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OVER 1,500 WATERFORD PEOPLE TAKE PART in The Sean Kelly Tour of Waterford 2010

After months of hard work & planning the 2010 Sean Kelly Tour of Waterford, part of the An Post Cycle Series of five events throughout Ireland in 2010, took place on the 28th & 29th of August and another chapter in the history of this great event was written!

In the week leading up to the Tour we all knew that something extra special was going to unfold with an unprecedented 3736 having already pre entered for the main cycling extravaganza on Sunday 29th August. This number was added to by an amazing 700 cyclists taking part in the 10k Kelly Ten on Saturday 28th August. This was the first (and not the last) running of this family event and cyclists young & old took part in what was a really enjoyable leisure ride on the mostly traffic free cycle route along Dungarvan's old Railway Line.



Waterford Sports Partnership plays a very big role in the organisation of the Sean Kelly Tour and is delighted with the growing number of Waterford people taking part year on year. This year 1581 Waterford people took part across the four events; 493 in the Kelly Ten, 464 in the 50k Kelly Cruise, 421 in the 90k Kelly Coast and 203 in the 160k Kelly Comeragh Challenge. That is 35.6% of the overall 4436 that took part!

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. It is now established as a 'not to be missed' event and we are delighted with the way that the local people in Waterford have supported the event and are particularly pleased to see that over 1500 Waterford participants of all ages took part in this years event - that's almost double last years figure! The most important part of this participation is the impact on the health and fitness of these people as they prepare and train for the event. The event has also served to raise the profile of cycling in Waterford in a very positive way.'

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 cycling clubs involved in organising the event. With well over 300 volunteers from all around the County assisting with goody bag 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. Roll on 2011!

Visit www.theseankellytour.com for more photos from the day!

Follow the **Sean Kelly Tour** on [facebook](#)

Super Saturday – Cycling Fun for all!

Super Cycling Saturday took place on Saturday 19th June in glorious sunshine in the grounds of St. Augustine's College, Dungarvan. This National Bike Week event was organised by Waterford Sports Partnership and Waterford County Council and funded by the Department of Transport.

There was a great turnout on the day and something for everyone from four to forty four with slow bicycle races, fun relays, cycling skills, obstacle courses and a treasure hunt. The afternoon was rounded off with the Family Cycle where a group of over a hundred cyclists of all ages cycled along the picturesque cycle track towards Clonea Strand and after a short refreshment break returned via the stunning Gold Coast Road to St. Augustine's College. This 9k family spin was a great taster for the all new Kelly Ten which took place on a similar route as part of the Sean Kelly Tour on Saturday August 28th.

Thanks to all those who helped on the day with stewarding and to O'Mahony Cycles, Abbesside & Dungarvan Cycling Club who were on hand for the afternoon to do bike health checks & offer bike maintenance



Safe Cycling Festival

As part of National Bike Week, Waterford Sports Partnership in conjunction with Waterford County Council ran a Safe Cycling Festival at the Regional Sports Centre in Waterford.

The Festival was open to all Primary Schools that had completed the Safe Cycling programme which was run earlier in the year. This programme worked on increasing cycling skills such as balance and control, road and vehicle awareness, road sign identification and general safety knowledge. As part of the 5 hour programme each child took part in both practical and theory training and was given their own cycle helmet to take home.

Over 120 students took part in the Festival which was filled with tricky skills tests, slow cycling races and even a treasure hunt! Well done to Newtown Junior School, St Annes N.S., St Declans N.S., St James N.S. and Scoil Na Croise Naofa. Waterford Sports Partnership in conjunction with Waterford City and County Councils plan to continue to offer the Safe Cycling Programme to Primary Schools in 2011.



Other Bike Week events supported by Waterford City Council, Waterford County Council, Waterford Sports Partnership and local cycling clubs during National Bike Week 2010 included the 'Sean Kelly Tour Training Spins' which took place in Dungarvan, Portlaw, Kilmacthomas, Waterford City and Carrick-on-Suir and a cycle to work day.

Some of the events organised in Waterford City by Waterford City Council included a Bikeweek Workplace Challenge, Family Cycles, Cycle in the Park, Bike Maintenance Workshop, a Film Competition and Training Spins.

The community of Fenor, Co. Waterford also organised a bonanza of cycling on Sunday 20th June with the Fenor Family Cycle which included obstacle races for young children and 5k & 10k leisure rides for the rest of the family.

Well done everyone and let's make Bike Week 2011 bigger & better!

Over the last 12 months, Waterford Sports Partnership has seen activity levels and leadership skills of older adults go from strength to strength. The 84 older adults who enjoyed the benefits of the AOP Gym Programme in the Kingfisher, Park Hotel, Woodlands Hotel and Splashworld, in addition to the 105 older adults who participated in the Multi Sport Programme, are a testament to the great work that is happening in Waterford.

These programmes have led to a significant increase in activity levels and membership of local clubs. However, as we approach 2011, we are always looking for new ideas to fulfil the sporting and exercise needs of all older adults in Waterford so if you have any idea of programmes or activities that you or your group would be interested in, please feel free to let us know.

Call Peter Jones on 058 21191.

Go for Life Grants 2010

In 2009 €15,050 from the Go for Life Grant scheme was allocated to 27 Waterford groups.

The national grant scheme provides opportunities for groups and facilities which host older adults groups to be allocated money to increase exercise opportunities. The grant can be used for equipment purchase or for a physical activity programme.

**THE DEADLINE FOR GRANTS
IS THURSDAY 30TH SEPTEMBER 2010**

Application Forms can be downloaded from our website www.waterfordsportspartnership.ie

We would advise groups to discuss grant applications with **Peter Jones on 058 21191** prior to submitting them.

NEW DANCE WORKSHOP!

Go for Life has just introduced a pilot 'Dance Workshop' in addition to the eight Go for Life workshops that are currently available.

The Dance Workshop is being piloted in only a few counties and we are fortunate that Waterford has been chosen as one of them. This workshop will be running in Rainbow Hall, Kilmacthomas on Tuesday 2nd November from 10am to 3.30pm. The workshop promises to be very enjoyable as it will give PALs ideas on how to run dance sessions within their group and also give the PALs a chance to have relevant questions answered by qualified instructors.



Full details of all upcoming **PALs WORKSHOPS** are listed below and application forms are available either by ringing Peter Jones on 058 21191 or by visiting the older adults section of the website at www.waterfordsportspartnership.ie

Monday 4 th October	Pitching & Tossing Workshop	10.00 - 3.30pm	Rainbow Hall, Kilmacthomas
Monday 11 th October	Better Balance Workshop	10.00 - 3.30pm	Rainbow Hall, Kilmacthomas
Tuesday 2 nd November	Dance Workshop	10.00 - 3.30pm	Rainbow Hall, Kilmacthomas

Sporting Activities

The following table lists contact details and venues for activities from the successful Multi Sport Programme.

