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## Waterford Sports Partnership's Next Strategic Plan 2013 to 2016



Waterford Sports Partnership (WSP) is currently planning a new strategy for the period 2013 to 2016. In order to inform this new strategy effectively, we need to understand what worked well and what could have worked better during the last strategic period from 2007-2012.

We are keen to hear the views of organisations and individuals, both local and national, who have engaged in any way with WSP and/or who are involved in delivering or participating in sport and physical activity.

### We need to:

- know if/where Waterford Sports Partnership's initiatives or services have made a positive difference
- get feedback on current gaps in provision which need to be addressed and
- clarify the priorities for the 2013 to 2016 strategic period

We would greatly welcome and appreciate your involvement in this planning process. We wish to obtain as many views as possible so we are happy to accept responses from many members of the same club or organisation. We have prepared a short **ONLINE SURVEY** that should take less than 5 minutes to complete.

**A LINK TO THE ONLINE SURVEY CAN BE FOUND ON OUR WEBSITE**  
**[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

The survey will close on Thursday 6<sup>th</sup> June. Alternatively please call Rosarie Kealy on 058 21190 or email [rkealy@waterfordsportspartnership.ie](mailto:rkealy@waterfordsportspartnership.ie).

**This is your chance to shape the work of WSP for the next few years – please take a few minutes to give us your views.**



# National Bike Week 2013

15<sup>th</sup> to 23<sup>rd</sup> June 2013

FREE EVENTS in WATERFORD



## Saturday 15<sup>th</sup> June

**Super Saturday** >> 11am to 1pm

**St Augustine's College | Dungarvan**

Fun cycling events for all the family | **REGISTRATION FROM 10.30am**

>> 11am - Cycling games (3 to 7 yrs) >> 12pm - Family 10k Cycle (over 8's)

>> REFRESHMENTS >> PRIZES **DON'T FORGET YOUR HELMET!**

For more info please email: [bikeweek@waterfordcoco.ie](mailto:bikeweek@waterfordcoco.ie)

## Wednesday 19<sup>th</sup> June

**National Cycle to School & Work Day!**

Get on your bike for this National Day!

Enter a free draw to win a €100 voucher by cycling to school or work

Simply email your name, phone number, journey & how you normally

travel to: [bikeweek@waterfordcoco.ie](mailto:bikeweek@waterfordcoco.ie) by 21<sup>st</sup> June 2013

**Workplace Lunchtime 7k Cycle | Dungarvan**

NO LYCRA ALLOWED EASY & ENJOYABLE CYCLE

>> Meet at Fr. Twomey's Cycle Way @ 1pm >> Followed by Light lunch

Pre-registration essential by Sunday 16<sup>th</sup> June

at [www.itsafeeling.com/bikeweek](http://www.itsafeeling.com/bikeweek)

For more info please email: [bikeweek@waterfordcoco.ie](mailto:bikeweek@waterfordcoco.ie)

**8km Leisure Lunchtime Cycle | Waterford**

>> Meet at the Park Lodge Café, People's Park @ 1pm

>> Bikes available for use >> Voucher for light lunch after cycle

For more info please call Pauline Cunningham (051) 849885

or email: [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Thursday 20<sup>th</sup> June

**20km Evening Family Spin | Waterford City**

>> Meet at the RSC @ 6pm - Family Spin to Tramore & Back >> Refreshments

>> Prizes For more info please call Pauline Cunningham (051) 849885

or email: [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Friday 21<sup>st</sup> June

**Blind Time Trial | Dunhill @5pm**

>> Registration from 4.30 to 5pm at Dunhill Enterprise Centre

>> Predict your time for 20k loop >> Chip Timing >> Prizes

For more info please call Bernard Deegan, Copper Coast Wheelers on 085 7598589

**The Shortest Night | Midnight Cycle | Dungarvan**

>> Open to all young people 14 to 18 >> Walton Park to Clonea Strand & back

>> Start Time 10pm >> Registration in Walton Park from 9pm

>> Healthy refreshments and some entertainment at Clonea Beach (mid-way)

>> Depart Clonea at midnight For more information call John Donovan (No Name Club) on 087-2782825 or email: [jdonovan@nonameclub.ie](mailto:jdonovan@nonameclub.ie)

## Saturday 22<sup>nd</sup> June

**Cycling Fun Day | Dunhill** >> 1 to 5.30pm

>> Bike Maintenance >> Diet/Nutrition talk

>> Safe Cycling Practices & Games >> First Aid for Cyclists

>> Leisure Cycle (35km) >> REFRESHMENTS

For more info please call Bernard Deegan, Copper Coast Wheelers on 085 7598589

## Sunday 23<sup>rd</sup> June

**BMX/Scooter Jam in the Park** >> 2 to 4pm

**The People's Park | Waterford City**

>> REFRESHMENTS >> DJ >> PRIZES

For more info please call Brian O'Neill (051) 849583

**Dawn Cycle | Dungarvan**

**Walton Park | Dungarvan @ 7am**

20k & 30k routes to choose from for all fitness levels

>> Participants must be over 10 years of age | HELMETS

>> Light breakfast afterwards in Sip n' Surf Cafe

Pre-registration essential before Wednesday 19th June

at [www.itsafeeling.com/bikeweek](http://www.itsafeeling.com/bikeweek)

For more info please email: [bikeweek@waterfordcoco.ie](mailto:bikeweek@waterfordcoco.ie)

**Pedal in the Park | Waterford City**

**Kilbarry Nature Park | 11am to 1pm**

>> Family Fun Races >> Slow Bicycle Races >> Safe Cycling

>> Balance Bikes >> Refreshments

For more info please call Paul Cleary on (051) 849508

or email: [pcleary@waterfordcity.ie](mailto:pcleary@waterfordcity.ie)

**4<sup>th</sup> Annual Fenor Family Fun Cycle**

**Fenor Village >> Registration from 11am**

>> Junior Skills Challenge >> 5k & 20k Family Cycles

>> Bouncy Castle >> Face Painting >> Entertainment

>> Refreshments & much more!

Please contact John Hayes on 086 1013924 for more info.

**Pedal Power Family Cycle**

**Millennium Park Lismore >> 2pm**

>> Fun Family Cycles >> Distances to suit all ages

>> Colouring Competition >> Face Painting

>> Entertainment >> Refreshments & much more!

Please contact Elaine McBarron on 086 3764089 for more info.

For further information please visit : [www.itsafeeling.com/bikeweek](http://www.itsafeeling.com/bikeweek) or [www.waterfordcity.ie/bikeweek](http://www.waterfordcity.ie/bikeweek)



### Garda Vetting Workshop for Clubs/Organisations

Waterford Sports Partnership is hosting a Workshop on the National Garda Vetting Bureau Act 2012 - Implications for Sports Clubs and Organisations. Are you working in a voluntary capacity with young people or vulnerable persons in sport and physical activity? Want to find out more about upcoming changes in legislation with regard to Garda Vetting?

To assist clubs in understanding the requirements placed upon them by this proposed new Act, Waterford Sports Partnership has organised an information workshop for sports clubs and organisations. Under the proposed new National Vetting Bureau Act (Children & Vulnerable Persons) 2012, all sport club members i.e. coaches, trainers, mentors etc who provide sports activities to children and persons who are in direct contact with children or vulnerable persons on an ongoing and regular basis need to be Garda vetted.

