

IN THIS ISSUE

- Introducing Your Sports Club Representatives
- Assistant Swim Teachers Course
- Disability News
- Sportsability Forum
- Fishstart for Youngsters
- RSC East Stand Launch
- Buntús Start Update
- NEW - Sports Club Development Officer
- The September Series
- Mountain Skills Programme Update
- Go For Life Update
- WASP
- Beach Volleyball 2008
- Sean Kelly Tour - Team Challenge
- WSP Course Overview
- Everyone Active
- The 2008 Sean Kelly Tour of Waterford
- Sports Capital Grants 2008
- Gaelic4Mothers
Peil Sóisialta do Mhná
- Calendar of Events
- Coaching Corner

Introducing Your Sports Club Representatives!

Waterford Sports Partnership is delighted to announce the recent appointment of five new Sports Club Representatives to the Board of Waterford Sports Partnership as follows: Representing GAA, Pat Flynn (Chairman GAA County Board); representing Soccer, Noel O'Keeffe (Waterford Local Football Partnership); representing Athletics, Ann Dunford (West Waterford Athletic Club); representing Walking, Donal Bray (Dungarvan Hillwalking Club & Mountain Leader) and representing Boxing, Robert Simpson (St. Saviours Boxing Club).



WSP welcomes five new club representatives

Pictured here (from l to r): Standing - Pat Flynn, Robert Simpson, Noel O'Keeffe, Donal Bray. Seated - Ann Dunford, Ray Ryan, Chairman of WSP Board; Rosarie Kealy, Sports Coordinator, WSP.

These appointments follow a recent review of the membership of the Waterford Sports Partnership board to ensure appropriate and relevant representation from the sports club sector. Following this review it was decided to invite representation from a mix of five specific categories. The categories chosen for the next two years are:

- Field Sports – one representative each from GAA and Soccer
- Individual Sports - a representative from Athletics
- Outdoor Sports - a representative from Walking
- Minority Sports – a representative from Boxing

Each of the five sports chosen was asked to nominate individuals from their sport to represent the needs of the sport at Waterford Sports Partnership level and feedback to/from the clubs in that sector, represent the needs of sports clubs in general at Waterford Sports Partnership level, contribute to the wider aims and objectives of Waterford Sports Partnership as set out in our Strategic Plan 2007-2011 and influence policy in the area of sport and physical activity opportunity provision in Waterford

The five new representatives, while representing their own sports, also very clearly represent the needs of sports clubs in general in Waterford City and County and will be a hugely valuable resource to Waterford Sports Partnership in terms of their experience and on the ground knowledge. We acknowledge and thank them for agreeing to join the board of Waterford Sports Partnership and look forward to their contribution over the next two years.

Assistant Swim Teachers Course

(swimming for people with disabilities)



Waterford Sports Partnership recently organised an Assistant Swim Teachers Course (swimming for people with disabilities). The course was tutored by Sean Connors and Deirdre Barry, Swim Ireland Instructors, Waterford Institute of Technology. The Assistant Swim Teachers Course was hosted at Splashworld Health and Fitness, Tramore who kindly allowed the use of their facility at no charge.

The course was attended by 16 participants interested in developing their own skills in order to work with people with a disability in the water. The participants came from a diversity of backgrounds from parents of children with a disability, people currently working in the disability sector, and people interested in swimming and learning the skills to include people with a disability in mainstream swimming lessons.



The feedback from the course was very positive. Participants found the theory really useful "the course reminded me of the basics which is so important". Another participant found the "technical knowledge and the practical experience helpful".

The Assistant Swim Teachers Course was held on Thursday evenings over six weeks from the 22nd of May to the 19th of June, 2008. The sessions were broken up into two hours of theory and two hours of practical. Adults and children with a disability kindly attended the practical swimming sessions to aid the participants on the course to develop their teaching and supportive skills. Many thanks to everyone who attending the course both as participants and as volunteer swimmers!

Anyone interested in attending future Assistant Swim Teachers Courses (swimming for people with disabilities) or Helpers Course should contact Katie Kelly using the details provided below. Further details of the Assistant Swim Teachers Course or the Helpers Course can also be found on the Disability Section of the Waterford Sports Partnership website. www.waterfordsportspartnership.ie

If you are interested in finding out more about disability sport or adapting physical activity for people with a disability, please contact;

***Katie Kelly, Sports Inclusion Disability Officer,
Waterford Sports Partnership, Ph: (051) 849757
or email: kkelly@waterfordsportspartnership.ie***

DISABILITY NEWS....

