÓg Playschool. The remaining preschools will receive training in January and February: Little Einsteins, St Brigids Childrens Centre, Jelly Tots Preschool, Tina's Playschool/After School Service, Little Scribblers Childcare / Preschool, and Naíonra KCK. Maria Uniake from Cappoquin said today 'Fantastic, they're flying. I didn't realise how quickly they would take to them but they loved them. We are delighted.

## Be Active ASAP

On Wednesday 19<sup>th</sup> October sixteen teachers from Scoil Gharbháin, St. Joseph's Primary School, Garranbane N.S. and Ballycurrane N.S. took part in Be Active ASAP Training. The three hour training session which was hosted by Scoil Gharbháin and tutored by Pauline Cunningham from WSP is a mixture of both theory and practical work. The Be Active ASAP programme is an after schools programme led by teachers and supported by parents aimed at children in 1<sup>st</sup> and 2<sup>nd</sup> class. After the training each school received an excellent resource with all activities clearly outlined in line with the PE curriculum that is already in place.

**If your school is interested in receiving this training or you require more information please contact Pauline Cunningham on 076 110 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**

## Safer Cycling Programme



Waterford Sports Partnership in conjunction with Jemma Jacob, Waterford City and County Road Safety Officer and the Road Safety Authority offered a safer cycling programme to primary schools in Waterford specifically aimed at fourth class students. Twenty four schools in Waterford applied for the programme which has commenced in sixteen schools, the remaining schools will receive their training in the New Year. Trained tutors deliver three practical cycling safety sessions in the school, coaching essential cycling safety skills to fourth class students.



## The Daily Mile

Waterford Sports Partnership would like to invite schools to take part in a free and simple initiative to improve the physical, social, emotional and mental health and wellbeing of primary-aged children (3-11 years). The Daily Mile is an initiative which was started by Elaine Wyllie, when she was Head teacher of a Large Scottish Primary School in 2012. Elaine noticed that the children in her school lacked fitness: when asked to run around the school pitch, most were exhausted before they reached halfway. The children were keen to improve their fitness, and it was agreed they could spend 15 minutes each day in school walking, jogging or running round the path. Within one month the children were averaging 5 laps of the path, which, when measured, turned out to be a mile – so The Daily Mile was born. Since then the

initiative has been introduced into over 1,750 schools in the UK, over 540 in Belgium, and over 100 in the Netherlands.

The Daily Mile is very simple to start in a school. Without wasting time to change into kit, every child in the school goes out each day in the fresh air to run, jog or walk at their own pace for 15 minutes. It is not competitive and most children average a mile, with some doing more and some doing less, although all children should be encouraged to run over time. It is not PE, sport or cross-country but a physical activity which is aimed at improving the children's physical, social, emotional and mental health and wellbeing. It can help children to focus and concentrate in the classroom and raise their attainment.

**If you are interested in starting The Daily Mile in your school or one of the classes in your school initially please contact Mary Doyle on [mdoyle@waterfordsportspartnership.ie](mailto:mdoyle@waterfordsportspartnership.ie) or 0761 10 2619. Please respond by Friday 20<sup>th</sup> January 2017. For further details on The Daily Mile please visit the website [www.thedailymile.co.uk](http://www.thedailymile.co.uk) or contact Mary Doyle.**

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## SportsHall Athletics

WSP is running SportsHall Athletics this month for Waterford Primary Schools. Full training will be provided to teachers with a resource pack which will equip them with the knowledge to roll out the training to the pupils in their school. Support training will also be provided by a qualified SportsHall Athletics coach to each school. We will provide SportsHall athletics equipment on loan to the participating schools for a period of six weeks each where the pupils can use appropriate equipment to learn and practice new skills. Teacher training takes place on Tuesday 31<sup>st</sup> January after which each school and teacher will commence with their SportsHall Athletics coaching. Teachers will pick up the SportsHall Athletics equipment at the training.

**Places for this training are limited and will be allocated on a first come first served basis. To secure places for your teachers requiring training please call Mary Doyle on 0761 10 2619 by Friday 20<sup>th</sup> January.**

### PRIMARY SCHOOL TRAINING/EVENTS 2017

TRAINING/ACTIVITY	Date/Time/Venue:
Sportshall Athletics Teacher Training - Open to all class teachers	Tuesday 31 <sup>st</sup> January   3.30 – 5.30pm   City Venue
The Daily Mile - Open to all schools	Starting February 2017
Disability Awareness in Sport Training - Open to all school teachers and staff	Monday 13 <sup>th</sup> March   6.30 - 8.30pm   County Venue
Active School Week - Open to all schools	Monday 24 <sup>th</sup> – Friday 28 <sup>th</sup> April

If you are interested in any of the above please call Mary Doyle on 0761 10 2619

## Inter county games v's Carlow and Kilkenny

Eighty nine older adults took part in the third Inter County Go for Life Games Event on Friday 2<sup>nd</sup> December in IT Carlow. Older adults from Waterford, Kilkenny and Carlow played three different games including lobbors, filisc and scidils in a semi-competitive environment where the focus was on fun and enjoyment. Participants took part in a fun warm up and cool down delivered by Peter Jones of Waterford Sports Partnership.

It was a close race from the off and the level of skill and enjoyment was a sight to behold. As usual, Kilkenny were victorious, but the twenty eight Waterford participants stole the show in their Christmas jumpers and really captured the fun and spirit of the games. A huge well done to Catherine Chester who was awarded 'the spirit of the games' award for her camaraderie with all groups. Leading up to the Inter-county event we ran a four week programme in November in Waterford City and Dungarvan; forty two older adults took part in practice sessions in Dungarvan Sports Centre and Cill Barra Sports Centre, Ballybeg so that they would be really well prepared for the Inter-County Games. Waterford Participant Lucy Webb said 'It was wonderful to interact with the people from other counties and everyone had great fun and I really enjoyed myself so thank you'. A huge WELL DONE to all involved, we hope you enjoyed it as much as we did!



## National Grant Scheme

### 2016

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 is delighted to announce that **thirty two groups in Waterford** have been allocated funding of **€9,420** in total. Speaking at the announcement, **John Treacy, Chief Executive of Sport Ireland** said: *"The National Grant Scheme continues to grow in importance, as demonstrated by the record number of groups who have applied this year and the record number of grants awarded. Increasing participation in sport and physical activity is one of Sport Ireland's key strategic priorities. We are delighted to partner with Age & Opportunity's Go for Life Programme, to increase participation among older people in recreational sport activities. I also want to acknowledge the groups themselves, and our own national network of Local*

## CIRCUIT TRAINING for Adults Aged 50+

We co-ordinated circuit training in Dungarvan Sports Centre and Cill Barra Sports Centre for older adults during September and October. We are delighted that thirty five older adults took part in at least one session where the craic and banter were matched only by the improvements in physical fitness. The adapted circuit includes a range of exercises to develop strength, joint mobility, flexibility, co-ordination, fitness and, most importantly, to have some craic. The fifteen station circuit includes stations such as single leg balances, filisc, dyna band activities, Pilates/medicine ball exercises and foam rolling. Since October 2015, forty one older adults have participated in weekly circuit classes in Cill Barra, Waterford City and Dungarvan Sports Centre.

**Circuits sessions will recommence at the end of January 2017 in Dungarvan Sports Centre and Cill Barra Sports Centre at a cost of €3 which includes tea/coffee**

**County:** Dungarvan Sports Centre | Mondays: 10-11am

**City:** Cill Barra Sports Centre | Mondays: 9.30-10.30am

**Booking: contact Peter on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

We have put together a short video highlighting what is involved in the circuit sessions which can be viewed at this web link <https://youtu.be/VO-d7G8xlq4>



*'We come in on a Monday morning all lethargic, and we walk out at eleven refreshed and full of energy'.  
Mary Power, Circuit Participant.*



## Walk for Life Series

WSP co-ordinated five walks for older adults as part of the **Walk for Life 5km Series**. Ninety eight individuals took part in at least one of the five weekly walks in September and October and seventy six people took part in the final walk on the Waterford Greenway in Durrow. The aim of the Walk for Life Series is to get people aged over 50 healthier, but to also showcase walks in our fabulous county. These walks included Glenshelane Woods, Tramore Beach, Colligan Woods, Anne Valley in Dunhill and the Waterford Greenway walk in Durrow.

**The 2017 Walk for Life series will begin on Tuesday 14<sup>th</sup> February with a walk on the Greenway, meeting at the Shanacool Car Park (Durrow) at 10.30am.**

If you would like more information on future events, please contact Peter Jones on 0761 10 2191 or by email at [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).

**Check out our short video of the Walk for Life Series available at <https://youtu.be/DbjzRR07Bk>**



*'Any walk that gets me out of the house is smashing'. Joe Walsh, Walk Participant.*

*'Best thing for years. Out in the fresh air, meeting loads of people from all over the county'. Anne O'Flynn, Walk Participant.*

## CYCLE TRAINING FOR BEGINNERS

Dungarvan & Waterford City | **Cost: €10** (3 x 90 min sessions)

Booking essential, minimum number of 6 needed, to register your interest please contact: Peter on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).



## Leisure Centre Opportunities

### Active Older People Class

#### Park Hotel Leisure Centre, Dungarvan

This fun and social class aims to maintain and improve balance and muscle strength for everyday activities and incorporates seated exercise and low impact aerobic activity.

Every Tuesday 11am-12pm.

€6 for gym members and €8 for non- members.

