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A warm welcome home for John Treacy in Villierstown!

Villierstown was the place to be on Sunday May 16th when its most famous son, John Treacy, led the charge of the 700 strong field of participants who took part over three events including the 1k and 5k Fun events followed by the 10 Mile Road Race. This, the second running of the John Treacy Classic has firmly established it as an event that runners from right around the country want to be part of and what better way to pay tribute to one of the country's sporting greats.



There were many highlights of a wonderful day in Villierstown including the young up and coming athletes who really excited the large crowd assembled for the 1k event, the great atmosphere and sense of fun that surrounded the 5k Fun Run, watching Catherina McKiernan show signs that she has never lost the magic by winning the ladies 10 Mile Road Race, watching John Treacy himself run ten seven minute miles to complete the 10 Mile event in 70 minutes and finally to witness the arrival of the long awaited Irish summer.

A field of 300 runners assembled for the 10 Mile Road Race. The warm conditions and the hilly route meant that each and everyone knew that they had a challenge on their hands, not to mention that they had former World and European Champions to contend with in the shape of John Treacy and Catherina McKiernan!



Once again the 5k Fun Run and the 1k Fun Run/Walk were wonderful events for all concerned. The 1k event was a new addition for 2010 and over 50 participants took to the roads for a lap of the village of Villierstown from the young toddlers who were just finding their feet to the not so young who were relishing the chance to get out and be active and all ages in between. The 5k Fun Run/Walk 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. It was an amazing sight to see close to 350 participants take to the road all with their own particular goal in mind. The participants included younger members of local athletics clubs, local school children, families and older adults. Many people have commented on the banter and craic which was part of this event.

Coming over the line there was a real sense of achievement, it is onwards and upwards for the 1k and 5k Fun events and all who took part are already looking forward to 2011!



The 2010 Sean Kelly Tour of Waterford Part of the An Post Series of Cycling Events

takes place on **Sunday 29th August**

There are three routes to choose from:

160k Kelly Comeragh Challenge

90k Kelly Coast

50k Kelly Cruise

Check out

www.theseankellytour.com



NEW for 2010
10k Kelly Ten
SATURDAY
28th AUGUST @ 2pm
Over 7's
Registration on the day only!

ALL NEW FOR 2010!

Waterford and South Tipperary combine to give training opportunities to novice cyclists

Waterford Sports Partnership & South Tipperary Sports Partnership in conjunction with Dan Morrissey Carrick Wheelers and the Carrick Touring Cycling Club are providing training opportunities in Carrick, Kilmacthomas & Portlaw for cyclists over 18 years of age to participate in a structured training programme which will be led by qualified coaches from the two clubs.

Check out www.theseankellytour.com - **Train for it** page for spin times & venues



The Sean Kelly Tour Schools Challenge

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

Following on from the continued success of The Sean Kelly Tour and last year's successful pilot programme, Waterford Sports Partnership is committed to increasing the number of juvenile cyclists in Waterford through the 2010 Sean Kelly Tour Schools Challenge programme.

67 juvenile cyclists took part in the inaugural Sean Kelly Tour Schools Challenge in 2009, this year we are opening the programme to cover the whole of Waterford City and County. The programme is seen as a key stepping stone for participants to gain safe cycling and road experience and an opportunity to train effectively for the event under the guidance of experienced cyclists. We are extremely fortunate to be working in partnership with Comeragh Cycling Club, Dungarvan Cycling Club and Sportif Cycling Club who are providing trained cycling coaches and club members to lead all of the spins.

The Schools Challenge is open to all City and County secondary schools students at a cost of €10. This entry fee gives participants Cycling Ireland membership, access to organised training spins by local Cycling Clubs, a Sean Kelly Tour Water Bottle and also entry to the 10/50/90km routes of the Sean Kelly Tour on Sunday 29th August 2010.

For more information please contact :
Peter Jones on (058) 21191

TRAINING SPINS

Training Spins are an essential component in preparing cyclists to participate in the Tour. Taking part in regular training spins helps to build stamina, but more importantly, builds confidence for cycling safely in a big group.

Training spins in the **County** will be led by **Dungarvan Cycling Club** and began on Tuesday 25th May @6.30pm at John Foleys Service Station, Kilrush. This is the first of seven training spins which will be run by the club and all training information is available on www.theseankellytour.com. There are additional Sunday morning training spins for those participants over 16 every Sunday at 9.30 from Grattan Square.

For more information please contact:
Peter Jones on (058) 21191

Training spins in the **City** will be run by **Comeragh Cycling Club** beginning on Wednesday 2nd June @6.30pm from the Bank of Ireland in Lisduffgan. **Sportif Waterford Cycling Club** will run training spins on Saturdays and Tuesdays beginning on Saturday 5th June at 9.30am and Tuesday 8th June at 6.30pm. Both spins go from Woodies Car Park.

For more information please contact:
Sinead Power of **Comeragh Cycling Club** on 087-2680088 or Deirdre Hayden of **Sportif Waterford Cycling Club** on 087 9728259

Or check our www.theseankellytour.com - **Train for it** Page for spin dates/times etc.

Buntús Badminton Blitz



On the 12th March 2010 Waterford Sports Partnership in conjunction with Badminton Ireland held Waterford's first ever Buntús Badminton Blitz in the Kingfisher Club. All Primary Schools that had undertaken the Buntús Badminton training were invited to submit teams of six. Over one hundred children from eight schools took part in this successful event.

Many thanks to the teachers and pupils of Crehana NS, Newtown NS Kilmacthomas, Gaelscoil Philib Barun, Scoil Gharbhain, St Marys Touraneena, Ballymacarbry Central School, St John of God and St Mary's Primary School, Dungarvan, for all your energy and enthusiasm!



TY Well Girl Programme – Phase III complete!

In 2009 Waterford Sports Partnership (WSP) secured funding to run a "TY Well Girl" programme through the Irish Sports Council's Women in Sport initiative funded by the Health Service Executive. Four schools, Ard Scoil Na nDeise, Meanscoil San Nioclás, St Declans Community College and Stella Maris took part in the six month programme. The programme aims to help students create a positive ethos towards physical activity in their school and to get teenage girls more active whilst empowering the Transition Year (TY) students to be activity organisers.

