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## The John Treacy 10 Mile Classic & 5K Fun Run/Walk

*On Sunday May 17th the Gods were certainly smiling down on Villierstown and on one of its most famous son's, John Treacy when between the wind and the rain, the grey clouds cleared and the wind abated and for the 399 runners who took part in the 10 mile event and the 475 participants in the 5k Fun Run/Walk a most unique and enjoyable day unfolded. The atmosphere of a 'conventional' 10 Mile race was very much added to by the 5k event where runners and walkers of all ages actually outnumbered their 10 mile counterparts. Coupled with this the festivities which included outdoor live music and children's entertainment really added to a great day in Villierstown for the John Treacy 10 Mile Classic and 5k Fun Run/Walk.*



Waterford Sports Partnership and Waterford County Council worked very hard for some months behind the scenes on this event but with a lot of help from the committee which included, West Waterford Athletics Club, Waterford Athletics Club and representatives of the Villierstown Community.

The 5k Fun Run was the real revelation of the day. With a huge entry of 475 people of all ages from the very youngest (some still in buggies) up to those who have been out of the buggy for quite some time and everything in between. The 5k event was never going to be about times (even though there were some good times posted), it was more geared towards fun, participation and healthy outdoor pursuits.

After the event the organising committee paid tribute to the Irish Sports Council through John for its role in supporting not only this event but also actively encouraging participation in physical activity throughout the country. The success of the 5k event in particular was indicative of the hard work that is going into health promotion and participation by the Irish Sports Council and the Local Sports Partnership network.

## Active Older People Programme



With the support of Go for Life funding, Waterford Sports Partnership launched the Active Older People Programme in March this year. This programme aims to encourage and support Older Adults to meet the Irish Heart Foundation recommended guidelines of 30 minutes a day of physical activity on most days of the week.



To support this programme Waterford Sports Partnership developed an Activity Log Booklet for all those on the Active Older People Programme. It was so popular it is now available to download from the website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) This booklet contains useful tips and information for Older Adults on the benefits of being active and how to become more active more often.



The Active Older People Programme began with a 6 week Leisure Centre Programme specifically tailored to suit Older Adults. Initially Waterford Sports Partnership planned to run mixed sessions in Cappoquin Community Centre, the Kingfisher Club Waterford City and the Park Hotel Dungarvan with an additional men only group in the Kingfisher Club. However due to demand extra groups were added in the Park Hotel and the Kingfisher Club. WSP was delighted to have 131 Older Adults taking part in the 6 week programme across Waterford.



Over the 6 weeks the groups had an opportunity to experience a number of the different activities leisure centres provide, these included fitness classes, aqua aerobics, gym programmes, boxing, badminton, swimming lessons and much more. Feedback from all those who took part was fantastic! *"I have never been in a gym before and I'm really enjoying it"* *"I look forward to meeting up every week with my group, it was fun and I felt I benefited immensely. Sometimes I came in tired and left invigorated"* *"I feel a lot fitter than before, I found the programme very good, it has given me more of a boost to do exercise, I'm now walking about a half an hour every day, I wasn't doing anything before the programme"* On the conclusion of the 6 weeks the majority of participants, keen to keep up all their good work, either signed up for another 6 week course or decided to keep using the Leisure Centre in their own time.

The next initiative under the Active Older People Programme is a 5 week walking programme that includes organised walks in both the City and Dungarvan, a FitWalk clinic with Frank Fahey and participation in the John Treacy 5km Fun Walk on the 17th May.

**For further information on the Active Older People Programme please contact Peter Jones 058 21191 or Jane O'Dwyer 051 849855**

## Buntús Start

Over 60 Waterford Childcare Centres have undertaken training in the National Buntús Start Programme, 16 of which completed their training this May. This programme is proving to be well received by both Childcare Centre Staff and children.

Buntús Start is a comprehensive physical activity programme for children aged 2-5 years. It has been specifically designed for use in pre-school settings. The programme's main focus is to assist young children in the development of fundamental motor skills, manipulative skills, co-ordination and balancing skills as well as develop a positive attitude to physical activity.

Waterford City and County Childcare Committees and Waterford Sports Partnership are working together to roll the programme out across Waterford. For a nominal fee Centres are given a bag of physical activity equipment (valued in excess of €200), resource cards and a 6 hour training course (completed in two parts) to assist participants to get the maximum benefits out of the Buntús Start programme.