**Pre-screening and booking required, please contact Claire Kennedy on (058) 42902.**

### Active Older People Gym Support

#### Park Hotel Leisure Centre, Dungarvan

Leisure Centre Staff will be available to induct and assist older people that are interested in getting started in the Park Hotel Leisure Centre gym every Tuesday between 10-10.50am.

Pay as you go rates from €6 per session, membership rates available upon request.

**No booking necessary, for queries please contact Claire Kennedy on (058) 42902.**



### Active Retirement Activity Class

#### Kingfisher Club, Waterford

The Kingfisher Health and Fitness Club run an Active Retirement Activity Programme for Men and Women. €5 per session. Women's class every Monday 10-11am | Men's class every Wednesday 10-11am. **Please call Jacqui Watson on 086 2634061 for more information.**

### Pay as you Go Gym Session

#### Cill Barra Sports Centre, Waterford

Pay as you go - Anytime

€3.50 per session - Loyalty card pay for 8 get 9<sup>th</sup> free

**No booking necessary, for queries call the centre on (051) 350800 for queries**

## Bowling opportunities in Waterford

*A number of centres currently run weekly bowling sessions as follows:*

### 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

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.



## Pitch & Putt opportunities in Waterford

### Regional Sports Centre Cork Road, Waterford

€2.50 for over 55's | For more information please call: 051 309908

### Cunnigar Pitch and Putt Club Dungarvan

Daily 10am-8pm | €5pp | Free lessons available.

For more information please call: 087 9412570

## €30m Sports Capital Grants Programme Announced

The Minister for Transport, Tourism and Sport, Shane Ross TD, and the Minister of State for Tourism and Sport, Patrick O'Donovan TD, have announced that the 2017 Sports Capital Programme will be open for applications from 9am Monday 23 January 2017 on [www.sportscapitalprogramme.ie](http://www.sportscapitalprogramme.ie).

Applications are being sought from sports clubs, voluntary and community groups, national governing bodies of sport and local authorities. Third level colleges, Education and Training Boards and schools may only apply for funding jointly with sports clubs. Clubs not previously registered on the Department's online application system - OSCAR (Online Sports Capital Register) need to do so in advance of this date and clubs are strongly encouraged to register now. The guide to making an application is available on the Department's Sports Capital Programme website ([www.sportscapitalprogramme.ie](http://www.sportscapitalprogramme.ie)).

**THE CLOSING DATE FOR REGISTRATION ON OSCAR IS 5PM FRIDAY 10 FEBRUARY 2017. | THE CLOSING DATE FOR SUBMITTING APPLICATIONS IS 5PM ON FRIDAY 24 FEBRUARY 2017.**

### Immediate steps if your club/organisation is planning to apply:

1. If you have not registered previously, get registered immediately on OSCAR at [www.sportscapitalprogramme.ie](http://www.sportscapitalprogramme.ie). The guide to OSCAR registration is available at <http://www.dttas.ie/sites/default/files/publications/sport/english/guide-registering-oscar/guidetoregisteringonoscar2016a.pdf>. You will need a Tax Registration Number which can take up to 10 working days therefore do not delay in order to meet the 10th February deadline.
2. Familiarise yourself with the 'Guide to making an Application' <http://www.dttas.ie/sites/default/files/publications/sport/english/2017-sports-capital-programme-guide-making-application/2017-sports-capital-programme-guide-filling-out-application-form.pdf> and the Youtube 'How to' videos at <https://www.youtube.com/channel/UCq1kBv-FA7QcFmu8cdrIsTg>
3. Undertake any other preparatory work in advance of formally completing the application
4. Submit application by 5pm Friday 24 February 2017.

The Sports Capital Programme is the Government's primary vehicle for supporting the development of sports facilities and the purchase of non-personal sports equipment.

### The programme funds:

- Natural grass sports pitches, tracks and courts (including pitch drainage)
- Floodlighting
- Artificial sports pitches, tracks, courts and multi-use games areas
- Security fencing, ball stop netting and goal posts
- Hurling walls / handball alleys
- Building or refurbishment of dressing rooms, showers and toilets
- Building or refurbishment of sports halls and gyms
- Non-personal equipment including lawn mowers and defibrillators. Anything set in the ground (such as goal posts) is not considered equipment.
- Any other capital projects that are clearly sporting in nature and that will increase participation in sport or improve performance

### For advice on how to make the application or for any technical matters:

- read the Guide
- view the YouTube how-to videos <https://www.youtube.com/channel/UCq1kBv-FA7QcFmu8cdrIsTg>
- attend an information workshop, to be held during the application period, on how to fill out the form
- look up the Knowledge Base on [www.sportscapitalprogramme.ie](http://www.sportscapitalprogramme.ie)
- phone the Department – Waterford applicants contact is Anne Vaughan at (064) 6627308
- email [SportsCapitalProgrammes@dtas.ie](mailto:SportsCapitalProgrammes@dtas.ie)
- you can download a blank sample application form at <http://www.dttas.ie/sport/english/sport-unit-1-sports-capital-programmes-division> (this is only a sample form and all applications must be made on the online OSCAR system).

**FOR MORE INFORMATION VISIT—[www.sportscapitalprogramme.ie](http://www.sportscapitalprogramme.ie)**

## WSP Club Grant 2016

The new WSP Club Grant was advertised in October 2016 - the grant aims to support volunteers and develop opportunities for people to participate in organised sport. This small scale grant will support initiatives to increase participation in disability groups/organisations, support the set up of new clubs and assist existing clubs with coach education costs.

**The following 32 clubs were successful in the applications and will receive funding towards Coach Education and Disability participation . . .**

Coaching	Ardmore GAA
Coaching	Barracudas Dungarvan Swimming Club
Coaching	Bohemians FC
Coaching	Cappoquin Camogie Club
Coaching	Clashmore/Kinsalebeg Juvenile GAA
Coaching	Cunnigar Pitch and Putt
Coaching	Dungarvan Ladies hockey
Coaching	Dungarvan Rugby Club
Coaching	Ganbarn Jiu Jitsu Academy
Coaching	Killrossanty/Brickey Ladies Football Club
Coaching	Kilmacthomas Badminton Club
Coaching	Lismore AFC
Coaching	Na Gael Juvenile GAA club
Coaching	Na Loch Dall
Coaching	Park Rangers AFC
Coaching	Portlaw Camogie
Coaching	Seaview Celtic FC
Coaching	Splashworld Sharks
Coaching	St Oliver Ladies Gaelic Football
Coaching	St Pauls Boxing Club
Coaching	St Saviours FC
Coaching	Tbay Surf School
Coaching	Tramore AFC
Coaching	Tramore Boxing Club
Coaching	Tried and Tested Triathlon
Disability	WASSA
Coaching	Waterford Boat Club
Coaching	Waterford Crystal FC
Coaching	Waterford Judo Club
Coaching	Waterpark RFC
Coaching	West Waterford AC
Disability	Deise Dragons

# The 2016/17 Club Development Seminar Series

*Sharing knowledge between sports and promoting positive change*

The 2016/17 Club Development Seminar Series marks a commitment from National Governing Bodies and Waterford Sports Partnership to share expertise in common areas of interest, education and training across all sports.

The 2016/17 WSP seminar series includes nine seminars in total covering a wide range of topics including: Minding your Mental Health (GAA), Simple video Analysis for Sports Coaches (WIT), Concussion Awareness (IRFU), Pre Match and Half Time player motivation (Jason Ryan), Disability Awareness Training (WSP/Camogie Association), Prepare your club coaches of the future (WSP), Nutrition for Athletes and Club players (WIT and Periodisation training for Sports Coaches (WIT/Athletics Ireland).

**Three seminars were delivered in 2016 in conjunction with Waterford Warriors (Strength and Conditioning), HSE/GAA (Minding Your Mental Health) and WIT (Simple Video Analysis) attended by 87 representatives from twenty two clubs . . .**



## Strength and Conditioning

The series began on Monday 10<sup>th</sup> September with thirty five people from twenty two clubs representing nine sports attending a Strength and Conditioning seminar delivered by Gary Walsh of Waterford Warriors gym. The interactive seminar included information relating to Strength and Conditioning and how to prepare athletes during the five stages of the season. Gary also ensured that participants themselves took part in some simple exercises on functional movement and how they can implement these in clubs and correct

player issues. A highlights video of the session can be found at <https://youtu.be/A0NfjdE3ToY>. The seminar notes are available on our website at [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

*'The course was very informative. During it I was continuously thinking how would this be implemented at club level. Some of the things Gary mentioned we had done previously with the club so it is good to know you are on the right lines.'*

**Nicky Jacob , St. Saviour's GAA Club**

*'Great start to the series, delighted with the interaction from all the coaches with the work we covered with different exercises for different points in the season. I was absolutely thrilled with the participation levels by all.'*

**Gary Walsh, Seminar Presenter**

*'A great seminar that was thought provoking making sure mental health is just as important as players health' with Tom Ryan from Dungarvan Rugby Club saying 'the seminar was excellent and both interesting and very informative. List of speakers and topics discussed were first class. Thank you.'*  
**Course participant Ben Duggan**

## Minding your Mental Health

The Series continued on Monday 10<sup>th</sup> October with a 'Minding your Mental Health – Club Support' seminar. This event coincided with World mental Health day and thirty eight people from sixteen clubs representing thirteen sports/organisations attended the seminar held in WIT Sports Arena. The Seminar focused on how clubs can assist club members with positive mental health at all times. Tracy Nugent from the HSE delivered a practical insight in to the #littlethings campaign and how these nine steps can positively impact club member's mental health on a day to day basis. Dan Shanahan spoke at length about how as a player and coach, his teams created a strong team ethos and togetherness giving practical examples of how players and coaches can

interact to ensure mental health is not negatively impacted. Aoife Lane, head of Health, Sport and Exercise Science in WIT and a member of the National committee for the GAA Health and Well Being used her expertise and knowledge to showcase activities GAA clubs have used in the past to create a greater community spirit for club members. This was based on the excellent GAA document 'Play in my Boots' which is available to download online. Finally, Derek Lyons from Dungarvan GAA and Dave O'Connor from Waterford City Rugby Club explained how their clubs dealt with the loss of playing members giving hints and tips for clubs on how to mind all club members and players in the aftermath of tragic circumstances.