'The 'Well Girl' went very well in the school, the TY group of Sophie Allen, Ashling Cronin, Katie Whyte, Nikita Whelan, Sophie Duhig, Roisin McComb, Alison O' Sullivan and Claire Crowley worked very hard and well on the day and prior to the event to ensure it was a success. The first years responded well and participated fully in all of the activities. It is a great opportunity for TY students to look at and experience organising such an event. It is also beneficial for students involved to get a taste of different activities'.

Emilie Pickering, Ard Scoil Na nDeise

'We felt the Well Girl programme was a huge success with quite a few girls who do no other sport really getting involved, Badminton in particular, and keen to join in September'.

Martin Carroll, Declan's Community College, Kilmacthomas

'I thought it was a great experience and I enjoyed it'.

Nikita Whelan, TY student
Ard Scoil na nDeise

'We had a lot of work to do such as advertising, organising the instructors, arranging permission slips, arranging venues and sorting groups but in the end it was all worth it'.

Alison OSullivan, TY student
Ard Scoil na nDeise

The 2009/10 programme is the third phase since the programme's inception in 2007. There has been a gradual development where TY students have taken more responsibility for the programme and engaged well with teenage girls in their school. 161 TY students were involved and attended a multi sport day in November 2009 with feedback including 'I liked everything; it was an amazing experience to do all of these activities that I would never have thought of doing. It was brilliant.' All schools then received a visit from WSP and 8 students in each of the four schools volunteered to take responsibility for the programme. These 32 students organised a multi sport festival for a specific target year group in their school and two additional four week blocks of activity. In total, the 32 TY's responsible for the programme provided opportunities for 201 first and second year students to participate in sports such as Aerobics, Badminton, Hip Hop, Kickboxing, Salsa, Self Defence, and Yoga.

Two key targets of the programme are to try and broaden the Physical Education curriculum opportunities for students in the whole school and to try and increase participation in local sports clubs. All four schools have utilised the programme instructors in delivering activities to other students in the school with Badminton, Yoga, Self Defence and Hip Hop now being delivered to pupils from other year groups. Kilmacthomas Badminton Club has seen an increase in demand for juvenile membership which is a testament to the success of the programme.

Waterford Sports Partnership would like to thank the schools, the PE teachers, the TY Students and the pupils who have made the '2009/10 TY Well Girl Programme' such a great success!



For further information on this programme, please contact Peter Jones on 058 21191 or Jane O'Dwyer on 051 849855

Older Adults Multi-Sport Programme

The Multi Sport Programme which is funded by Go for Life aims to ensure that older adults in Waterford have the opportunity to try a variety of new sports and activities and are more aware of activity opportunities in their area. The overall aim of this 7-week programme was to ensure that older adults can continue with any of these sports in their own time.

Multi- Sport Festival (Phase I) - Monday 12th April saw 97 older adults across the City & County enjoy a Multi Sport Festival with 63 people participating in Dungarvan Sports Centre and 34 in the Butler Community Centre, Waterford. The Multi Sport festival gave the participants a chance to try Badminton, Bowling, Fishing, Pitch and Putt and Yoga/Pilates with activities delivered by local clubs and coaches.



Some of the participants were apprehensive about the festival as they would be trying activities which they had not encountered before. However, because of the expertise of the instructors the day proved to be a huge success, helped in no small part by the glorious weather and enthusiasm of the participants.

The challenge then for Waterford Sports Partnership was to build upon the success of this day and ensure that the programme becomes sustainable with the assistance of facilities and the instructors.

Keeping up the activity (Phase II) - After the success of the festival, the second phase of the programme offered over 55's in Waterford the chance to participate in the five sports in more detailed and intensive sessions. These sessions were held at each sport's normal venue to encourage older adults to continue the activity upon programme completion.

In total 102 older adults took part in Phase II which involved 20 separate sessions in 5 different sports taking place in the City and County. The most popular activity by far was Pitch and Putt although Fishing, in the Blackwater River and Ballyshunnock Lake received some excellent feedback. Fishing was



the activity where all participants were pleasantly surprised at how much they enjoyed themselves and Glenda Powell, instructor at Blackwater Lodge, said 'the group surpassed my expectations and there was a lovely atmosphere at both sessions.'

Waterford Sports Partnership would like to thank all of the instructors and facilities whose enthusiasm and expertise made the programme run so smoothly. Now the challenge for all older adults is to ensure that they maintain their motivation and continue the activities they enjoy to help meet their daily physical activity target of 30 minutes. Further information can be found on www.getirelandactive.ie

The Future - The table below provides contact details and venues for activities which are currently available:

Activity	Waterford City Contact	Waterford County Contact
BOWLING	Waterford Crystal Leisure Centre - 051-377905 Butler Community Centre – 051 350800	Causeway Bowling Club – Donal McGovern 087 995 4016
BADMINTON	Waterford Badminton Club – Michael Kennedy 086-3601111	Dungarvan Sports Centre – 058 41111
YOGA/PILATES	Ger Houlihan - 087 2259475	Pilates Lifestyle, BATTERY Lane, 058 24957
FISHING	Der Casey, Ballyshunnock Reservoir – 051 38 4721	Glenda Powell, Blackwater Lodge 058 60235
PITCH & PUTT	RSC – John Walsh, contact WSP 051 849855	Cunnigar Pitch and Putt, Corinne McGee 087 2141343

Waterford Sports Partnership is continuing to identify new activities for older adults. Keep an eye on the website for an overview of opportunities in County Waterford and also book early for the Go for Life PAL's sessions on Monday 4th and 11th October.

'I loved the outdoor activity. It was good for the body and mind and I got to know more people.'

Kathleen Tobin
Modeligo Ladies Club

'I loved every minute of it!'