Activity	Waterford City	Waterford County
BOWLING	Waterford Crystal Leisure Centre (051) 377905 Butler Community Centre (051) 876907	Causeway Bowling Club , Abbeyside Donal McGovern (087) 995 4016
BADMINTON	Waterford Badminton Club Michael Kennedy (086) 3601111	Dungarvan Sports Centre (058) 41111
YOGA	Ger Houlihan —(087) 2259475	Pilates Lifestyle , Buttery Lane, Dungarvan (058) 24957
FISHING	Ballyshunnock Reservoir Der Casey, (051) 38 4721	Blackwater Lodge Glenda Powell (058) 60235
PITCH & PUTT	Regional Sports Centre - John Walsh (051) 309908	Cunnigar Pitch and Putt Corinne McGee (087) 2141343

There is also a full activity list available for older adults on our website www.waterfordsportspartnership.ie or contact Peter Jones on 058 21191.

Women on Wheels

Waterford Sports Partnership recently ran an exciting new programme called Women on Wheels. This programme was supported by the Irish Sports Council's Women in Sport initiative. It was a five week programme that encouraged women to get out cycling while enjoying the benefits of regular physical activity with the aim of completing the 50km Kelly Cruise at The Sean Kelly Tour of Waterford.

On Saturday 31st July a large group of women went along to Tramore for an Introductory Workshop that covered a number of topics such as bike maintenance, bike skills and nutrition.

Since the start of this programme an eager 43 women from around Waterford and Dungarvan have been enjoying weekly training spins delivered by the three local clubs; Comeragh Cycling Club, Sportif Waterford Cycling Club & Dungarvan Cycling Club. The clubs ran training spins of varying distances & difficulty and were on hand to offer the ladies helpful tips and advice in preparation for the The Sean Kelly Tour on August 29th.

WELL DONE TO THE 36 LADIES THAT TOOK PART IN THE 50K KELLY CRUISE & SPECIAL THANKS TO THE LOCAL CYCLING CLUBS FOR THEIR HELP IN RUNNING THIS GREAT PROGRAMME.



WASP - Waterford Active Schools Programme

Pupils and parents from ten Waterford Primary Schools will be busy in September and October earning Wizzy WASP stickers for the Waterford Active Schools Programme (WASP).

What is WASP?

The Waterford Active Schools Programme (WASP) aims to increase awareness in families of the importance of being active and make activity a natural part of daily living resulting in families being more active, more often.

How does the Programme work?

The programme encourages adults to do at least 30 minutes activity and children to do at least 60 minutes activity at least five days a week. It doesn't have to be all at once, it can be done alone or with others and it can include any activity e.g. dance, school PE, club sport, walking etc. It's all about getting active!

Each child is given a record card, for recording when they and their parents are active. The teacher then gives out WIZZY stickers (the WASP mascot!) for the child's record card. The aim is to earn as many WIZZY stickers as possible. The class teacher will also take part in the programme.

The schools that will take part in this 4 week programme are: Villierstown N.S.; Presentation Primary Waterford; Scoil Lorcaín B.N.S. Waterford; Knockmahon N.S., Bonmahon; Clonea Power N.S.; Garranbane N.S., Dungarvan; Aglish N.S.; Scoil Mhuire N.S. Abbeyside, Dungarvan; St. Pauls B.N.S., Waterford; Kilmacthomas Primary School.

Wizzy recently had some time to visit some of the pupils from St. Ursula's Waterford, Waterpark N.S, Christ Church N.S and St. Mary's Dungarvan who all entered a competition to win a Wizzy visit. These schools sent Wizzy letters and pictures of their school doing exercise to win the visit.

To find out more visit www.waterfordsportpartnership.ie



SEAN KELLY TOUR YOUTH CHALLENGE

The **Sean Kelly Tour Youth Challenge** programme aims to increase the number of young people cycling in Waterford. Youngsters signed up to the programme to train for and take part in the Sean Kelly Tour of Waterford. This is the second year of the programme and this year training spins were led in the City and County by Comeragh Cycling Club, Sportif Waterford Cycling Club and Dungarvan Cycling Club. The programme is a Waterford Sports Partnership initiative and is funded by the Irish Sports Council.

Key elements of the programme are safe cycling and road experience. Training spins are delivered by experienced members of local cycling clubs, the spins giving everyone an opportunity to train effectively for the event under the guidance of experienced and qualified cyclists. The programme was open to all youngsters aged between 12 -18 and for €10 they received Cycling Ireland insurance, access to the organised training spins and entry into either the Sean Kelly 50km or 90km routes on Sunday 29th August.

WATERFORD COUNTY

The Sean Kelly Tour Youth Challenge was offered to 5 county secondary schools with 38 students signing up for the programme from Ard Scoil na nDeise, Christian Brothers School, St Augustine's and St Declans Community College. 8 training spins, led by Dungarvan Cycling Club members were held in the County.

WATERFORD CITY

Waterford Sports Partnership delivered a presentation or gave information to the Presentation School, Ursuline, De La Salle, Mercy, Newtown and Waterpark College for the inaugural youth challenge in Waterford City. Participation levels were not as high as had been hoped but the local cycling clubs, Comeragh and Sportif, ensured that all people who were present on the spins not only received great tuition, but steadily increased their cycling endurance in order to be ready for Sunday 29th August. In total 17 spins were led by the local cycling clubs.

'The Sean Kelly Youth Challenge has been a great way to be introduced to cycling, keep fit and have fun. We have had great support from WSP and Dungarvan Cycling Club. The organisation of everything has been excellent and I can't wait to get pedalling again this year'.

Adam Houlihan, CBS Dungarvan; second year on the programme

'The Sean Kelly Youth Challenge was the reason I first became interested in cycling last year. The whole experience was absolutely brilliant from the first training spins to completing the Kelly Cruise 50km in late August. In 2010 I have again enjoyed the youth challenge programme and am looking forward to tackling the 90km route this year. The training spins were great fun and really beneficial which enabled me to enjoy the challenge that would otherwise have seemed daunting to a novice cyclist'.

April Duff, St. Augustine's College

'The Sean Kelly Youth Challenge was a great way for young people to get out cycling and improve their fitness levels for completing either the 50km or 90km routes. There has been significant improvement and lots of laughter on all of the training sessions and everyone has had a great time training for the Sean Kelly Tour!'