*'very useful for beginners – learnt a lot'*  
**Derek Lyons ,Dungarvan GAA Club**  
*'covered all a team manager needs to develop awareness of video analysis and much more.'*  
**Seamus Berry Ballygunnar Hurling Club**



## Simple Video Analysis

The Series continued on Monday 5<sup>th</sup> December with a 'Simple Video Analysis' seminar. Twenty Two people from ten clubs attended the seminar held in WIT. The seminar showed coaches how they can effectively use low-cost and time-efficient simple video analysis to help to improve the performance of their athletes/teams. Course presenter Michael Hanlon covered the application of video analysis for technique/technical analysis and also for tactical analysis, giving attendees hands-on experience with software that is freely available. The feedback from the course was excellent with participants commenting on the amount of information covered in the two hour session.

**NOW BOOKING!**

## Concussion Awareness

**Monday 23<sup>rd</sup> January 6.30 to 9.30pm**

WIT Sports Arena, Carriganore | Waterford  
**FREE | BOOKING ESSENTIAL**

**REGISTER NOW!**

*The seminar will include modules relating to Concussion Recognition Management and Return to Play protocols followed by a Q & A session. The content has been designed to educate coaches, parents, players and referees on the dangers of concussion and how to recognise it. The seminar will be delivered by Shane Mooney, IRFU First Aid & Injury Prevention Co-ordinator.*

## Child Welfare & Protection Training for Sports Clubs

The structure of **Child Welfare & Protection (Code of Ethics) workshops for Clubs** is outlined below:-

**Safeguarding 1 – Child Welfare & Protection Basic Awareness Course (3hrs)**

**Safeguarding 2 – Club Children’s Officer Workshop (3hrs)**

**Safeguarding 3 – Designated Liaison Person Workshop (3hrs)**



Once participants have completed Safeguarding 1 they can then attend the Safeguarding 2 Club Children’s Officer Workshop and/or the Safeguarding 3 Designated Liaison Person workshop.

*‘A great course for coaches, volunteers and parents alike’*  
**Monica Kenneally,**  
 Tramore Tennis Club.

*‘A must for any coach looking to get involved in youth structure’*  
**Marc Flavin,**  
 Dungarvan Cycling Club.

*‘The course gave me an increased awareness to the issues involved in coaching young people’*  
**Kevin Knox,**  
 Celtic Squash Club.

*‘Interactive course, relaxed presentation, very child centered Really enjoyed the evening, thank you.’*  
**Sinead Ronanye,**  
 Waterford Athletics Club

*‘Informative and engaging, an amazing bunch of tutors helping to promote a better sporting culture in Ireland’.*  
**Megan Duke,** Waterford  
 Marine Search and Rescue

### Safeguarding 1 - Basic Awareness Course

All Coaches, Children’s Officers and Designated Liaison Persons (DLP) must first complete the 3 hour Child Welfare & Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. In 2016 we delivered thirteen Safeguarding 1 – Basic Awareness courses to 228 participants from seventy two clubs.

Once participants have completed this course, participants can then attend either/and Safeguarding 2 Club Children’s Officer Workshop and the Safeguarding 3 Designated Liaison Person workshop.

### Safeguarding 2 – Club Children’s Officer Training

We delivered three Safeguarding 2 – Club Children’s Officer Workshop in 2016 to 28 participants from 24 clubs.

### Safeguarding 3 – Designated Liaison Person

The SG3 course has recently been rolled out around the country and Waterford Sports Partnership have delivered one Safeguarding 3 workshop to nine participants from seven clubs. This workshop is essential for any person within a club who is the designated liaison person. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency and/or An Garda Síochána. It is recommended that this person is a senior club person. The organisation’s child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

**CHECK OUT THE CALENDAR OF TRAINING & EVENTS ON PAGES 14 & 15 FOR A FULL LISTING OF 2017 COURSES**

**If you are interested in attending any of our courses please visit**

**[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or contact Peter Jones on 0761 10 2191 or by email at [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**





## Female Coach Development Programme - Camogie

In 2005, following research by the ESRI, Sport Ireland launched its "Women in Sport Initiative" to increase participation of women in sport. This report stated 1 in 5 women met the National Physical Activity Guidelines. Results from the Irish Sports Monitor for 2013 show that almost 1 in 3 women met the National Physical Activity Guidelines through sport while just one in eight women were sedentary with 43% of women regularly partaking in sport i.e. at least once a week.

In order for women to continue to increase participation in sport, it is also important to increase the number of female coaches. As a result, Waterford Sports Partnership, in conjunction with the Camogie Association delivered a coach development programme for women with no previous coaching experience. Waterford Sports Partnership were delighted that twenty one female coaches from nine clubs took part in the programme facilitated by Peter Jones and Jason Ryan.

The programme involved coaches attending three sessions in WIT Sport Arena. The first session was Safeguarding 1 Child Welfare course. The following two sessions were practical sessions where coaches observed course tutors Peter Jones and Jason Ryan coach and then had the opportunity to coach themselves.

These two sessions focused on personal communication skills and how to deliver an effective warm up and cool down. This session focused on giving coaches the opportunity to take part and evaluate coaching sessions as well as gaining feedback on their own coaching performance. In the coming months, each club will receive a follow up visit from Regional Development Officer Kathleen Egan to provide continued support to coaches. A video of the programme is available on the WSP YouTube channel at <https://youtu.be/tg9lInkOE7Q>

**If you would like further information about this programme please contact: Peter Jones, Sports Development Officer, Waterford Sports Partnership on 076 110 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**



*'Worthwhile with real practices and real skills learnt. I feel more confident as a coach'*  
**Ursula O'Regan, Portlaw Camogie Club**

*'This workshop was a pleasure to co deliver. The participants were open and honest about their coaching and areas that they wanted to develop. The coaches were really enthusiastic, full of bright ideas and the common problem is that they don't realise just how good they are and can be. Now the challenge for all that attended is to put their observations into practice.'*  
**Jason Ryan, Course Tutor.**

*'It's a very exciting partnership and a new venture for us and we have some great, new novice coaches from nine clubs in Waterford. Hopefully this will be a pathway to coaches attending the foundation level course. The change in some of the coaches from the first night to the third has been huge.'*  
**Kathleen Egan, Regional Development Officer, Camogie Association.**



## Men on the Move 2016

The Men on the Move Programme is a physical activity programme for adult men. The focus of the programme is to encourage men to get more active, have fun and improve their fitness levels through twice weekly activity sessions for twelve weeks.

The programme offers men the chance to learn and take part in safe, effective exercises which are designed to suit everyone's needs. They should see both physical and psychological benefits such as improved mood, increased energy, weight loss/control and improved mobility and greater functional fitness. The twice weekly one hour physical activity sessions focus on aerobic exercises for forty minutes and work on core strength and flexibility for twenty minutes.

In September 2015, WSP in conjunction with WIT, the HSE and 8 local sports partnerships conducted research on the sustained impact of the programme. All men gave measurements including weight, height, BMI, waist circumference and also completed a one mile timed walk/run. Pre programme results showed that only 10% of men were normal weight with 54% of men were at a high risk for cardio vascular disease. As a direct result of this 12 week programme, 24% of men who were deemed at high risk for cardio vascular illness had average waist circumference falling from 106cm to 101cm and average weight falling from 92.5kg to 90.8kg. Men also reported increases in energy levels, decreases in forms of medication and improvements in mood. In September 2016, sixty seven men completed the 12 month follow up data collection. Results show that men who took part in the programme, and the follow on programme, were more likely to be physically, mentally and socially healthier.

**September 2016** - Eighty two men signed up for the 2016 Men on the Move Programme in Waterford City, Lismore and Dungarvan. Health measurements including height, weight, BMI, waist circumference and a timed one mile challenge were recorded with the assistance of our Men on the Move tutors Daniel Ryan, Darragh O'Connell, Jay Walsh and Sinead Brannigan and WSP staff.

Fifty five men completed the programme in the three areas and saw reductions in waist circumference, weight and the time to complete one mile. Men on the Move tutor Jay Walsh said 'There was a great buzz in the RSC for the Men on the Move programme and I can't wait to see the improvements from the lads in the coming weeks.'

**We will be delivering further Men on the Move programmes in March 2017.**

If you are interested in the programme or want further information, please contact Peter Jones on 076 110 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).



