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## IRELAND'S LONGEST GREENWAY OFFICIALLY OPENS IN WATERFORD

**Up to 10,000 people celebrated the official opening on Saturday March 25<sup>th</sup> of the Waterford Greenway, the longest off-road walking and cycling experience in Ireland.**

Events took place at three different locations in Waterford, and on the Greenway itself, to mark the launch of the €15 million project, which runs 46km from Waterford City to Dungarvan along the former Great Southern and Western Railway line. The ribbon cutting ceremony was held at the old Kilmacthomas Station House, the half way point on the trail, while family-friendly events took place at Waterford Institute of Technology's West Campus, the Dungarvan Causeway and Kilmacthomas village.

Speaking at the Dungarvan celebrations before joining the Greenway community relay to Kilmacthomas, Rosarie Kealy, Co-ordinator of Waterford Sports Partnership, said *'The Waterford Greenway is the piece of infrastructure that will have the greatest and most significant impact on the health and well being of the people of Waterford for years to come. It is free to use, accessible, generally flat and a beautiful place to be. It can be used for walking, cycling, running or skating and provides a fantastic opportunity for all the generations of a family, from toddlers to grandparents, to get out and get active together. It is a huge advantage for an organisation like Waterford Sports Partnership to have access to a facility of this quality and standard to assist us in the promotion of physical activity for all. We use it for walking and cycling programmes for young people, older adults, people with a disability, women and men. It provides a safe and lovely space to enjoy getting active in the outdoors. Particularly for cycling programmes, it is a good place to get people who are starting or getting back to cycling and may be a little nervous to build up some confidence before venturing out on the road. Well done to everyone involved in bringing the Waterford Greenway into being.'*



Speaking at Kilmacthomas, Minister for Housing, Planning and Local Government, Simon Coveney TD added: *'This world class amenity will provide a boost to the local economy, along with offering leisure, health, transportation and environmental benefits. A shining example for future projects of its kind across the country, the Waterford Greenway highlights Ireland's focus on promoting sustainable tourism.'*

We are so fortunate to have this facility in our beautiful County. Why not spend the Summer exploring all that it has to offer, section by section!

Further information is available at [www.visitwaterfordgreenway.com](http://www.visitwaterfordgreenway.com).

## MEET THE WSP TEAM

The Waterford Sports Partnership Team work from two office bases in Dungarvan and Waterford

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## Sports Development Team

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

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DEVELOPMENT OFFICER	FOCUS AREA/PROGRAMMES	BASED IN
<b>Peter Jones</b>	Men   Older Adults   Cycling   Club Development   Safeguarding	Dungarvan
<b>Pauline Cunningham</b>	Disability   Women   Walking   Disability Awareness	Waterford
<b>Brian O'Neill</b>	Youth at Risk   Young People   Sport Leader	Waterford
<b>Louise Barry</b>	Pre school, Primary and Secondary Schools   Teenage Girls   Carrickphierish Hub	Waterford
<b>Eadaoin Loughman</b>	Community Based Programmes: Walking, Cycling, Orienteering, Swimming   Waterford Greenway.	Dungarvan

## Be Active ASAP

On Wednesday 22<sup>nd</sup> March seven teachers from St. Mary's N.S. Touraneena; St. Declan's N.S., Ardmore; Kilmacthomas Primary School and Fenor N.S., took part in Be Active ASAP Training. The training was hosted by St. Mary's and tutored by Pauline Cunningham from WSP. The three hour training is a mixture of theory and practical work. The Be Active ASAP programme is an after schools programme led by teachers and supported by parents aimed at children in 1<sup>st</sup> and 2<sup>nd</sup> class. After the training each school receives an excellent resource with all activities clearly outlined in line with the PE curriculum that is already in place.

## Sports Hall Athletics

Teachers from St. Paul's & Christchurch National Schools took part in a Sportshall Athletics Teacher Training Workshop. Both schools now have the Athletics Equipment for six weeks, so the students can take part in this fun activity during their school timetable. Sports Hall Athletics has proven to be one of the most successful fundamental and inclusive sports programmes available for young people in Ireland. The range of activities including running, throwing and jumping, supports children in developing excellent agility, balance and coordination skills.

For further information on Sportshall Athletics, contact Brian O'Neill on 086 020 1219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)



## Balance Bike Programme

A new Balance Bike Programme developed by Waterford Sports Partnership for Preschools, was launched in September 2016. As part of the programme Waterford Childcare Committee and Waterford Sports Partnership have delivered training to 12 Preschool centres. The balance bike training involves WSP staff delivering a 20 minute practical session, placing the emphasis on fun while also teaching children how to turn and travel at different speeds. The aim of the programme is to increase confidence on bikes and is used as the first stage for children to learn how to ride a bike. Staff are also given an activity sheet for use with children to emphasise literacy and numeracy through balance bike activities. Following training, preschools have the opportunity to avail of the use of Balance Bikes for a two week period.

The feedback from centres has been excellent with Maria Uniake from Cappoquin saying 'Fantastic, they're flying. I didn't realise how quickly they would take to them but they loved them. We are delighted.'

To date the following centres have received training; Once Upon a Child (Stradbally), Play Together Preschool (2), Cappoquin Community Childcare Company; Tir na nÓg Playschool, Little Einstein's, St Brigid's Childrens Centre, Jelly Tots Preschool, Tina's Playschool/After School Service, Little Scribblers Childcare / Preschool, Bluebells Pre School and Naíonra KCK.

For further information on this programme, please contact:

Peter Jones on 076 110 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



## Inter-county games v's Carlow and Kilkenny

Seventy older adults took part in the fourth Inter County Go for Life Games Event on Thursday 9<sup>th</sup> March in the Watershed, Kilkenny. Older adults from Waterford, Kilkenny and Carlow played different games including lobbors, filisc and scidils in a semi-competitive environment where the focus was on fun and enjoyment. The three Sports Partnerships are always looking to expand the range of activities for older adults and we also included balloon volleyball, basketball, target throwing and spinning!



It was a close run competition from the off and the level of skill and enjoyment was a sight to behold. As usual, Kilkenny were victorious, but the nineteen Waterford participants really captured the fun and spirit of the games. Leading up to the Inter-county event we ran an eight week programme in Waterford City and Dungarvan; fifty nine older adults took part in practice sessions in Dungarvan Sports Centre and Cill Barra Sports Centre, Ballybeg so that they would be really well prepared for the Inter-County Games. Waterford Participant Catherine Chester said 'It was another wonderful day and we thoroughly enjoyed it. This is great practice for Dublin in June'. A huge WELL DONE to all involved, we hope you enjoyed it as much as we did!

## Introductory Support Visits

*Waterford Sports Partnership delivers support visits to active retirement groups and facilities with the aim of promoting physical activity opportunities within groups.*

These introductory support visits break down barriers for groups and show them that simple forms of strength and aerobic exercise is doable. WSP has delivered training sessions to fourteen leaders from Cill Barra Sports Centre, Deise Day Care Centre, Lady Lane staff, Stradbally ICA and Waterford Care of the Aged.

Tom Hickey from Stradbally ARA said 'great to see firsthand what type of activities can be delivered and how to deliver them and then have another session with Peter as a leader. This will make a huge difference to our group.'

*The introductory support visits involve some of the following activities:*

### Moving warm up:

- Different types of walking e.g. stride, speed, race, focus on posture
- In pairs copy the leader and then find a different partner
- Coordination warm up

### On the spot warm up/stretch:

- Touch hands to same side shoulders
- Rhythm warm up e.g. to a beat of 8, two taps legs, two taps waist, two taps shoulders, two claps
- Hula-hoop in groups of 4 around a circle

### Warm up games:

- Stuck in the mud
- Tennis ball in group
- Balloons in pairs walk with a partner (LM)
- Groups of four, keep to balloon off the ground
- Balloon volleyball sitting or standing
- Frisbee 3 v 3
- Circuits e.g. wall press up, balance cushion, dyna bands, medicine balls

### Game Time

- Balloon relay up and over; side to side; through legs
- Balloon Badminton
- Target throw onto floor/against wall with bean bags etc)
- End ball with basketball/tennis ball/soccer ball

## Over 50's Circuit Training

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



**Circuits sessions run in Dungarvan Sports Centre and Cill Barra Sports Centre at a cost of €3 which includes tea/coffee**

**County:** Dungarvan Sports Centre | Mondays: 10-11am (until 25<sup>th</sup> May)

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

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

Check out the [Waterford Sports Partnership 'You Tube' Channel](#) for Video highlights of the Circuit Training.

## Walk for Life Series

WSP co-ordinated five walks for older adults as part of the **Walk for Life 5km Series**. 132 individuals took part in at least one of the five weekly walks in February and March. The aim of the Walk for Life Series is to get people aged over 50 healthier, but to also showcase walks in our fabulous county. Check out the **Waterford Sports Partnership 'You Tube' Channel** for Video highlights of the walks. **CHECK OUT THE CALENDAR ON PAGE 15 FOR UPCOMING WALKS**



## Cycle Training for Beginners

We were delighted to deliver Introduction to Cycling sessions with members of Tramore ICA group. Twelve members of the group participated in three cycling training sessions on 10<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> March which covered cycling skills in Tramore and finished with a cycle on the Waterford Greenway in Durrow. Bernie Keating from Tramore ICA said 'it's just fantastic to see some of our group who haven't cycled in 30 years get back on a bike and enjoy it'. As a direct result of this programme, Tramore ICA were successful in their funding application for National Bike Week 2017. Well done to all. **If you would like more information on cycling training, please contact Peter Jones on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie). We need a minimum of 6 people to deliver a course at a cost of €10pp.**



## Leisure Centre Opportunities

### Active Older People Class

#### Park Hotel Leisure Centre, Dungarvan

This fun and social class aims to maintain and improve balance and muscle strength for everyday activities and incorporates seated exercise and low impact aerobic activity. Every Tuesday 11am-12pm. €6 for gym members and €8 for non- members. Pre-screening and booking required, please contact Claire Kennedy on (058) 42902.