The Childcare Committees will be contacting those who are yet to receive the programme with autumn training dates after the summer.

**For more information on the programme contact Jane O'Dwyer 051 849855**

## Safe Cycling

Over 800 Waterford Children are taking part in the 2009 Safe Cycling Programme. This initiative has been developed and subsidised by Waterford Sports Partnership and the Road Safety Officer of Waterford City Council and Waterford County Council. The aim of this programme is to teach children all aspects of cycle safety and to develop bike control skills.

At the beginning of the training all Pupils are given a cycling helmet which is used on the course and is theirs to keep. The full day training is mostly practical and gives Pupils the opportunity to learn both how to be a good cyclist and how to be a safe cyclist.



Those Pupils that have completed their training were delighted with the day. When asked what was one thing they remembered from the training Pupils commented on learning how to indicate, learning where they should be on the road to be seen by cars and how to cycle in control at all times. During the training Pupils had the opportunity to take part in a slow cycle race and also go over a see-saw type ramp – tricky stuff!

## Waterford Sports Partnership Coaching & Development Funds

*In 2009 under its Coaching and Development Funds, Waterford Sports Partnership has so far allocated €3120 to 8 separate clubs and organisations. The Coaching & Development Funds are open to all sports clubs in Waterford. Clubs will be allocated 75% of the requested amount up to a maximum allocation of €500.*

**The Coaching fund** aims to ensure that coaches of all sports club have the opportunity to develop themselves individually, which will then have an impact on the players and athletes whom they coach. The Coaching Fund enables any coach to attend a coaching course run by the National Governing Body and receive full funding for this.

**The Development Fund** aims to assist new clubs with essential start up costs and also to support existing clubs with participation initiatives. So far in 2009 we have assisted 5 new clubs.

### West Waterford Vikings DEVELOPMENT FUND RECIPIENTS

West Waterford Vikings received €500 from the development fund to assist with the set up of a juvenile side and a social adult team in October 2008. Club chairperson and coach Pascal Bree outlines the development of the club below.....

West Waterford Vikings Basketball Club was set up to encourage and foster the sport of Basketball in West Waterford. A small committee of former players and enthusiastic parents set up the club and committed to organising and participating in three training sessions per week. Initially local interest was drummed up via a one day Basketball camp. Thereafter up to 50 underage children and 20 junior kids train on a Monday night and on a Wednesday evening the club caters for 15 senior females.

West Waterford Vikings Basketball Club received €500 from Waterford Sports Partnership's Development Fund to assist with the set up of a new club in the West Waterford area. The money awarded was used to purchase essential equipment such as basketball rings, basketballs, playing bibs and a first aid kit.

The club will look to continue its development in 2009 by encouraging new membership from neighbouring localities and organising competitive matches with other clubs in the county.

Waterford Sports Partnership is delighted with the impact small grants can have in helping a new club get started. The Development Grant, coupled with the dedication of local coaches and volunteers ensures that there are more opportunities for young people to be active in Waterford.

**CRITERIA & APPLICATION FORMS FOR THE COACHING & DEVELOPMENT FUNDS ARE AVAILABLE TO DOWNLOAD FROM THE FUNDING SECTION OF OUR WEBSITE**  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

Or you can contact our offices for further information on (058) 21191 or (051) 849855



## Well Girl 2009 - Transition years take charge

The Well Girl programme is in its second phase and aims to increase the physical activity levels of female students in the four participating schools. Transition year (TY) students for each participating school are responsible for the organisation of all activities. The programme is a Waterford Sports Partnership initiative and is supported through the Irish Sports Council's Women in Sport Scheme, funded by the Health Service Executive,



The Well Girl programme was offered to all secondary schools in Waterford. Meánscoil San Nioclás, St Declan's Community College, Ard Scoil na nDeise and Stella Maris were chosen to pilot the Well Girl TY Programme. Each school received a visit from Waterford Sports Partnership to outline the expectations of the programme and discuss how the TY students would organise and arrange activity sessions and research on the programme. The students were given a TY handbook which listed vital information on what they needed to consider when organising a successful event.



The programme began on Friday 16th January 2009 when ninety one TY students from the four schools attended a festival in Waterford Crystal Leisure Centre. This festival gave the students a taster of eight different activities, but more importantly served as a great learning experience for the students to proceed and organise a similar event for a target group of girls within their own school.