The National Vetting Bureau (Children & Vulnerable Persons) Act 2012 will provide a legislative basis for the mandatory vetting of persons who wish to undertake certain work or activities relating to children or vulnerable persons. This seminar will set out to answer questions such as the following that many sport clubs have:

- Who will need to be Garda Vetted?
- What action should the club take now?
- Whose responsibility is it to ensure vetting is carried out?

Bernie Priestley, Head of Code of Ethics with the Irish Sports Council and a representative from a national sporting body will outline the procedures sports clubs are required to take to ensure all appropriate volunteers and coaches are vetted, and to address any questions you may have. Upon completion of this workshop, participants will have a greater understanding of the new requirements in relation to Garda Vetting for volunteers.

**The Workshop will take place on Thursday 30th May 2013 from 7 to 9pm  
at the Auditorium, WIT Campus, Cork Road, Waterford.**

**Attendance at the workshop is free of charge and is open to all who work with young people in the sporting world. Places are limited and must be booked in advance by contacting Waterford Sports Partnership at 058 21194 or by downloading an application form at [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) and returning it by email to [info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie) or by post to Waterford Sports Partnership, Civic Offices Dungarvan, Co. Waterford.**



COMING SOON!

### Social Media Seminar

Waterford Sports Partnership is planning to hold a Social Media Seminar for Sports Clubs in September/October 2013.

The Seminar will focus mainly on Facebook and Twitter and how Clubs can take advantage of these media.

**If your club would be interested in attending the Workshop please email [info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie) TODAY to express your interest.**



## Waterford Sports Partnership PARTICIPATION GRANT

This is a small scale grant and aims to encourage and assist Waterford clubs in their club development and in particular to increase participation levels for Youth, Disability, Over 35's and General Population. The grant has a maximum allocation of €250 per Club; €75 of which can go towards the funding of coaching courses which support any participation initiative.

**If you would like more information on this grant please contact Pauline Cunningham, Sports Development Officer, Waterford Sports Partnership on 051 849855 | [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie) or email [info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie) to request a Grant Form & Criteria.**

## SPORTS DEVELOPMENT OFFICER UPDATE



### Pauline Cunningham - Sports Development Officer

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

## Schools get active with the Waterford Active Schools Programme

Pupils from eight schools across Waterford were busy collecting Wizzy stickers during the four week programme which ran over the month of March. Once again the pupils and their families rose to the challenge and collected a phenomenal amount of Wizzy stickers. The schools that took part in this four week programme were: Newtown Junior Primary School, Kilmacthomas Primary School, Scoil na Croise Naofa, Our Lady of Good Council G.N.S., St. Marys N.S., Portlaw N.S., St. Paul's B.N.S and Garranbane N.S.

For every day each child and their nominated adult completed the recommended level of physical activity the class teacher awarded each student a sticker for their WASP record card. There were 40 sticker spots on the record card and when each child filled their record card they received a Wizzy Certificate. Newtown Junior Primary School, Our Lady of Good Council G.N.S. and Garranbane N.S. were lucky recipients of the **"Win a Wizzy Workout Competition"** for their chosen class. Pupils got the fantastic opportunity to meet and exercise with Wizzy for 30 minutes.

Well done to all the pupils, parents and teachers who took part in the WASP programme. Phase two of WASP will be rolled out in September 2013; so go on, encourage your school to take part in Waterford Active Schools Programme and your class might just win a Wizzy Workout.

**For further information on the WASP Programme, please contact Pauline Cunningham on (051) 849855**



## Cricket Teacher Training Course

Waterford Sport Partnership was delighted to run a Cricket Training Course in conjunction with Cricket Ireland. The course took place on the 6<sup>th</sup> of February in the Butler Community Centre and was attended by five teachers hailing from Scoil Mhuire Ferrybank, Newtown Junior N.S, Portlaw N.S and Waterpark N.S. The course aimed to give the teachers a basic understanding of the game while incorporating useful drills which children with very little experience of the game could understand without difficulty.

The course was hosted by James Doran from Cricket Ireland who gave a very insightful look into how cricket should be played and also coached. The session consisted of small drills which would later connect in together and form a game structure. The teachers taking part found this very practical as children could be shown simple tasks, such as throwing the ball properly, which would later link into their game play without them even having to think about it. The entire session was geared around getting children interested in cricket and also maintaining that interest. A few simple tips in the form of tailoring the scoring system to favour children (children receive -2 points rather than losing out on a turn if struck out of the game) and engaging the children with questions to reinforce information.

As cricket has a small knowledge base in the county it was very valuable to have James down to explain how the game is meant to be played and with resources to follow we are sure the children are really going to enjoy playing. A massive thank you to James and the Butler Community Centre for the use of their hall.

## Active Body Active Mind

Waterford Sports Partnership secured funding from the Irish Sports Council to run a programme to offer opportunities for job seekers. The Active Body Active Mind Programme aimed to introduce participants to new leisure activities and encourage them to use local facilities. The programme was run in conjunction with the Waterford City Traveller Men's Project. The programme ran for six weeks in Cill Barra Sports Centre and four participants were in attendance. Sinead from Cill Barra provided each participant with a gym programme which included a mixture of both cardiovascular and strength work. The programme was a huge success with two of the four participants joining the gym for an additional 6 month period. Niall Devereux (Waterford City Men's Traveller Worker) was very pleased with how the programme ran and was delighted his group received the opportunity to take part.

**If you would like further information on this programme please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



## WaterGirls – TY Programme

Waterford Sports Partnership has just finished running a four week surfing programme for Transition Year girls from St. Angela's Secondary School and Stella Maris Secondary School in Waterford. Thirteen participants signed up to the four week introductory surfing lessons which commenced on 20<sup>th</sup> April. The lessons were tutored by T-Bay Surf Club in Tramore.

The aim of the programme was to teach participants the necessary skills needed to go surfing independently once the programme finished. Each lesson consisted of twenty minutes theory where the girls learned about water safety and sixty minutes in the water learning to surf. All the girls thoroughly enjoyed the programme with some already enquiring about buying their own surf boards and wet suits. A huge thank you to T-Bay Surf Club for running the programme and well done to all the girls who braved the Spring weather.

**If you would like more information on this programme please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



## Olympic Handball Blitz

Earlier this year Waterford Sports Partnership ran Olympic Handball Training with teachers from primary schools across Waterford. Following on from this training WSP ran an Olympic Handball Blitz in conjunction with the Irish Olympic Handball Association.

Pupils from Newtown Junior School, Christ Church N.S., St. Marys N.S., St. Declan's N.S., Mt. Sion N.S. and Waterford Educate Together took part in the blitz. The day was a huge success with the pupils thoroughly enjoying the day. Feedback from the teachers was extremely positive with regards to children playing the new sport. This was evident from how enthusiastic the pupils were on the day.

Huge congratulations go to Waterford Educate Together who won out the blitz. We would also like to thank Kingfisher for the use of their facilities and Lisa Regan of the Irish Olympic Handball Association



## F.A.I. Futsal

The FAI in conjunction with Waterford Sports Partnership ran an Introductory Teacher Training Course into the wonderful game of Futsal.