Sarah Hannagen who helped to coordinate the programme on behalf of Waterford Sports Partnership

I really enjoyed the Sean Kelly Youth Challenge and needed all the training as I found some of the hills hard. I'm definitely going to do the Sean Kelly again next year and will be joining Sportif Waterford Cycling Club in the new year'

Damon Crowley; Waterford City Youth Challenge participant

Youth Challenge Participants take part in THE SEAN KELLY TOUR OF WATERFORD

36 Youth Challenge participants from Waterford City and County took part in the Sean Kelly Tour of Waterford on Sunday 29th August 2010.

The participants completed either the 50km Kelly Cruise or the new 90km Kelly Coast. The day was a huge success with April Duff, who cycled the new 90km Kelly Coast saying 'What an amazing day. Amazing organisation and the new route was tough but a really good challenge'. Adam Houlihan, who completed the Kelly Cruise for the second year as part of the Sean Kelly Youth Challenge stated 'The day was brilliant! The weather was much better than last year but the atmosphere on the day was amazing'.

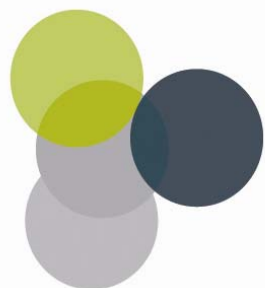
With many of the youth challenge cyclists being given an introduction into cycling through the programme, it is hoped that some of the new cyclists who signed up this year, will follow April and Adam's lead and continue cycling for the foreseeable future. The programme has been a huge success thanks to the assistance of Dungarvan, Comeragh and Sportif Waterford Cycling Clubs in providing such an expert introduction to cycling for participants, and we are hopeful that cycling becomes a part of their everyday life.



Sinead Power from Comeragh Cycling Club who led some of the training spins in Waterford City said;

'After its success in 2009, Waterford Sports Partnership decided to extend the 2010 Youth challenge to incorporate Waterford City schools. Unfortunately with exams etc, there were only a small number of youngsters who took up the challenge. Training spins were organised with both Comeragh Cycling Club and Sportif Cycling Club over a period of 6 weeks, with club members taking the participants out and getting them ready for the 50km Kelly Cruise. The youngsters thoroughly enjoyed the Kelly Cruise (although a couple of the dads had to do a little pushing up the climbs, note from the dads more hill climbing training for the kids next year!). From a club point of view, during a time when underage cycling is at a low, it is a great opportunity for any club to encourage underage cyclists to take up cycling and keep the local clubs involved in cycling for many years to come. Hopefully WSP and the local clubs can recruit early next year and prepare a new batch of underage challengers for the 2011 Sean Kelly Tour of Waterford.'

Physical Activity Opportunities for Job Seekers



Link 2B Active

Link2BActive is a new initiative being run by Waterford Sports Partnership in conjunction with leisure facilities and sports clubs in Waterford City and County. Link2BActive promotes facilities offering affordable leisure opportunities to job seekers in Waterford. Link2BActive was developed with the cooperation of South County Dublin Sports Partnership.

A Link2BActive web page will be available on our website www.waterfordsportspartnership.ie in late September which will give information on offers available to job seekers from ten Link2BActive pilot facilities in Dungarvan, Tramore and Waterford City.

To avail of the discounted rates for job seekers, applicants must show the facility a letter from the Department of Social and Family Affairs (DSFA) stating their employment status. Once eligibility is confirmed, they will be issued with a Link2BActive card which will be valid for three months. To renew the card they will be asked to show an updated letter from the DSFA to receive a new Link2BActive card.

If the initiative is successful and the pilot facilities have a good uptake on these offers, then Waterford Sports Partnership will look to involve more facilities and clubs.

This initiative has the potential to make a huge impact on the physical, mental and social health of all those involved by helping increase their physical activity levels. It is hoped that this programme will help job seekers to increase their knowledge of local opportunities to participate in activity, but also help in achieving the recommended daily guideline of 30 minutes moderate exercise a day. Further information on these guidelines can be found at www.getirelandactive.ie

If you would like a listing of the facilities and offers currently available please contact Waterford Sports Partnership on 058 21194

Pens and Perspiration

Pens and Perspiration is a programme for male job seekers being run by Waterford Sports Partnership (WSP) in conjunction with Waterford Leader Partnership (WLP), local clubs and facilities. A mail shot was sent out which offered the programme to male job seekers in Waterford County.

Following the initial mail shot, Waterford Sports Partnership in conjunction with Waterford Leader Partnership held open days in Tramore and Dungarvan for interested individuals. With 80 places available it was heartening to see that 121 men attended these open sessions. From these 121 men, 80 were chosen at random to take part in the programme with 40 based in Tramore and 40 based in Dungarvan. Each group is made up of twenty 20-35 year olds and twenty 36-50 year olds.

The successful applicants were then involved in a needs analysis meeting in July where Waterford Leader Partnership went through what participants wanted from the agencies including; MABS, WIT & the VEC who will be providing advice and support to the participants. Waterford Sports Partnership worked with the groups to help them decide on the four sports, from a choice of ten, that each age group will participate in. In addition to these sporting activities, participants will also be given a seminar on nutrition, a basic first aid awareness course, a practical seminar on the benefits of exercise and a healthy living seminar.

The programme commenced on Tuesday September 7th and will run every Tuesday and Thursday for twelve weeks from 10am to 12pm in Tramore and Dungarvan.

The aim of the programme is to increase the participants' awareness of sporting opportunities and physical fitness, as well as their awareness of educational opportunities that may help them back into employment. On completion of the programme it is hoped that participants will continue on with the taster sports which will enhance their health & well being.

If you are interested in the Link2BActive or Pens & Perspiration programmes or would like more information, please contact Peter Jones at Waterford Sports Partnership on 058 21191.



Mayor's Picnic & Play in the Park

From 2pm on Saturday 11th September, as part of Waterford's Harvest Festival, the Mayor's Picnic & Play in the Park will be taking place in the People's Park for children of all ages. Once opened by Cllr Mary Roche, Mayor of Waterford, the People's Park will be transformed into a hub of activity with local bands playing in the Bandstand and a whole host of organised children's activities.



Among the day's activities Waterford Sports Partnership will be working with local clubs to run rugby, soccer and athletics sessions for the under 12s. The HSE will be resurrecting and teaching old traditional playground games, that many children might not know about.

Come hear the stories about 'Jenny the little brown hen' and 'If I were a bee'. Even the toddlers will be kept occupied by the City Childcare Committee who will be arranging games modelled on Buntús Start for the under 5's.

