



# 'Everyone Active'

the newsletter of Waterford Sports Partnership

Issue 24

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## OVER 6,200 PEOPLE TAKE PART in The Sean Kelly Tour of Waterford 2012 39.6% of participants from Waterford

After months of hard work and planning the 2012 Sean Kelly Tour of Waterford, part of the 2012 An Post Cycle Series of five events throughout Ireland, in conjunction with the Irish Sports Council, took place on the 25th & 26th 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 over 4,900 cyclists having already pre entered for the main cycling extravaganza on Sunday 26th August. This number was added to by an amazing 1,300 plus cyclists taking part in the 12k Kelly Spin on Saturday 25th August. This was the third year of the family event and cyclists young and old took part in what was a really enjoyable leisure ride on the mostly traffic free cycle route along the newly revamped old Dungarvan Railway Line.



Sunday's event was extra special as John Treacy, Chief Executive of the Irish Sports Council, accompanied Sean Kelly to officially start the three routes and then joined in the fun by cycling the 50K Kelly Cruise with more than 1,300 other eager participants.

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 2,491 Waterford people took part across the four events. This represents 39.6% of the total participants and is an increase of over 600 on last year's figures.

We are also delighted to see an increase in the overall number of women taking part in the Tour - 400 more women took part in 2012. There was also an increase of almost 300 in the number of young people under 20 that took part in this year's event.

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 500 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 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 2013!

**Visit [www.theseankellytour.com](http://www.theseankellytour.com) and the Sean Kelly Tour Facebook Page for more photos from the day!**

## Waterford Sports Partnership - Sports Development Officers



**Pauline Cunningham**



**Peter Jones**



**Jane O'Dwyer**



**Brian O'Neill**

**Jane O'Dwyer and Pauline Cunningham** Sports Development Officers, are responsible for the delivery and promotion of participation in sport and physical activity for the people of Waterford. While they both work to support the work of local sports clubs and coaches with a particular focus on training and education, they also develop and support a number of targeted initiatives to promote the participation of young people, older adults, women and girls, people with a disability and the general public in physical activity.

**Jane** can be contacted on **(051) 849855** or **jodwyer@waterfordsportspartnership.ie** and **Pauline** on **(058) 21199** or **pcunningham@waterfordsportspartnership.ie**

**Brian O'Neill, Youth Sports Development Officer (YSDO)** is working with young people aged from 10 to 21 years throughout Waterford City, offering them opportunities to participate in sport and active recreation. **Brian** can be contacted on (051) 849583 or **boneill@waterfordsportspartnership.ie**

**Peter Jones** is currently assigned to a project role with WSP, on behalf of Go Dungarvan, to help develop the Behavioural Change plan for the Go Dungarvan project. Peter will work with the Go Dungarvan team to develop a plan for a number of programmes and actions in local schools, workplaces and with the general public to assist with the required behavioural change. A change in behaviour is needed to maximise the impact of the significant investment in local infrastructure.

**Peter** can be contacted at **058 21191** or **pjones@waterfordsportspartnership.ie**

## Active Body Active Mind

### OPPORTUNITIES FOR JOB SEEKERS

Waterford Sports Partnership has secured funding from the Irish Sports Council to run a programme to offer exercise opportunities for job seekers in Waterford.

The aim of the Active Body Active Mind programme is to introduce participants to new leisure activities and encourage them to use the clubs and facilities in their area.

The first phase of Active Body Active Mind was run by Waterford Sports Partnership for male and female job seekers in Tramore and Dungarvan in conjunction with local clubs and facilities. Activities such as boxing, fishing, pitch and putt, rowing, surfing and yoga are examples of some of the sports delivered.

We are now looking for participants to take part in the Programme. If you would like further information or are interested in the Active Body Active Mind Programme, please contact Pauline Cunningham on 058 21199.

**Active Body Active Mind will be run in addition to the current offers from facilities for job seekers through our Link2BActive initiative details of which can be found on our website - [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

*'It was great to get to do different activities that I would never have had the opportunity to even try if it wasn't for the programme'*

*'It had a positive effect on my confidence levels'*

*'I feel better physically and psychologically'*

*'I really enjoyed the surfing, never would have tried it in a million years, will definitely do this again'*

*'We learned a lot about how to look after our health and the importance of physical activity'*



## Older Adults Update

### Go For Life Grant Scheme 2012

We are delighted to announce the Go for Life Grant Scheme is currently open for applications, with a deadline of Friday 28<sup>th</sup> September. Grants are available for the purchasing of equipment or funding activity programme ideas e.g. 6 weeks swimming, aerobics, tai chi etc.