Angela O'Reilly
Cappoquin

'Trying new activities like pilates and fishing was excellent'

Eileen McCarthy
Ballymacarbry

'There was a good flavour of activities which I might not otherwise have got myself involved in'

Donal Earley
Dungarvan

'The day was wonderful ! Well organised and everyone was very friendly and encouraging'

Kay Kinsella
Waterford City

Waterford Active Schools Programme (WASP)

Wizzy the Wasp has been buzzing around Waterford's primary schools over the past two months. 21 schools applied to take part in the Waterford Active Schools Programme this year, 11 schools recently completed this 4 week programme; Scoil Croise Naofa, Whitechurch N.S., Christchurch N.S., St. Ursula's, Ballyduff N.S., Waterpark N.S., Knockanore N.S., Portlaw N.S., Our Lady of Good Council G.N.S., Glenbeg N.S. and St. Mary's Dungarvan. The other ten schools will do the programme in September.



Pupils from the 11 schools were busy collecting Wizzy stickers during the four week programme which ran over the month of March. For every day each child and their nominated adult completed the recommended level of physical activity the student was given a sticker for their WASP record card. There were 40 sticker spots on the record card and when each child filled their record card they received a Wizzy Certificate.

Wizzy also had time to visit some of the pupils from St. Ursulas, Waterpark N.S, Christ Church N.S and St. Mary's Dungarvan who all sent letters to Wizzy inviting him to their school and included pictures of their school being active.



If you would like to know more about this Waterford based initiative or if your school would like to take part in the scheduled September 2010 programme there are still a small number of places available - Please contact Pauline Cunningham on (051) 849855

Food Olympics

In support of the Waterford Festival of Food which took place from Friday 16th to Sunday 18th April, Waterford Sports Partnership (WSP) ran a 'Food Olympics' event to promote being more active to young children whilst educating them about the nutritional value of food.

In conjunction with nutritionalist Jess Keane, WSP wanted to give young people and their families information about food and its nutritional benefits for sport. For example, did you know that Pineapples contain vitamins which help reduce swelling and speeds recovery from injury? Apples are good for your lungs and can lead to more oxygen being in your body meaning you can run for longer and potatoes contain Vitamin B and carbohydrates which are good sources of energy. To do this in a fun way, it was decided to run a Food Olympics where each participant was given a Food Olympics score card as they competed against a friend, brother, sister, father or mother in various different events.

In total, with the assistance of volunteers from Meanscoil San Nicolás Transition Year students, there were five events on offer; Apple Juggling, Carrot Throwing, Potato Croquet (where participants had ten rolls of a potato to see how many times they could get the vegetable through a hoop), Pineapple Shy and Coconut Putt. Scores were given for each activity with anyone scoring 35-40 branded as eggcellent!

'The Food Olympics was a fun event with children taking part in novelty activities to help them to reach their daily target of 60 minutes of activity whilst at the same time educating them about the nutritional value of food.'

Rosarie Kealy, Sports Coordinator, Waterford Sports Partnership

'I welcome the holistic and inclusive approach of the application made by Dungarvan under the Smarter Travel initiative. The approach is robust and combines a comprehensive programme of infrastructural developments, education and above all engagement with the community to achieve behavioural change and modal shift from single use cars. I see strong evidence of partnership, collaboration and cooperation between all sectors of the Dungarvan community which will be vital for the success of this initiative. The Dungarvan Smarter Travel programme gives priority to behavioural change which demonstrates a real understanding of the importance of changes in attitudes and perceptions to its success'.

John Treacy,
CEO, Irish Sports Council



Over the past few months Waterford Sports Partnership has been working closely with a Project Team from Waterford County Council and Dungarvan Town Council on a bid to win funding for Dungarvan to become a Smarter Travel Pilot Town.

Through the national Smarter Travel initiative, €50 million will be put in place over five years for four areas to help make the change from cars to healthier and more sustainable ways of commuting, such as walking, cycling, public transport, car/van pooling, park & ride/bike, e-working etc.

The bid was submitted to the Department of Transport at the end of April. Successful areas will be announced in early June 2010.

Good Luck Dungarvan!



BIKE WEEK 2010 - June 13th to 20th National Bike week takes place from June 13th to 20th and a number of activities are being organised in Waterford to promote cycling. With funding from the Department of Transport, Waterford Sports Partnership, Waterford County Council and Waterford City Council will work with other local partners such as County Waterford Childcare Committee, local cycling clubs, the Sean Kelly Tour Committee and the Smarter Travel Committee to co-ordinate a number of fun events.