### Active Older People Gym Support

#### Park Hotel Leisure Centre, Dungarvan

Leisure Centre Staff will be available to induct and assist older people that are interested in getting started in the Park Hotel Leisure Centre gym every Tuesday between 10-10.50am. Pay as you go rates from €6 per session, membership rates available upon request. No booking necessary, for queries please contact Claire Kennedy on (058) 42902.



### Active Retirement Activity Class

#### Kingfisher Club, Waterford

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

### Pay as you Go Gym Session

#### Cill Barra Sports Centre, Waterford

Pay as you go - Anytime  
€3.50 per session - Loyalty card pay for 8 get 9<sup>th</sup> free  
No booking necessary, for queries call the centre on (051) 350800 for queries

### Bowling opportunities in Waterford

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

#### Butler Community Centre | Waterford

Mondays 10-12pm €5 per person  
For more information please call: (051) 876907

#### Cill Barra Sports Centre | Ballybeg | Waterford

Tuesdays 10:30-12:30pm €4 per person with instructor  
For more information please call: (051) 350800

#### Causeway Tennis & Bowls Club | Dungarvan

Outdoor bowling: €4 taster session | Annual membership €100.  
Contact James Mullen on 085 1981639 or Celia Gaffney on 087 8219218 to organise a taster session.



### Pitch & Putt opportunities in Waterford

#### Regional Sports Centre Cork Road, Waterford

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

#### Cunnigar Pitch and Putt Club Dungarvan

Daily 10am-8pm | €5pp | Free lessons available.  
For more information please call: 087 9412570

# The 2016/17 Club Development Seminar Series

*Sharing knowledge between sports and promoting positive change*

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

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



## Concussion Awareness Seminar

The WSP Club Development Seminar Series in conjunction with the IRFU and Munster Rugby continued on Monday 23rd January with the fourth seminar on Concussion Awareness. Forty four people from fourteen clubs representing eight sports attended the seminar held in the WIT Sports Arena. The seminar included modules relating to concussion recognition management and return to play protocols. The Irish Rugby Football Union has been at the forefront of concussion education over the last number of years. They have developed a range of educational materials, including posters, wallet cards, and online content including a series of videos aimed at junior and senior players, parents, coaches and referees, all based on the Stop, Inform, Rest, Return message. Through the Safe Rugby programme over 3500 coaches have taken part in a one day, rugby specific first aid course.

The seminar was presented by Shane Mooney, IRFU first aid and injury prevention co-ordinator. Shane is responsible for all IRFU medical training and education and is the programme manager for Safe Rugby. Shane's background is pre hospital emergency medicine with over 24 years experience in providing frontline care, training and development. The feedback from the course was excellent with participants commenting on the amount of information covered in the two hour session. Course participant Michael Hanlon, a lecturer from WIT, said that 'the talk was excellent, I found it very informative and would highly recommend the seminar'.

## Pre and Half Time Team Talk

The fifth seminar of the series was delivered by Jason Ryan and Tomas Kiely on Monday 23<sup>rd</sup> February on the importance of Pre and Half Time Team talks. This seminar was attended by forty four participants from thirty four clubs. Jason and Tomas covered a wide range of topics providing participants with some essential knowledge about player motivation, the importance of the use of tone when delivering feedback and motivational talks with an emphasis on the communication between players and coaches. The feedback from the attendees was exceptional. Seminar presenter Jason Ryan said 'I was delighted with the attendance during the evening with people from a wide range of sports and different coaching experiences. They were a very engaged and attentive group and hopefully they picked something up that will help them in their future coaching endeavours.'

## Disability Awareness in Sport

On March 27<sup>th</sup>, fourteen participants from twelve clubs attended this interactive, 2 hour workshop covering topics such as perceptions, understanding disability, communication, inclusion and readiness for people with disabilities. Pauline Cunningham, Sports Inclusion Development Officer delivered the training highlighting the ways that clubs can adapt activities to include people with a disability. On completion of the training, all participants received a Sport Ireland and CARA Centre endorsed certificate of attendance.

## Nutrition for Athletes and Club Players

Eighteen people from nine clubs representing seven sports attended the seminar delivered by Stephen Barrett on Monday 15th May. The Seminar focused on how to use food to optimise an athlete's health, recovery and energy levels. Stephen gave practical recommendations on how to apply nutritional strategies into our own everyday lives. There was a long question and answer session highlighting the high level of interest in the seminar as participants begin to think differently about food and how it can improve individual health, wellbeing and performance. The feedback from the course was excellent with participants commenting on the amount of information covered in the seminar. Course participant Roisin Flood from Gaultier GAA said "an informative and valuable source of educating sports players/individuals and nutritional performance". Ray O'Callaghan from Waterford Muay Thai simply said "Great knowledge, great communication, great course".

*"Very interesting, informative and well presented"*

**Gavin Lonergan, De la Salle F.C.**

*"Best €5 I've spent in a long time"*

**John Burns, Ferrybank GAA Club.**

*"Really enjoyed it very interesting facts on motivation"*

**Daniel O'Neill, SAOR Community Employment Programme.**

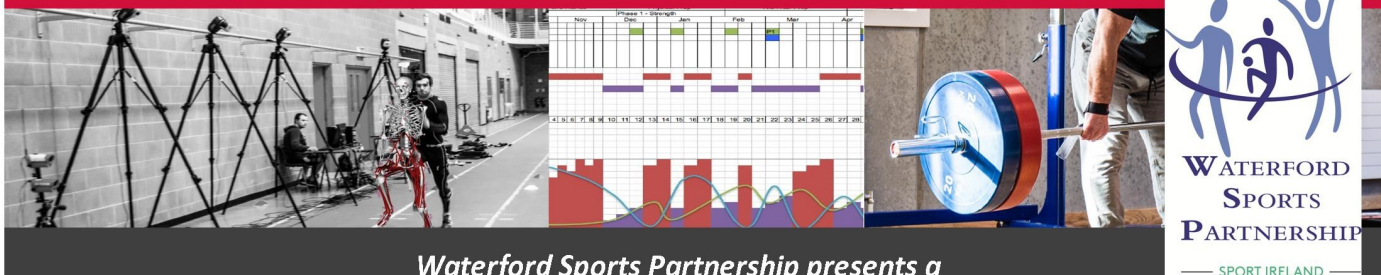
*"It gave me the tools and information I need to become a better coach to improve my team by the end of the season"*

**Shirley Moore, Waterford Hockey Club.**



# Waterford Sports Partnership 2017 Club Development Seminar Series

Sharing knowledge between sports and promoting positive change



Waterford Sports Partnership presents a

# Periodisation Training Workshop for Sports Coaches

Monday 10<sup>th</sup> July 2017 | 6.30 to 9.30pm

WIT Arena | Carriganore | Waterford

**Periodisation** is the systematic planning of athletic or physical training. It involves progressive cycling of various aspects of a training program during a specific period. Conditioning programmes can use periodisation to break up the training program into the offseason, preseason, in-season, and the postseason. Periodisation divides the year round condition program into phases of training which focus on different goals.

### The seminar will introduce coaches to:

- Why periodisation is important for sports coaches and athletes.
- Concepts of periodisation and planning
- Underpinning research on periodisation.
- Needs Analysis for a variety of Sports.
- Common mistakes with practical implementation.
- Discussion around the quality of research in the area.
- Practical Planning Tips.



### SEMINAR PRESENTER **Richard Bolger**

Richard has worked in the Department of Sport and Exercise Science in WIT for the past 11 years in the area of Strength and Conditioning and Biomechanics. He is currently researching "Specificity of Resistance-Based Training for Sprinters" with some of Ireland's top 100-200m sprinters. This will look at the Electromyography and 3D Kinematics of top sprints during maximum velocity sprinting and during resistance training. Richard has published some of his early work in the Journal of Strength and Condition Research and is an active researcher in the area of strength and conditioning and biomechanics. He has many years' experience working with a variety of professional and amateur sports including, American Football, Olympic Weightlifting, Rugby, Soccer, Athletics, GAA, Greco Roman Wrestling, Strongman, Brazilian Jiu Jitsu and MMA.



€5 PER PERSON

LIMITED PLACES | BOOKING ESSENTIAL  
REGISTER NOW! @ [WWW.EVENTBRITE.IE](http://WWW.EVENTBRITE.IE)  
or call Peter Jones on 0761 10 2191

## Men on the Move 2017

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



**National Research Project:** WSP in conjunction with WIT, the HSE and 8 local sports partnerships conducted research on the sustained impact of the programme. **The provisional Men on the Move research report in December 2016 found:-**

- Significant reduction in weight for men who engaged with average weight loss of 2.99kg
- Significant reduction in waist circumference with average reduction of 4.54 cm
- Significant reduction in BMI with an average reduction of 0.93
- Significant improvement in physical fitness with average improvement of 2mins 39 seconds for 1 mile time
- A 30% reduction in the risk of cardio vascular disease
- Significant improvements in men's social and psychological health as a result of programme participation

Participants were measured for weight, height, BMI, waist circumference and also completed a one mile timed walk/run. Pre programme results showed that only 10% of men were normal weight with 54% of men at a high risk for cardio vascular disease. As a direct result of this 12 week programme, 24% of men who were deemed at high risk for cardio vascular illness had average waist circumference falling from 106cm to 101cm and average weight falling from 92.5kg to 90.8kg. Men also reported increases in energy levels, decreases in forms of medication and improvements in mood.