This grant scheme has been hugely successful in the past with €9150 being awarded to twenty seven older adults groups in 2011. Go for Life's Sue Guildea stated " This small grant helps to spice up Go for Life sessions. Over the years, people have used the grants to do various physical activities like Tai Chi, Archery, Pilates, Hip-Hop, Swimming or to get sports equipment. We're looking forward to seeing what people request in their grants this year and to hearing about the difference that the money can make."

**If you have any questions, require a grant form or need assistance, please contact 058 21199. Grant forms are available to download from [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

### PILOT Men's Project

Research shows that men aged over 50 are less likely to be active than women. This is highlighted through WSP's work with older adults where less than 10% of the 300 plus people who have participated in our initiatives, are men. Therefore, Go for Life is looking to run a pilot 'Men Only' programme in conjunction with Waterford Sports Partnership.

This programme will involve participation in one of two pilot events in either Dungarvan or Waterford City. The provisional plan is for twelve men to be selected from these two taster sessions to travel to Kilkenny and represent Waterford to compete against other counties in the South East.

Activities will be a selection of target games for individuals and groups and WSP hope that this will continue with the creation of a Waterford league.

**If you are interested in this programme, please register your interest by calling Pauline Cunningham on 058 21199**

### Big Heart Walks 2012

The Irish Heart Foundation is asking groups to organise a 5km walk in their local community on Sunday 30<sup>th</sup> September to celebrate World Heart Day.

This is a great opportunity to involve people of all ages in the local community and the IHF will assist groups with planning and the promotion of the event.

**For further information contact Aideen at the Irish Heart Foundation on 01 6685001 or email [alynch@irishheart.ie](mailto:alynch@irishheart.ie) or visit [www.irishheart.ie](http://www.irishheart.ie)**



### WALK WATERFORD AUTUMN SERIES

Following the success of previous walking programmes, Waterford Sports Partnership will host an Autumn Series of Walks.

The first walk is the newly developed Coastal Dunmore East Walk on **Sunday September 16th** - check out the full timetable of walks later in this newsletter. These walks are free and all are welcome so, please bring your friends and family.

**For further information please contact Jane O'Dwyer 051 849855 or [jodwyer@waterfordsportspartnership.ie](mailto:jodwyer@waterfordsportspartnership.ie)**



### Link2BActive

Many older adults have already benefited from the discounted rates on offer through WSP's Link2BActive scheme. This programme promotes facilities and clubs who offer discounted rates/exercise opportunities for older adults via WSP's website. If your facility/group would like to be included in this programme please phone 058 21199.

Check out the webpage by clicking on the Link2BActive logo at **[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

**For questions on the above programmes, or if you have any ideas of new activities that you would like to see delivered or get involved in please contact Pauline Cunningham on 058 21199**



## NATIONAL BIKE WEEK 2012

took place from June 16th to 24th. Waterford City & Dungarvan were the locations for the National Launch of Bike Week and a series of events took place across Waterford City & County throughout the week.

### School Cycle Bus Programme

As part of National Bike Week 2012, Waterford Sports Partnership in conjunction with Go Dungarvan piloted a 'School Cycle Bus' programme for 3<sup>rd</sup> - 6<sup>th</sup> class students from Scoil Mhuire Abbeyside and St Mary's NS, Dungarvan.



The purpose of the programme was to ensure that children had the ability to cycle to school and the teachers and parents received the training that would support a regular Cycle Bus. In addition, the programme raised awareness of the benefits of cycling, in conjunction with Go Dungarvan an art competition was held in both schools. The four winners were Oisín O'Mahony and Stephen Moynihan from Abbeyside NS, with Kara McGovern and Shona O'Neill the winners from St Mary's NS. All students and parents who took part in the programme received a printed t shirt showing the winners artwork.

In order to ensure the pilot was a success, the School Cycle Bus programme was broken into two elements; firstly, cycle training for parents, teachers and children from both schools and secondly the cycling events. Cycle training for parents, teachers and children took place the week prior to the cycle on the track. Cycle training for forty parents and teachers and 145 students was provided by Liam Collins from Safe Cycling.

One evening was spent with parents and focused on organising a group of children while road cycling. Two days were spent at St. Mary's and Abbeyside Primary Schools. Over 150 children followed a programme which was designed to improve their bike handling skills, teach them the do's and don'ts of cycling in a group on the road and improve their knowledge on the rules of the road.' This was an extremely successful and the feedback for the young cyclists was really positive.