There will be the opportunity to create music with African drumming workshops or take part in a workshop of theatrical fun and games with renowned Children's theatre director Liam Meagher. Caulfield's Supervalu will have a stand in which there will be a limited number of ready-made picnic bags to make life easy. So come along, bring a picnic basket & a blanket, stretch your legs or just enjoy the music. It promises to be a great family day out!

Buntús Start

To date the staff of over 70 Childcare centres across Waterford City and County are now trained in Buntús Start, a National physical activity programme. Current research in Waterford is showing that the programme is used frequently by these centres and is resulting in more active children.

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

If you would like to find out more about this programme contact your local Childcare Committee: **Waterford City Childcare Committee (051) 860444**, **Waterford County Childcare Committee (058) 43601** or call Jane O'Dwyer or Pauline Cunningham on **(051) 849855**



Are you running a mass participation event or an event that is open to all?

Why not send the details to info@waterfordsportspartnership.ie & we will promote your event on the **Active Waterford** section of our Website!

CRITERIA & APPLICATION FORMS FOR OUR COACHING & DEVELOPMENT FUNDS CAN BE DOWNLOADED FROM THE FUNDING SECTION OF OUR WEBSITE

www.waterfordsportspartnership.ie
or contact our offices
for further information
on (058) 21191 or (051) 849855

NGB CONTACTS



Athletics Ireland
CONTACT: Jacqui Freyne
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Jacqui@athleticsireland.ie
www.athleticsireland.ie



Badminton Ireland
CONTACT: Wayne Doyle
087 6871929
wayne.doyle@badminton.ie



Basketball Ireland
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(01) 4590211
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Cumann Camógaíochta na nGael
Camogie Association
CONTACT: Deirdre Murphy
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Cumann Lúthcleas Gael
CONTACT: Eoin Breathnach
087 9219345
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Football Association of Ireland
CONTACT: Gary Power
086 3883850
gary.power@fai.ie
CONTACT: Michael Looby
087 0508623
Michael.looby@fai.ie



Irish Rugby Football Union
CONTACT: John O'Neill
086 8207752
johnoneill@munsterrugby.ie



Ladies Gaelic Football Association
CONTACT: William Harmon
Tel: (01) 8363156
Fax: (01) 8363111
williamharmon@ladiesgaelic.ie



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

Buntús Teacher Training

In September Waterford Sports Partnership will be writing to all Primary Schools listing the up-coming training opportunities for teachers. Of particular interest is the Buntús Generic training for new teachers and the FAI Buntús training for teachers who wish to teach Soccer to their pupils. The FAI Buntús training builds on the Buntús Generic programme which was previously rolled-out to all Waterford schools. Participants will be trained in how to deliver Soccer to Primary School aged children. On completion of the training support materials will be given to the school. All schools that have completed this training will be invited to take part in a School FAI Buntús blitz at a later date.

For more information please contact:
Jane O'Dwyer or Pauline Cunningham
on (051) 849855

Youth Sports Development Update



Vicki Langan - Youth Sports Development Officer (YSDO)

Vicki is working with young people aged from 10 to 21 years throughout Waterford City offering opportunities to participate in physical activity.

A variety of programmes have been run in all areas of the city and new programmes are constantly being developed & rolled out. The following pages give an update on some of the programmes and events that have been run over the past few months.

Licence to Pedal

This programme was developed following consultation with a voluntary youth group in Ballybeg; the Rise & Shine Youth Club. Having received funding from the HSE and purchased a number of bikes and helmets the group were looking for ways to make use of the bikes but also to make it safe for the young people.

The YSDO in partnership with the Rise & Shine Volunteer Staff, Community Gardai and the Comeragh Cycling Club put together a 5 week Safe Cycling Programme called 'License to Pedal'. This programme took place in St. Saviours GAA Club car park with 30 boys and girls aged 10 to 13yrs taking part.

The programme encouraged young people from Ballybeg to stay safe while cycling and use cycling as a fun and healthy activity. All the skills learned were put to test when the Youth Group participated in the Kelly Ten on Saturday 28th August in Dungarvan (see below).

The group were supported and sponsored to do this by the Sustainable Neighbourhood Office of Waterford City Council. Other communities have shown interest in running this programme in their community and the YSDO will develop this as a sustainable programme for residents and/or community youth.

THE KELLY TEN

Saturday 28th August 2010

What a Day for the Rise and Shine Youth Group from Ballybeg in Waterford City. Following their 5 week 'Licence to Pedal' programme, 9 young people and 4 volunteers took part in the first Kelly Ten cycle for young people and families held in Dungarvan on Saturday 28th August. Co-ordinated by the WSP Youth Sports Development Officer and sponsored by the Sustainable Neighbourhood Office in Waterford City Council the group was transported to Dungarvan along with their bikes and safety gear.

The children began their cycle at the Causeway Tennis Club, Abbeyside, and completed the 10K route along the old railway track to Clonea and the beautiful coastline of the Gold Coast along with the 700 other participants. On their return they received a goody bag, certificate and got a chance to meet the man himself, Sean Kelly.



The Group was delighted to be part of this event and will be talking about it for a long time. They are grateful for the opportunity to use their new cycling skills obtained during their Licence to Pedal and are already looking forward to the Kelly Ten in 2011.

Well Done Rise & Shine Youth Club!

Waterford Street Soccer League

The winners of the Waterford Street Soccer League (5-9 year olds) was decided by a play off between Avondale and Richardson's Meadow in the People's Park on 8th July.

It was a hard fought contest in wet conditions but with the support of parents, volunteers, the committee, local councillors and the Deputy Mayor everyone had a great evening.

Richardson's came out on top and Deputy Mayor Cllr. Seamus Roche was there to present the winning cup which was sponsored by Waterford Sports Partnership and Sacred Heart Foroige Youth Project.

During the evening a Cup was also presented to the winners of the under-13 Street Soccer League 2010 and again it was Richardson's Meadow with the runners up plaque going to Viewmount a team that was only in their 1st year participating in the Street Soccer League.

All other teams/communities that got involved in the 2010 Street Soccer League U9 & U13 received medals and congratulations from the committee and Deputy Mayor. The U16 Street Soccer League is continuing until the end of the summer with yet again Richardson's Meadow and a new team for 2010, Larchville, currently level at the top of the Table.

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

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



Youth Sports Development Update

Bowled Over

All young people that participated in the recent 'Bowled Over' programme will be given the opportunity to get involved in a **BOWLING LEAGUE FOR YOUTH** organised and sponsored by Waterford City Bowl & Kid Zone and Waterford Sports Partnership.