### March 2017

Fifty men completed the six week Men on the Move Programme in Waterford City and Dungarvan. This programme was the first programme with beginner and advanced groups, enabling tutors to tailor the programme to the individuals needs. As the table of results show, there was great improvement in both areas on physical health and the craic and banter amongst the group can only have benefitted the participants social and mental well being too.

### Men on the Move - Results March 2017

Waterford City			
	PRE	POST	IMPROVEMENT
weight	93.17	88.44	-4.73kg
waist	105.86	99.77	-6.08cm
1 mile	12.52	10	-2.52min
Dungarvan			
	PRE	POST	IMPROVEMENT
weight	86.43	84.46	-1.97kg
waist	99.61	98.9	-0.71cm
1 mile	9.5	9.05	-1.45min
OVERALL			
	PRE	POST	IMPROVEMENT
weight	90.90	87.40	-3.5kg
waist	103.7	99.5	-3.2cm
1 mile	11.49	9.28	-2.31min

Check out the [Waterford Sports Partnership You Tube Channel](#) for Video highlights of the programme

#### PARTICIPANT/TUTOR FEEDBACK

*'It's been great fun and I get a lot more motivation from being in a group. There is a great bit of banter and a great bit of fun and the instructors can tailor the programme to my individual needs.'* Michael Lanigan - Programme Participant

*'Waterford City Men on the Move is probably the best Men on the Move as we have great options to choose from regards to our training twice weekly. It's great to see the men progressing, improving fitness levels, getting out, making new friends, talking and giving their best, no matter what that is for the men.'* Sinead Brannigan - Waterford City tutor

*'All the guys did unbelievably well. Weight came down, waist circumference came down and one mile times improved hugely with some massive improvements. The lads really enjoyed it and we really enjoyed it as well.'* Darragh O'Connell - Dungarvan Tutor

*'We are utilising a lot more new amenities this time, particularly with the new greenway opening. Guys have reduced weight and one mile times and more importantly have just had great craic and are enjoying the programme.'* Daniel Ryan - Dungarvan Tutor

**We are delivering more Men on the Move programmes in May 2017. If you are interested in the programme or want further information, please contact Peter Jones on 076 110 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).**



## On your Mark!/ Ar An mBóthar

As Part of the West Waterford Festival of Food fringe events, Waterford Sports Partnership teamed up with Waterford Childcare Committee on Saturday 22<sup>nd</sup> April to host the “On your Mark!/ Ar An mBóthar” in Walton Park. For the first time this event was bilingual to represent the families that have supported the event over the years. Fifty five children and thirty five adults took part in road safety, balance bike and fun travel activities for the two to five year old age group and their parents. Four activities were delivered to encourage safe family participation for walking and cycling using balance bikes.

Participants practiced road safety themes starting off by *setting a good example* as everyone wore a high visibility vest. Next, families practiced holding hands as they crossed the path. The next theme was to *Stop* and see if it was safe to cross the road (a pretend road cross was marked out). The next task was to *look* using our eyes, *and listen* out for traffic in the form of pedestrians and then children and adults on their bikes. Finally, our fun event culminated with the children enjoying weaving in and out of the cones on balance bikes and having a fun spin around the water feature in Walton Park. This was a collaborative event between Waterford Sports Partnership, Waterford Childcare Committee & Glór na nGael with help and support from our annual volunteers Siobhán Buckley, Tír na n-Óg Montessori School and Rian, Gearóid and Imelda from Comhairle na n-Óg.

Jacqui DeSuin, Development Officer for Waterford Childcare Committee said “It was great to see a pooling of resources from WSP and the Childcare Committee to deliver another successful event for the food festival.”



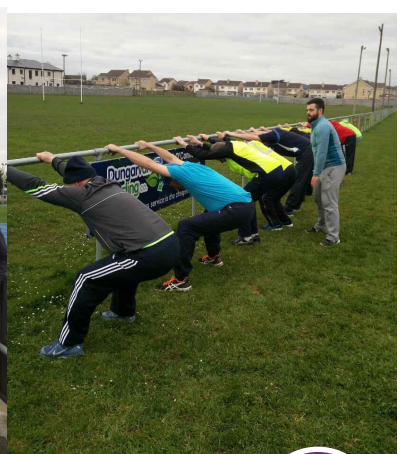
## River Rowers

Waterford Sports Partnership in conjunction with Waterford Boat Club delivered a six week Rowing Programme funded by the Sport Ireland Women in Sport Funding to seven second year students from Waterpark College. The programme was facilitated for two hours on Saturday mornings by three coaches from Waterford Boat Club. The participants were all new to rowing and the aim of the programme was to develop not only rowing on the river, but also rowing technique and fitness levels needed for rowing. The girls worked on core strength via fitness circuits, technique and each session consisted of dry land work on ergs and then out onto the water in quad sculls in pairs with two other experienced rowers. This was essential in ensuring that the girls were capable of rowing as a group on the water.



This programme was coordinated by Waterford Sports Partnership placement student Patrick O’Shea from WIT who said “The programme managed to give girls experience of rowing on the water and also a chance to work on fitness specific to rowing. Despite some bad weather, the girls really enjoyed it.”

For more information on programmes, contact Peter Jones on 076 110 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



## Beat the Street

Beat the Street is an innovative, fun, free programme that will get thousands of people moving across Waterford between 13 September and 1 November 2017. This walking and cycling initiative gets people moving by turning a town or area into a giant game. Beeping and flashing sensors called 'Beat Boxes' will be placed across Waterford, Dungarvan, Kilmacthomas and along the Waterford Greenway which can be tapped with cards and fobs to score points and win prizes.



Beat the Street is designed to inspire people to make small changes, such as walking or cycling to school every day, to improve their health. In 2016, 865 schools played the game and more than 300,000 people took part across the UK. Waterford is one of three areas that are piloting the initiative for the first time in the Republic of Ireland, the others being Limerick and Dublin.



As well as major health benefits, participating in an activity such as Beat the Street each day has been shown to dramatically improve concentration levels of children in class. Further benefits to the school can be seen with reduced traffic congestion at the start and end of the day.

Beat the Street is also a fantastic opportunity to bring out the competitive spirit in your school and community. Teams can be created for each school or sports club or community group to compete against each other to see who can go the furthest distance! There will be hundreds of euros worth of prizes handed out and the chance to see which team can climb to the top of the leader boards and be crowned winner of the competition!

If you would like to find out more about Beat the Street or get your school, group or club involved then please register your interest in the project by emailing [Emma.chiswell@intelligenthealth.co.uk](mailto:Emma.chiswell@intelligenthealth.co.uk).

**Beat the Street Waterford is being delivered by Intelligent Health with support from Waterford Sports Partnership and is funded by Sport Ireland, Healthy Ireland, Dormant Accounts and Waterford City & County Council.**

## Operation Transformation 2017 - Waterford Walk

RTÉ's Operation Transformation teamed up once again with Sport Ireland and Local Sports Partnerships to organise the Operation Transformation National Walks 2017.

This year we were delighted to host the walk along the newly developed Waterford Greenway starting at the Workhouse Kilmacthomas on Saturday 7<sup>th</sup> January. Almost 200 participants, over a quarter of which were children, turned up on a cold foggy morning to explore all that this new section of the Greenway has to offer. Participants were spoiled for choice as they had the option of taking on a 3km and 5km walk as they kick started their own Operation Transformation. Despite the foggy conditions, participants enjoyed fabulous views of the old railway station and the town of Kilmacthomas as they crossed the Viaduct.

The Greenway is off road as it has been built on the old Waterford Railway Line from Waterford City to Dungarvan and is predominately flat so it's fully accessible, safe and enjoyable for all levels and abilities. This scenic route is being well used and enjoyed by locals and visitors alike.





## Bike for Life 2017

Ladies!! Waterford Sports Partnership is delighted to announce that we are running a Bike for Life Programme this summer. Bike for Life is an exciting programme for Waterford

Women who want to participate more in regular physical activity. This is a fun and easy way to meet like minded women of all ages whilst getting back on your bike and getting fit and healthy for the summer. The programme will provide a safe environment for the participants to increase their cycling confidence, meet and train, get fit and make new friends along the way. The eight week cycling programme will include topics such as bike maintenance, bike skills, cycle nutrition and seven weekly training spins.

The programme will be run in Waterford City and Dungarvan in June & July - start dates are as follows....

**Waterford City on Tuesday 20<sup>th</sup> June @ 6pm sharp at the Greenway Car Park, Carriganore, WIT West Campus**  
**Dungarvan Thursday 22<sup>nd</sup> June @ 6pm sharp at the Waterford City & County Council Car Park (opposite Motor Tax Office, Dungarvan)**

**Cost €30 per person | Limited Places**  
**Book your place now on [www.eventbrite.ie](http://www.eventbrite.ie)**



Waterford Sports Partnership in conjunction with Waterford Childcare Committee have received funding to deliver two events for **National Play Day** for young children. The theme for National Play Day in 2017 is 'Fun and Active Play'. The events will be take place at the **Regional Sports Centre, Cork Road, Waterford** and in **Walton Park, Abbeyside, Dungarvan** on **Friday 30<sup>th</sup> June from 10am to 12 noon**. Young children and families are welcome to take part in one hour of fun games beginning at 10am followed by 'Bring your own Picnic' at 11am.

**Games will include:** BEAN BAG FUN  
 ACTION SONGS & NURSERY RHYMES  
 OBSTACLE COURSE  
 GAME ZONE

Parents will be given a goody bag to assist them in play development with their children.