Dungarvan Region Summer Soccer & Multi Activities 6-week Programme

This programme started on Wednesday the 9th of July from 5-6 p.m. and ran for 6 weeks for children with mild intellectual disabilities at Dungarvan United Soccer Club, Kilrush Park, Dungarvan, Co. Waterford. The children got the opportunity to build on their soccer skills and try new games and activities. Many thanks to the FAI for their support with this programme.

Waterford Summer Soccer & Multi Activities 6-week Programme

This programme started on Tuesday the 15th of July from 6-7 p.m. and ran for 6 weeks for children with mild/moderate intellectual disabilities at Cill Barra Sports Centre, Ballybeg, Waterford. The children had fun playing soccer, learned new soccer skills and experienced new games and activities. Many thanks to the FAI for their support with this programme.

Physical Disability Sports Development Programme

This programme started on the 10th of July from 6-7:30 p.m. in the Kingfisher Club, Tramore Road, Waterford. The aim of the programme was to give people with a physical disability an opportunity to

try out new sports and activities such as new age curling, boccia, basketball, soccer, archery, judo, martial arts, etc.

This was a fantastic opportunity for people to discover new skills and to find a sport that they would like to take part in more regularly. Many thanks to the local clubs (Dunbrody Archery Club, Waterford Martial Arts, Waterford Judo Club) and the National Governing Bodies (IWA Sports, FAI, CP Sports Ireland, Paralympic Athletics Coach) for coaching and running these sessions.



SPORTSABILITY FORUM

Waterford Sports Partnership held its first Sportsability Forum meeting on the 22nd May 2008.

The aim of this Sportsability Forum is to discuss how to facilitate the increase of people with disabilities involved in sport or physical activity. The forum is comprised of representatives from various settings, for example; people with a disability, disability services, established disability sports groups, representatives from parents of children with a disability and other organisations with a disability remit.

For further information please contact Katie Kelly on (051) 849757

FISH START

for Youngsters



Fish Start was a pilot initiative aimed at increasing the awareness of and participation in fishing as a recreational activity for young girls. The programme was a joint venture between Waterford Sports Partnership, Ballyduff National School and Glenda Powell of Blackwater Lodge and was supported by funding from the Irish Sports Council Women in Sport initiative.



The Fish Start Programme was facilitated by Glenda Powell, Emerald World Masters Fly Casting Champion and one of the most highly qualified fly casting instructors in the world. Having this resource and level of expertise in our county as well as the fantastic natural resource of the Blackwater River offers huge opportunities for the growth of fishing as a sport and as a recreational activity.



After starting their fishing journey practising casting on a muddy GAA pitch and eight enjoyable weeks later culminating in a trip to Ballyhass Lakes in Cork, 16 girls from Ballyduff National School not only caught their first fish, but also learnt about the natural habitat of the local Blackwater River. The programme which included; PowerPoint presentations on the life cycle of a salmon and fishing and BBQ's on the Blackwater River has been hugely successful and made a great impact on the numbers of young girls not only experiencing a different type of sport and recreation, but now participating regularly in the sport of fishing.



The original concept for Fish Start was developed due to the lack of juvenile members in local fishing clubs, particularly females. The programme is not just about learning how to fish, the participants also learnt about casting techniques, different types of fish and river safety and were educated about nature. During the programme the girls had a chance to see Otters, Little Egrets and Kingfishers and become aware of the different species of abundant fly life which lives in the river. All participants on the Fish Start programme were presented with a signed copy of 'My First Trout', a book which helps children to learn not only more about fish, fly types and casting techniques, but also about the habitat in which fish survive.



The success of the programme was not only evident by the girls' participation and enjoyment levels, but also from the inspiration it gave to the girls to continue with the sport. Before the programme, the local Ballyduff trout angling club had only two male juvenile members, but since the completion of the fish start programme, all 16 girls who participated have now joined the local club.

The Fish Start programme has made a positive impact on all participants and Ballyduff National School has further plans for students to undertake a project on the Blackwater River. This will serve to increase the number of youngsters benefiting from the outstanding local habitat in County Waterford.

For further information on the Fish Start programme or information about forthcoming initiatives, please contact Peter Jones on (058) 21191.