The League will commence on Tuesday 5th October at 6.30pm and run for 8 weeks. Every Tuesday evening from 6.30pm teams of 3 to 4 young people (aged 11-16) will bowl and add their points at the end of the league.

The cost is €6 per person per week/€18 per team or €45 if paid in advance for the 8 weeks.

Application forms will be available in Waterford City Bowl.



TEEN SCENE in the Park 2010

Teen Scene took place again on Friday 13th August in the People's Park Waterford City. The purpose of this event is to encourage young people in Waterford to get active, find out about new and exciting things they can do in their city and become familiar with local clubs and coaches.

The following local organisations/clubs were there on the day to give the youngsters a taste of different activities; Waterford Rugby Club, FAI, GAA, Total Health & Fitness (Kettle Bell Club), Waterford Kickboxing Club, Waterford Martial Arts, Muay Thai, Freedom Surf, Dunbrody Archery Club and North Suburbs Community Youth Project .

Thanks to support from Waterford City Council, there were also a number of local youth Bands and DJ's entertaining the crowd for the afternoon and a surf simulator which proved very popular with young and old.

We would like to say well done to the thirty young people that participated in a new event for 2010, the 3K Fun Run. It was a fun event and for sixteen of the runners their first time taking part in a Fun Run. Congratulations to David Farrell from Grace Dieu who came in first, second place went to Ethan Robinson from Dunhill and Brandon Mylett from Ballybeg and Rebecca Kinsella from Grace Dieu tied for third . Daniel Obenro from Grace Dieu and Luke O'Brien from Ballygunner also received a prize for fifth and sixth place. The prizes were sponsored by Waterford Sports Partnership.



Aqua Aerobics

A four week Aqua Aerobics programme for young traveller women aged 16 to 21 took place in early summer.

The girls were very interested in learning a new activity and wanted to feel confident in attending public classes should they want to in the future. Over the four weeks eight young traveller women attended with the support of the Traveller Youth Project now relocated to the Lacken Business Park.

The YSDO is continuing to support the young women in accessing the public pools and leisure centres.

Youth Sports Development Update

Fitness for Girls

The two remaining programmes finished up in May:

The **Dunmore Road Programme** took place in the Farronshaneen Community Centre. Ten teenage girls took part in this six week programme. The programme gave the girls the tools to continue basic fitness exercises in their own homes and at the centre. It is hoped that this programme will run again in the Centre later in 2010.

The **Ferrybank Foroige Fitness For Girls** programme also finished in May with an overall participation of thirteen Girls for twelve weeks. The girls enjoyed learning new sports and finding out about different clubs in the City. This group is continuing fitness as part of their yearly plan and including some of the activities they tried out during the Fitness for Girls Programme.



Well Lads Programme

For a group of young men who were interested in getting fit and learning new ways to do so, this programme proved very popular.

This six week programme was for young lads aged from 13 to 16 living in the North of the City. These young men were interested in seeing what happened in a typical gym, how to use gym equipment, instruction and techniques on running while using local facilities that are free and easy to access, such as the People's Park and Sli na Slainte walking/running routes around the city.

The participants also visited some clubs in the city which included, Muay Thai, Waterford & South Tipperary Community Youth Service's new Gym and Waterford Weight Lifting Club. Seamus Roche from Balance Fitness tutored the lads on the programme and was very impressed with their enthusiasm to learn. We are currently working to develop this further and sustain it into the future.



Waterford Youth Alliance Team Challenge for 12 to 14 year olds

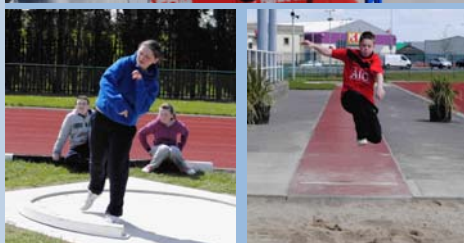
Waterford Youth Alliance and Waterford Sports Partnership ran the Waterford Youth Team Challenge event in the RSC on Saturday 8th May.

Twenty five young people took part making up the six teams; Inner City Community Youth Project, Foroige Ferrybank, Farronshaneen Youth Centre Project with 2 teams, Lisduggan School Completion programme and North Suburbs Community Youth project. Team members were selected to compete in a number of activities which included Archery, Long Jump, Shot Putt and a 4 x 100m relay race.

This was the first year for the Waterford Youth Alliance Team Challenge and the winning team was the Farronshaneen Community Youth Centre Project, second place went to Foroige Ferrybank and third place went to North Suburbs Community Youth Project. Prizes and Medals were sponsored by Waterford Sports Partnership's Youth Sports Development Project.

Waterford Youth Alliance plans to run this event again next year with some changes to activities and formatting of the event. This event is to support the development of young peoples participation in alternative sports available in the City and will continue to be supported by the Youth Sports Development officer as required.

Well done to all participants and youth projects that took part in the 2010 Waterford Youth Alliance Team Challenge.



Mount Sion Family Fun Day

The YSDO recently assisted the Inner City Residents' Associations in organising a Family Fun Day hosted at the Edmund Rice Visitor Centre, Mount Sion.



The weather was not kind to us on the day so all the activities were taken inside. The YSDO with the assistance of Jenna from the ISU organised some games, ran races and encouraged both young people and parents to get active by competing in skipping and hoola hoop competitions.

The YSDO was happy to offer support to the group and would encourage volunteers to get involved in such events. Training is available for volunteers including the Active Leadership Training Course which is run regularly by Waterford Sports Partnership. This would support volunteers in running the activities themselves next year.

Re-engaging Programme

This Programme is to support the re-engagement of young people (aged 16 to 21) back into sport or physical activity.

The YSDO is offering 8 young people the opportunity to get back into the sport or physical activity that they were once involved in or to try something completely new.

They can do this through participating socially, competitively, as a volunteer in the club or maybe through sourcing coaching qualifications and becoming a coach within their chosen sport or activity.

Please contact Vicki for further information on this programme and a referral form if required.

Twilight Soccer

This programme took place in the Sacred Heart Area of the city with thirteen lads showing interest over the four weeks of this 5-a-side programme.

The programme was aimed at young people (aged 15 to 18) living in Catherine's Grange, Farran Park and the surrounding areas.

Over the four weeks the lads that attended were given some coaching in soccer skills and played 5-a-side. The YSDO is currently sourcing more suitable premises and partners to support the rollout and continuation of this programme.

UPCOMING EVENTS

Waterford Youth Walkers

A walking programme is up and running with the Manor Mover based in the Inner-City Community Youth Project. This is a weekly walking youth group and is open to new members Contact: Philomena Furlong in the Inner City Community Youth Project, The Manor on 086 6018961.