**Pre-booking is essential | For further information or to book a place please contact Jacqui on 051 295045.**

## Online Safeguarding 1 Refresher - NOW available!

Sport Ireland has now gone live with their online Safeguarding 1 Refresher, a web based education resource aimed at providing further training to those who have previously attended a Safeguarding workshop or equivalent. The web resource, which was developed in partnership with Sport Northern Ireland, was unveiled in March at a briefing event for National Children's Officers in Dublin, which was addressed by representatives of National Governing Bodies for Sport. The content contains four modules which will provide persons in roles with regular responsibility for children an opportunity to learn about: best practice procedure; understanding of why safeguarding children and young people in sport is important; recognising the different categories of child abuse and identify the signs of abuse; and the responding, recording and reporting issues of poor practice or abuse. The refresher course content was developed by Sport Ireland and Sport Northern Ireland in collaboration with welfare officers from a number of National Governing Bodies for Sport and was designed in collaboration with Ineqe Group, who specialise in safeguarding and child protection, both in the offline world and in the digital world.

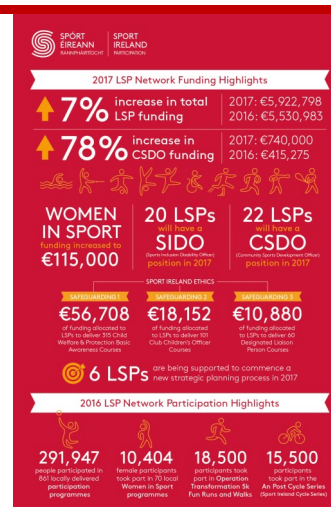


The Refresher Course can be accessed at this link - <https://able.ineqe.com/apps/sportireland/coaches/introduction.php>

## Minister announces €5.92m Investment for Local Sports Partnership Network

Minister of State for Tourism and Sport, Patrick O'Donovan TD, recently announced an investment package of over 5.9m from Sport Ireland to support the National Network of Local Sports Partnerships (LSPs).

A total of €5,922,798 will be allocated to support the core work of the 29 LSPs; including the delivery of National Programmes, Education & Training initiatives, Strategic Development, Community Sports Development Officers, the Sports Inclusion Disability programme, Women in Sport Programmes and general participation programmes. Speaking at the announcement Minister O'Donovan said: "The vital work of the Local Sports Partnership Network in increasing participation, particularly among those sectors of society that are underrepresented in sport, makes a substantial contribution to the health and welfare of individuals, communities and the nation. The significant Government investment will allow the Partnerships to continue to provide many sporting opportunities for people in local communities right across Ireland." The key aims of the LSPs are to increase levels of participation in sport especially amongst specific target groups such as older people, girls & women, people with disabilities, unemployed people, and those who live in identified disadvantaged communities.



# NATIONAL

# Recreation

'FUN & ACTIVE'

# Week

Monday 3<sup>rd</sup> to Sunday 9<sup>th</sup> July 2017



**FREE FUN EVENTS**  
**Book Your Place Today!**

**Caving**  
**Climbing**  
**Archery**  
for 7 to 12 year olds  
**Monday 3<sup>rd</sup> July**  
4 to 6pm  
**Dunmore East**  
**Adventure Centre**  
**LIMITED PLACES**  
**BOOK NOW ON**  
[www.eventbrite.ie](http://www.eventbrite.ie)



**Come & Try**  
**SURFING**  
for 12-16 year olds  
**Thursday 6<sup>th</sup> July**  
6 to 7.30pm  
**T-Bay Surf Club**  
**Tramore**  
**LIMITED PLACES**  
**BOOK NOW ON**  
[www.eventbrite.ie](http://www.eventbrite.ie)

**Come & Try**  
**KAYAKING**  
for 12-16 year olds  
**Friday 7<sup>th</sup> July**  
4.30 to 6.30pm  
**Ardmore**  
**Adventure Centre**  
**LIMITED PLACES**  
**BOOK NOW ON**  
[www.eventbrite.ie](http://www.eventbrite.ie)



**For further information please contact:**  
**Louise Barry, Sports Development Officer on 0761 10 2619**



# WATERFORD BIKE WEEK EVENTS



10th-18th June 2017  DON'T FORGET YOUR HELMET !!

**SUNDAY**  
7.30am  
Regional Sports Centre  
Cork Road, Waterford

**11 JUNE**

**WATERFORD CITY BIKE WEEK BREAKFAST CYCLE**

25k Leisurely Cycle with light breakfast in T-Bay, Tramore included. Free event but pre-registration is essential by Thursday 8th June.  
See [www.waterfordcouncil.ie](http://www.waterfordcouncil.ie) for details

CONTACT: LOUISE BARRY  
T. 0761 10 2619

**SUNDAY**  
11.30am  
Fenor Church Car Park

**11 JUNE**

**FENOR FAMILY FUN CYCLE**

Cycling Fun for all the Family being run in conjunction with the Copper Coast Festival.

CONTACT: STAN FLYNN  
T. 051 381756

**SUNDAY**  
2.00pm  
Park Rangers Soccer Club

**11 JUNE**

**FAITHLEGG FAMILY FUN CYCLE**

Cycle from Park Rangers to Carriglea and back the Green Road. Followed by BBQ and Games at Park Rangers.

CONTACT: SUSAN JACOB  
T. 086 2786529

**WEDNESDAY**  
12.45pm  
Outside House of Waterford  
Crystal, The Mall, Waterford

**14 JUNE**

**WATERFORD CITY LUNCHTIME CYCLE**

30 minute leisure cycle. Bikes, helmets and light refreshments provided on the day. Free event but pre-registration essential by Monday 12th June.  
See [www.waterfordcouncil.ie](http://www.waterfordcouncil.ie) for details

CONTACT: LOUISE BARRY  
0761 10 2619

**WEDNESDAY**  
12.45pm  
Walton Park, Abbeyside  
(Near Bowling Green)

**14 JUNE**

**DUNGARVAN LUNCHTIME CYCLE**

10k Picnic Cycle along Waterford Greenway with picnic stop at Ballinacourty car park. Free event but pre-registration is essential by Monday 12th June.  
See [www.waterfordcouncil.ie](http://www.waterfordcouncil.ie) for details

CONTACT: JOHNNY BRUNNOCK  
T. 0761 10 2496

**THURSDAY**  
10.30am-2.00pm  
TREC, Unit 2, Block 4,  
Lacken Road Business Park,  
Waterford

**15 JUNE**

**FREE BIKE CHECK & BASIC REPAIR CLINIC WITH TREC**

Bring your bike along for a free bike check or minor repairs. Refreshments available.

CONTACT: JOHN KINSELLA  
087 4121547 or  
E-mail: [workshop@treoportlairge.ie](mailto:workshop@treoportlairge.ie)

**SATURDAY**  
12 noon Portlao Woods  
near Portlao Church  
2:30pm Ballyscanlon:  
Meet at Fenor Church Car Park  
4:30pm Carrigavanry, Tramore:  
Meet at Newtown Cove Car Park

**17 JUNE**

**BIKE WEEK MOUNTAIN BIKING**

Approx. 1 hour of Off Road Mountain Bike Fun. Suitable for all ages over 14 years. Bikes and helmets provided. Please call to book in advance.

CONTACT: LOUISE BARRY  
T. 0761 10 2619

**SATURDAY**  
2.00pm  
Next to Tinnock School  
Eircode P36 EE37

**17 JUNE**

**ARDSALLAGH FAMILY FUN CYCLE**

Cycle ride from Ardsallagh to Ferrypoint, approx 8k on quiet country roads. Return to Ardsallagh for family fun events, games, food, music and bouncy castle.

CONTACT: RICHARD TORNEY  
087 6243406 or  
E-mail: [acg2009@gmail.com](mailto:acg2009@gmail.com)

**SUNDAY**  
7.30am  
Walton Park, Abbeyside  
(Near Bowling Green)

**18 JUNE**

**DUNGARVAN BIKE WEEK BREAKFAST CYCLE**

20k leisurely cycle along the Dungarvan to Durrow section of Waterford Greenway followed by light breakfast in Dungarvan. Free event but pre-registration is essential by Thursday 15th June.  
See [www.waterfordcouncil.ie](http://www.waterfordcouncil.ie) for details

CONTACT: JOHNNY BRUNNOCK  
T. 0761 10 2496



[www.bikeweek.ie](http://www.bikeweek.ie) [www.waterfordcouncil.ie](http://www.waterfordcouncil.ie)

Mon 19th June - 10.00am-12.00 noon  
Clonea Road Car Park

Tue 20th June - 10.00am-12.00 noon  
WIT West Campus  
Greenway Car Park

Wed 21st June - 10.00am-12.00 noon  
Workhouse Car Park,  
Kilmacthomas

**19 20 21 JUNE**

**POST-BIKE WEEK EVENTS**

Adult cycle training course including coaching tips, bike maintenance and road safety training.  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

CONTACT: PETER JONES  
T. 0761 10 2191

## The following pre-schools, schools and community groups are organising their own events during Bike Week 2017:

Aiseiri Ceim Eile • Carbally Community Development Group • Christchurch NS • Clonea Power NS • Clonea-Rathgormack Community Playschool • Faithlegg NS • Ferrybank Boys NS • Garranbane NS • Glor na Mara School • Integration Support Unit • Kilmacthomas PS • Knockmahon NS • Le Cheile Childcare • Manor St. John Youth Services • Naionra KCK • Nire/Fourmilewater GAA • Our Lady of Mercy NS • Portlao NS • Presentation Primary School • Rathgormack NS • Scoil Naisiunta na Rinne • St. Anne's NS Seafield • St. John of God School • St. Mary's NS Tourneena • St. Mary's PS • Tigh Sugradh • Tramore ICA • WASSA • Waterford City Macra na Feirme • Waterpark NS • WWETB Groups

## BIKE SHOPS-SPECIAL BIKE WEEK OFFERS!

ALTITUDE, Waterford: FREE Mini Bike Check during Bike Week.