RSC East Stand Launch

The newly constructed stand recently completed in the RSC was formally launched on Wednesday July 2nd with what only can be described as a who's who in Irish Sport present. The highlight of the evening was Irish Soccer Manager Giovanni Trapatoni officially opening the stand surrounded by hundreds of well wishers.

Well known sports media personality Catherine Power hosted the evening – a mix of exhibition matches and sports celebrity interviews. The exhibition matches of rugby, hurling, athletics and soccer provided a showcase of Waterford's up-and-coming talent. Ireland Rugby manager Declan Kidney arrived complete with the recently acquired Heineken Cup. He was joined by Waterford's own John Delaney; FAI, Waterford Hurling Manager Davy Fitzgerald, Athletics Ireland President Liam Hennessy and well known local athlete Kelly Propper.

Waterford Sports Partnership played a part in the organising of this Waterford City Council event and also sponsored WLR's "Blastercaster" which broadcasted live from the event adding to the family fun day. The FAI, IRFU and Athletics Ireland provided entertainment for all the family with a number of children's activities that complemented the sporting and celebrity fair on display.



Buntús Start Update

In conjunction with both Waterford City and County Childcare, Waterford Sports Partnership will continue to roll out the National Buntús Start programme.

This initiative which is a physical activity programme designed specifically for 3-5 year olds, has been successfully delivered to 38 childcare facilities in Waterford so far. Each service took part in an initial 4 hours training to ensure all staff were familiar with the colourful child-centred equipment and the support resources that come with the Irish Sports Council Buntús Start bag. This training was then followed by a further 2 hour session after approximately 6-8 weeks to further support the Childcare centres.

Waterford Sports Partnership has had a very positive response to Buntús Start; feedback from participants often comments on how much they enjoyed the training and how they were looking forward to working with their children using Buntús Start.

Buntús Start will be rolled out to all Childcare facilities in Waterford on a phased basis. All centres who have not yet completed the programme will be contacted during September and asked to apply for the Oct-Dec phase. We intend to complete another 15 centres during this time.



NEW! Sports Club Development Officer

*Waterford Sports Partnership has recently appointed **Conor Phelan** to a newly created position of **Sports Club Development Officer** based in Waterford City. This position was as a result of funding secured from the Dormant Accounts Programme 2007 RAPID additionality fund. Conor will be working within the RAPID areas of Waterford City, namely Ballybeg and Larchville/Lisduggan Communities for a period of one year.*



Conor will help support and work with existing clubs (in the development of future plans) in these designated RAPID areas of Waterford City, in conjunction with the Waterford Sports Partnership team.

For the next twelve months Conor's core work will be around ensuring the right structures are in place for growth and development of the identified seven clubs, assisting with business plans and developing relevant training options for committees. The main aim of Conors work is to provide focused support for these established clubs.

"I have been meeting with each of the Clubs to gain a deeper understanding and to gather information about what their needs might be. There is some great work being done by local volunteers in the city so I'm really delighted to be working with them to improve access and participation"

We are delighted to have Conor on our team and we wish him all the very best in his Sports Club Development Officer role.

To contact Conor on any of the above issues call him on (051)-849583 or email; cphelan@waterfordsportpartnership.ie.

The September Series

NOW BOOKING!

Following on from the success of last years Coaching for Success Conference, Waterford Sports Partnership reviewed all the feedback and comments for improvements and have pleasure in announcing the 2008 September Series.

The September Series will include 3 separate two and a half hour sessions running on three consecutive Mondays involving both theoretical and practical workshops. The sessions will be held in WIT. The idea behind the series is to increase the knowledge base for players, coaches, teachers and parents which will enhance all attendees theoretical and practical coaching ability.

WSP are targeting a specific audience each evening and have been extremely fortunate to secure a number of high profile speakers within their respected fields. However, we are sure that anyone interested and involved in sport will gain immense knowledge and enjoyment from all three evenings. For each evening, registration will commence in WIT at 6.30pm with sessions beginning at 7pm and the evening concluding at 9.30pm. The cost for each evening will be €10.

Monday 15th September – Nutrition for All

Aoife Hearne and Richelle Flanagan, two dieticians who have both performed on the International stage in Athletics and Hockey respectively will present three topics on nutrition. Firstly Eating to Win will cover what to eat before, during and after activity whilst Hydration Issues in Sport will detail the essentials of sports hydration. The final topic of Making Weight for your Sport will be of particular interest to Swimmers, Cyclists, Boxers, Athletes and GAA players as we look at not only making the weight, but also on how we should gain weight healthily.