Sacred Heart Family Fun Day

19th September 2010 - 2 to 5pm
Butler Community Centre,
Soccer Blitz and Fun Activities.
Contact: May Doyle on 086 2679013.
The Blitz is only open to Sacred Heart Area.

Well Being, Health & Recreation Programme

Children's Group Link starts in September
Contact: Vera on 087 2510333

Street Soccer Community Team Recruitment

If you have young people in your community aged 7yrs to 16yrs interested in getting involved
Contact: Vicki on 086 0201219 for details.

Alcohol Sport & You

A drug & alcohol awareness workshop available for coaches and young people in sports clubs.
If your club is interested please contact Vicki

Challenging Behaviour

Are your club volunteers experiencing difficulty dealing with bad behaviour by young people in your club and need guidance and information on how to deal with this?
The YSDO is interested in supporting access to training in this area. Please contact Vicki on the number below.

COMING SOON!

Sacred Heart Walkers
Table Tennis for Teens
Surf Skill Awards for Young People
License to Pedal - Sacred Heart Area

... GET IN TOUCH ...

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



Katie Kelly - Sports Inclusion Disability Officer (SIDO)

Katie is responsible for the development, delivery and monitoring of sport and physical activity programmes for individuals with a disability. A variety of programmes have been run in all areas of Waterford city and county and new programmes are constantly being developed & rolled out.

The following pages give an update on some of the programmes and events that have been run over the past few months.

Swimming

for Children with Down Syndrome

Two separate 8-week courses were organised for children with Down Syndrome aged from 3-16 with Down Syndrome Ireland, Waterford Branch. The swimming sessions took place at the Kingfisher Club, Tramore Road, Waterford.

The sessions were divided by age and ability so that some of the learning games or activities could be done in a group structure. The first session was for children aged from 3-10 and the second for 8-16 year olds. The swimming courses were organised and undertaken by experienced swim teaching staff from the Kingfisher Club to help support the children in their learning.

The children with Down Syndrome who took part in the swimming programme were paired up with an instructor on a one-to-one basis. The one-to-one instruction is really important for children with Down Syndrome as they will learn at a pace suitable to them and the learning style will differ from child to child. The children involved in this type of swimming programme often need that extra level of support and guidance as their learning takes time.

The children who took part in this swim programme thoroughly enjoyed the lessons and will benefit from this learning when it comes to taking part in school swimming lessons as well as for their own personal learning experience.

SOCCKER for Adults with an Acquired Brain Injury

The soccer programme for adults with an Acquired Brain Injury is organised and run by Nick Harrison, FAI Football for All Development Officer for the Munster region, with the participants and venue organised through Waterford Sports Partnership's Sports Inclusion Disability Officer.

This soccer session is designed to meet the needs of adults with an acquired brain injury (ABI) in a safe and controlled environment. Adults with an ABI from Waterford and surrounding areas attend these sessions on a monthly basis at the Kingfisher Club AstroTurf Pitches.

The adults with an ABI are thoroughly enjoying these sessions with the steady participation a sign of its success and necessity for continuation - and of course new participants are always welcome to attend!



For more information on the soccer sessions please contact: Nick Harrison on 086 0472051 or Katie Kelly on 051 849757.

Tandem Cyclists take part in the Sean Kelly Tour

It was a delight to see two visually impaired athletes training and taking part in the Sean Kelly Tour of Waterford 2010.

Visually impaired athlete Catriona Brazil was supported and piloted by an experienced volunteer pilot, Cliona Power from Comeragh Cycling Club. The ladies tandem pair braved the 50k Kelly Cruise with great success. Whilst visually impaired athlete Damien Vereker was supported and piloted by another experienced volunteer pilot from Comeragh Cycling Club, Dermot Blount, who took on the challenge of the 90k Kelly Coast. The athletes thoroughly enjoyed themselves and are already starting their preparations for the Sean Kelly Tour of Waterford 2011.

The tandem bicycles used for this event were purchased from funds raised by Comeragh Cycling Club and funding from Waterford Sports Partnership. The volunteer pilots from Comeragh Cycling Club generously gave up their own time and trained with the vision impaired athletes in the weeks prior to the Sean Kelly Tour. The club held a fundraising event on the 4th of September in Waterford City in aid of the National Council for the Blind Ireland where they had tandem bicycles and volunteers on hand to give people a chance to try out tandem cycling.

Many thanks must go to Comeragh Cycling Club for their inclusion of adults with a vision impairment and for their great fundraising efforts!



Disability Sport Update

FISHING FOR ALL - Open day for adults with a disability

Eastern Regional Fisheries Board, Waterford District & Coarse Angling Club, Disability Organisations and Waterford Sports Partnership were recently involved in the fishing open day held in Oaklands Lake, New Ross, Co. Wexford. The fishing day was thoroughly enjoyed by all who attended and some of the participants expressed an interest in continuing to learn how to fish following their open day experience!

The open day was organised and heavily supported by the Fisheries Board and the Waterford District & Coarse Angling Club. There were a number of staff and volunteers organised for the day to support as many of the adults with an intellectual disability in participating to their fullest potential. The fishing instructors used their knowledge and experience to help the participants and the staff members from the disability organisations to catch a couple of fish and one eel!

The participants who attended the session ranged in age, gender and demographics. Many travelled from Dungarvan and Waterford on this bright sunny day to learn a thing or two about fishing. A large number of the participants had never had the opportunity to catch, hold and release a fish before the open day, so there was great excitement all round on the day when the fish were plentiful. The rods, reels, tackle and bait were all supplied on the day compliments of the Fisheries Board and the Waterford District & Coarse Angling Club.

Following this open day a fishing course will be arranged with disability organisations and interested participants. This 8-week course will be run through the Waterford District & Coarse Angling Club. It is also planned to develop a similar programme in the County over the coming months. The course will teach adults with an intellectual disability and staff members how to set up the fishing equipment, what bait should be used for different types of fish and various different fishing skills.



FISHING EDUCATION COURSE for adults with an intellectual disability

Following the open day arranged in Oaklands Lake, New Ross, Co. Wexford an education programme was sought after by participants from Brothers of Charity, Waterford. This fishing course was arranged by Der Casey and Patrick Dalton from Waterford District & Coarse Angling Club.