BOB TROY & CO. LTD., Dungarvan: 10% Discount on all Bikes, Bike Accessories, Bike Hire & Bike Repairs

CYCLESPOrts, Dungarvan: All children's helmets half price/purchase over €10 to be entered into €100 voucher draw!



# SPORT IRELAND SEAN KELLY TOUR OF WATERFORD

SATURDAY 19th & SUNDAY 20th AUGUST 2017

SLIGO | CLARE | MEATH | WATERFORD | CORK



Voted Cycling Ireland's Best Leisure Cycling Event 2016



## Saturday 19th August 2017

### 12km Kelly Spin

@ 11.30am | ENTRY €2.00 | REFRESHMENTS

Registration on the day ONLY from 10am  
in Walton Park, Abbeyside, Dungarvan  
CYCLISTS MUST BE OVER 8 | UNDER 12'S MUST BE  
ACCOMPANIED BY AN ADULT

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

## Sunday 20th August 2017

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



**ENTER NOW @ [www.theseankellytour.com](http://www.theseankellytour.com)**



ORGANISED BY WATERFORD CITY & COUNTY COUNCIL AND WATERFORD SPORTS PARTNERSHIP

## 2017 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
<b>June 2017</b>				
Saturday 10 <sup>th</sup> June	Remote Emergency Care – First Aid Course	9am – 5pm	€50pp	WIT Arena, Carriganore, Waterford.
Monday 12 <sup>th</sup> June	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
Monday 26 <sup>th</sup> June	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
<b>July 2017</b>				
Monday 3 <sup>rd</sup> July	Safeguarding 3 – Designated Liaison Person Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Tuesday 4 <sup>th</sup> July	Walk for Life (over 50's) Clonea Beach	10.30am	€3pp (includes tea/ coffee & scone)	Clonea Beach
Monday 10 <sup>th</sup> July	WSP Club Development Series - Periodisation Training for Sports Coaches	6.30-9.30pm	€5pp	WIT Arena, Carriganore, Waterford.
Tuesday 11 <sup>th</sup> July	Walk for Life (over 50's) Kilmacthomas Greenway (Workhouse)	10.30am	€3pp (includes tea/ coffee & scone)	Kilmacthomas Greenway Workhouse Car Park
Tuesday 18 <sup>th</sup> July	Walk for Life (over 50's) Waterford Greenway   Suir Valley Railway	10.30am	€3pp (includes tea/ coffee & scone)	Waterford Greenway Car Park Suir Valley Railway
Tuesday 25 <sup>th</sup> July	Walk for Life (over 50's) Anne Valley, Dunhill	10.30am	€3pp (includes tea/ coffee & scone)	Anne Valley Car Park Dunhill (first car park on left)
<b>August 2017</b>				
Tuesday 1 <sup>st</sup> August	Walk for Life (over 50's) Waterford Greenway   Durrow	10.30am	€3pp (includes tea/ coffee & scone)	Waterford Greenway Car Park Durrow
Saturday 19 <sup>th</sup> & Sunday 20 <sup>th</sup> August	The Sean Kelly Tour of Waterford	Various	Various	See <a href="http://www.theseankellytour.com">www.theseankellytour.com</a>
<b>September 2017</b>				
Monday 11 <sup>th</sup> September	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
Monday 18 <sup>th</sup> September	Safeguarding 2 – Club Children's Officer Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
<b>October 2017</b>				
Monday 9 <sup>th</sup> October	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
<b>November 2017</b>				
Monday 6 <sup>th</sup> November	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre

Visit our website for further information on courses & links to online booking

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

Please feel free to contact the office on 0761 10 2194/0761 10 2682  
for further information

## Let's Run

Twenty two eager and enthusiastic women took part in a hugely successful 'Lets Run' Programme in association with West Waterford Athletic Club. This programme was funded by the HSE which enabled WSP to run an eight week programme. The Let's Run programme was designed to teach women the correct running techniques, build their confidence and train them to complete 5km leisure runs in groups or on their own. The group started on Tuesday 17<sup>th</sup> January in the Park Hotel Leisure Centre where they met their coaches Claire and Jim. Both coaches worked closely with the ladies encouraging them over the eight weeks and even giving them weekly homework tasks. Following the programme the ladies completed a 5km run along the newly developed Waterford Greenway, with one lady commenting "tonight was a major achievement for me, fabulous, great to have a comfortable run". Since the programme fourteen of the women have joined the local running club and have continued running. A special thank you



## Traveller Men - Physical Activity Programme

On Saturday 1<sup>st</sup> April, WSP teamed up with Waterford Traveller Men's Project to run a South East Soccer Blitz for traveller men. This programme was funded by Sport Ireland and was the first of three blitzes that will run this year. Over forty traveller men were in attendance on the day from Waterford, Carlow and Kilkenny. FAI Development Officer, Gary Power was responsible for co-ordinating fixtures and refereeing the games on the day. Competition was high, with Waterford and Kilkenny competing in the final. After a very close competitive game, Waterford came out victorious. The day was a huge success, with Kilkenny set to host the next blitz at the end of May. A special thank you to Niall Devereux (Traveller Men Project Worker) who co-ordinated the teams and to the Kingfisher Club for the use of their facility. Well done everyone!



## Swim for a mile

From January to March, thirty five participants took part in the 'Swim for a Mile' Programme, training twice a week for ten weeks in the Crystal Leisure Centre Waterford. At the end of the ten weeks there was a Swim for a Mile gala where the participants took part in a timed mile/half mile swim. The programme was set up to encourage people back into swimming or to challenge themselves and build up their distance. The participants had the option of swimming a half mile or a mile on the day. The event took place on Sunday 2<sup>nd</sup> of April. On the day, Trish Mayon, a representative from Swim Ireland, presented each participant with a swimming cap at the start of the swim and at the end of their swim they received a medal. The programme went very well and everyone enjoyed their ten weeks. WSP would like to say a huge thank you to Kevin and Jean from the Crystal Leisure Centre and to Trish from Swim Ireland for attending the Gala Event. Congratulations to everyone who reached their goal!

## SKT Youth Challenge

*Train with us for six weeks and then take part in the 50k Kelly Cruise as part of the 2017 Sport Ireland Sean Kelly Tour of Waterford.*

**Are you aged between 13 & 17 and looking for a challenge this Summer? Want to get fit, have fun and make new friends?**

The programme will include signaling & cycling skills, bike maintenance, cycling in pairs and groups, how to approach roundabouts and T-junctions. Cost is €30 per person which includes cycling insurance for the year and entry into the 50k Kelly Cruise. This six week Programme will run in **Dungarvan** and **Waterford City**. The first session is on **Wednesday 12th July from 11 to 1pm**.

**PLACES LIMITED | BOOK NOW! on [www.eventbrite.ie](http://www.eventbrite.ie)**

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





## Muay Thai

During the months of January and February, Waterford Sports Partnership and Waterford Muay Thai ran a six week programme for children with Autism in St. Saviour's National School. There were a total of ten participants who took part in the programme, every Wednesday on the school grounds. The participants were split into two groups where they took part in 30 minute sessions in which they enjoyed some fun fundamental games and activities as well as some specific Muay Thai techniques. Each week the participants made an improvement and grew in confidence. The participants could not wait to get started and throw on the gloves to learn some more moves every week. It has been a very successful programme, with two participants joining the Muay Thai Club. A big thank you to Waterford Muay Thai coaches, David and Shane, and also to the participants and teachers for their support throughout the programme. Well done to all involved!



## Rehab Care Health & Wellbeing Programme

Waterford Sports Partnership worked in partnership with the Rehab Care Waterford to run a health and wellbeing programme for their service users. Rehab Care invited parents/ guardians of the participants to get involved in the programme and encourage healthier eating while taking part. During the months of January and February the seven participants worked specifically with Niall Devereux. Niall introduced all participants to the gym in Crystal Leisure Centre and provided an individual programme for each participant. Every Thursday during the eight weeks the participants learned new exercises and how to use the cardiovascular and weight machines to ensure they could take charge of their own fitness for an additional four weeks. Over the twelve weeks participants were encouraged to exercise and get active on their own. Many participants increased the amount of walking they were doing prior to the programme. All participants enjoyed taking part in the programme some getting great results. Well done to all involved and a huge thank you to Niall, Crystal Leisure and Rehab Care for a very enjoyable programme.

## Kick To Recovery

Kick to Recovery is a national programme being rolled out in partnership with the FAI for people with mental health in the community. The programme ran for ten weeks every Wednesday from 11am to 12pm in Kingfisher Club Waterford. Tommy Griffin from the FAI ran the sessions over the ten weeks with support from WIT students Phil, Ciara, and Chole. Each week, between 10 to 12 participants attended sessions learning new skill and reaping the benefits of physical activity on their mental health.



The participants trained hard every week, focusing on a South East blitz which was due to take place at the end of the ten weeks. The blitz took place in the Kingfisher Club on Wednesday 5<sup>th</sup> of April. There were teams from Waterford, Cork and Wexford and each got the opportunity to play against one another. There was great excitement at the blitz it was a tough battle but Waterford came up trumps when it came to team play and as a result won the blitz. At the end of the blitz the teams enjoyed a meal in the Dome in Waterford Institute of Technology along with their coaches and occupational therapists. The blitz was a great success - Well done to all involved!



## Swimming for children with Down Syndrome

On Tuesday 28<sup>th</sup> February, we started a five week block of swimming lessons for children with Down Syndrome. The programme funded by the HSE, was run in partnership with Down Syndrome Branch Waterford. Five participants took part every Tuesday at the Kingfisher Leisure Centre. Each week two staff from the Kingfisher (Ciara and Anne Marie) and our student (Niamh) supported the five participants in the water. The programme was very successful, with all five children continuing with their second block of lessons. Well done everyone, keep up the good work.