Monday 22nd September – Individual Sports

Internationally acclaimed Sports Psychologist Liam Moggan will present two seminars on Managing Performance and Performing under Pressure. Liam's reputation on the conference circuit is impressive and his talks should be of benefit particularly to individual athletes although those from team sports who find themselves in pressure situations (free/penalty takers) will also find this most beneficial. The final seminar will be delivered by Joe O'Connor from Athletics Ireland on how to structure a training programme. Joe is a well respected presenter who can always be relied upon to fully interact with his audience.

Monday 29th September – Team Sports

This evening involves a chance to be part of a practical session run by Wexford Football manager Jason Ryan who will look at Ball Related Practices to cover GAA, Soccer, Rugby, Basketball and Hockey. Another key area for coaches and players is the impact of Pre and Half time Team Talks and Jason and local Basketball celebrity Dean Kavanagh will deliver a seminar giving their vast playing and coaching experiences. The final workshop is run by Alan Kinsella who is in charge of the FAI emerging talent programme and will cover Power Development and its adaption for any Sports Club.

For bookings & further information on the September Series, please visit our website www.waterfordsportspartnership.ie or contact the office on 058 21191.



Mountain Skills Programme Update

Well done to everyone involved with Waterford Sports Partnership's Mountain Skills Programme! It has been a very busy time for the 34 programme participants. Three MCI's (Mountaineering Council of Ireland) Mountain Skills 1 courses, two MCI Mountain Skills 2 and two refresher courses have been run so far.

The objective of the programme is to work towards increasing the number of qualified Walking Leaders within Waterford's Walking Clubs. The first step in realising this vision is to increase the number of Club members who have the MCI Mountain Skills qualification. To support this Waterford Sports Partnership has organised subsidised local courses for nominated applicants from local clubs.

Through completing this programme participants will add to their skills and knowledge and will be an asset to their Club. We have encouraged all 5 Waterford Walking Clubs to make the most of this opportunity.

At this stage 20 people are working towards their Mountain Skills Assessment (MSA). The MSA will be run in the local mountain ranges here in Waterford in October and will be a test of their day and night navigation skills.

Waterford Sports Partnership has been supported by Mountain Craft's Mountain Leader Donal Bray on this programme and Mountain Leader Maureen O'Brien. We would like to thank both Donal and Maureen for their assistance with the programme.

Go For Life Update

A NEW
VENTURE

With the new season now upon us, WSP is running two PAL's workshops in Rainbow Hall, Kilmacthomas with Pitching and Tossing on Monday 17th November and Going Strong on Monday 24th November. The two workshops are aimed at PAL's who have either not been to these two workshops or new members of groups who are looking to take more of an active role in their group.



Going Strong

The main aims of this workshop are to:

- explore a range of activities geared to improve older people's strength;
- enable the PAL to promote the strength of participants during activity bouts and sessions.

Pitching & Tossing

The main aims of this workshop are to:

- explore a range of pitching and tossing games/sports suitable for older people;
- enable the PAL to introduce a range of pitching and tossing activities to older people

PALS Support Programme

A new venture!

WSP through the Go For Life grant scheme is piloting a new support programme which aims to give Older Adult Groups more ideas and leadership assistance in ensuring activity levels of local older adult groups is maximised. The programme is a partnership with Go For Life tutor Margaret O'Keefe and 8 pilot groups have been chosen by WSP from the 14 applications received. Each group will attend a meeting on October 6th to discuss their own individual needs with Margaret who will then assist the groups PAL's with two future sessions in October and November.

It is well known that regular physical activity reduces the risk of heart disease, diabetes, high blood pressure, weight control and the maintenance of muscle, bone and joint strength, but for older adults physical activity can afford additional benefits by increasing coordination and balance, preventing falls and maintaining independence. It is hoped that this programme will increase physical activity levels in older adults and go some way to meeting the recommended 30 minutes a day of activity five times a week.



WASP Waterford Active Schools Programme

Wizzy the mascot of our Waterford Active Schools Programme (WASP) may be calling to a school near you!

Pupils from 17 Waterford schools will be busy collecting Wizzy stickers during the 4 week programme which will be running 22nd September – 19th October. For every day each child completes the Irish Heart Foundation recommended 60 minutes of physical activity and their nominated adult completes their Irish Heart Foundation recommended 30 minutes the student will be given a sticker for their WASP record card. There are 40 sticker spots on the record card and the aim is to collect as many stickers as they can over the 4 week period.