**Festivals** - In February and March, TY students from the four schools arranged a festival for a target group of girls within their school. The students were encouraged to work together and divide the tasks required to organise the event, the students split into separate teams to organise instructors, venues, advertising, parental permission and research for the programme. The Festivals were a great success - 250 girls ranging from 2<sup>nd</sup> year to 6<sup>th</sup> year took part and got a chance to try out a host of activities such as yoga, stage dance, self defence, boxing, aerobics and hip hop.



**Post festival** - After the festival, the TY students had to choose two activities which would be offered to students in their school for a four week period. This ensured that the TY students utilised research data collected. All schools are currently concluding their activity blocks which are held outside of school time. A number of girls have gone on to join outside clubs as a result of the programme.

The TY coordinators in the schools have been pleased with the programme describing it as 'a great programme which has seen not only the students learn more about different forms of exercise, but has also provided key personal development for the TY students'.

**For further information on the programme please contact Peter Jones on 058 21191.**

## Women in Coaching

As part of Waterford Sports Partnerships Strategy 2007-2011 "to develop and support initiatives to increase participation of women and teenage girls", WSP have developed the 'Women in Coaching' programme. This programme is supported through the Irish Sports Council's Women in Sport Scheme, funded by the Health Service Executive, and aims to increase the number of and the support for female coaches.

In January a Camán – Get a Grip! Introductory Camogie course was held, at which twenty participants took part representing eleven of Waterford's Camogie Clubs – an excellent turnout. Over two evenings participants had the opportunity to explore the role of the Coach, how to plan a session, how to run skill development sessions and mini games and much more.

The participants were delighted to have this opportunity to develop their coaching skills and also to learn from other Coaches.

In February an Introductory Basketball course was held in Cill Barra Sports Centre, Ballybeg. Nine participants from four different Basketball Clubs took part in the one day NCTC coaching course. This was a mostly practical course whereby participants not only gained ideas to use within their clubs but also gained new skills and drills that they had the opportunity to experience first hand.

Waterford Sports Partnership is planning to run a Kickstart 1 course in the autumn through the Women in Coaching fund and will be contacting all Soccer Clubs once details are confirmed.



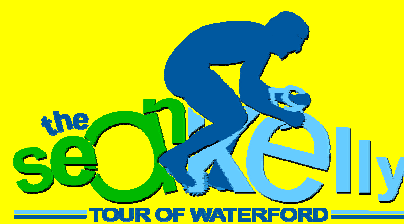
## New opportunities for girls to play Basketball in Waterford City..

St Saviours Junior Basketball Club has been up and running now for two years. In an effort to grow the Club & increase the membership, Waterford Sports Partnership in conjunction with St Saviours Basketball club ran a 5 week basketball programme during the month of March for under 14 girls which was a huge success.

The programme catered for all abilities and skill levels, whether it was the first time to pick up a basketball or whether playing basketball for years, this was a fun basketball programme. Not only did the participants learn new skills and get a good understanding of basketball, but they also learned the value of teamwork. Twelve new members have joined St Saviours Club during the programme.

Over the last few months, St Saviours Basketball club with the help of Waterford Sports Partnership has recruited, supported and trained three qualified coaches with Coaching Ireland qualifications from Basketball Ireland. The club is always actively recruiting new members so if you know anyone interested in becoming a member of the St Saviours Basketball under 14 girls team it's not too late, training is on Mondays at 5pm in the Cill Barra Sports Centre, Ballybeg.

If you have any other questions please contact, Conor Phelan, Sports Club Development Officer, on (051) 849 583  
[cphelan@waterfordsportspartnership.ie](mailto:cphelan@waterfordsportspartnership.ie)



### Sunday August 30th 2009

**ENTRY IS NOW OPEN !**

Visit [www.theseankellytour.com](http://www.theseankellytour.com)  
or call (058) 21104 for more info!

## NOW AVAILABLE!! Summer Sports Camp Directory 2009



*contact the office or visit  
our website to download a copy...*



## WASP Waterford Active Schools Programme

Well done to all those who took part in the latest Waterford Active Schools Programme (WASP). WASP, a family based physical activity initiative aims to create awareness of physical activity and to encourage families to reach the Irish Heart Foundation recommended

physical activity guidelines of at least 60 minutes for Children and 30 minutes for Adults on most days of the week.