## NEW! MULTI-SPORT CLUB

for Children and Young People aged 4 to 18 years with a physical disability



PARENTS, SIBLINGS AND FRIENDS ALL WELCOME

## MEETING EVERY FRIDAY

from 6.30 to 8.30pm

AT CARRICKPHIERISH SPORTS HUB

Gracedieu Road | Carrickphierish | Waterford



Each week participants will do one hour of fundamental skills and movements followed by a sport specific skill based activity. Variety of activities on offer including:

**HURLING | SOCCER | RUGBY | YOGA | WHEELCHAIR GAMES  
VOLLEYBALL | BASKETBALL | MUAI THAY**

€20 Membership (Annual) + €3 per child per week/€5 per family per week



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

Check out the DEISE DRAGONS

Facebook Page



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

## Easter Camp

On Tuesday 11<sup>th</sup> and Thursday 13<sup>th</sup> April, we ran an Easter Camp for children with a physical disability and their siblings. The camp ran in Carrickphierish Sports Hub from 10am to 2pm both days. Thirteen participants attended the camp where they had the opportunity to try a wide variety of activities such as basketball, rounders, soccer, rugby, athletics, archery and we even managed to squeeze in an egg hunt. A special thank you to Elaine and Marian who were our two SNA's over the two days. Also to IWA Sport, all the volunteers Sarah, Nicky and Hayley who came along to support the participants, without you the camp would not have been the success it was.



## Disability Inclusion Training

On Saturday 8<sup>th</sup> April Waterford Sports Partnership ran a Disability Inclusion Training Course in the Crystal Sports and Leisure Centre. Eighteen participants from eight organisations were in attendance on the day. This six hour introduction course is designed to give attendees the ideas and inspiration to adapt their sessions to make them more accessible for participants with a disability. The course was a mixture of theory and practical work that covered terminology, barriers to participation, introduction to disability sports and focused on ways of adapting activities to make them inclusive. On completion of the course participants were presented with a Coaching Ireland /CARA APA Centre Certificate of Attendance.



## Disability Awareness in Sport Training

Since January 2017, Waterford Sports Partnership has run three Disability Awareness in Sport Training Courses for thirty six participants. This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.

The workshop is aimed at individuals with an interest in increasing their awareness in sport and physical activity for people with disabilities. The interactive, 2 hour workshop covered topics such as perceptions, understanding disability, communication, inclusion and readiness as well as local programmes for people with disabilities. On completion of the training, all participants were presented with a Sport Ireland and CARA Centre endorsed Certificate of Attendance.

Please fee free to contact Pauline Cunningham our Sports Inclusion Disability Officer on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Swimming

### for Children with Autism

Waterford Sports Partnership received funding from the HSE to run swimming programmes for children with a disability. On Thursday 27<sup>th</sup> April, twelve children from St. Saviours N.S Autistic Unit started their first swimming programme in the Crystal Leisure Centre. Each week participants are divided into two groups, both receiving a full 30 minute swim lesson. The programme is run by three staff from the Crystal Leisure Centre and supported by SNA's from the school ensuring a quality lesson for each child. To date the programme is going really well and we look forward to the next couple of weeks ahead.

## Social Soccer

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

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

## Community Walking Programme

Congratulations to the eleven participants who took part in our Community Walking Programme over the past ten weeks funded by 'Get Ireland Walking'. Robert Walsh from Flawless Fitness led the Community Walking Programme with participants from the Activation Therapy Unit (St. Otteran's). The programme which ran every Tuesday gave participants the opportunity to visit a number of great walking locations such as the newly developed Waterford Greenway, Kilbarry Nature Park and even out as far as Kilmacow Co. Kilkenny. The participants took part in some walking activities and fundamental skills during the hour with Robert each week. At the start of the programme all participants were given a pedometer that allowed them to keep track of their steps, which gave them great motivation to reach their goal of 'walking around Ireland' over the ten weeks. On the last day of the programme the participants were presented with a certificate and a souvenir water bottle, followed by tea and scones to celebrate their achievement. The participants really enjoyed the programme and the feedback has been really positive.



## Boccia

Since the beginning of 2017, over eighty participants have taken part in our Boccia Leagues in January and April. Both leagues took place in Cill Barra Sports Centre and were run by their staff with the assistance of WSP. Boccia is one of the most popular activities WSP runs for disability organisations and is extremely successful. Boccia is a target ball game similar to bowls or petanque. It is ideal for mixed ability participants and can be played by individuals, pairs or teams of three. The aim of the game is to throw leather balls – coloured red or blue as close as they can to a white target ball or jack.

**If you are interested in taking part and would like more information about Boccia please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie).**



## Multi Sport

Our multi sport programme for adults with a mild to moderate disability is proving to be a huge success with thirty participants taking part on Wednesday 1<sup>st</sup> March. The multi sport programme is run in Cill Barra Sports Centre and is coordinated by Cill Barra staff and WSP. Participants have the opportunity to try out a variety of sports such as basketball, soccer, hockey, volleyball, parachute and much more. Our next multi sports programme will take place on Wednesday 7<sup>th</sup> June from 11am – 12.30pm in Cill Barra Sports Centre and will cost €2pp. **If you or your organisation would like to take part in this programme please contact Pauline Cunningham on 076 110 2682 by Friday 2<sup>nd</sup> June at 5pm.**

## Indoor Bowls for Adults with a Disability

Waterford Sports Partnership ran its first indoor bowls session for adults with a disability this year. The session for over 30 participants, ran in Cill Barra Sports Centre on Wednesday 5<sup>th</sup> April and was facilitated by Cill Barra staff on the day. Indoor Bowls is a target ball game similar to Boccia and is ideal for mixed ability participants and can be played by individuals, pairs or teams of three. Well done to all those who took part and especially to Cill Barra who led a fantastic session on the day.



## Fishing

Waterford Sports Partnership in partnership with Waterford District Fishing Club has just started running a six week fishing programme in Ballyshunnoch, Portlaw. The programme is aimed at adults with an intellectual disability and is funded by the HSE. Week one of the programme involved a training day for six staff of the services who are supporting the thirteen participants attending the programme. To date the programme has been very successful, with staff and service users learning lots of new fishing techniques and catching plenty of fish. Both staff and services users are really enjoying the programme and are looking forward to the weeks ahead.



## Walk for Life

Well done to the 61 participants who joined in the Older Adults Walk for Life 5km Challenge in February and March. Participants had the opportunity to see some of what Waterford had to offer when they visited the Waterford Greenway (Durrow), Anne Valley Dunhill, Tramore and Clonea Beach. After each walk all participants enjoyed a cup of tea/coffee and a scone. We will be holding another series of walks in July and August 2017 and we are looking forward to seeing you all there. For a full list of walks, check out our calendar of events.

**If you require more information or would like to join us on our walks, please contact Pauline Cunningham on 076 110 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



## Enjoy Tennis

We have just finished running an exciting new programme in partnership with Tennis Ireland called Enjoy Tennis. This ten week programme was fully funded by Tennis Ireland and was aimed at participants with an intellectual disability. Twelve eager and enthusiastic participants from Carriglea Services took part in the programme that was run in the Causeway Tennis Club, Abbeyside, Dungarvan and coached by Shelley Mernin, who was excellent with the participants. After completing their ten weeks of coaching each participant was presented with a tennis racket and a certificate from Tennis Ireland as well as a club hoodie from the Causeway Tennis Club. Well done to all participants involved in the programme, we are looking forward to seeing you on the court for the summer.

**the WAP Summer Camp Access Programme**

Waterford Area Partnership Ltd

SICAP Social Inclusion & Community Activation Programme

The Brill Dunhill Summer Camp  
 Clonea Sea Breeze Summer Camp  
 Kelloggs GAA Cui Camps  
 WIT Summer Camps  
 FAI Summer Camps  
 Kingfisher Club  
 Childrens Grouplink  
 Cappoquin Community Camp

*It's that time of year again when Waterford Area Partnership's Summer Camp Access Programme is open for registrations*

*Expression of Interest forms are now available from:*  
 Margaret Mulligan @ 051-841740 or mmulligan@wap-ie

*Completed forms to be returned to:*  
 Margaret Mulligan, Waterford Area Partnership, Westgate Business Park, Waterford  
 by Wednesday 24th May 2017

*A social inclusion initiative which allows children aged 8-14 years with mild to moderate intellectual, sensory and physical disabilities to participate in mainstream summer camps, with the provision of SNA support*

## SportsAbility Forum

At the end of 2016, the Waterford SportsAbility Forum, aimed to set clear objectives for 2017 and beyond. With this in mind, the Forum held its first facilitated session with Josephine Kielthy in early January. From this discussion it was clear that all members wanted to see some real actions for the group. Since this, the forum has met twice, and have developed a vision, mission and objectives for the coming year. The aim of the forum is for organisations to meet quarterly and share information on what physical activity opportunities are available for people with a disability in Waterford. To date, feedback from the members has been fantastic, and all are really seeing the benefit of being part of such a strong forum.