*'It is evident from the number of men taking part in the Men on the Move programme in Waterford and elsewhere, that men are really interested in improving their health and they are willing to engage with services once the approach is right for them. The Men on the Move programme is a fantastic opportunity for men to become more active in a fun and sociable environment in their own communities. There is considerable evidence to show that men, who participate in programmes such as Men on the Move, can reap benefits such as improved fitness levels, weight loss, an increase in self-confidence and mental wellbeing as well as feeling more connected and integrated with their communities. It is probable that their families and communities also benefit vicariously. It is really wonderful to see so many men in Waterford availing of this opportunity. And all it's costing them is their time.'*

**'Paula Carroll, Coordinator of the Men on the Move Research Project from WIT.**



## TRAINING, EVENTS & PROGRAMMES

Congratulations to the *Tramore parkrun* as they celebrate their first anniversary in January 2017 - Well done to all the great volunteers involved in this fantastic initiative!

GET UP... GET OUT...GET RUNNING!



EVERY SATURDAY @ 9.30am

FREE | 5K TIMED WALK or RUN

FOR ALL AGES & ABILITIES

Children under 11's must be accompanied by an adult

Meet at T-Bay Surf Club, Tramore Prom

REGISTER NOW! @ [www.parkrun.ie/tramore/](http://www.parkrun.ie/tramore/)

from beginners to Olympians...  
parkrun is for everyone

FIND  
Tramore parkrun Waterford  
on Facebook



ADVANCE REGISTRATION ESSENTIAL @ [www.parkrun.ie/tramore/](http://www.parkrun.ie/tramore/)



## Boxing for Women & Teenage Girls

WSP in partnership with St. Saviour's Crystal Boxing Club ran a boxing programme for women and teenage girls, the programme ran on Tuesday and Thursday evenings for 4 weeks in Saviours Crystal Boxing Club and was funded by Sport Ireland under the Women in Sport initiative. Four coaches from the club were involved in running the programme and all eleven women that signed up to the programme thoroughly enjoyed the activity. Ladies had the opportunity to work on their physical fitness levels as well as learning some basic boxing skills. Well done to all those that took part in the programme and to all the coaches from the club who made the ladies feel at ease the minute they walked into the club.

If you would like more information on this programme or if you are interested in joining the club please contact Pauline on 076 110 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



## COMING SOON! SWIM COACHING SESSIONS

organised by *Waterford Sports Partnership, Crystal Sport & Leisure Centre and Swim Ireland.*

Would you like to take part in coached swim sessions?

These sessions will help you improve your technique and increase your distance. You will be Swimming in a group with formal work out plans, organised lanes, great motivation and a network of training partners with a goal to swim a mile in a timed environment after 10 weeks training.

For more information please contact Mary Doyle on [mduoye@waterfordsportspartnership.ie](mailto:mduoye@waterfordsportspartnership.ie) or 0761 10 2619.



## Walk Waterford Autumn 2016

We were delighted to have the opportunity to showcase some of Waterford's finest walks as part of the Walk Waterford Series in September and October this year. Over the five weeks over sixty five participants strolled along the Dungarvan Railway Track, trekked through the beautiful Colligan Woods, rambled along the Tramore Doneraile, meandered through the Anne Valley and explored the new Waterford Greenway. 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.



If you would like more information on any of the walks, or would like to set up your own walking group please contact Pauline Cunningham on 076 110 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Waterford Greenway OPENING March 2017



# Greenway Code: Ring your bicycle bell



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

#WaterfordGreenway



### Greenway Code: Cycle at a safe speed



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

#WaterfordGreenway



### Greenway Code: Clean up after your frog. No wait! Dog! We mean dog.



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

#WaterfordGreenway

Check out the Waterford Greenway Website [www.visitwaterfordgreenway.com](http://www.visitwaterfordgreenway.com)

### Irish Heart Foundation

## Community Walking Leader Training

WSP in partnership with the Irish Heart Foundation held Community Walking Leader Training on Saturday 24<sup>th</sup> and Sunday 25<sup>th</sup> September in Rainbow Hall Kilmacthomas. Over 21 participants were in attendance with 13 of them coming from Waterford community groups and various organisations. Community Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace.



IRISH HEART  
FOUNDATION

The course was a mixture of theory and practical and covered topics such as; Current physical activity guidelines for adults and how they relate to walking, prescribing walking programmes suitable for people of different fitness levels, advice on issues such as posture, technique, stretching, intensity, clothing, etc., safety issues and risk assessment, planning walking sessions and programmes and how to start your own walking group.

Following the training several participants put their new skills into use by assisting WSP in leading walks or by setting up their own walking groups. Well done to all those that took part in the training, looking forward to seeing you out and about leading walks around the county.

If you or your group/organisation are interesting in Walking Training please contact Pauline Cunningham on 076 110 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie).

## Sean Kelly Tour of Waterford scoops National Award!

Waterford City and County Council and Waterford Sports Partnership were proud and delighted that The Sean Kelly Tour of Waterford won the Best Leisure Cycling Event at the Cycling Ireland Awards on Saturday 26th November.

2016 marked the 10th Anniversary of the Sean Kelly Tour of Waterford part of the An Post Cycle Series, a Sport Ireland initiative of five cycling events throughout Ireland and over 5,500 cyclists took part. Since its inception in 2007 the Sean Kelly Tour has grown from strength to strength and this is the second time we have won this national award beating off stiff competition from the Tour de Burren and the Leinster Loop.

Speaking after the awards, Rosarie Kealy, Co-ordinator, Waterford Sports Partnership said, "I was delighted to accept this award on behalf of the Sean Kelly Tour of Waterford. It is a great honour for the event to be recognised by Cycling Ireland members as the Best Leisure Cycle in 2016. It acknowledges the support of all our sponsors, our hard working committee, the contribution from staff in Waterford Sports Partnership and Waterford City and County Council and also the wonderful team of volunteers that make this event possible each year. We are so proud of this event and delighted with the number of Waterford people that get on their bikes to take part each year".



Pictured at the Cycling Ireland Awards Night (from l to r): Dr Una May, Director of Participation and Ethics Sport Ireland; Rosarie Kealy, Sports Co-ordinator, Waterford Sports Partnership; Geoff Liffey, CEO, Cycling Ireland

"Waterford City and County Council is delighted with this award and feel that it is a fitting acknowledgement and recognition of the huge volunteer effort that goes into this great event" says Michael Walsh, Chief Executive: "every year well over 500 volunteers from communities, towns, villages, clubs and organisations from all over Waterford put their collective shoulders to the wheel and ensure that an extra special 'Waterford Welcome' is extended to all participants. It is now an extremely important part of Waterford's portfolio of cultural and recreational events while also making a significant local economic impact."

**the sean kelly**  
TOUR OF WATERFORD

# The Sean Kelly Tour of Waterford 2017

**Saturday 19<sup>th</sup> August**      Voted Cycling Ireland's Best Leisure Cycling Event 2016

12k Kelly Spin

**Sunday 20<sup>th</sup> August**

50k Kelly Cruise  
100k Kelly Heritage Route  
160k Kelly Comeragh Challenge

**ONLINE ENTRY WILL OPEN IN MARCH 2017**  
[www.theseankellytour.com](http://www.theseankellytour.com)

Like Us On facebook

## 2017 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
<b>January 2017</b>				
Saturday 7 <sup>th</sup> January	Operation Transformation National Walk on the Waterford Greenway	9.30am sharp Registration from 9am	FREE	Greenway Kilmacthomas Meeting at the Workhouse Car Park Kilmacthomas
Monday 23 <sup>rd</sup> January	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 23 <sup>rd</sup> January	WSP Club Development Series - Concussion Awareness	6.30-9.30pm	FREE	WIT Arena, Carriganore, Waterford.
<b>February 2017</b>				
Monday 13 <sup>th</sup> February	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
Monday 13 <sup>th</sup> February	WSP Club Development Series - Pre-match and half time player motivation	6.30-8pm	€5pp	The Park Hotel Dungarvan.
<b>March 2017</b>				
Monday 6 <sup>th</sup> March	Safeguarding 2 – Club Children’s Officer Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
Saturday 11 <sup>th</sup> March	Disability Inclusion Training	9.30am – 4.30pm	€45pp	Crystal Sport & Leisure Centre, Cork Road, Waterford.
Monday 13 <sup>th</sup> March	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 13 <sup>th</sup> March	Disability Awareness in Sport Training	6.30-8.30pm	FREE	Crystal Sport & Leisure Centre, Cork Road, Waterford.
Saturday 25 <sup>th</sup> March	Remote Emergency Care – First Aid Course	9am – 5pm	€50pp	The Park Hotel Dungarvan.
<b>April 2017</b>				
Monday 10 <sup>th</sup> April	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6.00-9.00pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
Monday 10 <sup>th</sup> April	WSP Club Development Series - Prepare your club coaches of the future (A coach education session for 14-17 year olds)	6.30-9.30pm	FREE	WIT Arena, Carriganore, Waterford.
Thursday 20 <sup>th</sup> April and Friday 21 <sup>st</sup> April	Active Leadership Training for sports community volunteers working with children/teenagers	Thursday: 10am – 4pm Friday: 10am – 3pm	€15pp	Crystal Sport & Leisure Centre, Cork Road, Waterford.
<b>May 2017</b>				
Monday 8 <sup>th</sup> May	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 8 <sup>th</sup> May	WSP Club Development Series - Nutrition for Athletes and Club Players	6.30-9.30pm	€5	The Park Hotel Dungarvan.
Monday 22 <sup>nd</sup> May	Safeguarding 2 – Club Children’s Officer Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.