In March this year, 11 schools took part: Ballyduff NS, Carriglea NS, Faithlegg NS, Newtown Junior NS, Our Lady of Good Counsel GNS, St Annes NS, St John's Special School, St Ursula's Primary School, Scoil Mhuire NS Abbesside, Scoil Mhuire NS Tallow, Villierstown NS.

Once again the pupils and their families rose to the challenge and collected a phenomenal amount of stickers for all their physical activity. Wizzy the WASP, the programme mascot, called into most of the schools to have a talk with pupils about just what kind of physical activity they had done to earn their stickers. Wizzy also checked on what their families had been doing to earn their stickers and also what their teachers had been doing. And we can confirm Wizzy was very impressed!

It's been a busy time for Wizzy who was also spotted out and about in Waterford City for the St. Patrick Day Parade and again later that day in the County at the Dungarvan Parade!

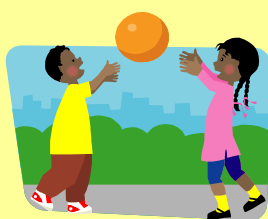


## DISABILITY UPDATE . . .

### Multi-activities Group for Children aged 4 to 8 years

The multi-activity group for children (4-8 yrs) with Down syndrome, dyspraxia or intellectual disability was set up after parents expressed a need for developing the social and motor skills through physical activity and play. The group ran successfully in Waterford over two six week blocks in 2008/2009. The parents of children attending felt that this programme should be continued as they found their children benefited socially, emotionally and physically from the play and activities.

In 2009 parents and the Waterford Branch of Down Syndrome Ireland decided to set up as a stand alone



group to continue this programme up to the summer of 2009. The sessions are held on Wednesday afternoon from 4:30-5:30 p.m.

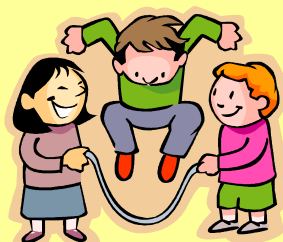
in Butler Community Centre, Waterford.

Due to the success of this programme a similar programme started in Dungarvan on Wednesday the 29<sup>th</sup> of April, 2009 from 4:00 -5:00 p.m. in St Laurence's Hall, for children aged 4-8 yrs with special needs.

**For information on the Multi-Activities group or to register your child please contact:**

**Waterford - Conor Ryan  
on (051) 856143.**

**Dungarvan - Katie Kelly  
Sports Inclusion Disability Officer  
on (051) 849757.**



### Yoga for Adults with MS



A 10-week programme for female adults with Multiple Sclerosis has been developed in Waterford which is supported through the Irish Sports Council's Women in Sport Scheme, funded by the Health Service Executive. The aim of this programme was to develop suitable activities for female adults in Waterford with the neurological disability, Multiple Sclerosis.

Seven women from the Waterford region with Multiple Sclerosis attended a 10-week yoga programme from February to April 2009. This programme was specifically designed by Alphazone Yoga Studio for adult women with Multiple Sclerosis. M.S. Ireland (South East Branch) were instrumental in sourcing suitable participants for this programme and for arranging room use in the fully accessible Waterford Cheshire facility, John's Hill, Waterford.



The women attending this programme found that the yoga was beneficial for their condition and helped by improving their flexibility and mobility, one participant said that *"the exercises in the morning make me less rigid"*, another participant found that the yoga *"helped me immensely to use different parts of my body"*, one participant even said that *"Yoga has changed my life, doing yoga 20yrs, I would recommend yoga everyday for M.S."*. Each participant indicated that the course was really beneficial and enjoyable, *"I enjoyed it very much, hopefully, will continue in the not too distant future"* and that the yoga instructor, Adrienne, *"worked and listened to our needs"*.

During the yoga class the participants worked on exercises such as stretching techniques, energy exercises and relaxation techniques. Due to the success of this 10-week yoga programme the participants from the course and the Waterford Branch of M.S. Ireland have indicated that they would like to continue with a regular Yoga Programme. A specific continuation yoga programme for adults with Multiple Sclerosis will be developed in the near future with Alphazone Yoga Studio. Another 10-week yoga programme for female adults with Multiple Sclerosis will be starting in May 2009 as a result of funding from the Women in Sport Programme, Waterford Sports Partnership, Dormant Accounts and the Irish Sports Council.