If you or your organisation would like more information about the forum or would like to join, please contact Pauline on 076 110 2682 or email [pcunningham@waterfordsportspartnersip.ie](mailto:pcunningham@waterfordsportspartnersip.ie)

**Coming in July!**  
**Summer Camp**  
**for Children with a Physical Disability.**  
**Keep an eye on our website & facebook page for more details.**

## DISABILITY CALENDAR OF PROGRAMMES & EVENTS 2017

Date / Time / Venue	Course/Event	Suitability	Cost	Booking
<b>JUNE</b>				
<b>Wednesday 7<sup>th</sup> June</b> 11am – 12.30pm Cill Barra Sports Centre	<b>Multi – Sport</b> is aimed at more active participants. It will involve a variety of activities such as; basketball, caman abu, volleyball, parachute, circuit, swiss ball soccer and much more.	Mild – Moderate	€2pp	Please contact Pauline <i>(Details Below)</i> <b>by Monday 5<sup>th</sup> June</b>
<b>Thursday 29<sup>th</sup> June</b> 1 – 2pm Kingfisher Club, Waterford	<b>Social Soccer</b> offers something for all. Two groups will be formed based on ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate/severe take part in fun activities and game in the sports hall.	Two groups Mild Moderate Moderate to Severe	€2pp	Please contact Pauline <i>(Details Below)</i>
<b>JULY</b>				
<b>Tuesday 4<sup>th</sup> July @ 10.30am</b> Clonea Beach	<b>Walk for Life</b> : These walks will give people a chance to get out, get active and engage with other groups whilst enjoying the beautiful Waterford countryside.	Mixed Ability (Accessible Walk)	€3pp (includes tea/coffee & scone)	Please contact Pauline <i>(Details Below)</i> <b>by Friday 30<sup>th</sup> June</b>
<b>Tuesday 11<sup>th</sup> July @ 10.30am</b> Kilmacthomas Greenway (Workhouse)	<b>Walk for Life</b> : These walks will give people a chance to get out, get active and engage with other groups whilst enjoying the beautiful Waterford countryside.	Mixed Ability (Accessible Walk)	€3pp (includes tea/coffee & scone)	Please contact Pauline <i>(Details Below)</i> <b>by Friday 7<sup>th</sup> July</b>
<b>Tuesday 18<sup>th</sup> July @ 10.30am</b> Waterford Greenway Suir Valley Railway	<b>Walk for Life</b> : These walks will give people a chance to get out, get active and engage with other groups whilst enjoying the beautiful Waterford countryside.	Mixed Ability (Accessible Walk)	€3pp (includes tea/coffee & scone)	Please contact Pauline <i>(Details Below)</i> <b>by Friday 14<sup>th</sup> July</b>
<b>Tuesday 25<sup>th</sup> July @ 10.30am</b> Anne Valley, Dunhill	<b>Walk for Life</b> : These walks will give people a chance to get out, get active and engage with other groups whilst enjoying the beautiful Waterford countryside.	Mixed Ability (Accessible Walk)	€3pp (includes tea/coffee & scone)	Please contact Pauline <i>(Details Below)</i> <b>by Friday 21<sup>st</sup> July</b>
<b>AUGUST</b>				
<b>Tuesday 1<sup>st</sup> @ 10.30am</b> Waterford Greenway, Durrrow	<b>Walk for Life</b> : These walks will give people a chance to get out, get active and engage with other groups whilst enjoying the beautiful Waterford countryside.	Mixed Ability (Accessible Walk)	€3pp (includes tea/coffee & scone)	Please contact Pauline <i>(Details Below)</i> <b>by Friday 28<sup>th</sup> July</b>

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

**SUMMER CAMPS 2017 at CARRICKPHIERISH COMMUNITY SPORTS HUB**

DATE & TIME	CAMP	COST	FOR BOOKINGS PLEASE CONTACT
Monday 3 <sup>rd</sup> to Friday 7 <sup>th</sup> July 10am to 2pm	Waterford Basketball Camp FOR 5 TO 12 YEAR OLDS	€60 per child*	Joe Byrne on 087 978 2443 joebyrne9@gmail.com  *For information on supports available, please contact Louise on 086 465 0063
Thursday 13 <sup>th</sup> July 11am to 2pm	GAA Camp	FREE	Louise Barry on 086 465 0063 lbarry@waterfordsportspartnership.ie
Monday 17 <sup>th</sup> to Friday 21 <sup>st</sup> July 11am - 2pm	Multi Sport Activity Camp FOR 9 TO 15 YEAR OLDS	€15 per child €10 for siblings	Louise Barry on 086 465 0063 lbarry@waterfordsportspartnership.ie or Donna Ferris on 086 609 3130 northsuburbscyp@wstcys.ie
July 2017 <i>Exact dates to be confirmed</i>	Multi Sport Activity Camp <i>for Children with a Physical Disability &amp; their siblings</i>	Please contact us for more details	Pauline Cunningham on 076 1102682 pcunningham@waterfordsportspartnership.ie
Monday 31 <sup>st</sup> July to Friday 4 <sup>th</sup> August 11am to 2pm	FAI Summer Camp FOR 9 TO 15 YEAR OLDS	€15 per child €10 for siblings	Louise Barry on 086 465 0063 lbarry@waterfordsportspartnership.ie or Donna Ferris on 086 609 3130 northsuburbscyp@wstcys.ie
Thursday 10 <sup>th</sup> August 11am to 2pm	GAA Camp	FREE	Louise Barry on 086 465 0063 lbarry@waterfordsportspartnership.ie

**Waterford Academy of Irish Dance**

Classes are available to boys and girls from ages 3+. Classes cater for all levels of abilities. We offer FREE introductory lessons on a Saturday from 9.30 to 10.30am at the Carrickphierish Sports Hall in which pupils are taught basic movements along with some Ceili dances. Our other class times for beginners are Saturday 10.30am to 12pm Carrickphierish Sports Hall and Tuesday 6.30 to 7.30 Ursuline Primary school hall. New pupils are always welcome.

Feel free to contact Mary 086-8514922  
or Carina 086-8135876.  
Follow us on facebook.



**FOOTBALL DROP-IN MON-DAY EVENINGS**

Northern Suburbs Community Youth Project in conjunction with the FAI

**MONDAYS | 8 TO 9PM | €1 | 15+ YRS**

REGISTRATION FORMS AVAILABLE IN THE HUB



## FITNESS CLASSES

### Barry O'Connor's Fitness Class

**GREAT VALUE!** Fitness Class

every Monday at the Sports Hub.

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

**Mondays | 7-8pm | Adults | €5  
PAY AS YOU GO**

**Why not give it a try this week!**

**CONTACT: Barry O'Connor on 086 3708614**



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

*"Tough but very worthwhile"*

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

*"Great fun atmosphere with friendly helpful instructor"*

*"Great workout, hate missing it"*

## STEP AEROBICS CLASSES

Thursdays | 6.30 to 7.30pm

**€5 per class pay as you go**



Limited Places  
First Come First Served  
Booking Essential  
Contact: Ken Browne  
on 089 2374886



## BOOKING INFORMATION

For hall bookings and information on opening hours,  
access to hall and rates please contact:

**Darren Sealy at [cccsportshub@waterfordcouncil.ie](mailto:cccsportshub@waterfordcouncil.ie)**



For further information or if you have any questions  
in relation to the Sports Hub please feel free to contact:  
**Louise Barry, Hub Development Officer on 0761 102619**  
or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)



### Basketball -St. Saviour's National School

Third class students from St. Saviour's National School recently completed a five week Basketball skills programme. Facilitated by their School Completion Programme, the activity focused on basic Basketball skills such as dribbling, passing and shooting. A number of fun games were also introduced into the sessions. For most of the students it was the first time they had tried Basketball. Great to see such an enthusiastic group playing a new sport.



### Boxing Fitness -St. Paul's National School

Two 6th classes from St. Paul's National School took part in a four week Boxing Fitness programme. Every Friday the students made the very short journey next door to St. Paul's Boxing Club. The aim of programme was to increase physical fitness amongst the students through exercises associated with Boxing. The programme consisted of a warm-up, shadow Boxing, bag-work and circuit training. Each session concluded with a fun activity game. Special thanks to St. Paul's Boxing Club for delivering an excellent, safe and fun programme.



### Walk to Run Programme

Four young adults from WYTEC Education Training Centre took part in a six week Running Programme as they want to lead more active, healthier lifestyles. The Programme was facilitated by Seamus Doyle of Balance Fitness, Seamus showed the boys how to warm up and cool down safely, correct running technique, breathing technique and the importance of a slow paced run. The programme also covered nutritional information and the importance of regular hydration. Great improvements were made over the six weeks and all four have now adapted a healthier approach to their lifestyle habits. Well done guys!!



### Diversion Boxing -St. Saviour's N.S.

Sixth class boys from St. Saviour's National School took part in a four week Boxing Fitness programme, facilitated by Saviour's Crystal Boxing Club. Every Friday the boys made their way over to the Boxing Club. The aim of programme was to increase the boys physical fitness as well as teaching them the skills of Boxing. The programme covered all areas of Boxing including; shadow boxing, bag work, 'school-boy' sparring, circuits and fun games. Each sessions began with a warm up and concluded with a cool down including stretching. Special thanks to Jamie and Steven from Saviour's Crystal Boxing Club for delivering an excellent, fun activity and to the School Completion Programme for helping out.



### Diversion Boxing- HSE Department

A group of young people with the HSE completed a four week Boxing Programme in St. Paul's Boxing Club. Facilitated by Seamus Cowman, the programme covered the basics such as a warm up, fitness training, bag work, pad work and circuit training. Great to see the improvements made over the four weeks. Well done guys.

For further information on Boxing programmes, contact Brian O'Neill, Youth Sports Development Officer on 086-0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

## EQUIPMENT - FREE HIRE

Waterford Sports Partnership has a range of sports equipment such as surf boards, volleyball, soccer packs, basketball, rugby packs and pitch & putt clubs available for hire, free of charge.

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



## Youth Sports Leader Award- A first for Waterford!

Eight participants from Manor St. John and the School Completion Programme recently completed the Youth Sports Leader Award. This award is designed to develop leadership/coaching skills amongst young people so that they can facilitate a variety of sports and recreational activities, as well as enhancing their own personal development. The award was delivered over seven days during the Easter midterm, requiring 30 hours contact time and consisted of two units: Unit 1- Establishing Leadership Skills | Unit 2- Plan, Organise and Deliver physical activity sessions.