The course took place on the 25<sup>th</sup> of January 2013 and was attended by twelve teachers from; Scoil Gharbháin, Our Lady of Good Counsel N.S, Kilmacthomas Primary, Mt Sion Primary, Scoil Mhuire Abbesside, Newtown Junior N.S, Portlaw N.S, Faithlegg N.S, Scoil Mhuire N.S Ferrybank, St Ursula's Primary and Waterpark N.S.

The aim of the course was to inform teachers of the advantages of getting children to play Futsal from a young age, as this adaption of indoor football seeks to sharpen ball control skills, reactions and build confidence in players. The course was delivered by FAI's Gary Power who gave an informative and enjoyable insight into Futsal. Gary used a mixture of short videos and demonstrated drills which the participants could use to hone the talents of their own pupils.

Futsal is a team sport consisting of two teams of five and is played indoors on a court delimited by lines; the goals are also smaller than that of a normal goal making it harder to score. However the real joy in Futsal comes in the form of the football used, it is smaller and heavier which allows for less bounce making the ball easier to control. It was evident from the practice session how beneficial this sport would be for children, indeed Gary informed us that most of the main powerhouses in football such as Spain, Argentina and Brazil do not play standard 11v11 in schools, rather they rely on Futsal to vastly improve the standard of football in their youngsters and the results speak for themselves.

The Group responded with huge enthusiasm for the sport, instantly recognizing the advantage it holds over standard football, furthermore they were looking forward to getting their own students involved in the sport. A huge thank you to Gary for hosting the course, and to the Kingfisher Club for the use of their facilities.

**If you would like more information on this programme please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**

# Go For Life | WalkAbility Challenge



**Waterford Sports Partnership secured funding through the Go for Life (GFL) Grant Scheme to run a five week walking programme.**

The programme commenced on Wednesday 10<sup>th</sup> April in Rainbow Hall, Kilmacthomas with a Go for Life PAL's "Stepping and Strolling" Workshop. Nineteen participants from a range of groups came along looking to pick up some tips to get their members walking! Participants learned about different types of walking, using step counters to record steps, warming up exercises for all abilities, correct walking technique and how to safely lead a group on a walk. Everyone that attended received a step counter and a tracker card to record their steps. They also received a high-visibility vest, bag and flashing light to keep safe while out walking. Feedback on the day was very positive with attendees commenting that "it was a very sociable and enjoyable day" and that the session was "very informative, practical and easy to follow".



Following on from the workshop, participants had the opportunity to take part in four weekly walks in either Waterford City or County. Those taking part were asked to use their step counters and tracker cards to monitor their weekly step count. The aim of the walks was to provide an opportunity for participants to increase their steps each week while practicing the workshop skills, learning about local walking routes, enjoying the fresh air, meeting new people and having a chat!

There were four walks held in Waterford County (Dungarvan Railway Walk, Glenshelane River walk, Dungarvan Sli na Slainte route and Colligan Woods) and four walks held in Waterford City (Kilbarry Nature Park and Sli Na Slainte route). The number of participants coming along to the walks increased each week from twenty-three participants the first week to 34 the final week. Those that had been step counting increased their steps by an average of 2,000 steps per day over the course of the programme.

The programme was a great success overall and the workshop and walks were thoroughly enjoyed by all. Well done to those that took part and keep up the good work increasing those steps!

**If you are interested in taking part in future Waterford Sports Partnership programmes, please contact Sarah Chadwick, Assistant Sports Development Officer on (058)21199 or [schadwick@waterfordspartnership.ie](mailto:schadwick@waterfordspartnership.ie)**



### Interested in getting more active?

Waterford Sports Partnership is going through a transitional period in our work with older adults in Waterford as we search for new individuals and groups. We are fortunate that we have been extremely successful in engaging older adult groups in the last five years. Many of these groups are now established and we are delighted to say, running physical activity sessions independently.

**Are you aged over 55? Do you have a parent/grandparent, aunt/uncle aged over 55?  
Interested in getting more exercise in a fun, social setting?  
If you answered yes, Waterford Sports Partnership wants to hear from you!**

*We are keen to assist any Waterford man or woman who is aged over 55 to become more active and assist them to obtain the Department of Health recommendation of 30 minutes a day or 150 minutes of physical activity per week. Below is a summary of activities coming up for you to participate in:*

### AOP MEN ONLY Gym Programme

Waterford Sports Partnership, in conjunction with the Kingfisher Club recently ran an over 55's MEN ONLY Active Older People Gym programme.

Nine men from Waterford City took part in the six week programme which was funded by Go For Life. The programme aimed to re-introduce older adults to the benefits of regular physical activity. This was accomplished through a mixture of gym classes, water based activity sessions and some outdoor activity using the Kilbarry Nature Park. Rachel Wall from The Kingfisher Club designed an innovative and well tailored session plan which all the participants thoroughly enjoyed. The Kingfisher Club has now taken over the Men Only Gym Programme and will continue to run weekly gym sessions.

**If you are interested in taking part or have any questions on this programme, please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**

### DUNGARVAN MEN ONLY GYM PROGRAMME

We are planning to start a men only gym programme in Dungarvan. The sessions will involve a gym induction, a personalised exercise programme and group exercise classes for older men.

**If you are interested, please contact Peter Jones on 058 21191.**



*'I enjoyed training in the gym and learning to use all the machines, working as a group really helps keep us motivated and made the programme more enjoyable'*

**Patrick Malone, Course Participant**

*'Simply fantastic programme, I really enjoyed training in the gym and using the pool'. Having Rachel there to lend a hand and help us out was great too'.*

**John McNamara, Course Participant**

### Represent your County at 'The Games' in Dublin on Saturday 8<sup>th</sup> June

Waterford Sports Partnership is entering a Waterford team in this National competition run by Go For Life which is being held in Dublin on Saturday June 8<sup>th</sup>. Twelve different counties will be represented at the event.

The team will be made up of twelve individuals who will compete in three different bowling games. The cost of entry is €10 for any interested participants and the day will include transport to Dublin, lunch and participation in one of the bowling games.

**For further information please call Peter Jones on (058) 21191 or Sarah Chadwick on (058) 21199**

### GROUP DELIVERY

#### ON DEMAND!

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

**For more information contact the office on 058 21191**



### Link2BActive

Waterford Sports Partnership has liaised with a number of local facilities and clubs to encourage them to offer discounted activity sessions. Opportunities available for Older Adults include Aqua Aerobics, Bowling, Golf, Gym sessions, Nordic Walking, Pitch and Putt, Surfing and discounted gym membership.

For a full listing of the participating facilities and discounted rates please visit our website

**[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)** or contact the office to request a copy of the rates

If you would like to offer discounted rates at your club or facility please contact Peter Jones on (058) 21191.

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

# Sean Kelly Tour of Waterford 2013



Follow us on Facebook - An Post Cycling



## NEW FOR 2013

PARTICIPANT LIMIT OF 5,000 | DON'T MISS OUT - ENTER TODAY!