The course evolved from the open day to become a fishing education course for both participants and staff members from Brothers of Charity, Waterford. The education course is 8-weeks in duration and involves learning all the skills required for various types of fishing including sea fishing. The aim of the course is to bring the two staff members and eight participants from Brothers of Charity Waterford up to a level where they can fish independently and possibly create a disability section within Waterford District & Coarse Angling Club. This is the first course of its kind to be organised and run in Waterford through Waterford District & Coarse Angling Club for people with an intellectual disability. The funding for this course has come from the Health Service Executive National Lottery Funding, Waterford Sports Partnership and participant fees.

This course is currently halfway through and therefore closed but a similar programme may be arranged in the near future following the success of this innovative education course. The participants and staff currently attending this course are thoroughly enjoying themselves and learning a lot about fishing!

**For more information on the Fishing Education Course please contact:
Katie Kelly, Sports Inclusion Disability Officer on 051-849757.**

Horse Riding for Children with a Vision Impairment

A Horse Riding Programme for children with a vision impairment was co-ordinated by Waterford Sports Partnership, Pallas Equestrian Centre and Shirley Boyle (Parent of two children with a vision impairment). The horse riding lessons took place in Pallas Equestrian Centre located in the picturesque area of Woodstown, Waterford.

The equestrian centre sourced experienced volunteers and instructors to support the children in learning the horse riding skills. Five children with a vision impairment from Waterford City, Tramore, Cappagh and even parts of East Cork attended the 8 weeks of sessions. The sessions were highly supported and the children had the opportunity to safely take part in the lessons with the assistance of 2-3 instructors per child.

The children became acquainted with the horses through a free of charge open day arranged by the equestrian centre prior to the riding lessons taking place. This allowed the children to rub/pet the horses, understand the noises that horses make and all of the smells and senses of a horse riding centre. This alleviated some of the preconceived fears of both the children and the parents. The open day also allowed parents to ask any questions about the riding lessons prior to the commencement of this programme.

At the riding lessons the children slowly progressed from the horse being walked by the instructors with the participants on the horse, to trotting and eventually to cantering. Some of the children even progressed to a few small jumps on the horse! Not only did the children learn some of the skills of horse riding the children had the added benefit of improving posture, balance and spatial awareness. Improving posture, balance and spatial awareness will help the children in everyday life as these are some of the expressed difficulties children with a vision impairment tend to experience as a result of their individual conditions.



Thank to Pallas Equestrian Centre, the children with a vision impairment will now have an opportunity to continue attending horse riding lessons in their own areas without the fear of horses and horse riding. As a result of the various programmes run through Waterford Sports Partnership and the connections made with local clubs, children with a vision impairment now have the chance to take part in Judo, Horse Riding, Athletics, Rowing, Soccer and much much more!

**For more information on activities for children with a vision impairment please contact:
Katie Kelly on 051 849757**

Munster Boccia League

The Munster Boccia tournament for adults with an Intellectual Disability was set up in 2009 to encourage Munster based teams to train and compete against, as well as socialise with, their neighbouring counties. In April 2010, Waterford joined the Munster Boccia tournament. Other counties involved in the Boccia Tournament include; Clare, Cork, Kerry, Limerick and Tipperary.

The Waterford teams are made up of service users from Rehabcare, who are based in the Tramore Business Park in Waterford. The teams from Rehabcare have been practicing and honing their skills since receiving training from the Sports Inclusion Disability Officer in 2009. A new team from Brothers of Charity are now in training and are going to take part in the final leg of the tournament in Clonmel.

The first leg of the tournament was held in Cork in April 2010. It was at this competition that the result of all of their training showed dividends. In their first ever tournament competition one of the Waterford teams got to the semi-finals! Since then the Waterford teams have gone from strength to strength. In the Waterford leg of the tournament the Waterford Boccia Team came in second overall! In the Clare leg of the tournament the two Waterford Boccia Teams came in first and second place. The teams have represented their county well and are currently at the top of the leader board.

The last leg of the Munster Boccia League will be held in Clonmel so let's all cross our fingers that their hard work and good fortune continues! **There will be an update on the how the Waterford team did in Clonmel and in the Munster Boccia League Tournament overall in the next issue.**



Disability Sport Update

YOGA for adults with an Intellectual Disability

This yoga programme for adults with an Intellectual Disability has worked extremely well for women and men who are not as interested in taking part in some of the more competitive sports available for adults with an intellectual disability.

The adults who attend day services through Brothers of Charity and Spring Garden (WIDA) are taught by the experienced and compassionate instructor Adrienne Murphy. Adrienne is one of the yoga instructors from Alphazone Yoga Studio and has been paramount in expanding the opportunities for people with a disability to take part in yoga. She also instructs staff working with adults with a mental health disability, children with an autism spectrum disorder etc.

These sessions are not only designed to meet the physical and spiritual needs of people with a disability, the classes are also designed to be more accessible with a payment rate that the attendees can afford. The adults attending the yoga programme are thoroughly enjoying their yoga sessions and following an 8-week yoga programme organised by Waterford Sports Partnership, the sessions are now co-ordinated and run independently. A strong partnership now exists between the disability services and the yoga studio.

For further information on yoga for adults with an intellectual disability please contact: Adrienne Murphy on 086 8359863 or Katie Kelly on 051 849757.



YOGA for adults with Multiple Sclerosis (M.S.)

Waterford Sports Partnership in conjunction with Yoga instructor, Michael Connolly from Alphazone Yoga Studio has been running a specific yoga programme for adults with Multiple Sclerosis for the past 10 weeks in Waterford

Yoga has been cited as a very suitable activity for adults with multiple sclerosis (M.S.). The benefits of yoga for individuals with MS can be seen below (http://www.yogatherapyireland.com/yoga_ms.html). Research articles and journals also show similar findings of the benefits of sport and physical activity, as well as yoga, for individuals with MS.

THE BENEFITS OF YOGA

- ▶ Yoga can help the body's own self-healing mechanism and may slow down or even halt the disease process.
- ▶ Yoga increases energy and counteracts fatigue. Most exercise programmes ask you to expend a lot of energy; yoga, by contrast, helps you to conserve your energy so fatigue lessens.
- ▶ Yoga can help lift depression. The sense of well being brought about when we practice yoga can greatly help lift the depression which is often associated with MS.
- ▶ Yoga has a beneficial affect on all body systems, improving their function. The respiratory system is strengthened, digestion improves, immunity is enhanced, the nervous system is soothed.
- ▶ Yoga stretches keep joints from becoming stiff and muscles from becoming weaker. People with an illness are often afraid to use their bodies, so the mind limits the body. However, the beauty of yoga is that the simplest stretches are often the most effective. Moreover, yoga postures can be modified to suit everybody regardless of how disabled a person is. Yoga can be practiced from a wheelchair or even a bed.
- ▶ Yoga breathing techniques along with meditation rest the brain. When you have MS, the brain becomes both excited and fatigued at the same time and so it is important to rest it by focusing on the breath.
- ▶ Yoga does not require any fancy equipment, you can practice at home.
- ▶ Yoga improves sleep patterns and promotes a feeling of well being.