So you can expect to see local students and their parents out and about clocking up their minutes! This programme has run in a number of local schools already. Popular activities include walking, using the dance mat, playing active games with friends, helping with chores and loads more. WASP encourages everybody to be active every day to reach the recommended daily minutes of 60 for children and 30 for adults despite the weather!

New to this 4 week programme will be the opportunity to request a visit from Wizzy the busy active Wasp. Pupils will be able to write to Wizzy and let him know what they have been up to during the programme – and you never know he may visit your school if he hears you're doing well.

The schools taking part in this 4 week block are: Bunscoil Geann Sidheain, Christ Church NS, Clashmore NS, Clonea-Power NS, Garranbane NS, Glor na Mara NS, Holy Family NS, Kilbrien NS, Presentation Primary School, Scoil Gharbhain, Scoil na Leanai, St Annes NS Seafield, St Mary's Ballygunner, St Mary's Dungarvan, St Mary's Touraneena NS, St Pauls Boys NS, Whitechurch NS.

If your school would like to take part in the 4 week block planned for March 2009 contact Waterford Sports Partnership on 058 21199 or by emailing: info@waterfordsportspartnership.ie

BEACH VOLLEYBALL 2008



After the successful Beach Volleyball pilot in 2007 involving 49 participants, funded through the Irish Sports Councils Women in Sport funding, WSP and the Volleyball Association of Ireland (VAI) delivered a new and improved programme for 2008.

This year the twelve sessions were concentrated over a two week period in June/July and after last years torrential rain, included indoor sessions in case of severe weather. A cumulative total of 95 individuals took part in the Beach Volleyball programme on Tramore Beach and in the Tramore CBS which highlighted a 94% increase in participation from 2007.



Each day of the programme involved two coaching sessions for both under 17 girls and adult women with the sessions concentrating on improving the basic skills gained from last years programme. It was also great to see that 24% of the participants had never played Volleyball previously. With the opportunities now available within Waterford for all age groups, this could lead to greater numbers participating in a sport invented in 1895 for the relaxation and recreation of American businessmen. The 2008 programme was a great success with Ciara Buckley from the VAI stating "It's great that people have an opportunity locally to try out a new sport and to practice and improve on skills already learned. I hope this sees a start to a long involvement in the sport by all that participated over the couple of weeks."

For further information on Volleyball In Waterford please contact Ciara Buckley of the Volleyball Association on 086 8173990 or WSP on (058) 21191

Sean Kelly Tour TEAM CHALLENGE

The Sean Kelly Team Challenge 2008 was a new initiative in this year's Sean Kelly Tour. The aim of the Team Challenge was to encourage people entering one of the three events to also enter as part of a team from their workplace, club, family, friends etc and also to encourage people from Waterford to get out and get active in preparation for the Sean Kelly Tour.

The Team Challenge was first launched on Wednesday 28th May, The Challenge was led by three County Councillors, Ger Barron, Mary Greene and Tom Higgins and three City Councillors, Mary Roche, David Cullinane and Joe Kelly. On Sunday 24th August, fifteen teams took part in the Challenge, with a total of 110 cyclists. The teams were:

- Waterford County Councillors
- Waterford City Councillors
- Waterford County Council - "Council Comeragh Conquerors"
- Waterford City Council
- McCarthy Family "Peaks"
- Flahavans Kilmacthomas - "Flahavan's Progress"
- Flahavans Kilmacthomas - "Flahavan's Hi8"
- WRAP Team "Tallow Foroige Club"
- WRAP Team "Team Cappoquin Foroige/Youth Club"
- Enright's Eurospar
- WW9 - Group of friends from Youghal
- The Dutch Irish Co-op - from Tramore
- Beara Saddlers - from Cork
- OMC - Group of friends from Abbesside
- The Pulla Club - from Seaview Guesthouse
- The O'Sullivan Sprinters - family from Dublin

Waterford Sports Partnership would like to thank all the teams that took part in this great event.



Team from the Cappoquin Foroige Youth Club



County Councillors Ger Barron & Mary Roche who took part in the 50km Kelly Cruise

SPORTS CAPITAL GRANTS 2008

Congratulations to the 24 projects in Waterford that were allocated a total of €1,544,000 under the 2008 programme. We acknowledge the time and effort taken by club and committee members around the county to ensure application success.