If you are a female adult with Multiple Sclerosis and you are interested in finding out more about this programme please contact: **Katie Kelly, Sports Inclusion Disability Officer, Waterford Sports Partnership on (051) 849757 or alternatively please contact Deborah Chemhere from M.S. Ireland, South East Region on (056) 7751522.**



## ... DISABILITY UPDATE

### Social Soccer League

A Social Soccer League has started in Waterford between six of the local disability organisations in Waterford City and County. 35 participants from these organisations attended the social soccer league held in the Astroturf pitches of the Kingfisher Club, Tramore Road, Waterford on the 19<sup>th</sup> of March, 2009. At the social soccer league the participants from all of the organisations are mixed in groups according to their level of ability. This is to ensure that the participants gain the most benefit from the social soccer league session when they are playing against their peers. For participants who are less interested in playing games in the social soccer league there is also the option to build up their soccer skills in the skills and drills sections.

The overall aim of the social soccer league and the ultimate reason for its creation was to nurture the social interaction between the individuals attending, this is achieved by creating a social environment where participants can play and learn soccer skills as well as camaraderie. Many of the participants attending would have known each other through school or when they were involved in other disability organisations together.

The participants from many of these organisations are keen followers of soccer and play regularly within their own organisations. The social soccer league allows individuals a greater chance of playing both with and against their peers on a larger scale. This was also a way to enhance and build upon new and already existing friendships between individuals from these organisations. It was also beneficial for individuals to discover the physical and social benefits of sport and physical activity.

Feedback from the participants has been very positive, one participant from the National Learning Network thought that *"Overall it was good crack, a bit of fun and a great way to get out of the centre and to get to know people"*, another participant thought that *"The whole idea was excellent, the building of teamwork and self-confidence and meeting new people"*. A participant from Rehabcare *"Loved meeting new people and learning new soccer skills with Nick. Liked that everyone was separated into different groups because everyone could score and enjoy themselves"*.

The social soccer league has been developed by Katie Kelly, Sports Inclusion Disability Officer with Waterford Sports Partnership, Nick Harrison and Gary Power from the Football Association of Ireland (FAI) and the staff from Rehabcare, National Learning Network, Brothers of Charity, Carriglea Cairde Services, Peter Bradley House and Spring Garden Services. Due to the success of the sessions held on the 19<sup>th</sup> of February and the 19<sup>th</sup> of March, regular monthly social soccer league sessions will be held in Waterford.

**If you are interested in finding out more about the Social Soccer League or disability sporting opportunities in Waterford. Please contact Katie Kelly, Sports Inclusion Disability Officer, on (051) 849757 or email: [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie)**



## DISABILITY - What's On?

Activity	Venue	Day/Time	Cost
<b>Special Olympics club development (8-16 yr olds)</b>	The Friary, Dungarvan	Mondays 6:00- 7:00 p.m.	No Charge for the first session. Athletes must be registered with Special Olympics
<b>Multi-activities for children with an intellectual disability (4-8 yrs)</b>	Butler Community Centre Waterford	Wednesdays 4:30 – 5:30 p.m.	Please contact Conor Ryan On (051) 856143
<b>Multi-activities for children with an intellectual disability (4-8 yrs)</b>	St Laurence's Hall, Ballinroad, Dungarvan	Wednesdays 4:00 – 5:00 p.m.	Participants must Pre-register - €40 for 8 weeks
<b>Aqua Aerobics Programme for adults with a physical/ neurological disability</b>	Spirit Leisure Centre, Days Hotel, Merchants Quay, Waterford	Fridays 11:00-12:00 p.m.	€5 per person
<b>Regional power soccer for children with a physical disability</b>	St. Kierans Hall, St Kierans College, Kilkenny	Saturday 6 <sup>th</sup> June 11:00-1:00 p.m.	Please contact Katie to Register for Activity
<b>Swimming programme for children with an autism spectrum disorder</b>	Kingfisher Club, Tramore Road, Waterford	Tuesdays 3:30-4:15 p.m.	€7 per person
<b>Regional wheelchair basketball</b>	The Watershed, Scanlon Park, Kilkenny	Wednesdays 7:00- 8:00 p.m.	€3 per session – first session free
<b>Fitness and dance for adults with an intellectual disability</b>	Waterford: Spirit Leisure Centre, Days Hotel  Dungarvan: Park Hotel, Dungarvan	Waterford: Wednesdays 5:45-6:45 p.m.  Dungarvan: Mondays 2:00-3:00 p.m.	€4 per person
<b>Running for adults who are blind or visually impaired : Waterford Athletics Club</b>	Regional Sports Centre, Waterford	Mondays 7:30-8:30	€2 per person, please speak with Katie before joining club
<b>Monthly Soccer for children with Dyspraxia, C.P. or motor coordination difficulties.</b>	Kingfisher Club, Tramore Road, Waterford	Thursday; 25 <sup>th</sup> June, 23rd July & 20th August 4:00-5:00 p.m.	No Charge
<b>Monthly Social soccer league for adults with an intellectual disability</b>	Kingfisher Club, Tramore Road, Waterford.	Thursday; 25 <sup>th</sup> June, 23rd July & 20th August 1:00-3:00 p.m.	Please contact Katie for more details.
<b>Fun4All Club – children with a physical disability and their friends</b>	Kingfisher Club	Friday evenings 6:30-8:00 p.m.	€5 per person Contact: Helen hkinsella@yahoo.com
<b>Disability awareness coaching course: Waterford – 12<sup>th</sup> May</b>	Waterford: City Hall Offices, The Mall, Waterford	Tuesday 12 <sup>th</sup> May 6:30 – 9:00 p.m.	€10 per person
<b>Yoga for adults with Multiple Sclerosis</b>	Alphazone Yoga Studio, Cleaboy Business Park, Waterford	From Wednesday 20 <sup>th</sup> May, 11:00-12:00 p.m.	Please contact Katie for more details.
<b>Guided walk for individuals who are blind or vision impaired</b>	TBC	TBC	Please contact Katie for more details.