## Sunday 25<sup>th</sup> August 2013

THREE ROUTES TO CHOOSE FROM ...  
160km Kelly Comeragh Challenge  
100km Kelly Heritage Route  
50km Kelly Cruise



## Saturday 24<sup>th</sup> August 2013 | The Kelly Spin - 12k

@ 11.30am | ENTRY €2.00 | REFRESHMENTS FOR ALL

Registration on the day ONLY from 10am at the Causeway Tennis Club | Abbeyside | Dungarvan  
CYCLISTS MUST BE OVER 8 | UNDER 12'S MUST BE ACCOMPANIED BY AN ADULT



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

+353 (0) 58 21 104

[info@theseankellytour.com](mailto:info@theseankellytour.com)



Waterford County Local Authorities  
Udarás Áitiúla Chontae Phort Láirge



IRISH HEART  
FOUNDATION



## 2013 Sean Kelly Tour of Waterford | Youth Challenge

*The Sean Kelly Tour of Waterford Youth Challenge is a 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 from the Irish Sports Council.*

In 2012 seventy three young cyclists from seven different schools took part in the Sean Kelly Tour of Waterford Youth Challenge. In 2013, Waterford Sports Partnership is committed to increasing the number of juvenile cyclists through the Youth Challenge in Waterford County.

### The 2013 programme - WATERFORD COUNTY

The programme includes entry to the 50km Kelly Cruise on Sunday 25<sup>th</sup> August 2013 and access to training spins beginning on June 4<sup>th</sup>. Training spins are a key stepping stone for all participants. The spins teach the young riders safe cycling skills and help them gain road experience whilst also giving them an opportunity to train effectively for the event under the guidance of experienced cyclists. We are extremely fortunate to have the backing of Dungarvan Cycling Club trained cycling coaches and club members, who will be running all of the training spins.

Training Spins are not only an essential component in preparing cyclist to gain stamina towards completing one of the Sean Kelly Tour of Waterford routes, but more importantly, they ensure that the young people are comfortable cycling safely in a big group.

Training spins in the County will be led by Dungarvan Cycling Club and will begin on Tuesday 4<sup>th</sup> June @ 6.30pm at St Augustine's College. This is the first of six training spins run by the club. The full Training Spin timetable is available at [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

### WATERFORD CITY

Due to the success of the Youth Challenge in previous years coupled with the hard work of the Waterford City cycling clubs, the clubs juvenile sections are near to capacity. If you are aged between 12-18 and interested in further cycling opportunities, please contact Pauline Cunningham on 051 849855.

### HOW TO ENTER?

If you are aged between 12 and 18, in sixth class of National school or attending Secondary school then you are eligible to take part in the Youth Challenge.

**To register, please send us a completed Youth Challenge Application Form, along with a completed Cycling Ireland Insurance Form, copy of birth cert/passport and €10 before Tuesday 4th June**

Visit [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) for all the relevant forms and further information

**For further information please contact Peter Jones on 058 21191 or Sarah Chadwick on 058 21199.**

### WHAT THEY SAID IN 2012!

*'the Youth Challenge spins have been a fantastic success this year. Numbers are hugely up on last year and there has been great enjoyment for all the kids and they have gained a great sense of achievement.'*

**Ger Wyley, Training Spin Leader & Member of Dungarvan Cycling Club**

*'it pushed me to cycle more and do longer distances and prepared me well for the 50km Kelly Cruise. I would recommend this to anyone'*

**Lauren Sheehan, 2012 Youth Challenge Participant**

*'it has changed my life as I now always cycle, no joke.'*

**Daragh Looby, 2012 Youth Challenge Participant**

*'the youth challenge is the ideal way to get ready for the SKT. I didn't think I could cycle 25km never mid 50km but when you're training with people of your own age and ability, you stick with it. The day itself is always good fun, even if for no other reason than the food, which is savage. I will participate in the programme for the fifth time this year, it's a great way to get out for the summer and stay fit at the same time.'*

**Adam Houlihan, Youth Challenge Participant since 2009**



### Over 300 take part in 2013 Operation Transformation Waterford Walk

Over 32 walks took place nationwide on Saturday January 19th as part of a joint venture between RTE's Operation Transformation Series and the Irish Sports Council. The concept was to promote walking as the perfect exercise to "kick start" a healthier 2013. Waterford Sports Partnership hosted this year's walk in Waterford City. Over 300 enthusiastic walkers took part in the walk and got a chance to explore the fantastic Waterford Nature Park.

It was great to see such a range of participants of all ages and abilities from right across Waterford City and County. Waterford Sports Partnership was delighted to see so many families out getting active together. We would like to say a special thank you to all the Slí na Sláinte walking leaders who generously gave up their time to lead the walks and a big thanks too to all the volunteers who helped out on the day. But most of all a big thanks and well done to everyone that took part.

**Check out our FACEBOOK page for lots more photos from the day.**



### Walk Waterford | Spring Series 2013

**Waterford Sports Partnership was delighted to have the opportunity to showcase some of Waterford's finest walks as part of the Walk Waterford programme.**

Five walks were planned as part of the Spring Series; Dungarvan Railway Walk, Dunmore East Wood Walk, Glenshelane River Walk, Tramore Doneraile Walk and Mahon Falls. We are delighted that over one hundred people took part in at least one of the four walks organised.

All five walks received fantastic reviews. The Spring Series kicked off with the Dungarvan Railway Walk, over fifty people took part in this walk which has been developed on the old Railway track. It is mostly off road and predominately flat, making it perfect for all levels and abilities. It is well used by locals and visitors on foot and by bike.

Waterford Sports Partnership was delighted to see such a great turnout for the Walk Waterford Dunmore East Wood Walk on Saturday 2nd February. Ninety five people met to take part in the second walk of the spring series and also enjoy the launch of the Waterford County Council Walk Waterford brochure which details twenty of the top walks in Waterford. This fantastic brochure can be downloaded from [www.itsafeeling.com](http://www.itsafeeling.com).

The third walk in the series was on Saturday 9th February in Coillte's beautiful Glenshelane Forest near Cappoquin. Twenty five walkers met the staff and volunteers of WSP and an enjoyable stroll was had by all. Glenshelane or Glen of the Fairies boasts a number of walking trails that allow visitors to meander through the beech, oak and ash forest. Completing this tranquil atmosphere is the Glenshelane River which runs through the middle making it the perfect walking and picnic spot. If you were unable to make the walk make sure to make a point of visiting Glenshelane the next time you are near Cappoquin. It's well worth a visit.

There was a fantastic turnout at the fourth Walk Waterford Walk run by Waterford Sports Partnership on Saturday 16th February. Forty five leisure walkers undertook the well known Doneraile walk in Tramore. The strollers enjoyed the 4km scenic route which took in Galweys Hill and followed the coastline to Newtown cove taking in the spectacular views over Lady Doneraile's Cove, Lady Elizabeth's Cove and the well known Guillameen (formally a 'male' preserve!).