## 2017 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
<b>June 2017</b>				
Monday 12 <sup>th</sup> June	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
Monday 12 <sup>th</sup> June	WSP Club Development Series - Periodisation Training for Sports Coaches	6.30-9pm	€5pp	WIT Arena, Carriganore, Waterford.
Saturday 17 <sup>th</sup> June	Remote Emergency Care – First Aid Course	9am – 5pm	€50pp	WIT Arena, Carriganore, Waterford.
Monday 26 <sup>th</sup> June	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
<b>July 2017</b>				
Monday 3 <sup>rd</sup> July	Safeguarding 3 – Designated Liaison Person Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
<b>August 2017</b>				
Saturday 19 <sup>th</sup> & Sunday 20 <sup>th</sup> August	The Sean Kelly Tour of Waterford	Various	Various	See <a href="http://www.theseankellytour.com">www.theseankellytour.com</a>
<b>September 2017</b>				
Monday 11 <sup>th</sup> September	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
Monday 18 <sup>th</sup> September	Safeguarding 2 – Club Children’s Officer Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
<b>October 2017</b>				
Monday 9 <sup>th</sup> October	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
<b>November 2017</b>				
Monday 6 <sup>th</sup> November	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre

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

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

Please feel free to contact the office on 0761 10 2194/0761 10 2682 to request an application form or further information

## Walk to Run - Kilmacthomas

Nine eager and enthusiastic women have just finished taking part in a hugely successful "Walk to Run" Programme. This programme was funded by the HSE which enabled WSP to run an eight week programme along the newly developed Waterford Greenway in Kilmacthomas. The Programme was designed to teach women the correct running techniques, build their confidence and train them to complete 5km leisure runs in groups or on their own.

The group started on Saturday 24<sup>th</sup> September in what can only be described as the worst conditions possible for a beginners running group; wind, torrential rain and freezing cold weather conditions. Nevertheless it didn't put off these brave ladies as they all headed off with a smile on their face knowing they had taken a step in the right direction towards achieving their 5km goal. The programme was tutored by Sinead Brannigan, who worked closely with the ladies encouraging them over the eight weeks and even giving them weekly homework tasks.



The ladies are all still running together and are now known as the 'The Greenway Joggers'. They meet on a Saturday morning at 9.30am in the car park opposite the fire station and are always looking for new members to join. Breda Griffins one of the participants told us; 'The programme has totally changed my life; I never thought at 56 years of age that I would be willingly running/jogging. The encouragement we got from Sinead was just fantastic. We have also made some lovely genuine friends along the way and I think this is another incentive to get out and train and meet up on a Saturday morning'.

**EVERY JOURNEY NEEDS A FIRST STEP ...**

**WATERFORD SPORTS PARTNERSHIP**

**WALK TO Run**

**WALK TO RUN PROGRAMME**  
in association with Dunhill Sports Centre

**STARTING**  
**Saturday 7<sup>th</sup> January @ 10.30am**

**MEETING AT**  
**Anne Valley Walk Car Park**  
(with Log Cabin)  
**DUNHILL**

**COST**  
**€30 per person - 8 week programme**

**BEGINNERS PROGRAMME**  
**PLACES LIMITED**  
**BOOKING ESSENTIAL**

**EVERY JOURNEY NEEDS A FIRST STEP ...**

**WATERFORD SPORTS PARTNERSHIP**

**WALK TO Run**

**WALK TO RUN PROGRAMME**

**STARTING**  
**Wednesday 11<sup>th</sup> January @ 9.30am**

**MEETING AT**  
**T-Bay Cafe | The Promenade**  
**TRAMORE**

**COST**  
**€30 per person - 8 week programme**

**BEGINNERS PROGRAMME**  
**PLACES LIMITED**  
**BOOKING ESSENTIAL**

**BOOKING ESSENTIAL | PLACES LIMITED | FIRST COME FIRST SERVED**  
To book your place please call Pauline Cunningham on 0761 10 2682  
or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



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



Waterford Sports Partnership - Supporting Activity and Sport for All



**BOOKING ESSENTIAL | PLACES LIMITED | FIRST COME FIRST SERVED**  
To book your place please call Pauline Cunningham on 0761 10 2682  
or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



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



Waterford Sports Partnership - Supporting Activity and Sport for All







# let's run

8-Week Programme will run from Tuesday 10<sup>th</sup> January to Tuesday 28<sup>th</sup> February 2017

€30 per person

*Always wanted to run but never tried?*

*Would you like to learn in a fun, social atmosphere with lots of encouragement and advice to keep you on track?*

## Tuesdays @ 6.30pm

(registration from 6.15pm)

Commencing Tuesday 10<sup>th</sup> January 2017

Park Hotel Leisure Centre | Dungarvan

**LIMITED PLACES  
REGISTER NOW!**

BOOK YOUR PLACE TODAY BY CONTACTING:  
Pauline Cunningham on 076 110 2682 or  
[pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)  
or Claire Kennedy on 087 911 6997



SPÓRT ÉIREANN  
SPORT IRELAND



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Halloween Sports Camp

Great fun was had over Halloween in Carrickphierish Sports Hub at the two day Sports Camp. The camp aimed at children aged 9-15 years took place on Wednesday 2<sup>nd</sup> and Thursday 3<sup>rd</sup> of November from 11am – 2pm. It was a great success - 34 children from the local area came along both days and participated in a variety of activities including fitness activities, GAA, Football, basketball and other fun games. WSP would like to thank Northern Suburbs Community Youth Project, Waterford GAA Coaching and Development, and the FAI for their support running the camp.



## Girls Fitness Classes

In November, we ran a four week fitness programme for teenage girls at the Hub. Six girls participated every Tuesday from 6-7pm with fitness instructor Ken Browne. The classes were very good and changed every week to keep the classes interesting and challenging. There will be more fitness programmes organised in 2017 for teenage girls.

For more information please contact Mary Doyle on 0761 10 2619 or email [mdoyle@waterfordsportspartnership](mailto:mdoyle@waterfordsportspartnership).

## FITNESS CLASSES

### Barry O'Connor's Fitness Class

**GREAT VALUE!** Fitness Class

every Monday at the Sports Hub.

Fitness Instructor Barry O'Connor runs a weekly fitness class every Monday from 7 to 8pm suitable for all levels of fitness at an unbeatable price.

**Mondays | 7-8pm | Adults | €3 each  
PAY AS YOU GO**

*Why not give it a try this week!*



*"No two classes are the same, they are brilliant"*

*"Tough but very worthwhile"*

*"I'm getting fit and into shape"*

*"Great fun atmosphere with friendly helpful instructor"*

*"Great workout, hate missing it"*

## AFTERSCHOOL SPORTS CLUB

Northern Suburbs Community Youth Project run an **AFTERSCHOOL SPORTS CLUB** in the **SPORTS HUB** for children from Gaelscoil na nDeise and Waterford Educate Together National School.

The club runs every **THURSDAY** from **2.40-3.40pm** at a cost of **€1** per child.

*Registration forms are available from the schools and should be filled out by parents/guardians prior to joining the Afterschool Sports Club.*

**Thursdays | 2.40-3.40pm | 9-12 yrs | €1 per person**



**GAA**

Waterford GAA Coaching and Games Development deliver **BEGINNER HURLING & CAMOGIE TRAINING** to **CHILDREN AGED 4-9 YRS** from the Carrickphierish and Gracedeiu area on Thursday evenings from 5-6pm. Parents are encouraged to come along and learn the rules, skills and drills to help in their child's development.

**Starting back Thursdays from  
January 26th 2017  
5-6pm | 4-9yrs | FREE**



## FOOTBALL DROP-IN & PLAY!

**MONDAY EVENINGS**

*Registration forms available in the Hub to be completed by a guardian if under 18 yrs.*

**MONDAYS:**

**12-17yrs | 8-9pm | FREE**



**FOOTBALL**

# CARRICKPHERISH COMMUNITY SPORTS HUB UPDATE

## ACTIVITIES CURRENTLY RUNNING AT THE SPORTS HUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 - 8pm Adult Fitness Class	6 - 7pm Girls Fitness Class 12-16yrs	7 - 8pm Basketball U13 & 15 girls	2.40 - 3.40 After School Sports Club 9 - 12 yrs	Sports Club for children with Physical Disabilities  Contact: Pauline Cunningham on 0761 10 2682	9.30 - 10.30am Céilí Dancing*
8 - 9pm Football Drop In 12 to 17yrs	7 - 8pm Basketball U12 boys	8 - 9pm Basketball U14 & U15 boys	5 - 6pm GAA 4-9 yrs boys & girls		10.30am - 12pm Irish Dancing*
	8 - 9pm Basketball U18 girls		7.30 - 8.30pm Basketball U16 & U18 boys		12 - 1pm Basketball U15 boys beginners
 <p>*Waterford Academy of Irish Dancing has 3 teachers registered with An Coimisiun le Rinci Gaelacha; Maureen Boland ADCRG, Carina Knox TCRG and Mary McCarthy TCRG. We cater for boys and girls from age 3 and up. We have enjoyed great success at local and World level and have performed at cabarets and private functions for many years. Irish dancing is a great way to make new friends, build confidence and learn to work as a team. Looking forward to seeing new faces. Maureen, Carina and Mary.</p>					1 - 2pm Basketball U13 & U15 girls
					2 - 3pm Basketball Beginners
				3 - 4pm Basketball U12 boys	
				4 - 5pm Basketball U16 boys	
				5 - 6pm Basketball U18 boys	



### Waterford Vikings Basketball Club

Welcomes boys and girls from 7 – 18 years to Adults. We play in the Kilkenny and South East Basketball League. We train midweek and Saturdays in the Carrickpherish Sports Hall. We welcome all new members. If you would like to know more about joining our club please contact Ruth Sheehan on 086 1246668 or by email at eamonnruth1@eircom.net. FIND US ON FACEBOOK.