**To find out more about disability sporting opportunities in Waterford.**  
**Please contact Katie Kelly, Sports Inclusion Disability Officer,**  
**on (051) 849757 or email: [kkelly@waterfordsportpartnership.ie](mailto:kkelly@waterfordsportpartnership.ie)**





## Schools Challenge 2009

*The Sean Kelly Schools Challenge programme is a pilot programme which aims to increase the number of young people cycling in Waterford. The programme is a Waterford Sports Partnership initiative and is supported through funding by the Irish Sports Council.*

Following the success of the Sean Kelly Tour and last years successful Sean Kelly Team Challenge, Waterford Sports Partnership, in conjunction with Dungarvan Cycling Club are aiming to increase the number of juvenile cyclists in the county through the Sean Kelly Schools Challenge programme. The programme is seen as a key stepping stone for all participants regarding safe cycling and road experience whilst also giving everyone an opportunity to train effectively for the event under the guidance of experienced cyclists.

The Schools Challenge Programme was offered to all county secondary schools with 47 students signing up for the programme from *Ard Scoil na nDeise, Christian Brothers School, St Augustine's and St Declans Community College*. The overall aim for participants is to complete the 50km Sean Kelly Cruise or the 100km Sean Kelly Legacy on Sunday 30<sup>th</sup> August. However, prior to this all participants are given the opportunity to take part in a number of events to develop not only their cycling experience and endurance but also leadership skills and team building.

**Training Spins** - On Tuesday 14th April, 23 Schools Challenge participants took part in a training spin led by 6 members of Dungarvan Cycling Club. Three separate groups were formed according to experience with the least experienced group cycling 13 miles, whilst the experienced cyclist travelled 15 miles. The feedback from participants was encouraging with comments including 'It was really good to learn how to cycle on the road properly' to 'Cycling is much harder than I thought, I'm glad I'm able to do this with my friends so I can complete the 50km'. Ger Wyley of Dungarvan Cycling Club who organised and supervised the training spins said 'the evening was an outstanding success with a tremendous turnout with a cycle which was enjoyed by all participants'. These training spins will continue until the end of June with Dungarvan Cycling Club also giving participants further options to gain greater cycling experience

**The future** - The Schools Challenge will increase the numbers of youngsters participating regularly in cycling with the aim of setting up the first juvenile club in Waterford. In addition to free training spins, participants in the programme receive free entry to the Sean Kelly Tour on Sunday 30<sup>th</sup> August, Cycling Ireland membership, a leadership session delivered by Waterford Sports Partnership to each participating school, a team photo on the day of the event and a free water bottle.



## Team Challenge 2009

*The Sean Kelly Team Challenge programme is in its second year and aims to increase cycling and training opportunities to the people of Waterford. The programme is a Waterford Sports Partnership initiative and is supported through funding by the Irish Sports Council.*



Following the success of last years inaugural Sean Kelly Team Challenge which saw a total of 10 teams and 75 cyclists taking part Waterford Sports Partnership hopes to turn this into an even bigger and better event this year.