Last but not least was the Mahon Falls Walk with spectacular views of this stunning Waterford landmark. Considering the cold weather there was a great turnout at the fifth and final Walk Waterford Walk on Saturday 23rd February. Twenty four leisure walkers undertook the well known Mahon Falls Walk in the Comeragh Mountains. This 2.4km scenic route took the walkers into the heart of the Comeragh Mountains on an accessible path allowing everyone to enjoy the spectacular scenic views of Dungarvan Bay and beyond

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



Date	Course/Event	Time	Venue
<b>May 2013</b>			
Wednesday 15 <sup>th</sup> May	<b>Waterford Boccia League (Disability)</b>	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Monday 20 <sup>th</sup> May	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
Saturday 25 <sup>th</sup> May	<b>Sports First Aid Course</b>	9.30am to 4.30pm	Waterford City Rugby Club, Kilbarry, Waterford
Thursday 30 <sup>th</sup> May	<b>Garda Vetting Workshop for Clubs</b>	7 to 9pm	Auditorium, WIT Campus, Cork Road, Waterford
<b>June 2013</b>			
Wednesday 5 <sup>th</sup> June	<b>Disability Awareness &amp; Sports Inclusion Training</b>	6pm to 9.30pm (Registration & refreshments from 5.45pm)	WIT Carriganore Campus, Waterford
Wednesday 12 <sup>th</sup> June	<b>Waterford Boccia League (Disability)</b>	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Saturday 15 <sup>th</sup> to Sunday 23 <sup>rd</sup> June 2012	<b>Bike Week 2013 - Various Events</b>	SEE PAGE 2	SEE PAGE 2
<b>July 2013</b>			
Wednesday 17 <sup>th</sup> July	<b>Waterford Boccia League (Disability)</b>	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
<b>August 2013</b>			
Wednesday 14 <sup>th</sup> August	<b>Waterford Boccia League (Disability)</b>	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Saturday 24 <sup>th</sup> & Sunday 25 <sup>th</sup> August	<b>Sean Kelly Tour of Waterford 2013</b>	SEE <a href="http://www.theseankellytour.com">www.theseankellytour.com</a> FOR MORE DETAILS	
<b>September 2013</b>			
Wednesday 11 <sup>th</sup> September	<b>Waterford Boccia League (Disability)</b>	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Monday 16 <sup>th</sup> September	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	Regional Sports Centre, Cork Road, Waterford
Sunday 22 <sup>nd</sup> September	<b>Walk Waterford Autumn Series</b>	2pm	TBC
Sunday 29 <sup>th</sup> September	<b>Walk Waterford Autumn Series</b>	2pm	TBC
<b>October 2013</b>			
Sunday 6 <sup>th</sup> October	<b>Walk Waterford Autumn Series (National Trails Day 2013)</b>	2pm	TBC
Sunday 13 <sup>th</sup> October	<b>Walk Waterford Autumn Series</b>	2pm	TBC
Monday 14 <sup>th</sup> October	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
Wednesday 16 <sup>th</sup> October	<b>Waterford Boccia League (Disability)</b>	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Sunday 20 <sup>th</sup> October	<b>Walk Waterford Autumn Series</b>	2pm	TBC
<b>November 2013</b>			
Monday 11 <sup>th</sup> November	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	Regional Sports Centre, Cork Road, Waterford
Wednesday 13 <sup>th</sup> November	<b>Waterford Boccia League (Disability)</b>	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
<b>December 2013</b>			
Wednesday 11 <sup>th</sup> December	<b>Waterford Boccia League (Disability)</b>	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford

**ACTIVE LEADERSHIP TRAINING | FIRST AID TRAINING | DRUG AWARENESS POLICY**  
 If interested please contact the office on 058-21199/051-849855

WSP can also support you to take part in WALKING LEADER TRAINING courses run by the Irish Heart Foundation  
 See [www.irishheart.ie](http://www.irishheart.ie) for dates for 2013

### Tae Kwon Do for Children with a Disability

Earlier this year Waterford Sports Partnership ran a six week Tae Kwon Do Programme for children with a disability in St. Augustine's College Dungarvan. The Tae Kwon Do Programme was designed by Waterford Sports Partnership and Dungarvan Tae Kwon Do Club and was funded by the HSE.

The aim of the programme was to give children with a disability such as ADHD, Dyspraxia, Cerebral Palsy, Motor Coordination Disability, Autism Spectrum Disorder etc. an opportunity to try out Tae Kwon Do in a safe and structured environment. Participants got the opportunity to learn the fundamental skills of Tae Kwon Do as well as increasing their confidence and social skills. A huge thank you must go to Luke Laffan and Teresa Keith who were tutoring the participants. Also a special mention must go to the volunteer students from Coláiste Chathail Naofa who gave their time to support the participants each week.



**If you are interested in getting your child involved in Tae Kwon Do please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**

### Waterford Boccia League

#### for Adults with a Disability

The Waterford Boccia League has gone from strength to strength in the last year with new participants joining each month.

Waterford Sports Partnership in partnership with Cill Barra Sports Centre have sustained the regular running of the monthly Boccia Blitz. To ensure the Monthly Blitzes continue to grow Waterford Sports Partnership trained up a number of service users to become Boccia Referees. The training was hosted by Cill Barra and run by Deirdre Barry (WIT) for sixteen participants. The participants are really enjoying this programme with many of them finding it beneficial both socially and psychologically.

WSP would like to thank all the groups; Rehab Care, Brothers of Charity, St. Otterans and Carriglea Cairde Services for supporting this programme. We are looking forward to seeing you all at next month's Blitz on Wednesday 17<sup>th</sup> June.

**For more information on this programme please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



### Powerchair Football

Waterford Sports Partnership and the Association of Irish Powerchair Football (AIPF) held a Come and Try It session in the Kingfisher Club in Waterford on Saturday 20<sup>th</sup> of April 2013. Amongst the eight participants that attended, there was a mix of newcomers to the sport and individuals that had played before.

Donal Byrne from the AIPF coached the participants through turning skills, ball passing, defending and goal scoring and then finished off the session with a match to put their team working skills to the test! Those that took part commented that it was a very enjoyable day and a great opportunity to meet new people. Well done to those that took part and a big thanks to Donal and the AIPF for hosting the session.

**For more information on this programme please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



### **Social Soccer League *for Adults with a disability***

On the last Thursday of every month from 1 to 2pm the FAI and Waterford Sports Partnership run the Football For All Social Soccer in Waterford City. The Social Soccer League is made up of various disability groups from right across the County who come together each month to play soccer. With the assistance of the FAI Project Futsal students two sections are run, an indoor section for participants who are of a lower level ability and an outdoor section for higher level ability participants. A huge thank you must go to the students from the FAI Project Futsal who run the sessions each month. The students create an enthusiastic, fun and friendly environment and work excellently with all participants. The students coaching have noticed a considerable increase in the participants' confidence and skill level since they started this year. Well done to all involved, keep up the good work.

### **TY Wheelchair Basketball**

Waterford Sports Partnership in conjunction with the Irish Wheelchair Association (IWA) ran a pilot TY Wheelchair Basketball Day with the transition year students from Kilmacthomas Secondary School on Friday 22<sup>nd</sup> March.

The main aim of the day was to raise awareness about disabilities in sport, while also highlighting how a wheelchair user can be incorporated into a mainstream P.E game. The day was broken into two phases. Phase one consisted of the pupils learning to use the wheelchairs. While phase 2 consisted of a blitz, allowing the students to put what they learnt to the test. The pupils quickly realised the wheelchairs were not so easy to control, while shooting the ball was nearly impossible for most to begin with.

Paul Ryan IWA Munster Sport Development Officer ran an excellent practical session keeping participants engaged throughout the session. The day really enabled the students to appreciate the difficulty and level of skill needed to play a sport while wheelchair bound. All participants thoroughly enjoyed taking part. At the end of the day a team of 12 pupils was chosen to represent Waterford at a regional blitz in May.