## BOOKING INFORMATION

For hall bookings and information on opening hours, access to hall and rates please contact Darren Sealy at [cccsportshub@waterfordcouncil.ie](mailto:cccsportshub@waterfordcouncil.ie)



For further information or if you have any questions in relation to the Sports Hub please feel free to contact:

Mary Doyle, Hub Development Officer on 0761 102619  
or email [mdoyle@waterfordsportspartnership.ie](mailto:mdoyle@waterfordsportspartnership.ie)



## The Games

This year WSP introduced participants to a new activity called Go for Life (GFL) 'The Games' which ran three times this year; April (40 participants), June (36 participants) and October (60 participants). The Games is a series of three target games called Lobbers (adapted from petanque and boules), Flisk (adapted from horseshoe pitching), and Scidils (adapted from ten pin bowling) and is suitable for PAN Disability. The Games were run in partnership with Cill Barra Sports Centre and proved to be a huge success with groups travelling from as far as Youghal to take part.



Although numbers for the activity are high we are still looking for more participants and organisations to join us in 2017. **Check out our CALENDAR OF EVENTS 2017 on page 23 for dates and details of our GFL 'The Games' for 2017. If you or your organisation need more information on this activity please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie).**

## Social Soccer

On the last Thursday of every month from 1-2pm the FAI and Waterford Sports Partnership runs Social Soccer for adults with PAN disability in Waterford. The Social Soccer League is made up of various disability groups from right across the City and County who come together each month to play soccer. With the assistance of the FAI ETB students' two sections are run, an indoor section for participants of low level ability and an outdoor section for higher level ability participants. A huge thank you must go to the FAI Sports Development Officers, Gary Power and Michael Looby and the students from the FAI ETB Course who ran the sessions each month. The students created an enthusiastic, fun and friendly environment and worked excellently with all participants. We're looking forward to seeing you all in 2017!

If you require more information or your organisation would like to get involved in Social Soccer please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie).

## Boccia

On Wednesday 7<sup>th</sup> December WSP, in partnership with Rehab Care Waterford, ran a Boccia Blitz in Cill Barra Sports Centre from 10.30am-2.00pm. The hall was a hive of activity as participants arrived in festive spirits with Christmas jumpers and Santa hats. Forty four participants were in attendance as well as fifteen staff from six organisations (St. Raphael's, Carraiglea, Anne Le Roy, Rehab Care, Tory Services & St. Otteran's ATU). All sixteen teams had the opportunity to play eight games before lunch with four teams drawing on level points for a quarter final. After all quarter finals two Rehab Care teams ended up in what can only be described as a very competitive final.



Hazel Cleary from Rehab Care was on the winning team and sponsored medals for all participants on the day. Well done to all involved and to all the staff in Cill Barra Sports Centre for helping to run the blitz.

If you or your organisation are interested in taking part and would like to register your teams for any of our 2017 blitzes please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



### Multi Sport for Adults with a Disability

Our new multi sport programme for adults with a mild to moderate disability is proving to be a huge success with twenty six participants taking part in March, thirty five participants in June and a further forty participants in October. Participants have the opportunity to try out a variety of sports such as basketball, soccer, hockey, volleyball, parachute and much more. Well done to all the organisations who took part in our three multi sport activities in 2016, we are looking forward to seeing you all again in 2017.

Check out our **CALENDAR OF EVENTS 2017** on page 23. If you require more information please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie).



### Sports Ability Forum

One of WSP's aims for 2016 was to establish a Sports Ability forum for Disability organisations in Waterford and we have had two meetings to date. The forum is made up of members from IWA Sport, IWA Waterford, SHBI, CRC Waterford, FAI, GAA, Munster Rugby Brothers of Charity, WASSA, Down Syndrome Branch Waterford, HSE, WSP Board members and identified parents from Waterford City and County. The aim of the forum is to meet every quarter giving organisations an opportunity to network, form partnerships and discuss physical activity opportunities for people with a disability in Waterford. The forum also decided to set clear objectives each year with this year's objective to set up a sports club for children with a physical disability in Waterford and we are happy to say this has been achieved.

We would be delighted to have additional members on this forum, if you or your organisation would like to be part of this please contact Pauline Cunningham on 076 110 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie).

### Walk for Life

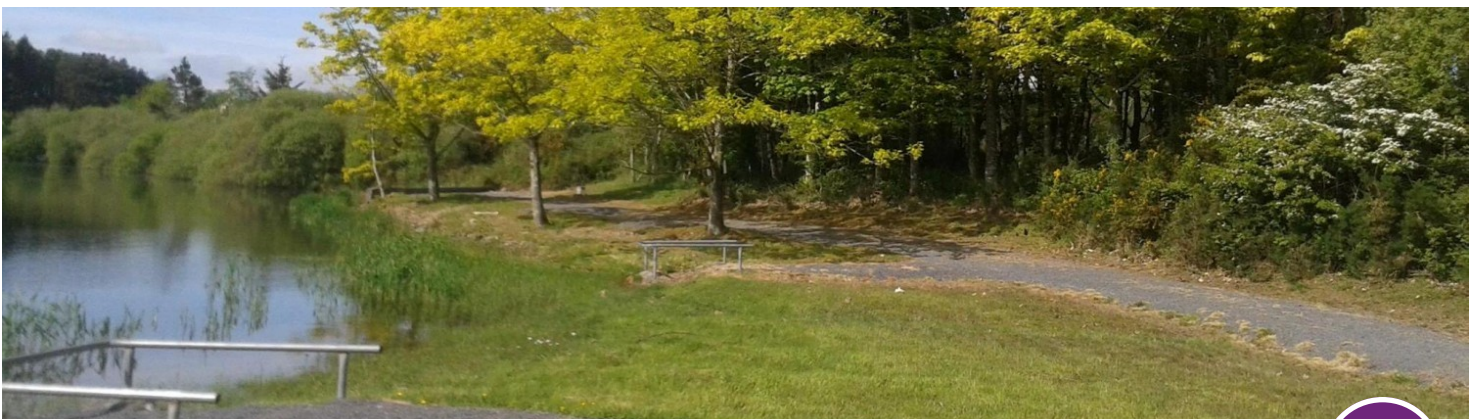
Well done to all the participants who joined in the Older Adults Walk for Life 5km Challenge in September and October 2016. Participants had the opportunity to see some of what Waterford had to offer when they visited Anne Valley Dunhill, The Greenway and Tramore. After each walk participants enjoyed tea/coffee and scones. We will be holding another series of walks in February and March 2017 and we are looking forward to seeing you all there.

For a full list of walks, check out our **CALENDAR OF EVENTS 2017** on page 23. If you require more information or would like to join us on our walks, please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie).



### NEW for 2017 - Fishing for Adults with an Intellectual Disability

In 2017, we plan to run a six week fishing programme in Ballyshunnock, Portlaw. Week one of the programme will involve a training day for staff of the services who will support the participants attending the programme. The programme is aimed at adults with an intellectual disability and service staff and will cost €20pp for the 6 week programme. The programme is limited to 3 participants per service to allow equal opportunity for all organisations. If you or your group is interested in taking part please contact Pauline Cunningham on 076 110 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



## Cycling for adults with a Disability

### Brothers of Charity Tory

Well done to the seven participants from Brothers of Charity Tory Services who completed a six week cycling programme. The programme was tutored by Dermot Blount from Guided Bike Tours of the South East in the Regional Sports Centre on Friday afternoons. The aim of the programme was to teach some of the participants how to cycle (as they had never learned before), while for others it was to teach them the necessary skills such as, breaking, cornering, and road safety. The programme was a huge success and to put their new skills into practice, participants enjoyed a guided cycle in Dunhill along by the River Anne all the way into Dunhill Castle where they enjoyed a picnic. Well done to all involved it was a huge success. Looking forward to seeing you all on the Greenway!



### The Hub Carriglea

Four eager and enthusiastic participants from The Hub Carriglea along with one staff member took part in a six week cycling programme. The programme was tutored by Pauline Cunningham (WSP) and Darragh O'Connell. The aim of the programme was to get the participants 'Greenway ready' and in doing so they were taught the necessary skills of taking off (ready position), braking, cornering, signalling and basic Greenway etiquette. Each week we increased the distance of our cycle with our final cycle taking us all the way to the Shanacool Car Park (Durrow) and back. Despite the horrendous weather conditions, participants completed the cycle with a smile on their faces. All participants keep their bikes in

the 'Go Dungarvan' Bike Shelter and are continuing to cycle on a weekly basis with their staff member. Well done to all four participants you all did a fantastic job, looking forward to seeing you all on the Greenway soon.



## Disability Inclusion Training Course



Waterford Sports Partnership is delighted to announce a **Disability Inclusion Training Course**

on **Saturday 11<sup>th</sup> March | 10am – 4pm.**  
at the **Crystal Sports & Leisure Centre**

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 **076 110 2682**  
[pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie).



**NEW! MULTI-SPORT CLUB**  
FOR CHILDREN AND YOUNG PEOPLE  
AGE 4 to 18 with a Physical Disability



## OPEN EVENING for MULTI-SPORT CLUB

Come & Try It Taster Session for children and young people with a physical disability, their parents, siblings and friends.