We would encourage clubs who may have been unsuccessful this year or are considering applying next year to contact us if they require any assistance. Please don't leave it until it is too late - now is a good time to start planning for the next round of applications to ensure a quality submission.

BOOKING FOR OCTOBER

Sports Capital Grants DRAWDOWN SEMINAR

This Seminar will detail the process of drawing down Sports Capital Funding for **clubs who have been allocated funds** under the 2007/2008 schemes.

This Seminar will be presented by Ann Marie Maher, Sports & Leisure Officer, Laois County Council. Ann Marie has over 11 years of experience completing and assisting groups to complete Sports Capital Grants applications.

Wednesday 8th October (7.30 to 9pm)
Rainbow Hall, Kilmacthomas

COMING IN NOVEMBER!!

Sports Capital Grants INFORMATION SEMINAR

Also facilitated by Anne Marie Maher (see above), this information seminar is aimed at organisations planning to apply under the 2008/09 Sports Capital Grants Scheme. The seminar aims to give information and advice to organisations planning a capital development and/or planning to apply for funding. The seminar will include information on application procedures & guidelines, planning, marking scheme etc.

Wednesday 19th Nov (7.30 to 9pm)
Rainbow Hall, Kilmacthomas

WATERFORD SPORTS CAPITAL GRANTS RESULTS 2008

Ballygunner GAA Club	€175,000
Ballymacarbry Community Centre Ltd	€80,000
Brickey Rangers GAA Club	€70,000
Causeway Tennis Club	€80,000
Clashmore Kinsalebeg GAA Club	€25,000
Dungarvan Gymnastics Club	€5,000
Dungarvan Harbour Sailing Club	€12,000
Ferrybank GAA Club	€30,000
Kilrossanty GAA Club	€80,000
Park Rangers AFC	€30,000
Portlaw United AFC	€60,000
Roanmore GAA Club	€100,000
Sacred Heart Sports Development (WCC)	€400,000
Stradbally AFC	€50,000
Tallow Hurling & Football Club	€80,000
Tourin GAA Club	€30,000
Tramore Association Football Club	€20,000
Tramore GAA Club	€80,000
Waterford Basketball Club	€2,000
Waterford City Rugby Football Club	€60,000
Waterford Harbour Sail Club	€30,000
Waterford Harbour Sub Aqua Club	€20,000
Waterford Judo Club	€15,000
Waterford LEDC (Cillbarra Community Sports Centre Ballybeg)	€10,000

For further information and booking
please contact WSP
on (058) 21194 or (051) 849855

Gaelic4Mothers Peil Sóisialta do Mhná

Ladies in the Old Parish area have been getting fit, having fun and playing a bit of ladies football following the recent launch of an initiative by The Ladies Football Association called 'Gaelic4Mothers'.

The Waterford Ladies Football Association and Waterford Sports Partnership are now piloting the initiative in the Old Parish area. Women of all ages, beginners and improvers have been going along to An Sean Phobal GAA pitch on Friday evenings at 7.15pm to have some fun and kick some football.

More information to follow in our next Newsletter. **For further details contact Ger Pender on 087 6700569.**

WSP COURSE OVERVIEW

The following gives you an overview of some of the courses being run and promoted by Waterford Sports Partnership over the coming months.

Further information and booking forms are available on our website at www.waterfordsportspartnership.ie or by contacting the office on (058) 21194 or (051) 849855

REC2 First Aid Course

Course Content: Rescue and Emergency Care (REC) is a nationally recognised First Aid Training scheme. This is a 2-day REC2 First Aid course designed to introduce a systematic way of first aid for managing casualties/injuries covering: - Introduction/Vital Signs, Accident Procedures, Injury Management; Common Medical Emergencies, casualty handling, multiple casualties & prioritisation (Triage), drowning, resuscitation & CPR and First Aid Kits. This course combines REC1 and REC2.

Facilitator: Mr. James Barry, Rescue Emergency Care Tutor

Fee: €50 pp

Child Welfare & Protection in Sport Training

Course Content: 'Child Welfare and Protection in Sport' training is a 4 hour basic awareness course, looking at how we can keep adults and young people safe and happy within the club environment. This course is open to sports leaders, children's officers and other adults involved in the organisation of sport for young people. This module will help to create and maintain a safe and fun environment for young people within the sports club or organisation. As well as undertaking child protection training, all governing bodies of sport and related organisations should adopt child protection policies and procedures as outlined in the *Code of Ethics and Good Practice for Children's Sport*.