Michael Connolly of Alphazone Yoga Studio works with each participant on a one-to-one basis. This enables Michael to work with the participant on their own needs e.g. posture, gait, breathing, relaxation techniques etc. Seamus is one of the participants on the course and worked with Michael on what was important for him, walking properly. "I have been encouraged to attempt to improve/recover with greater hope. A change from hopelessness to cheerful effort."

Seamus went from dragging his feet when he was walking to relearning how to lift his legs and plant his feet on the ground to give him a more stable and controlled gait.

This yoga programme will continue to take place in Alphazone Yoga Studio, Cleaboy Business Park, Waterford. It is supported by Waterford Sports Partnership and Multiple Sclerosis Ireland.

For more information on this course please contact: Michael Connolly on 086 8335425 or Katie Kelly on 051 849757.

Disability Sport - Upcoming Activities

Activity	Day	Time	Venue	Cost	Contact
Social Soccer league for adults with an intellectual disability (Monthly) - Now including a wheelchair soccer session	Last Thursday in every month	1 to 3pm	Butler Community Centre, Johns Park, Waterford	€1 per person	Katie: 051 849757
Soccer for children with a vision impairment	Mondays: Sept 13 th & 27 th Oct 11 th & 25 th Nov 8 th & 22 nd Dec 6 th	5 to 6pm	Quality Hotel Youghal, Youghal, Co. Cork	€2 per person	Nick Harrison: 086 0472051
Ferrybank Soccer for children with special needs	Tuesdays	5 to 6pm	Ferrybank AFC Astro turf Pitches, Ferrybank, Waterford	€3 per person	Rosalind: 086 8957620
Dancing for adults with an intellectual disability in Dungarvan - (Carriglea Cairde Services)	Various	Various	Various	€40 for 8 weeks	Tanya Cliff: 087 7479526
Activities for children with an Autism Spectrum Disorder: (Swimming, Bowling, Horse Riding, Surfing, Yoga, Other)	Contact WASSA	Contact WASSA	Various	Contact WASSA	WASSA: 086 6637055
Yoga for adults with an intellectual disability	Thursday – Restarting 9 th of September	11.15 to 12.15	Alphazone Yoga Studio, Cleaboy Business Park, Cleaboy, Waterford	€40 for 8 weeks	Katie: 051 849757 or Adrienne: 086 8359863
DCD (Development Coordination Disorder) Soccer - Waterford	Thursdays: 30 th Sep, 28 th Oct, 25 th Nov	4 to 5pm	Kingfisher Club, Tramore Road, Waterford	FREE	Nick Harrison: 086 0472051
Special Olympics Club Dungarvan (8-16yrs)	Tuesday	4 to 5pm	Kilrush Park AFC, Dungarvan, Co. Waterford	€3	Fiona: 087 2774607
Walking for All	Restarting Tue 14 th September	2.30 to 4pm	Peoples Park, Waterford	FREE	Katie: 051 849757
Cycling for adults with a vision impairment	Arranged with Cycling club	Arranged with Cycling club	Arranged with Cycling club	FREE	Sinead Power Comeragh Cycling Club: 051 358163 or 087 2680088
Assistant Swim Teacher Training (teaching people with a disability)	To be rescheduled	TBC	TBC	€200 per person	Katie: 051 849757
Yoga for adults with Multiple Sclerosis	Thursdays	10 to 11am	Alphazone Yoga Studio, Cleaboy Business Park, Waterford	€40 for 8 weeks	Katie: 051 849757
Regional Wheelchair Basketball	Wed 29 th September	6 to 8pm	Canon Hayes Centre, Tipperary Town	FREE	Katie: 051 849757
Regional Wheelchair Sports 'Come and Try it' Day	Saturday Oct 2 nd	12 to 2pm	Moyle Rovers GAA Club, Clonmel, Co. Tipperary	FREE	Katie: 051 849757
Fishing for adults with a disability	Wednesday (6 week fishing education course)	10am to 1pm	Waterford District and Coarse Angling Club		Katie: 051 849757
Soccer for adults with an Acquired Brain Injury	Thursdays: 30 th Sep, 28 th Oct, 25 th Nov	3 to 4pm	Kingfisher Club, Tramore Road, Waterford	FREE	Nick Harrison: 086 0472051

Upcoming Events - Details to be confirmed - Contact Katie if interested on (051) 849757
 Swimming for children with Down Syndrome (Organised through Down Syndrome Ireland)
 Multi-Activities for children with special needs (3-6 years)
 Multi-sport for children with ADD, ADHD, Dyspraxia & Aspergers

Waterford Sports Partnership 2010 Calendar of Upcoming Courses and Events

Date	Course/Event	Time	Venue
SEPTEMBER 2010			
Fri 10 th , Sat 11 th & Sun 12 th September	Sli na Slainte Walking Leader Training	All Day	Cavan Town, Co. Cavan
Monday 13 th September	Child Welfare & Protection Training	6 to 10pm	VEC Offices, Dungarvan
Thursday 23 rd September	Buntús New Teacher Training	1 to 4pm	City (Venue to be confirmed)
Friday 24 th September	Buntús New Teacher Training	1 to 4pm	County (Venue to be confirmed)
Sat 25 th & Sun 26 th September	REC 2 - First Aid Course	9 to 5pm	De La Salle GAA Club
Monday 27 th September	Children's Officer Training - Part 1	6 to 9pm	City Hall, The Mall, Waterford
OCTOBER 2010			
Monday 4 th October	PALs - Pitching & Tossing Workshop	10 to 3.30pm	Rainbow Hall, Kilmacthomas
Monday 4 th October	Children's Officer Training - Part 2	6 to 9pm	City Hall, The Mall, Waterford
Monday 11 th October	PALs - Better Balance Workshop	10 to 3.30pm	Rainbow Hall, Kilmacthomas
Monday 18 th October	Child Welfare & Protection Training	6 to 10pm	City Hall, The Mall, Waterford
NOVEMBER 2010			
Tuesday 2 nd November	PALs - Dance Workshop	10 to 3.30pm	Rainbow Hall, Kilmacthomas
Monday 15 th November	Child Welfare & Protection Training	6 to 10pm	VEC Offices, Dungarvan
Sat 27 th & Sun 28 th November	REC 2 - First Aid Course	9 to 5pm	Dungarvan GAA Club



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