In order to achieve this award, the students had to understand the skills/behaviours required to be an effective leader and then demonstrate their leadership, organisational and coaching skills. This was achieved by classroom work and practical sessions. The group now have the honour of being the first young people from Waterford to receive this prestigious award. Well done all - a great achievement!



## Learn to Swim Programme

Two boys from Foroige Youth Group Tramore completed a six week Learn to Swim programme. Great improvements were made over the six weeks, particularly with their confidence in the water. Well done guys. Special thanks to Brian from Kingfisher Leisure Club for facilitating an excellent swim programme.

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



## Activity Week - Mercy National School

Mercy National School held their Activity Week in April. Activities included were Tag Rugby, Sports Hall Athletics and Zumba Dance. All three activities had an emphasis on fun and participation. We would like to thank Munster Rugby for presenting the school with an Aldi sponsored Tag-Rugby pack, so the girls can continue playing Tag Rugby until the remainder of the school term. The Mercy school has now also signed up for the six week Sports Hall Athletics programme. Great to see the school implementing a number of physical activity programmes that cater for all abilities.

For further information on Sports Hall Athletics; contact Brian O'Neill Youth Sports Development Officer on 086-0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)



## Gym Education Programmes

Two ladies groups from WYTEC Community Youth Training & Education Centre each completed a 4 week Gym Education programme in Kingfisher Leisure Club, facilitated by Dean Roche a Personal Trainer at Kingfisher. The girls were shown how to use the gym equipment correctly and safely such as Treadmills, Rowing machines etc. Dean also showed the girls correct lifting technique. On conclusion of the programme, the girls each received their own personalised training programme so they can continue with their gym visits. Special thanks to Dean for facilitating an excellent programme and to Kingfisher Leisure Club for the use of their excellent gym facilities. Well done girls!!



## Parkour Taster Session

We held a Parkour taster session in February in Black Belt Academy. The group were lucky enough to be able to use the inflatable mat that increases their jumping, landing and rolling techniques. Parkour sessions take place every Saturday at Black Belt Academy at Six Cross Roads Business Park, Waterford.

For further information, Brian O'Neill, Youth Sports Development Officer on 086-0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).

## Operation Transformation Walks

Twenty five students from St. Paul's Community College took part in the school's Operation Transformation Walk Programme. Every Wednesday for six weeks, the students completed a 3.5k Walk after school, on a route that caters for all levels. This initiative was fully supported by the teachers and some parents have even joined in on the walks, which is great to see. Well done St. Paul's - a great initiative.

## Female Irish Street League

Well done to the ladies from WYTEC who competed in the Irish Street League Soccer tournament in Dublin. This is the first year that the Irish Street League has run a tournament for females. For the past six weeks, the girls have been training at Ozier Park, home of the Villa Football Club. The Irish Street League also give individuals the opportunity to represent Ireland in a World Cup Tournament to take place in Norway. Let's hope Waterford will be represented at international level. Special thanks to TREC and WYTEC, who brought the teams up to Dublin.



## Re-engaging programme

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

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

## Manor St. John Greenway Cycle

A group from Manor St. John Youth Services made use of the fine weather and rented Bikes on the Waterford Greenway during the school mid-term. The group got a bus out to Kilmacthomas and cycled to Dungarvan and back, over 40 K in total. The Greenway offers fantastic views and caters for all levels of fitness and abilities. Well done guys!



## Walking Programme

Two Foroige youth projects from Tramore and Ferrybank made the trip to the Waterford Greenway. Prior to this event, both projects implemented a four week Walking programme for young people in their project. On conclusion of the programme they came together and got the bus up to the Waterford Greenway and embarked on a 6.5k walk. The Greenway offers some majestic views, particularly along Clonea Beach and the Ballyvoyle Tunnel & Viaduct.

Well done to both projects for taking part! Walking is a great way to get in shape for Summer-particularly along this fantastic new amenity!



## FAI Kickstart

### TY Students Mount Sion C.B.S.

Sixteen students from Mount Sion C.B.S. are now certified Football coaches, after completing the FAI Kickstart Level 1 Coaching Course. Facilitated by FAI Development Officer, Gary Power, the course equipped the students with the skills required for introducing young people to fun soccer games and fundamental movement skills in a structured, enjoyable and safe environment. The TY students are now more confident in organising, planning and implementing a structured. The students will now get to practice their new skills, by preparing and delivering a number of coaching sessions for the 6th class primary students in Mount Sion Primary School over the coming weeks. For further information on Youth Coaching programmes and funding contact Brian O'Neill Youth Sports Development Officer on 086-0201219 or [boneill@waterfordsportpartnership.ie](mailto:boneill@waterfordsportpartnership.ie).



## FAI Schools Soccer

In partnership with the FAI and project Futsal, a five week Soccer programme was implemented for 12 classes in the Mercy National School. Due to the availability of the coaches, each half hour session could cater for two classes at a time. Drills included fun games such as Wolves V Sheep, Traffic Lights, Street Soccer. Olympic Handball, Ladders, Lapper Ball and Simon Says to name a few. Each session concluded with 5 v 5 Football matches. As a result, the Mercy school entered two teams into a local schools Blitz. Special thanks to the FAI and Project Futsal students for delivering an excellent, fun activity that the girls really enjoyed. Best of luck in the Blitz girls!

## YOUTH COACHING FUND

The Youth Coaching Fund, set up by the Youth Sports Development Officer, supports club volunteers in gaining a coaching accreditation that will permit them to coach underage teams. Funding is now available for young people who wish to get involved in coaching. Participants must be over 16 years of age and their club must be affiliated to an NGB. For further information contact: Brian O' Neill on 086 0201219 or [boneill@waterfordsportpartnership.ie](mailto:boneill@waterfordsportpartnership.ie)

# USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
Athletics Ireland	Colin Byrne	087 0632326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
Association of Irish Powerchair Football	Donal Byrne	087 4117911	donal.byrne@cheshire.ie	
Badminton Ireland	Ficha Andrews	01 8393028	fandrews@badmintonireland.ie	www.badmintonireland.ie
Basketball Ireland	Ciaran O'Sullivan		cosullivan@corksports.ie	www.basketballireland.ie
Camogie Association	Kathleen Egan	087 6415485	kathleen.egan@camogie.ie	www.camogie.ie
Confederation of Golf in Ireland	Carton Demesne	01 505 2075	info@cgigold.org	www.cgigolf.ie
Cricket Ireland	Jim Doran	086 8169667	jjim.doran@cricketireland.ie	www.cricketireland.ie
Cycling Ireland	Rachel Ormrod Heather Boyle	086 7802937 086 0211146	rachel@cyclingireland.ie heather@cyclingireland.ie	www.cyclingireland.ie
Down Syndrome Waterford		087 6057069	info@dsiwaterford.ie	www.dsiwaterford.ie
Football Association of Ireland	Gary Power Michael Looby	086 3883850 087 0508623	gary.power@fai.ie michael.looby@fai.ie	www.fai.ie
Gymnastics Ireland	Garrett Buckley	01 6251125	garrett@gymnasticsireland.com	www.gymnasticsireland.ie
Gaelic Athletic Association	Eoin Breathnach	087 9219345	eoin.breathnach@games.gaa.ie	www.gaa.ie
Irish Amateur Boxing Association	Gerry O'Mahony	087 7545100	info@iaba.ie	www.iaba.ie
Irish Road Bowling Association	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
Irish Rugby Football Union	John O'Neill Amanda Greensmith	086 8207752 086 0218320	johnoneill@munsterrugby.ie amandagreensmith@munsterrugby.ie	www.irfu.ie www.munsterrugby.ie
Irish Sailing Association	Sarah Louise Rossiter	087 9390488	sl.rossiter@sailing.ie	www.sailing.ie
Irish Water Safety	Corraire Power O'Mahony	051 849731	waterfordwsac@gmail.com	www.iws.ie
Irish Wheelchair Association	Paul Ryan Nicky Hamill	087 1371333 01 8186400	paul.ryan@iwa.ie nicky.hamill@iwa.ie	www.iwa.ie
Ladies Gaelic Football	Mary Halvey Ciara Dunphy	087 2520550 086 2486708	secretary@munsterladiesgaelic.ie dunphyciara21@live.ie	www.ladiesgaelic.ie
Olympic Handball		01 625 1165	ioha@olympichandball.org	www.olympichandball.org
Orienteering Ireland	Andrew Cox	087 2229677 051 860232	development@orienteering.ie	www.orienteering.ie waterfordorienteers.blogspot.com
Rowing Ireland	Pat McInerney	087 9695093	pat.mcinerney@rowingireland.ie	www.rowingireland.ie
Special Olympics	Susan McGill	087 2938321	susanmcgill@waterford.brothersofcharity.ie	www.specialolympics.ie
Swim Ireland	Adam Cox	086 0247766	membershipmanager@swimireland.ie	www.swimireland.ie
Tennis Ireland	Conor O'Callaghan	087 6882286	timunsterrdo@gmail.com	www.tennisireland.ie www.munstertennis.com
Triathlon Ireland	Anna Grealish		anna@triathlonireland.com	www.triathlonireland.com
Vision Sports Ireland	Rahim Nazarli	085 8500193	sports@visionsports.ie	www.visionsports.ie
Volleyball Association of Ireland	Conor Flood	087 0997659	cdo@volleyballireland.com	www.volleyballireland.ie
Waterford Autism Social and Sport Action (WASSA)	Suzanne O'Mahony	086 6637055	contact@wassa.ie	www.wassa.ie
Weightlifting Ireland	Colin Buckley	086 2577875	colinbuckley37@gmail.com	www.weightliftingireland.com



## WATERFORD SPORTS PARTNERSHIP

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