	EVENT	LOCATION	DATE/TIME
COUNTY BIKE WEEK EVENTS	Training Spins – Dungarvan Cycling Club, Dan Morrissey Carrick Wheelers & the Carrick Touring Club will offer a number of route options to suit all levels from beginner to the more experienced - HELMET COMPULSORY see www.theseanlkellytour.com for more info	Square @ Grotto Portlaw John Foleys, Kilrush - over 12's Carrick-on-Suir Credit Union Post Office, Kilmacthomas Grattan Square - over 16's only	Monday 14 th June 6.30pm Tuesday 15 th June 6.30pm Tuesday 15 th June 6.30pm Tuesday 15 th June 7.30pm Sunday 20 th June 9.30am
	Safe Cycling Festival for 4 th -6 th class Primary School children who have taken part in Waterford Sports Partnership's Safe Cycling Programme	Tramore Race Course	Friday 18 th June
	Bike to Work Day – why not try out an alternative method of transport and cycle to work? - Enter a free draw to win a €50 voucher by cycling to work. Simply email your name & journey details to biketowork@waterfordcoco.ie	Throughout Waterford	Friday 18 th June
	Cycling Fun – for 4 to 7 year olds this is a fun event including safe cycling skills, obstacle course, fun bike races and spot prizes	St. Augustine's College Dungarvan	Saturday 19 th June at 2pm
	Cycle Relays – for over 12's and young adults, this event will involve a series of team challenges and lots of fun!	St. Augustine's College Dungarvan	Saturday 19 th June at 2pm
	Family Cycle - for families (children over 7 years old) this 10k cycle will travel from St. Augustine's along the railway track and back via the Gold Coast, refreshments will be provided for participants.	St. Augustine's College Dungarvan	Saturday 19 th June at 3pm
	Cycle Maintenance – Local mechanics will be on hand to give valuable tips and assistance in relation to bike maintenance	St. Augustine's College Dungarvan	Saturday 19 th June 2 to 3.30pm
	Fenor Family Cycle: obstacle race for small children and 5k and 10k family cycles - goody bags.	Fenor Church	Sunday 20 th June at 10.30am
	Bikeweek Workplace Challenge - Teams from companies around the country (which must include at least one "new" cyclist) will record every time they get on their bike for ten minutes or more and compete for cycling related prizes sponsored by Trek.	Workplaces nationwide	Monday 14 th to Friday 18 th June
	Family Cycle: departing Peoples Park (at coffee shop) at 12 noon. 10 years +. Children must be accompanied by an adult - Travel out Dunmore Road, across Outer Ring Road cycle path with stop and refreshments provided at Butlerstown Roundabout. Return via Outer Ring Road.	Peoples Park, Waterford City	Sunday 13 th June 12 to 2.30pm
CITY BIKE WEEK EVENTS	Family Cycle: departing Woodlands Hotel on the Dunmore Road to Woodstown and return. 12 years+. Rest and refreshments next to the River Suir at Woodstown.	Woodlands Hotel, Dunmore Road	Wednesday 16 th June 6 to 9pm
	Ex-office Cycle: Everyone is invited to cycle to John Roberts Square in the centre of Waterford City. Cyclists turning up will be supplied with refreshments and there will be live music to enjoy. Come along and enjoy a nice relaxing meeting with fellow cyclists.	John Roberts Square, Waterford City Centre	Friday 18 th June 5 to 7pm
	Cycle in the Park: Fun activities in the Peoples Park including adult and children's cycle training, kids fun races, pretend road layout for kids to cycle around including actual road signs, cones, roundabouts etc.	Peoples Park, Waterford City	Saturday 19 th June 2 to 5pm
	Bicycle Workshop: Free bicycle check with adjustment and lubrication as necessary. Complimentary brake blocks. Provided with the kind assistance of Altitude and Spokes cycle shops.	Peoples Park, Waterford City	Saturday 19 th June 2 to 5pm
	Film Competition - Cycling in Waterford City - Get your camera out and create a film showing the fun and sights of cycling in the historic City of Waterford. Film should be no longer than 3 minutes. For details look on the Bikeweek.ie website of how to submit/upload videos. Create an iconic art house film, humorous little film, animation, anything at all showing the fun and benefits of cycling in Waterford City. A great prize for the winner.	Waterford City	Sunday 20 th June 12 noon
	Training Spins – Comeragh Cycling Club & Sportif Waterford Cycling Club will offer a number of route options to suit all levels from beginner to the more experienced - HELMET COMPULSORY see www.theseanlkellytour.com for more info	Bank of Ireland, Lisduggan Woodies DIY, Cork Road	Wednesday 16th June 6.30pm Saturday 19th June 9.30am

Contact: Peter Jones on 058 21191

Contact: Jane O'Dwyer on 051 849855

Opportunities for Job Seekers

Waterford Sports Partnership have secured funding from the Irish Sports Council to run two programmes to offer exercise opportunities for job seekers within Waterford. Both programmes hope to introduce new leisure activities and utilise the current clubs and facilities to make sport more accessible.

Since March 2009 the rate of unemployment in Waterford City and County has increased by 13% (from 12,689 to 14,468 as of March 2010). It is well documented that being made redundant can have a severe impact on the physical and mental health of a person with spin off effects on their immediate family and community. WSP will work with local sporting facilities to source opportunities for job seekers and help them to avail of their local facilities and get involved in local clubs.

Link2beActive is a new programme being developed by Waterford Sports Partnership in conjunction with leisure facilities and sports clubs in Waterford City and County. A webpage will be created with a list of facilities and clubs which offer discounted rates for job seekers. Phase one of this programme will go live at the end of June 2010 where a select number of pilot facilities from Waterford City and County will be involved.

It is hoped that job seekers will take advantage of the information and flyers via local post offices and mail drops to increase their knowledge of local opportunities to participate in recreation. This should also help to motivate individuals to continue in activities which they enjoy to meet the recommended daily guideline of 30 minutes a day. Further information can be found on these guidelines at www.getirelandactive.ie

Pens & Perspiration is a programme being run by Waterford Sports Partnership in conjunction with Waterford Leader Partnership (WLP) and local clubs and facilities for male job seekers. This programme will run in Dungarvan and Tramore and will target 40 individuals in each area. The 40 individuals will include twenty 20-35 year olds and twenty 35-50 year olds.

This 12 week programme is free of charge; every Tuesday participants will take part in sporting activities, delivered by coaches from local clubs and facilities and on Thursdays will take part in a back to work scheme in conjunction with WLP. The sporting activities will include First Aid Training, Nutrition Seminar, Benefits of Exercise Seminar and 2 sessions in four local sporting activities from Athletics, Badminton, Golf, Gym, Hill Walking, Rugby, Surfing, Swimming and Tennis.

June Open Information Days
come along & find out more
about Pens & Perspiration!

Majestic Hotel, Tramore
Tuesday 22nd June - 10 to 11am

Lawlors Hotel, Dungarvan
Thursday 24th June - 10.30 to 12pm

If you are interested in the Link2Bactive or Pens & Perspiration programmes or would like more information, please contact Peter Jones at Waterford Sports Partnership on 058 21191.

NGB CONTACTS



Athletics Ireland
CONTACT: Jacqui Freyne
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Jacqui@athleticsireland.ie
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Badminton Ireland
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wayne.doyle@badminton.ie



Basketball Ireland
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Football Association of Ireland
CONTACT: Gary Power
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CONTACT: Michael Looby
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Irish Rugby Football Union
CONTACT: John O'Neill
086 8207752
johnoneill@munsterrugby.ie



Ladies Gaelic Football Association
CONTACT: Paula Prunty
Tel: (01) 8363156
Fax: (01) 8363111
paula@ladiesgaelic.ie



Volleyball Association of Ireland
CONTACT: Ciara Buckley
086 8173990
south@volleyballireland.com
www.volleyballireland.com



Are you running a mass participation event or an event that is open to all? Why not send the details to info@waterfordsportspartnership.ie & we will promote your event on the **Active Waterford** section of our Website!