**Friday 13<sup>th</sup> January 2017 | 6.30 to 8.30pm**

**CARRICKPHIERISH SPORTS HUB**

**Gracedieu Road | Carrickphierish | Waterford**

**COME & TRY . . . HURLING | SOCCER | RUGBY | YOGA | WHEELCHAIR GAMES | VOLLEYBALL | BASKETBALL | MUAI THAY**  
**FREE EVENT ■ REFRESHMENTS WILL BE SERVED**



For more information please contact:  
Mary on 085 1034072 or Pauline on 076 110 2682

Check out the **DEISE DRAGONS**

Facebook Page 



Waterford Sports Partnership - Supporting Activity and Sport for All | [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

# DISABILITY CALENDAR OF PROGRAMMES & EVENTS 2017

Date / Time / Venue	Course/Event	Suitability	Cost	Booking
<b>FEBRUARY</b>				
<b>Wednesday 1<sup>st</sup> February</b> 11.00am – 12.30pm Cill Barra Sports Centre	<b>Boccia</b> is a target ball game similar to bowls or petanque, ideal for mixed ability participants and can be played by individuals, pairs, or teams of three. All events are mixed gender. Aim of the game is to throw leather balls as close as you can to a white target ball, or jack.	Mixed Ability	€2pp	Please contact Pauline <i>(Details Below)</i> <b>by Monday 30<sup>th</sup> January</b>
<b>Tuesday 14<sup>th</sup> February</b> @ 10.30am Waterford Greenway, Shanacool (Durrow)	<b>Walk for Life</b> - Get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside.	Mixed Ability (Accessible Walk)	€3pp (incl. tea/ coffee & scone)	Please contact Pauline <i>(Details Below)</i> <b>by Friday 10<sup>th</sup> February</b>
<b>Tuesday 21<sup>st</sup> February</b> @ 10.30am Anne Valley, Dunhill	<b>Walk for Life</b> - Get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside.	Mixed Ability (Accessible Walk)	€3pp (incl. tea/ coffee & scone)	Please contact Pauline <i>(Details Below)</i> <b>by Friday 17<sup>th</sup> February</b>
<b>Thursday 23<sup>rd</sup> February</b> 1 – 2pm Kingfisher Club, Waterford	<b>Social Soccer</b> offers something for all. Two groups will be formed based on ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate/severe take part in fun activities and game in the sports hall.	Mixed Ability	€2pp	Please contact Pauline <i>(Details Below)</i>
<b>Tuesday 28<sup>th</sup> February</b> @ 10.30am Clonea Beach	<b>Walk for Life</b> - Get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside.	Mixed Ability (Accessible Walk)	€3pp (incl. tea/ coffee & scone)	Please contact Pauline <i>(Details Below)</i> <b>by Friday 24<sup>th</sup> February</b>
<b>MARCH</b>				
<b>Wednesday 1<sup>st</sup> March</b> 11.00am – 12.30pm Cill Barra Sports Centre	<b>Multi – Sport</b> is aimed at more active participants. It will involve a variety of activities such as; basketball, caman abu, volleyball, parachute, circuit, swiss ball soccer and much more.	Mild – Moderate Disabilities	€2pp	Please contact Pauline <i>(Details Below)</i> <b>by Monday 27<sup>th</sup> February</b>
<b>Tuesday 7<sup>th</sup> March</b> @ 10.30am Tramore, meet @ T-Bay Café	<b>Walk for Life</b> - Get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside.	Mixed Ability (Accessible Walk)	€3pp (incl. tea/ coffee & scone)	Please contact Pauline <i>(Details Below)</i> <b>by Friday 3<sup>rd</sup> March</b>
<b>Tuesday 14<sup>th</sup> March</b> @ 10.30am The Towers, Lismore	<b>Walk for Life</b> - Get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside.	Non Accessible Walk	€3pp (incl. tea/ coffee & scone)	Please contact Pauline <i>(Details Below)</i> <b>by Friday 10<sup>th</sup> March</b>
<b>Thursday 30<sup>th</sup> March</b> 1 – 2pm Kingfisher Club	<b>Social Soccer</b> offers something for all. Two groups will be formed based on ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate/severe take part in fun activities and game in the sports hall.	Mixed Ability	€2pp	Please contact Pauline <i>(Details Below)</i>
<b>APRIL</b>				
<b>Wednesday 5<sup>th</sup> April</b> 11am – 12.30pm Cill Barra Sports Centre	<b>GFL 'The Games'</b> is a series of three target throwing games called Lobbers, Flisc and Skiddle which can be played in singles, pairs and teams.	Mixed Ability	€2pp	Please contact Pauline <i>(Details Below)</i> <b>by Monday 3<sup>rd</sup> April</b>
<b>Thursday 27<sup>th</sup> April</b> 1 – 2pm Kingfisher Club, Waterford	<b>Social Soccer</b> offers something for all. Two groups will be formed based on ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate/severe take part in fun activities and game in the sports hall.	Mixed Ability	€2pp	Please contact Pauline <i>(Details Below)</i>
<b>MAY</b>				
<b>Wednesday 3<sup>rd</sup> May</b> 11am – 12.30pm Cill Barra Sports Centre	<b>Boccia</b> is a target ball game similar to bowls or petanque, ideal for mixed ability participants and can be played by individuals, pairs, or teams of three. All events are mixed gender. Aim of the game is to throw leather balls as close as you can to a white target ball, or jack.	Mixed Ability	€2pp	Please contact Pauline <i>(Details Below)</i> <b>by Tuesday 2<sup>nd</sup> May at 1pm</b>
<b>Thursday 25<sup>th</sup> May</b> 1 – 2pm Kingfisher Club, Waterford	<b>Social Soccer</b> offers something for all. Two groups will be formed based on ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate/severe take part in fun activities and game in the sports hall.	Two groups Mild Moderate Moderate to Severe	€2pp	Please contact Pauline <i>(Details Below)</i>
<b>JUNE</b>				
<b>Wednesday 7<sup>th</sup> June</b> 11am – 12.30pm Cill Barra Sports Centre	<b>Multi – Sport</b> is aimed at more active participants. It will involve a variety of activities such as; basketball, caman abu, volleyball, parachute, circuit, swiss ball soccer and much more.	Mild – Moderate	€2pp	Please contact Pauline <i>(Details Below)</i> <b>by Monday 5<sup>th</sup> June</b>
<b>Thursday 29<sup>th</sup> June</b> 1 – 2pm Kingfisher Club, Waterford	<b>Social Soccer</b> offers something for all. Two groups will be formed based on ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate/severe take part in fun activities and game in the sports hall.	Two groups Mild Moderate Moderate to Severe	€2pp	Please contact Pauline <i>(Details Below)</i>

Contact Pauline Cunningham our Sports Inclusion Disability Officer by phone on 0761 10 2682  
or by email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Operation Motivation

In collaboration with the HSE, a four week activity programme was implemented for Teenage girls. The objective of this programme was to highlight that exercise does not have to be competitive or team based and it can cater for all fitness levels. Activities for Operation Motivation included Walking, Boxercise, Yoga and Step Aerobics. The activities were chosen so that individuals could go at their own pace. As a result, the girls continued with a Walking programme that brought them right up to Christmas week! Well done girls.



## Schools Archery

Thanks to Mount Sion CBS, De La Salle College and Waterpark College for participating in the Schools Archery Taster Sessions. Facilitated by Na Laoch Dall Archery Club, under the guidance of fully qualified and experienced coaches, the participants were given an introduction in safety on the range, description of equipment and its components, technique on 'drawing' and 'shooting' the bow and correct shooting form. Thanks to Thomas and David for delivery a safe, excellent activity. **For further information on Archery programmes contact Brian O'Neill on 086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**



## Life Skills Recreation Programme

Four boys (14-16 yrs) from Northern Suburbs CYP recently completed the Life Skills Recreation programme. This programme combines Youth Work with Sports Development. The boys attended two personal development workshops and as a reward, they got to chose two activities. The activities chosen were a Swim session in Crystal Sport and Leisure Centre and a Muay Thai session, facilitated by Waterford Muay Thai. Great to see such effort put in at both sessions. Well done guys!



## Athletics - Presentation Primary School

In partnership with Waterford Athletic Club, Miss Fitzgerald's and Miss Brennan's 4th class students from Presentation Primary School in Waterford City took part in a four week Athletic programme. The programme covered a number of activities such as safe warm ups and stretching, correct running technique & posture, improved balance, baton replay, soft javelin, small hurdles and triple jump. Special thanks must go the School Completion Programme for helping out with his activity, to Jacinta from Waterford AC who provided an excellent, fun programme. We would also like to thank Waterford GAA for the use of Walsh Park over the two programmes.



## 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](mailto:boneill@waterfordsportspartnership.ie)



## Diversion Boxing

Thirteen 6<sup>th</sup> class girls from St. Saviour's National School in Ballybeg took part in a 4 week Boxing Fitness programme facilitated by Saviour's Crystal Boxing Club. The aim of the programme was to increase physical fitness amongst the students as well as teaching the skills of Boxing. The programme covered all areas of Boxing such as shadow boxing, bag work, 'school-boy' sparring, circuits and fun games. All sessions began with a warm up and concluded with a cool down including stretching. Thanks to Saviour's Crystal Boxing Club for presenting the girls with certificates and two free club training passes. Special thanks to Jamie for delivering an excellent, fun programme and to the School Completion Programme for overseeing the programme.