### **Disability Awareness and Sports Inclusion - TRAINING COURSE**

This course is being run in conjunction with the Irish Wheelchair Association and is aimed at programme leaders, sports clubs, and NGB's who wish to run inclusive sports camps and activities with a view to including people with a disability.

The course will include a disability awareness module which will cover physical and sensory disabilities and a practical session which will develop skills on inclusion and adapting programs to cater for all.

The aim of the course is to familiarise leaders on the benefits of inclusive practices and the best methods for including individuals with a disability within their club/camp.

**DATE:** Wednesday 5<sup>th</sup> June 2013  
**TIME:** 6 to 9.30pm (registration & refreshments from 5.45pm)  
**VENUE:** WIT Carriganore Campus  
**COST:** €5 per person

Places are limited and are allocated on a first come first served basis. To book your place please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



## Peter Jones - Sports Development Officer

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

Peter can be contacted on (058) 21191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

## St Mary's Travel Day

The Go School Smart Programme was a pilot programme funded by Go Dungarvan and delivered through Waterford Sports Partnership in late 2012. Over 300 students took part from eleven classes from St. Mary's, Scoil Gharbhain and Abbeyside National Schools. The aim of the programme was to encourage students to walk, cycle or car-share to school. One point was awarded for car pooling, two for walking or cycling and four points for walking/cycling in cold /wet weather. St. Mary's N.S was the top performing school and their well deserved prize was a Travel Day which was delivered by Go Dungarvan and Waterford Sports Partnership on Tuesday 16<sup>th</sup> April 2013.

The Travel Day started with the students from fifth class and sixth class taking part in a cycling and road safety quiz. They tested their knowledge about the importance of wearing a helmet and a hi-visibility vest, safety while walking, cycling and in a car, and bicycle maintenance. After the quiz the students listened to a presentation about how we need to make cycling, walking and road safety part of our everyday lives through teaching and reinforcing the message. The students were then set a teaching challenge of their own! They were tasked with improving their schools knowledge of walking, cycling and road safety by working in teams to design a quiz, create a drama sketch or write a poem to deliver to the younger classes! Teaching aside, the students also got to have some fun taking part in road safety themed games in the yard with relays designed to make sure we remember to put on our high-visibility vests.

When Friday arrived the girls were all set to play teacher for the day! Most groups chose to do a quiz, with one group choosing a very imaginative quiz show theme which kept the students from junior infants to first class interested in the road safety facts! All of the presentations were interactive, fun and informative and reinforced important road safety messages. The fifth and sixth class students did a wonderful job in setting a good example for the younger classes and played their part in teaching their school about road safety. Well done to the students and teachers and from St. Mary's N.S that took part; keep up the good work in spreading the road safety message and watch this space for future teachers in the making!

### STUDENT COMMENTS

*"It was a fun and exciting way to learn about road safety"*

*"It was extremely beneficial to learn how to check our bikes before cycling".*

*"I thought it was brilliant fun and I'm glad I walk to school every day."*

*"I loved working as part of a team to teach the younger classes everything we had learned about road safety".*

*"I thought it was brilliant and the children really enjoyed the dramas and quiz, it was a fun way to teach them road safety".*

*"Fifth Class taught us to always wear our helmet because we should always be ready for anything to happen on the road".*

### TEACHER COMMENTS

*"The Road Safety week was an extremely beneficial intervention for the school. It not only educated the senior end of the school in a fun and interactive way, but it gave the senior classes the opportunity to share their knowledge, as teachers, to the younger classes! It was a concise and effective programme and the classes are already asking when the next road safety week will be!"*

*"The children thoroughly enjoyed the Go Dungarvan Smarter Travel programme. It was a fun and effective way to encourage the children to use a Green way of travelling. The training gave them greater confidence cycling on the road and a greater understanding of the importance of Road Safety. They enjoyed taking on the role of teachers in performing their dramas and delivering the quiz to the other classes. It was a fun and enjoyable way to teach Road Safety."*



## Sarah Chadwick - Assistant Sports Development Officer

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

Sarah can be contacted on (058) 21199 or [schadwick@waterfordsportspartnership.ie](mailto:schadwick@waterfordsportspartnership.ie)



## National School Walking Training

Walking is one of the easiest and safest forms of transport and a simple way for people to achieve their recommended daily exercise targets. To try and encourage walking as a form of active transport, Waterford Sports Partnership delivered a pilot teacher walking training programme in conjunction with the Irish Heart Foundation and funded by Go Dungarvan. Sixteen teachers from Coláiste Chathail Naofa, Scoil Mhuire, Scoil Gharbháin, St John's and St Mary's schools took part in training on Wednesday 15<sup>th</sup> May.

### The aim of the training was to:

- Increase awareness of safe walking routes to and from the school for teachers, parents and students.
- Allow teachers and students to experience different forms of walking e.g. stride walking, Nordic walking, speed walking to use walking as a form of fitness
- Give teachers different ideas for walking to use with their classes for indoor and outdoor walking including chair walking, walking to music and using step counters to monitor progress.

### POST TRAINING

On Monday 20<sup>th</sup> May, each class teacher was given a Go Dungarvan resource for a two week walking intervention. The resources will be used to record how students walk to and from school. The teachers will be asked to deliver 10 minutes of walking activity to their class each day. Each day two students per class will be given step counters to monitor their steps. If this pilot proves successful, it is anticipated this programme will be available to all schools under the Go Dungarvan project.



*'the training will provide teachers with fresh ideas and promote a positive attitude to walking, not only to and from school but as a recognised means of transport in a safe manner. As teachers it is important for us to promote safe walking to parents'.*

**Kate Kiely, 5<sup>th</sup> Class Teacher, St. Mary's**

## Twelve people already signed up to Dungarvan GP Exercise Referral Scheme

The GP Exercise Referral programme is a joint venture between GP's and local leisure centres which is being funded by Go Dungarvan and the HSE and coordinated by Waterford Sports Partnership. Since the launch of the Programme last month, twelve people have already signed up and been referred by their GP.

The aim of the programme is to improve the participants' health and well-being through a safe and structured physical activity programme which is designed specifically to the individual's needs. The scheme is a twelve week intervention and will be available to Dungarvan residents from March 2013 through the following GP Surgeries: High Street Medical Centre, Strandside Medical Centre, Shandon Medical Centre and Dr James Stacey, Abbeyside.

The GP Exercise Referral Programme involves doctors referring patients aged 18 and over, who they feel will benefit from increased exercise, to one of the two accredited leisure centres in Dungarvan for a three month one to one customised exercise programme. We are fortunate that Clonea Strand Leisure Centre & the Park Hotel Leisure Centre have received training from the HSE (Health Service Executive)/ILAM (Institute of Leisure Management) to deliver the programme and are now fully accredited.