The aim of the Team Challenge, is to encourage people to train together in preparation for any of the 3 routes in The Sean Kelly Tour which takes place on Sunday 30<sup>th</sup> August. This year Team Challenge entrants will receive Cycling Ireland insurance, access to regular training spins by local clubs and a free water bottle. Participants will also gain entry to a cycling workshop which will cover all the essentials in training techniques, bike maintenance and nutrition to ensure those taking part can avail of the best advice to make the day as memorable as possible

The Team Challenge is set for its biggest year yet and you too can get involved by getting your team together to sign up for this unique event open to all. The Cost for entry is €5 (this does not include registration for the Sean Kelly Tour) Why not get a team together from your workplace, your club or your family and friends.

**For further details on the SEAN KELLY TOUR TEAM CHALLENGES  
Please contact Denis Crowley on 058 21199 or check out the Sean Kelly Tour website  
[www.theseankellytour.com](http://www.theseankellytour.com)**

## Calendar of Upcoming Courses and Events May to August 2009

Date	Course/Event	Time	Venue
Thursday 4th June	Lawn Bowling - Come & Try It	12.30 - 14.00	Causeway Tennis Club, Dungarvan
Sat 6th & Sun 7th June	REC 2 - First Aid Course	09.30 - 17.00	Dungarvan GAA Club
Saturday 13th June	Community Games Family Open Day	11.00 - 15.00	Kilgobnet Sports Centre
Sunday 14th to 21st June	National Bike Week	-	-
Monday 15th June	Cycling Information Workshop	19.00 - 20.30	St. Joseph Primary School, Dungarvan
Tuesday 16th June	Bike Week - Cycle For All 5 mile, 10 mile & 20 mile Routes	Registration 18.00 - 18.30	Dungarvan Sports Centre
Wednesday 17th June	Cycle to Work Day	-	-
Fri 19th, Sat 20th & Sun 21st June	Sli na Slainte Walking Leader Training	All Day	Kilmallock, Limerick
Monday 29th June	Child Welfare & Protection Training	18.00 - 22.00	VEC Offices, Dungarvan
June - August	Sean Kelly Tour Training Spins	TBC	TBC - Contact WSP
Monday 6th July to Fri 10th July	Spikeball Summer Camp (for girls aged 10 to 12 & 13 to 15)	10.00 - 14.00	Presentation Secondary School, Waterford
Monday 13th July to Fri 17th July	Spikeball Summer Camp (for girls aged 10 to 12 & 13 to 15)	10.00 - 14.00	Cappoquin Sports & Community Centre
Sunday 30th August	The Sean Kelly Tour of Waterford	08.30	Dungarvan

## COACHING CORNER 2009



**Football Association of Ireland**

**Grounskeeping Workshop for Clubs** - Ferrybank AFC  
Sat 25th July

**Senior Introductory Coaching Certificate** - Stradbally FC  
Fri 7th, Sat 8th & Sun 9th August

**CONTACTS:**  
For Info on upcoming courses

**Gary Power** - Tel: 086 3883850  
Email: gary.power@fai.ie

**Michael Looby** - Tel: 087 0508623  
Email: Michael.looby@fai.ie



**Irish Rugby Football Union**

**Level 1 Coaching Course**  
- Mallow GAA Centre Fri 28th, Sat 29th & Sun 30th August.

**Level 1 Link Course**  
- Mallow GAA Centre  
Mon 31st August & Wed 2nd September

For Info on upcoming courses

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



**Cumann Lúthcleas Gael**

**CONTACT:**  
**Eoin Breathnach**  
Tel: 087 9219345  
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**Cumann Camógaíochta na nGael Camogie Association**  
For Info on upcoming courses

**CONTACT:**  
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**Ladies Gaelic Football Association**

For Info on upcoming courses

**CONTACT:**  
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**Basketball Ireland**  
For Info on upcoming courses

**CONTACT:**  
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Web www.basketballireland.ie

**CONTACT: John O'Neill**



**Athletics Ireland**

For Info on upcoming courses

**CONTACT:**  
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or visit www.athleticsireland.ie



**Badminton Ireland**

For Info on upcoming courses

**CONTACT:**  
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**Volleyball Association of Ireland**  
For Info on upcoming courses

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## WATERFORD SPORTS PARTNERSHIP

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