CRITERIA & APPLICATION FORMS FOR OUR COACHING & DEVELOPMENT FUNDS CAN BE DOWNLOADED FROM THE FUNDING SECTION OF OUR WEBSITE
www.waterfordsportspartnership.ie
or contact our offices for further information

An Evening with Champions

On Saturday 15th May an 'Evening With Champions' took place in the Town Hall Theatre, Dungarvan where running legends John Treacy, Eamonn Coghlan and Catherina McKiernan entertained the audience with stories of their exploits on the international athletics scene, their views on athletics today and some tips for us mere mortals. It was all brought together brilliantly with some witty banter and insightful questioning from one of Waterford's athletics stalwarts Fintan Walsh.

John's career highlights have included an Olympic Silver Medal and two World Cross Country Championship Gold medals. Catherina has amongst other achievements won the inaugural ladies European Cross Country Championships in 1994, four World Cross Country Championship silver medals and three big city marathons including London, Berlin and Amsterdam. Chairman of the Boards, Eamonn Coghlan was the 1983 World Champion at 5000 metres, he is a seven time winner of the Wanamaker Mile, he won gold in the 1979 1500 metres European Indoor Championships and silver in the 1978 1500 metres European Championships.

Footage of all three athletes was shown and was a real trip down memory lane, recalling some of the greatest moments in Irish sport provided by all three in their very long and hugely successful careers. All three gave a brief outline of their careers before then answering many questions from those present regarding many aspects of their athletic lives, how they started out and any advice they could give to young athletes of the present day. The one common denominator that came through was their positive outlook even in their not so good days, their complete dedication, focus, willingness to learn from any errors and to listen to advice and above all a great belief in themselves and a passion to be the best. All three had a lot in common they were all Irish, all had come through the sometimes much maligned athletic system in Ireland; all three were superstar athletes with major international titles to their names.

Our thanks go in particular to Fintan, John, Eamonn and Catherina who gave of their time so generously for Concern's Haiti Earthquake Appeal. We also wish to thank WLR FM for their kind sponsorship and coverage of the event and Dungarvan Town Council for the provision of the venue. It was a thoroughly enjoyable event for the audience and what a thrill for those who got to meet their idols up close. After the event itself there was an opportunity to chat and to have books & items of memorabilia autographed.

Pictured here from L to R: Ray O Dwyer, County Manager, Waterford County Council; John Treacy, Special Guest; Catherina Mc Kiernan, Special Guest; Fintan Walsh, MC; Eamonn Coghlan, Special Guest; Zoe Holyoak, Concern Worldwide; Rosarie Kealy, Sports Coordinator, Waterford Sports Partnership.



Safe Cycling

Following the success of the 2009 Safe Cycling Initiative, Waterford Sports Partnership teamed up with Waterford City Council and Waterford County Council Road Safety Officers to launch additional training initiatives for primary school aged children.

Six schools were selected to take part in the Waterford Safe-Cycling Programme over the last number of months. The latest group of children that took part in this programme were from: Scoil Na Croise Naofa, St. James N.S., Clashmore N.S., St. Annes N.S., Carriglea N.S. & St. Declans N.S. 180 children received training.

The programme worked on increasing cycling skills such as balance and control, road and vehicle awareness, road sign identification and general safety knowledge. As part of the 5 hour programme each child took part in both practical and theory training and was given their own cycle helmet to take home. This programme was a huge success in both the city and the county with schools already enquiring about the next lot of training.

Waterford City Health Day

As part of our ongoing work with the Waterford Healthy Cities Committee, WSP organised two events for the Mayor's Health Day on the 12th May.

Over 40 TY's from Newtown School took part in safe cycling training. This training was a mix of bike skills and confidence training, bike maintenance, road safety tips and lots of fun skill competitions. The majority of the pupils who received the training took up the opportunity to keep their cycling helmets as part of the day.



Also as part of the day WSP organised two lunchtime walks from City Hall to the Health Park to visit the healthy living themed stands and demonstrations. Once they reached their goal all walkers were given a healthy lunch before they were off back to City Hall. It made for an enjoyable lunchtime with everyone keeping the pace up despite the hills and the hail stones!

Youth Sports Development Update

Vicki Langan, Youth Sports Development Officer (YSDO) is continuing to work with young people aged from 10 to 21 years throughout Waterford City offering opportunities to participate in a number of activities. A variety of programmes have been run in all areas of the city and new programmes are currently being developed.

Pat Doyle Memorial Blitz 2010



The second Pat Doyle Memorial Blitz took place on Sunday January 31st in the Williamstown Sports Complex. This event saw 10 communities from throughout the city taking part with 130+ young people aged from 5 to 17 getting stuck in. It was a very cold Sunday morning but many volunteers, parents, community Gardaí and FAI staff turned up to support this event.

On the day there were three age categories 5-8's, 9-12's and 13-16's with many girls and boys playing on all teams. The Youth Sports Development Officer would like to congratulate the winning teams. U/8 winners were

Avondale, U/12 winners were a new entry to the Street Soccer, Viewmount and the older group was won by Richardson's Meadow - **Well Done Lads!!**



Get involved, give a hand or got an idea!

If you like the sound of any of the activities being run by the YSDO or would like to suggest a new activity just get in touch!
(DETAILS AT BOTTOM OF PAGE)

Waterford Street Soccer League

The Waterford Street Soccer League started in March 2010 and will run over the summer months finishing in July 2010. The communities involved have been training hard in their areas since September 2009.

The Street Soccer committee is in place and has met to discuss future plans for the league. The YSDO assisted the League in sourcing insurance and all adult volunteers have completed Child Protection Training. The league depends on the support of local communities, volunteers and most of all the parents of the young people participating in the league. Transport has been an issue for some of the teams and we would ask that parents and other family members step up and help out.

The 5-9's league is well under way with Avondale B leading the table with 14 points. The 10-13's are also playing away at the moment but results are still coming in. The 14-16's started their league on the 17th May.

We would like to encourage more communities to participate in the Waterford Street Soccer and join the growing number of young people enjoying a kick around and having fun in their own communities.

Please contact Vicki Langan, Youth Sports Development Office for information on the Waterford Street Soccer 086 0201219.