### HOW CAN YOU GET INVOLVED?

- Visit your GP and ask about your suitability for the GP Referral Programme.
- Your GP fills in the referral form.
- You sign the form with your GP.
- You then arrange to meet one of the local coordinators at the Park Hotel (Claire Kennedy T. 058 42902) or Clonea Leisure Centre (Joe Veale T. 058 45555).
- At your first appointment, which is FREE you will have the opportunity to discuss the type of activities you would like to do, talk about any concerns you may have and get tips to help motivate you to start becoming more active.
- You will be shown around the facility and the local coordinator will provide you with your individual 3 month exercise programme for you to follow. You will be offered a discounted rate for using the facility over the 12 week programme. It is recommended that you meet the coordinator each month to review your exercise programme.
- On your first visit you will also receive a Go Dungarvan welcome pack which will include a welcome letter, step counter, step log, Go Dungarvan local map, Go Smart Newsletter, WSP newsletter and more....
- On week four and eight, visit your leisure centre coordinator for a one-to-one update meeting (Cost €15) to assess your progress. This will allow you to adapt your exercise programme accordingly. Upon completion of the 12 week programme, visit your GP for an evaluation.

**If you require any further information please contact Peter Jones, Waterford Sports Partnership on 058 21191**



## Cycle Skills Training

A key factor in making sure that people use cycling more as a form of transport is to improve people's confidence in cycling on roads and cycle paths in the locality. Waterford Institute of Technology carried out baseline research physical activity surveys in 2011 which gave the following results; A large percentage of Dungarvan residents live close to school/work with an average journey time of 8.2 minutes. Car (62%) is the most frequently used mode of transport followed by walking (24%) and cycling (5%)

The research showed 89% of people own a bicycle. 52% of children said cycling would be their preferred method of transport to school. 80% of adults have access to a bicycle but 64% of people used their bikes less than once a month.



This research highlights that cycling is an underused form of transport. In light of this, Go Dungarvan, in association with Waterford Institute of Technology are conducting fifteen months of research in 2013/2014 into the effect cycle skills training has on the use of cycling as a mode of transport. As part of this research, Waterford Sports Partnership, in conjunction with Cycling Ireland have written and developed a five week cycle skills training programme aimed at giving participants cycling skills and experience on cycle paths and road based situations. Go Dungarvan in conjunction with Waterford Sports Partnership will deliver cycle tutor training to twenty nine local tutors to ensure this programme is sustainable.

**Pilot Research:** The pilot intervention will be delivered to 5<sup>th</sup> class students from Scoil Gharbháin and St Mary's National School with training being delivered to a group of parents and students from Scoil Mhuire. The second year students of Coláiste Chathail Naofa will also receive the five week cycle training. This pilot will take place in May 2013 and involve 105 students and 15 adults.

**Intervention Research:** The intervention will take place in October 2013 involving 480 students and adults from five National Schools and three Secondary schools. The intervention will also include data collection pre training and one month, three month, six month and twelve month post training.

The aim of this programme is to increase the number of children and adults using cycling as a form of transport for school, work and daily travel. **If you would like further information on any Go Dungarvan projects or have any ideas, please contact Peter Jones (058) 21191, email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie) or Sarah Chadwick (058) 21199, email [schadwick@waterfordsportspartnership.ie](mailto:schadwick@waterfordsportspartnership.ie)**



## Toddler Travel

Go Dungarvan in conjunction with Waterford Sports Partnership and Waterford County Childcare Committee organised a road safety awareness session for toddlers and their parents on Saturday 13<sup>th</sup> April from 10 to 11am in Walton Park for the West Waterford Festival of Food.

More than twenty children and their parents braved the wet and windy weather to put their road safety skills to the test! Participants had the opportunity to learn and practice important road safety skills including holding hands, stopping, looking and listening and setting a good example at our fun and interactive stations. All the children that completed the course received a high vis vest to keep safe while out walking and cycling as well as a Go Dungarvan balloon! Well done to all those who took part!



## YOUTH SPORTS DEVELOPMENT OFFICER UPDATE



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

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

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

### Flash Mob Dance

A Flash Mob is a concept where a group of people assemble suddenly in a public location, perform a rehearsed dance routine and disperse. In December 2012, a taster day was held in St. Paul's Community College attended by twenty six students (boys and girls). Six sessions took place in January 2013 attended by twenty one students (13-17 yrs of age), facilitated by the Youth Dance Development Officer from Waterford Youth Arts. Three sessions took place at lunch time and three after school followed by a performance of a short sequence (mini- flash mob) for the afterschool homework club. The majority of these students would not be involved in any extracurricular activity provided by the school. Well done to all!

**For further information on Flash Mob Dance, please contact Brian O'Neill, Youth Sports Development Officer on (051) 849583 or 086 0201219 or email [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**



### Diversion Boxing

#### Ballybeg CYP

A four week Boxing Programme for ten young boys (8-12 yrs of age) in Ballybeg CYP began in January 2013 and was completed in February. The main objective of this programme was to introduce young people into a Boxing gym setting, whilst also learning the skills of Boxing. The programme consisted of fun, activity games using the equipment that St. Saviour's Crystal Boxing Club has to offer. For all of the participants it would have been the first time they would have entered the local Boxing gym and met with the Boxing coaches.

### Focus Ireland

Five participants (18-19 yrs of age) engaged in a five week Boxing programme. The Boxing coach from St. Saviour's Crystal Boxing club established a great relationship with them and made them feel comfortable in this environment. The average attendance of the group was three people with two in particular showing great interest, requesting details for membership of the club. St. Saviour's Crystal Boxing club not only offers Boxing as an activity, but also keep fit classes and pre season training for young people in sporting clubs.

### St. Saviour's Primary School

This activity catered for two 6<sup>th</sup> classes, consisting of 42 students (23 boys, 19 girls aged 10-13 yrs) taking place in St. Saviour's Crystal Boxing Club. The club is situated on the same street as the school so accessibility was not an issue. This programme took place on two different days. Class A on Thursdays and Class B on Fridays. The focus was mainly on physical activity and fitness games. According to the Boxing coach a number of students showed enthusiasm, skill and were interested in learning the basics of the sport.

**For further information on Boxing programmes, please contact Brian O'Neill, Youth Sports Development Officer on (051) 849583 or 086 0201219 or email [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie) Or Bart Simpson, St. Saviour's Crystal Boxing Club on 085 1660175.**

### Athletics

Such was the success of a six week Athletic programme in St. Paul's National School earlier in the year, that a similar programme was implemented in St. Saviour's National School. The Programme was facilitated by Waterford Athletic Club who also offered the students free training sessions at their club for the duration of this six week programme. This initiative was a collaboration between St Saviour's National School and their School Completion Programme. Skills covered were correct running technique and posture, improved balance, baton relay, soft javelin, small hurdles and high jump.

**For further information on Athletic Programmes, please contact Brian Scanlon, Waterford Athletic Club on 087 9911380**

### 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.

**Contact Brian O'Neill on 086 0201219 or email [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie) for more information.**



## On Target Archery

This five week Parent/Child Programme began in February with all ten places (5 Adult-5 Child) fully booked and 100% attendance over the entire five weeks. The programme which was run in conjunction with Na Laoch Dall Archery club covered topics such as introduction to safety on the range, description of equipment and its components, technique on 'drawing' and 'shooting' the bow, shooting form and mental aspects of shooting. The Archery tutor made the participants feel very welcome into the club and reinforced the 'family environment' that the club likes to portray. Waterford Sports Partnership is currently liaising with the Na Laoch Dall Archery Club to discuss options available on how this activity can become more accessible for young people.

**Interested in Archery? Contact Thomas on 086 8224912 or visit Na Laoch Dall Archery on [www.nalaochdall.com](http://www.nalaochdall.com)**



## Annual Pat Doyle Memorial Blitz

The annual Pat Doyle Memorial Blitz took place on Sunday 12<sup>th</sup> May at the Williamstown all-weather pitches.