Facilitators: George Young, Jane O'Dwyer & Peter Jones (*ISC Tutors*)

Fee: €10 pp

Children's Officer Training

Course Content: This course is aimed at Club Children's Officers to assist them in their role. It goes into further detail of material delivered in the Basic Awareness Course. This information will support the CCO in the implementation of best practice in the club. Participants must have completed the 4 hour Basic Awareness course and have some policies and procedures in place before attending this training.

Facilitators: George Young & Jane O'Dwyer (*ISC Tutors*)

Fee: €10 pp

Active Leadership Training

Course Content: The Active Leadership Award is designed to provide a panel of trained, knowledgeable and enthusiastic community based sports leaders, whose aim is to encourage more people to become and remain involved in sport and physical activity. This course will provide your leaders with an excellent resource to encourage participation in sport and recreation. A 'Certificate of Competence' will be awarded on completion of a satisfactory course assessment.

Facilitators: Peter Jones & Jane O'Dwyer

Fee: €25 pp

Sli na Slainte Walking Leader Training

Course Content: Walking Leader Training is primarily aimed at people wishing to promote walking in the community or workplace. Before committing to the training, it is important to remember that the aim of each course is to have a panel of trained leaders ready to implement their skills in their own communities. We will therefore expect all participants to organise walks on a regular basis after the course has ended.

Facilitator: Irish Heart Foundation

Fee: €80 pp (will be covered by WSP)

Further Information: www.irisheart.ie or call WSP on (051) 849855

www.waterfordsportspartnership.ie

The 2008 Sean Kelly Tour of Waterford Take a Bow Waterford!

Great weather, friendly and helpful volunteers, beautiful countryside and a wonderful personal achievement – what more could any one of the almost 2000 participants ask for in this year's Sean Kelly Tour of Waterford held on Sunday August 24th!

Well done Waterford and well done and thank you from all in Waterford Sports Partnership, Waterford County Council, County Waterford Community Forum and all of the eight cycling clubs involved in organising the event. With well over 200 volunteers from all around the County assisting with goodybag packing, registration, parking, stewarding, food stations, vehicle support and deliveries, first aid, certificates and massage there are many, many people to thank and that will be done over the coming days, weeks and months. An event like this just could not happen without that support and we acknowledge the goodwill, enthusiasm, dedication and hard work of all volunteers and representatives of all the organisations involved. Our sponsors also merit mention at this stage and the support of Treasury Holdings, Failte Ireland, Flahavans, Tipperary Natural Mineral Water, Glaxosmithkline and Halfords can never be underestimated.

Waterford Sports Partnership is proud to be involved with an event such as this that epitomises the power of partnership at its best. Rosarie Kealy, Co-ordinator of Waterford Sports Partnership said after the event 'We are delighted with the success of the Sean Kelly Tour. In just two years it is now established as a 'not to be missed' event and while a lot of hard work is done by many people to make the event successful it is a pleasure to be involved with so many people who are proud of their county and what it has to offer and see the importance of people having positive sporting experiences'. Waterford Sports Partnership is heavily involved in all aspects of what is now a major organisational challenge but has particular responsibility for promotion of the event, volunteer recruitment, registration and food station management.

This event offered an opportunity for young and old, fit and not so fit to participate in physical activity at their own chosen level be it 50km, 100km or 160km. It is clear that the event has already lifted the profile of cycling in Waterford with a huge number of cyclists to be seen on the roads of County Waterford out training in the weeks and months leading up the event. So don't stop now, keep up the good work and the training as Sean Kelly Tour 2009 is only around the corner!





Everyone Active!