Fitness for Girls

This programme was developed as a direct result of consultation with young girls interested in getting active and having fun doing it. There are currently 6 Fitness for Girls Programmes running around the city in Grace Dieu, Ferrybank, Sacred Heart, Dunmore Road and young traveller girls from Inner City communities.



The programmes are being run in conjunction with local youth projects to encourage the girls from each area to join new groups/clubs in their locality and also feel comfortable in accessing local sports facilities having been introduced to them during their activity programme.

The programmes are tailored to suit the groups and what was available to them locally. Some of the activities include; boxercise at Pat Rockets & Kingfisher Leisure Club, swimming in Waterford Crystal, aerobics in the Mount Sion Centre, circuit training in the Shy Project, surfing in Freedom Surf, Tramore and walking around the City. The YSDO used local tutors, clubs and facilities so the young girls could access them once their programme had come to an end.



The Fitness for Girls programme will continue and we would encourage any young girls to get involved should they see one being advertised in their community.

Bowled Over

Since the start of this programme, the Introduction to Bowling has seen 50 young people aged between 10 and 17 participate in a 4 week fun and learning session at Waterford Bowling Alley. The young people were given some basic instruction in bowling and had some fun while exercising. All those attending saw great improvement in their bowling skills and were encouraged to continue. The Waterford Bowling Alley gave the young people programme completion discount cards that they can use every Tuesday evening between 6-8pm at a minimal cost of €2.00 per game.



The YSDO in conjunction with Waterford Bowling, hope to put together a bowling league later in the year and many of the young participants have already shown an interest in taking part.

More Bowling Programmes coming soon!

If your young people are interested in participating in a 4-week Bowling Programme please contact the YSDO.



Easter Activity Camp - April 2010 for 11 to 13 year olds

The Easter Activity was organized and coordinated by the YSDO and supported by the School Completion Programme in Mount Sion Primary School. There were 13 participants in the 3 day programme run from 9.30 to 2.30 each day.

There were 6 volunteers two of whom were recruited via the Disability Officer and YSDO. The young people were given basic golf, martial arts, badminton and bowling lessons. All enjoyed the activities and 4 of the 13 did not previously participate in any activities at all. Some showed great potential and were interested in continuing activities following the activity camp.



Traveller Youth Swimming Programme

The Swimming Programme (lessons) began on 14th April for eight traveller girls.

The programme is designed to improve the girls swimming but also to build positive relationships between the traveller girls and the local facility.

The girls really enjoyed the swimming lessons and we would like to thank the Waterford Crystal Leisure Centre for making the Pool available.



A Question of Sport - Squashy Couch

The YSDO in partnership with Squashy Couch promoted a sports quiz for young people in the City. This ran for 4 weeks and had 8 groups of 4 involved. Some of the groups that attended included North Suburbs Community Youth Project, Special Olympic youth committee from the Ursuline, Inner City Community Youth Project, The Boat Club and others.

This was both to support the engagement of young people in attending the youth health café but also allowing them to raise some money to purchase sports equipment for their club or group. The YSDO would like to thank Squashy Couch for supporting and encouraging the purchase of sports equipment for young people and would like to congratulate the teams that participated in the quizzes.

And finally a big congratulations to the two teams that won; The Special Olympics Fundraising Committee from the Ursuline and the North Suburbs Community Youth Project. They decided to split the winning cash of €600 giving them €300 a piece - **Well Done Teams!**

Re-engaging Programme

This Programme is to support the re-engagement of young people between 16 & 21 years back into sport/physical activity. The YSDO is offering 8 young people the opportunity to get back into the sport/physical activity they were once involved in or to try something new.

They can do this through participating socially, competitively, as a volunteer in the club or maybe through sourcing coaching qualifications and becoming a coach within their chosen sport/activity. The YSDO has further information on this programme and a referral form should you require one.

Youth Sports Development Update

Waterford Youth Team Challenge

for 12 to 14 year olds

At the beginning of the year the YSDO attended a meeting with Waterford Youth Alliance and agreed to organise a sporting event for young people that attended their projects. The YSDO identified local activities that the young people could attend without supervision and that they could afford. It was agreed that a Team Challenge would be organised.

During March there were two days of taster sessions held for the groups participating in the team challenge. The Youth Worker organised for 60 young people to attend an orienteering session in Kennedy Park and on the second day 56 young people attended the RSC for coaching in Athletics and Archery.

The teams will now decide what team member will do what at the main event in May. The Waterford Youth Alliance will evaluate the event and look to run a follow up each year. Waterford Sports Partnership will sponsor the prizes for this event and the Waterford Youth Alliance have kindly sourced a Shield for the winning team.



Alcohol, Sport & You

This is a Drug & Alcohol session informing young people of the dangers of drugs & alcohol and also how it can interfere with their performance in sport.

The first session took place in Ferrybank FC on Monday 12th April and was well attended by the young people from the club. The Drug Education Officer with the HSE facilitated the session and is available to all clubs in the city. Waterford Sports Partnership would like to thank Ferrybank FC for gathering the young people and allowing us to use their facilities to run the session.

If any club is interested in availing of this please contact the Youth Sports Development Officer on the numbers below.

... GET IN TOUCH ...

If any young people aged between 10 and 21 years in Waterford City are interested in participating or becoming involved in a specific activity programme or have their own ideas about a new activity then please contact Vicki and she will assist you in any way she can.

UPCOMING EVENTS

On Going Fitness for Girls

For all girls around the Dunmore Road area 14-16yrs currently running on Wednesday evenings 7-8pm in the Farronshaneen Youth & Community Centre
6 week programme.

Fitness for Girls

Ferrybank area 12-15yrs currently running on Monday evenings through the Foroige Youth Project

Aqua Aerobics

for young traveller women 16-21yrs
Starting Wednesday 5th May, 4-5pm in
Waterford Crystal Leisure Centre - 4 week sessions

Late Night Soccer for Young Men 13-17yrs

Starting in May, 9-10pm, Inner City Venue to be confirmed, contact Vicki if interested.

Well Lads fitness programme for males 13-17yrs

Starting in May. Time and Venue to be confirmed

Summer Activity Camp – Sacred Heart area, July 2010.