## Hot Yoga Taster Programme

Five girls from Northern Suburbs CYP tried 'Hot' Yoga for the first time. Facilitated by Steven Rockett of My Yoga Waterford, the girls were shown a number of basic Yoga poses such as Table Top, Cow, Cat, Down Dog, Low Lunge and Tree Pose to name a few. The sessions also included breathing and relaxation techniques. Well done girls. Special thanks to Steven from My Yoga Waterford for delivering the sessions.

## Gym Education Programme

Five Members from the LTI training initiative in Manor St. John completed a four week Gym Education in Kingfisher Leisure Club. Facilitated by Dean Roche from Kingfisher, the programme involved showing the boys how to use each machine correctly such as Thread mills, Rowing machines, etc, and how to perform a variety of exercises for each body. Dean also designed individual gym programmes for each person, so that they can continue with their training when the programme finishes. Thanks to Kingfisher Leisure Club for facilitating this programme with their excellent facilities and also to Dean for delivering a very informative Gym programme



## Swimming for Beginners

Four young boys from Manor St. John and two from SWAY Garda Young Diversion Project took part in separate six week swimming programmes. Facilitated by Brian Walsh from Kingfisher Leisure Club, the boys were shown proper breathing technique, along with correct swimming strokes. Great improvements were made weekly, partially due to teacher/student ratio which was 1:2. Thanks to Brian for facilitating an excellent, enjoyable programme.

**For further information on swimming lessons for beginners, contact Brian O'Neill on 086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**



### Late Night Soccer League

In partnership with the FAI, a Late Night Soccer league was held for the month of November. Four projects from Waterford City took part in this 5 –a –side league- TREO, Ceim Eile, SAOR and Frontline. Every Friday from 7-8pm in Kingfisher Leisure Club, the teams competed for the Late Night Soccer trophy. The league came down to the final night (and to the final game), with TREO and SAOR still in contention. A tense final game was played between the two, with TREO running out eventual winners. Well done guys!



### Tag Rugby St. Saviour's N.S.

Waterford City Rugby Club and Munster Rugby delivered a four week Rugby programme to 6<sup>th</sup> and 5<sup>th</sup> class students from St. Saviours National School. As well as playing a number of fun (and sometimes competitive) games, the programme covered the basic skills of how to handle, pass, and catch the Rugby ball correctly. Most of the programme was 'games based' as opposed to running a number of drills. Thanks to John O Neill from Munster Rugby (who presented the school with a PLAY Rugby pack) and to Dean Cox from Waterford City Rugby Club, for delivering an excellent fun programme. Each young person received two free training passes to attend club training sessions on Sunday mornings at Waterford City Rugby Club. The school has now registered with the IRFU to enter a competition that may see former Munster Rugby players facilitate a Rugby session at their school.



### Re-engaging programme

This programme works by means of a referral process. If you are aged between 16yrs and 23yrs and have disengaged in sport and physical activity for whatever reason or you know someone that may fit into that bracket then this is for you. Over the past few years we have received many referrals from young adults, parents and youth workers enabling the YSDO to make contact with the young people that are hoping to once again or for the first time get involved in a local club to participate in the sport or simply volunteer.

For further information on this programme please contact Brian O'Neill on 086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

### YOUTH COACHING FUND

The Youth Coaching Fund, set up by the Youth Sports Development Officer, supports club volunteers in gaining a coaching accreditation that will permit them to coach underage teams. Funding is now available for young people who wish to get involved in coaching. Participants must be over 16 years of age and their club must be affiliated to a NGB.

For further information contact:  
Brian O' Neill on 086 0201219 or  
[boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

### Couch to 5K

Well done to Simon and John from Ceim Eile for completing the Tramore 5km parkrun. A great achievement! Both of the boys prepared for five weeks in advance prior to this event by attending a Running programme, facilitated by Seamus Doyle of Balance Fitness. Seamus showed the group how to warm up and cool down safely, correct running technique, breathing technique and the importance of a slow paced run. The programme concluded with the Tramore parkrun- a free event run by volunteers every Saturday in Tramore at 9.30am. We would like to thank Seamus for getting the lads over the line, so to speak, and also to the other Ceim Eile members for completing the Running programme but who were unable to make the 5k run in Tramore.



### Active Body-Active Mind (ABAM)

The Active Body Active Mind programme was a new initiative with TReO Port Láirge allowing the programme to become accredited. Twenty one participants (including 3 project workers) completed the Active Body-Active Mind programme. This 11 week Health Related Fitness programme is an accredited QQI Award, **including two minor QQI awards in Health Related fitness and Personal Effectiveness**. To gain this award, participants covered a number of topics such as anatomy and physiology, lifestyle habits, communication, benefits of exercise, team building, session planning, active leadership and nutrition. They also took part and wrote up a log of a number of activities they took part in such as Soccer, Boxing, Aerobics, Spinning Class, Rugby, Surfing, Tennis, Muay Thai, Circuit Training and Yoga. They also gained the Active Leadership Award (a certified course from Sport Ireland). Well done guys.



# USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
<b>Athletics Ireland</b>	Colin Byrne	087 0632326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
<b>Association of Irish Powerchair Football</b>	Donal Byrne	087 4117911	donal.byrne@cheshire.ie	
<b>Badminton Ireland</b>	Norma McIntyre	01 8393028	nmcintyre@badmintonireland.ie	www.badmintonireland.ie
<b>Basketball Ireland</b>	Ciaran O'Sullivan		cosullivan@corksports.ie	www.basketballireland.ie
<b>Camogie Association</b>	Kathleen Egan	087 6415485	kathleen.egan@camogie.ie	www.camogie.ie
<b>Confederation of Golf in Ireland</b>	Jennifer Hickey	087 6644189 01 502070	jennifer@cgigolf.org	www.cgigolf.ie
<b>Cricket Ireland</b>	Jim Doran	086 8169667	jim.doran@cricketireland.ie	www.cricketireland.ie
<b>Cycling Ireland</b>	Rachel Ormrod Heather Boyle	086 7802937 086 0211146	rachel@cyclingireland.ie heather@cyclingireland.ie	www.cyclingireland.ie
<b>Down Syndrome Waterford</b>		087 6057069	info@dsiwaterford.ie	www.dsiwaterford.ie
<b>Football Association of Ireland</b>	Gary Power Michael Looby	086 3883850 087 0508623	gary.power@fai.ie michael.looby@fai.ie	www.fai.ie
<b>Gymnastics Ireland</b>	Garrett Buckley	01 6251125	garrett@gymnasticsireland.com	www.gymnasticsireland.ie
<b>Gaelic Athletic Association</b>	Eoin Breathnach	087 9219345	eoin.breathnach@games.gaa.ie	www.gaa.ie
<b>Irish Amateur Boxing Association</b>	Gerry O'Mahony	087 7545100	info@iaba.ie	www.iaba.ie
<b>Irish Road Bowling Association</b>	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
<b>Irish Rugby Football Union</b>	John O'Neill Amanda Greensmith	086 8207752 086 0218320	johnoneill@munsterrugby.ie amandagreensmith@munsterrugby.ie	www.irfu.ie www.munsterrugby.ie
<b>Irish Sailing Association</b>	Sarah Louise Rossiter	087 9390488	sl.rossiter@sailing.ie	www.sailing.ie
<b>Irish Water Safety</b>	Colin Kehoe	051 849731	ckehoe@waterfordcouncil.ie	www.iws.ie
<b>Irish Wheelchair Association</b>	Paul Ryan Nicky Hamill	087 1371333 01 8186400	paul.ryan@iwa.ie nicky.hamill@iwa.ie	www.iwa.ie
<b>Ladies Gaelic Football</b>	Mary Halvey Ciara Dunphy	087 2520550 086 2486708	secretary@munsterladiesgaelic.ie dunphyciara21@live.ie	www.ladiesgaelic.ie
<b>Olympic Handball</b>		01 625 1165	ioha@olympichandball.org	www.olympichandball.org
<b>Orienteering Ireland</b>	Andrew Cox	087 2229677 051 860232	development@orienteering.ie	www.orienteering.ie waterfordorienteers.blogspot.com
<b>Rowing Ireland</b>	Pat McInerney	087 9695093	pat.mcinerney@rowingireland.ie	www.rowingireland.ie
<b>Special Olympics</b>	Susan McGill	087 2938321	susanmcgill@waterford.brothersofcharity.ie	www.specialolympics.ie
<b>Swim Ireland</b>	Cathal Geraghty	086 0619452	mso@swimireland.ie	www.swimireland.ie
<b>Tennis Ireland</b>	Conor O'Callaghan	087 6882286	timunsterrdo@gmail.com	www.tennisireland.ie www.munstertennis.com
<b>Triathlon Ireland</b>	Anna Crooks	085 8397816	anna@triathlonireland.com	www.triathlonireland.com
<b>Vision Sports Ireland</b>	Sarah McLaughlin	085 8500193	office@visionsports.ie	www.visionsports.ie
<b>Volleyball Association of Ireland</b>	Ciara Buckley	086 7906870	south@volleyballireland.com	www.volleyballireland.ie
<b>Waterford Autism Social and Sport Action (WASSA)</b>	Elaine Sheridan	087 6798411	contact@wassa.ie	www.wassa.ie
<b>Weightlifting Ireland</b>	Colin Buckley	086 2577875	colinbuckley37@gmail.com	www.weightliftingireland.com



## WATERFORD SPORTS PARTNERSHIP

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