Calendar of Upcoming Courses and Events 2008

Date	Course/Event	Time	Venue
Fri 12th to Sun 14th Sept	Sli na Slainte Walking Leader Training	All Day	Ennistymon, Co Clare
Sat 13th & Sun 14th Sept	REC 2 - First Aid Course	09.00 - 17.00	Waterford Crystal Sports Centre, Cork Road, Waterford
Monday 15th Sept	September Series - Nutrition For All	18.30 - 21.30	Waterford Institute of Technology
Monday 22nd Sept	September Series - Individual Sports	18.30 - 21.30	Waterford Institute of Technology
Monday 29th Sept	September Series - Team Sports	18.30 - 21.30	Waterford Institute of Technology
Monday 6th Oct	Child Welfare & Protection Training	18.00 - 22.00	City Hall, Waterford
Wednesday 8th Oct	Sports Capital Grants - Drawdown Seminar	19.30 - 21.00	Rainbow Hall, Kilmacthomas
Tuesday 14th Oct	Buntús - New Teacher Training	13.00 - 16.00	Butler Community Centre, Waterford
Wednesday 15th Oct	Buntús - New Teacher Training	13.00 - 16.00	Dungarvan Sports Centre
Wednesday 22nd Oct	Volleyball Ireland's 'Intro to Spikeball' for teachers	TBC	Waterford Crystal Sports Centre, Cork Road, Waterford
Fri 24th & Sat 25th Oct	Active Leadership Training	Fri 18.00 - 21.00 Sat 09.00 - 17.00	Coláiste Chathail Naofa, Dungarvan
Fri 7th to Sun 9th Nov	Sli na Slainte Walking Leader Training	All Day	Rosslare, Co. Wexford
Sat 8th & Sun 9th Nov	REC 2 - First Aid Course	09.00 - 17.00	Dungarvan GAA Club
Monday 10th Nov	Child Welfare & Protection Training	18.00 - 22.00	VEC Offices, Dungarvan
Tuesday 11th Nov	Inclusion of People with Disabilities into Sport. NCTC Intro & Level 1.	19.00 - 21.30	Rainbow Hall, Kilmacthomas
Saturday 15th Nov	Children's Officer Training	10.00 - 17.00	VEC Offices, Dungarvan
Monday 17th Nov	Go For Life - Pitching & Tossing	10.00 - 15.30	Rainbow Hall, Kilmacthomas
Wednesday 19th Nov	Sports Capital Grants - Information Seminar	19.30 - 21.00	Rainbow Hall, Kilmacthomas
Monday 24th Nov	Go For Life - Going Strong	10.00 - 15.30	Rainbow Hall, Kilmacthomas

COACHING CORNER 2008



Football Association of Ireland

Kick Start 1
Tramore FC
Fri 5th & Sun 7th Sept - Cost €45

Kick Start
Ferrybank FC - Fri 7th & Sun 9th Nov - Cost €45

Kick Start 2
Villa FC - Fri 6th, Sat 7th & Sun 8th Dec
Cost €75

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

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



Athletics Ireland

For Info on upcoming courses
CONTACT: Jacqui Freyne
Tel: 087 2629950
or Jacqui@athleticsireland.ie
or visit www.athleticsireland.ie



Volleyball Association of Ireland

Referees Course
Waterford Crystal Sports Centre
Saturday September 20th

CONTACT: Ciara Buckley
Tel: 086 8173990
Email: south@volleyballireland.com



Irish Rugby Football Union

For Info on upcoming courses

CONTACT:
Munster Rugby Coaching & Development Office
developmentoffice@munsterrugby.ie
(021) 4323693



Basketball Ireland

For Info on upcoming courses

CONTACT: Kim Fitzpatrick
Tel: (01) 4590211
kfitzpatrick@basketballireland.ie
or visit www.basketballireland.ie



Badminton Ireland

For Info on upcoming courses

CONTACT: Wayne Doyle
Tel: 087 6871929
Email: wayne.doyle@badminton.ie



Cumann Camógaíochta nGael Camogie Association

Croke Park, Dublin 3

For Info on upcoming courses

CONTACT: Deirdre Murphy
Tel: 087 64715485
Email: Deirdre@camogie.ie



GAA Post Primary Teachers Workshop

Monday 22nd September - Venue TBC

Young Whistler's Course
Monday 13th October - Lawlors Hotel, Dungarvan

Jim Power U14 Tournament
Saturday 18th October - Dungarvan

Coach Education Course
November/December - Individual Clubs

GAA National Coaching Conference
Friday November 28th - Croke Park

For further info on upcoming courses
CONTACT: Eoin Breathnach
Tel: 087 9219345
eoin.breathnach@games.gaa.ie



Ladies Gaelic Football Association

Level 6,
Cusack Stand,
Croke Park, Dublin 3

For Info on upcoming courses

CONTACT: Paula Prunty
Tel: (01) 8363156
Fax: (01) 8363111
Email: paula@ladiesgaelic.ie

CONTACT US

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