For details contact Vicki

Table Tennis for Teens - TBC

Inner City Walkers - TBC

Sacred Heart Walkers - summer programme TBC

Vicki Langan, Youth Sports Development Officer,
Waterford Sports Partnership, City Hall, The Mall, Waterford.
Phone: 051 849583/0860201219
or e-mail: vlangan@waterfordsportspartnership.ie

WASSA

Waterford Autism Social & Sports Action (WASSA) is a group of parents of children with the Autism Spectrum that aim to benefit the community through partnership, integration and inclusion into mainstream social and sporting activities.

WASSA understands the difficulties that children with ASD face. Therefore, our objective is:

- ▶ to provide structured mainstream activities and
- ▶ provide the necessary integration for our children therefore helping our children to develop.

By providing these activities WASSA's aim is to bridge the gap from non-participation to participation and inclusion.

WASSA believe parents need to be empowered to ensure opportunities are there for kids to develop with mainstream. Having a child diagnosed with ASD can leave parents feeling isolated and unsure of their child's future. WASSA has amassed a wealth of experience that can provide a forum where parents can talk, learn and support each other.

To date WASSA has helped to integrate children into many activities such as; swimming, horse riding, bowling, surfing etc., therefore continually providing the opportunities for our children to develop.

WASSA can be contacted at:
0866637055 - contact@wassa.ie - www.wassa.ie



Assistant Swimming Teachers Certificate Teaching People with a Disability

- Course:** Assistant Swim Teacher Certificate
(Teaching people with a disability)
- Venue:** Splashworld, Tramore, Co. Waterford
- Date:** August/September 2010
- Time:** 9:00 a.m. - 5:00 p.m.
- Cost:** €200 per participant
(subsidised cost).

Ideally this course is for disability organisation staff members or assistants, swimming instructors who teach or intend to teach people with a disability, S.N.A. or staff at Special Schools, parents or family members of people with a disability. In order to take part in this course participants are expected to have swimming skills and are expected to be confident in the water. The course is an intensive course held over 4 Saturdays. Please note that full attendance and participation is mandatory in order to receive Certification.

In addition to looking for participants for the course we will be looking for volunteers with a disability (adults or children/all disability types) to get into the water. There will be two options arranged, a swimming session at 12p.m. or 4 p.m. As the volunteer swimmers will be helping the trainee instructors there will be no charge and each volunteer will be matched with a trainee swimming teacher. We would ask that the interested volunteers attend all four swimming sessions if at all possible.

**If you are interested in attending the course or participating as a volunteer swimming please contact:
Katie Kelly, Sports Inclusion Disability Officer on 051-849757**

Swimming for Children with Down Syndrome

Children with Down Syndrome had fun splashing about in Splashworld Tramore!

An 8-week course was organised with Down Syndrome Ireland, Waterford Branch from February to April 2010 in Splashworld Leisure Centre, Tramore, Co. Waterford. The course included instructors from Splashworld, volunteers, parents and WIT students to help support the children in their learning.

Each of the 15 children with Down Syndrome who took part in the swimming programme was matched up with an instructor/volunteer/parent on a one-to-one basis. The one-to-one instruction was really important for the children involved in order to learn swimming strokes and skills at a pace that is suitable to them; the children involved in this programme need that extra level of support and guidance.

A similar programme will be arranged in the near future to allow more children with Down Syndrome the opportunity to learn swimming skills and to have fun in the pool!

If you would like more information on this programme please contact: Katie Kelly, Sports Inclusion Disability Officer on 051-849757.



Munster Boccia Tournament

The Munster Boccia tournament for adults with an Intellectual Disability was set up in 2009 to encourage Munster based teams to train and compete against, as well as socialise with, their neighbouring counties.

In April 2010, Waterford joined the Munster Boccia tournament. Other counties involved in the Boccia Tournament include; Clare, Cork, Kerry, Limerick and Tipperary. The Waterford teams are made up of service users from Rehabcare, who are based in the Tramore Business Park in Waterford. The teams from Rehabcare have been practicing and honing their skills since receiving training from the Sports Inclusion Disability Officer in 2009. The first leg of the tournament was held in Cork on the 27th of April 2010. It was at this competition that the result of all of their training showed dividends. In their first ever tournament competition one of the Waterford teams got to the semi-finals!

Hazel is a member of the Waterford team and this is her experience of playing Boccia: *"Boccia is one of my favourite sports to play. It is great fun and really enjoyable. I like playing on a team with my friends. I get really excited when I play Boccia. I love it especially when I win. I had never played Boccia before but it was one of my goals to learn and I have achieved it.....Before I had the opportunity to play these games [Boccia & Social Soccer] I had very little experience of playing sport on my own or as part of a team. Katie Kelly (S.I.D.O.) has really opened up many opportunities to me and my friends proving that sport is for everyone no matter how able they are."* Hazel Cleary, Rehabcare, April 2010.



All of the Waterford team are back in training now for their next competition at the end of May. With a lot of practise and a little luck the Waterford teams will be as successful if not more so at the next leg of the tournament!