Five communities entered the U-10 section and six communities entered the U-13 section. This year saw two new communities enter the Blitz; The Grange and Fairfield joined Avondale, Crystal Court and Manor St. John with a total 59 young people taking part. Crystal Court emerged winners in the U-10 section while it took a penalty shoot out to separate Avondale and Manor St. John with Avondale winning it in sudden death.

Waterford Sports Partnership would like to thank Williamstown for the use of their fantastic facilities, the FAI Development Officers, Gary Power & Micheal Looby for running the Blitz and to the fifty nine young people who participated on the day. Well done to all who took part.

**Don't forget, the Street Soccer League begins July 2<sup>nd</sup> so get your Registration Forms in within the next two weeks. Forms can be attained from Brian O Neill on 086 0201219 or email [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**



## Health, Recreation & Well Being

**Children's Group Link** - After the success of this programme in the past it was decided to run the programme for a third time, beginning in November 2012 and finishing in February 2013, the programme concluded with an official presentation night with parents and media attending. Five boys and seven girls (12-14yrs) were presented with certifications for attending. Waterford Sports Partnership supported the activities and facilitators in collaboration with other funding partners in Waterford City. These activities included laughter yoga, martial arts, circuit training, self defense, snag golf and exercise to music. All tutors/coaches used were local and easily accessible so that the young people could avail of their services, if they should choose an activity that appeals to them.

**Squashy Couch** is an adolescent Health & Information project that provides young people, aged between 14-19 years of age, access to health and information services. This six week [programme for 6/8 participants (12-15 yrs of age) consisted of an hour of healthy habits/nutrition workshops followed by an hour of an activity. Activities consisted of a Walk, Boxercise, Yoga and Aerobics. Well done for completing the programme guys!



**For further information please contact Brian O'Neill, Youth Sports Development Officer on (051) 849583 or 086 0201219 or email [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**



## Zumba Dance

A five week Zumba Dance programme was implemented for 1<sup>st</sup> year girls during lunch hour in Presentation Girl's secondary school. During the first session, eighteen girls (11-14 yrs of age) participated. Numbers increased as the programme progressed with a total of forty eight girls attending. Zumba dance is a fun activity that all students can participate in regardless of shape, size, fitness and skill level.

**To find out more about Zumba Dance please contact Brian O'Neill, Youth Sports Development Officer on (051) 849583 or 086 0201219 or email [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**

## Mount Sion School Creates History!

*Tuesday 7<sup>th</sup> May, 2013, remember the date. This was the day that Mount Sion Secondary School fielded an U-15 Rugby team for the first ever time in the school's 211 year history.*

Following on from a Rugby Programme implemented by Waterford Sports Partnership and Munster Rugby in November 2012, Mount Sion School (a school steeped in GAA tradition) continued with this activity, once a week. Their first ever match was against Waterford City Rugby Club's U-15 team. Scrums and Lineouts were uncontested, but this did not impact on the pace and skill displayed by both teams. To the neutral observer, one would find it hard to comprehend that Mount Sion only started playing Rugby in November 2012, eventually winning the game on a score line of 22-27!

Waterford Sports Partnership would like to thank Waterford City Rugby Club for hosting this historic event and to Munster Rugby for donating a starter pack and for facilitating a number of coaching sessions in the school.

**Any schools interested in developing Rugby as a school activity can contact: John O'Neill, Munster Rugby Development Officer on 086 8207752 or Brian O'Neill, Youth Sports Development Officer, Waterford Sports Partnership on (051) 849 583 [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**



## Tackling Transition-Basketball

Tackling Transition is an initiative run by Waterford Sports Partnership, the School Completion Programme and Presentation Girl's School (primary & secondary).

Phase one of this initiative took place in early March, when twenty participants, including six 4<sup>th</sup> year students, completed an eight hour Introduction to Basketball Coaching Course. Phase two commenced in April with the 4<sup>th</sup> year students facilitating coaching sessions for the 6<sup>th</sup> class primary students as part as their transfer programme between the two schools.

The purpose of this programme is to offer young people in primary school an opportunity to experience a secondary school setting whilst also giving the 4<sup>th</sup> year students an opportunity to gain a coaching accreditation and coaching experience. Well done to the girls for organising great coaching sessions.

**For further information, please contact Brian O'Neill, Youth Sports Development Officer on (051) 849583 or 086 0201219 or email [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**

## Re-engaging Youth in Sports

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

## COMING SOON!

Late Night Soccer | Athletics

Street Soccer League 2013 | Parkour Training |

BMX Jam in the Park | Guidance through Golf |

Archery | Martial Art Fitness | Safe Cycling

# Active Body | Active Mind

## Opportunity for Female Job-Seekers in Dunhill and Surrounding Areas

Active Body Active Mind (ABAM) is a programme for female job seekers or those in receipt of other social welfare payments that is being run by Waterford Sports Partnership and Dunhill Multi-Education Centre. This programme is a follow on from the very successful 2012 programme that involved 13 women in Tramore. Waterford Sports Partnership is delighted to announce that ABAM will be rolled out again this year for female job seekers, commencing in September 2013. The programme will be held on Tuesdays and Thursdays from 9:45am-11:45am for 8 weeks.

### Activities

Participants will have the chance to try their hand at a range of different sports over the course of the programme with taster sessions in activities like Pilates, Surfing, Football and Boxing. Participants will also attend a seminar on the benefits of exercise and healthy nutrition.

### Recession Beating Modules

Alongside the sport and lifestyle sessions, participants will receive eight recession beating modules based in Dunhill Education Centre on topics such as managing finances, CV writing, preparing meals on a budget and DIY household maintenance.

### Why take part in the programme?

The aim of the programme is to increase participants' awareness of sporting opportunities and to improve skills useful for lifestyle management and getting back into employment. On completion of the programme it is hoped that participants will continue on with the taster sports which will enhance overall health & well being.



If you are interested in this programme or you would like further information please contact Sarah Chadwick, Assistant Sports Development Officer, Waterford Sports Partnership on (058) 21199 or [schadwick@waterfordsportspartnership.ie](mailto:schadwick@waterfordsportspartnership.ie) or [enquiries@dunhilleducation.com](mailto:enquiries@dunhilleducation.com)  
An expression of interest form is available for download at: [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

### IS YOUR CLUB LISTED?

We have a comprehensive CLUB CONTACTS LISTING on our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)  
PLEASE CHECK TO MAKE SURE YOUR CLUB IS LISTED AND THE CONTACT DETAILS ARE CORRECT  
For any changes or new listings please email [info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie)



Did you know that Waterford Sports Partnership has a Facebook Page with updates, upcoming events, news and more...

PLEASE LIKE US ON FACEBOOK AND LET US KNOW IF YOUR CLUB OR GROUP HAS A FACEBOOK PAGE AND WE WILL LIKE YOUR PAGE TOO!

### WATERFORD SPORTS PARTNERSHIP

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Regional Sports Centre, Cork Road, Waterford | (051) 849855  
[info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie)  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

### NGB CONTACTS



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**Badminton Ireland**  
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**Basketball Ireland**  
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**Ladies Gaelic Football Association**  
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