Disability Update - Upcoming Activities

Activity	Day	Time	Venue	Cost	Contact
Social Soccer league for adults with an intellectual disability. Now including a wheelchair soccer session.	Last Thursday in every month	1 - 3 pm	Butler Community Centre, John's Park, Waterford	€2 per person	Katie: 051 849757
Soccer for children with a vision impairment	Monday: 7 th & 21 st June, 5 th & 19 th July, 16 th & 30 th Aug, 13 th & 27 th Sept, 11 th & 25 th Oct, 8 th & 22 nd Nov & 6 th Dec.	5 - 6 pm	Quality Hotel Youghal, Co. Cork	€2 per person	Nick Harrison: 086 0472051
Ferrybank Soccer for children with C.P. or Dyspraxia.	To be Rescheduled				Katie: 051 849757 or Stephen: 086 7908741
Ferrybank Soccer for children with special needs	Tuesdays	5 - 6 pm	Ferrybank AFC, Astroturf Pitches Ferrybank, Waterford	€3 per person	Rosalind: 086 8957620
Dancing for adults with an intellectual disability in Dungarvan - (Carriglea Cairde Services)	Various	Various	Various	€40 for 8 weeks	Tanya Cliff: 087 7479526
Activities for children with an Autism Spectrum Disorder (Including: Swimming, Bowling, Horse Riding, Surfing & Yoga)	Contact WASSA	Contact WASSA	Various	Contact WASSA	WASSA: 086 6637055
Yoga for adults with an intellectual disability	Thursday	11.15-12.15	Alphazone Yoga Studio, Cleaboy Business Park, Waterford	€40 for 8 wks	Katie: 051 849757 or Adrienne: 086 8359863
DCD Soccer - Waterford	Thursday: 24 th June, 29 th July, 26 th Aug, 30 th Sept, 28 th Oct & 25 th Nov.	4 - 5 pm	Kingfisher Club, Tramore Road, Waterford	FREE	Nick Harrison: 086 0472051
Down Syndrome Soccer for Children	Thursday: 24 th June, 29 th July	5 - 6 pm (29 th July 11 - 2 pm)	Kingfisher Club, Tramore Road, Waterford	FREE	Nick Harrison: 086 0472051
Powerchair Soccer	7 th August	12 to 1pm	Kingfisher Club, Tramore Road, Waterford	FREE	Nick Harrison: 086 0472051
Special Olympics Club Dungarvan (8-16yrs)	Tuesday	5-6 p.m.	Kilrush Park AFC, Dungarvan, Co. Waterford	€3	Fiona: 087 2774607
Walking for All	Tuesday	2:30-4:00	Peoples Park, Waterford	FREE	Katie: 051 849757
'Out and About' – Walking for children with an Autism Spectrum Disorder	TBC	11:00 a.m.	Tramore Strand – Venue to change each walk	FREE	Katie – 051 849757
Cycling for adults with a vision impairment	Arranged with Cycling club	Arranged with Cycling club	Arranged with Cycling club	FREE	Sinead Power: Comeragh Cycling Club - (051)358163 or 087-2680088
Active Leadership Course for people with a disability	3 rd & 4 th June	9:00-3:00 p.m.	TBC	€25 per person	Katie- 051 849757
SNA Summer Camp Support Programme	Various	Various	Various	Various	Waterford Area Partnership (051) 840011
Swimming/aquasize for women with a disability	Wednesdays	4-5 p.m.	Waterford Crystal Leisure Centre, Cork Road, Waterford	€4 per person	Katie: (051) 849757
Yoga for adults with Multiple Sclerosis	Thursday – Starting 6 th May	10-11 a.m.	Alphazone Yoga Studio, Cleaboy Business Park, Waterford	€40 for 8 weeks	Katie: (051) 849757
Wheelchair Basketball (Ages – 13 years +)	Thursdays – Starting 6 th May	8 to 9pm	Butler Community Centre, Johns Park, Waterford	€3 per person	Katie: (051) 849757
Fishing for adults with a disability	Sunday 20 th June (provisional date)	11 to 2pm	Oaklands Lake, New Ross, Co. Wexford	Free	Katie: (051) 849757
Horse Riding for children with a vision impairment	Induction Tuesday 1 st June, 8-week programme to start 15 th June	4pm	Woodstown Riding Centre	Based on numbers attending	Katie: (051) 849757
Soccer for adults with an Acquired Brain Injury	Thursday: 24 th June, 29 th July, 26 th Aug, 30 th Sep, 28 th Oct, 25 th Nov	3 to 4pm	Kingfisher Club, Tramore Road, Waterford	FREE	Nick Harrison: 086 0472051
Pitch & Putt for adults with an Acquired Brain Injury	July & August 2010	TBC	Tramore	TBC	Katie – 051 849757

Upcoming Events - Details to be confirmed - Contact Katie if interested on (051) 849757

- Gaelic Football for children with an intellectual disability
- 'Biketastic': Cycling for children with an autism spectrum disorder
- Golf for adults with a vision impairment
- Swimming for children with Down Syndrome
- Gym Programme for adults with an Acquired Brain Injury

Waterford Sports Partnership 2010 Calendar of Upcoming Courses and Events

Date	Course/Event	Time	Venue
JUNE 2010			
Thurs 3 rd & Fri 4 th June	Active Leadership Training FULL	6 to 9pm & 10 to 5pm	City Venue TBC
JULY 2010			
Thurs 15 th & Fri 16 th July	Active Leadership Training	9.30 to 3pm	City Venue TBC
AUGUST 2010			
Saturday 28 th August	The 10k Kelly Ten	2pm	Dungarvan, Co. Waterford
Sunday 29 th August	The Sean Kelly Tour of Waterford	8.30am	Dungarvan, Co. Waterford
SEPTEMBER 2010			
Fri 10 th , Sat 11 th & Sun 12 th September	Sli na Slainte Walking Leader Training	All Day	Cavan Town, Co. Cavan
Monday 13 th September	Child Welfare & Protection Training	6 to 10pm	VEC Offices, Dungarvan
Monday 20 th September	Children's Officer Training - Part 1	6 to 9pm	City Hall, The Mall, Waterford
Thursday 23 rd September	Buntús New Teacher Training	1 to 4pm	City Venue TBC
Friday 24 th September	Buntús New Teacher Training	1 to 4pm	County Venue TBC
Sat 25 th & Sun 26 th September	REC 2 - First Aid Course	9 to 5pm	City Venue TBC
Monday 27 th September	Children's Officer Training - Part 2	6 to 9pm	City Hall, The Mall, Waterford
OCTOBER 2010			
Monday 4 th October	PAL's - Pitching & Tossing Workshop	10 to 3.30pm	Rainbow Hall, Kilmacthomas
Monday 11 th October	PAL's - Better Balance Workshop	10 to 3.30pm	Rainbow Hall, Kilmacthomas
Monday 18 th October	Child Welfare & Protection Training	6 to 10pm	City Hall, The Mall, Waterford
NOVEMBER 2010			
Monday 15 th November	Child Welfare & Protection Training	6 to 10pm	VEC Offices, Dungarvan
Sat 27 th & Sun 28 th November	REC 2 - First Aid Course	9 to 5pm	Dungarvan GAA Club

A great day for all in Villierstown!



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