Following this training, on Wednesday 20<sup>th</sup> June, 170 students, parents and teachers cycled from their school to Walton Park. Here, the group were supervised on a cycle along the newly redeveloped railway track and upon completion were given goody bags and certificates. Students were extremely enthusiastic about the spin.

On Thursday 21<sup>st</sup> June, over seventy students from Abbeyside National School braved the elements and cycled to school via four routes devised by Go Dungarvan from Lisfennel; Colligan, Ballinroad and Tournore. Each route was supervised by staff and parents with a number of pick up points on the way.

On Friday 22<sup>nd</sup> June, more than thirty five students, teachers and parents cycled to school via four routes from Lisfennel, Kilrush, Ballinroad and Colligan to St. Mary's National School.

It is hoped that this initiative has opened people's eyes to the possibility of cycling safely to school and using cycling as an alternative means of transport. It was great to see the bikes full in both schools. We hope that the young people will continue cycling to school via the safer routes that have now been put in place.

*'Awesome, I loved doing two laps of the yard*

**David Foley**  
Scoil Mhuire  
Abbeyside

*'Challenging but fun'*

**Alannah Kelly**  
St Mary's N.S.

*'I thought it was really fun because we had to go up ramps; it was kind of hard but fun'*

**Roisin Hurney**  
Scoil Mhuire  
Abbeyside

*'The willingness of the children to embrace the week and the numbers who were on this morning's cycle to school were a testament to the success of the programme'*

**Christine O'Keefe**  
Parent

*'What a lovely way to start your morning'*

**Margaret Mansfield**  
Parent





## DAWN CYCLE

An active week of cycling concluded with the Dawn Cycle which took place on Sunday 24<sup>th</sup> June in Dungarvan!

Over fifty participants set off at 7.30am and took part in either a 25 or 30k route. The 25k route took participants out the Track towards the Clonea Road, Clonea and Ballyvoile while the slightly longer 30k route ventured towards Ring and the surrounding countryside.

Cyclists were blessed with great weather and the cycle itself led to an influx of questions from participants about how they could continue cycling; the upcoming Women on Wheels (WOW) being run by Waterford Sports Partnership was the obvious next step for a lot of the female participants.

Participant Norma Caples commented on the cycle saying 'as a result of participating in the Dawn Cycle I discovered picturesque parts of the countryside that I didn't know existed. It was great to have all ages from children to adults enjoying exercise together'.

*'It was great to see so many cyclists out on the road at 7:30 a.m. on a Sunday morning enjoying almost traffic free roads. All age groups from 10 upwards took part and encouraged each other all the way. Everyone's favourite part of the cycle was getting back to Sip n' Surf and enjoying a well earned cup of tea after a couple of hours in the saddle!'*

**Johnny Brunnock  
GO Dungarvan**



## Go Fish

Waterford Sports Partnership ran a fishing programme for girls from Whitechurch N.S and Scoil Naomh Mhichil, Ballyduff Upper, ranging from 4th to 6th class. The programme was called 'Go Fish' and it was run in conjunction with Blackwater Lodge Fishery, Ballyduff Upper. As part of the programme, the girls had to participate with an adult of their choice; be it their mother, father, sister, brother etc.

The specific aim of the programme was to utilise the area's natural surroundings and introduce fishing as both a sport and a way of relaxing and enjoying oneself. The programme was delivered by Glenda Powell (Blackwater Lodge) along with the assistance of Conor Arnold. Over the six week period, the 24 participants who took part were facilitated with a 3 hour session every Sunday evening where they mixed both theoretical and practical work. They learned about water safety, taking care of the environment, how clean water is important, basic entomology, the Blackwater river system & its native and invasive species in addition to the life cycle of fish. The local GAA field was used for casting practice prior to their skills being transferred to the Blackwater River itself where there were hours of enjoyment in the pursuit of catching fish.

Glenda Powell (Programme Leader) commented; "I found the Go Fish programme to be a wonderful experience for the children and also for ourselves running the course. The children and adults seemed to thoroughly enjoy the outdoors and it was very encouraging to see the children interested in improving their fly casting skills, asking questions about the river and soaking up the nature surrounding them. It gave them a very nice time to enjoy the outdoors in each other's company and to enable them to make new friends with similar interests whilst learning about their local environment. I look forward to many more such courses in the future."

We would like to thank Blackwater Lodge for accommodating the running of this programme and Glenda Powell and Conor Arnold for their enthusiasm and willingness to teach the participants the art of fly fishing and all that comes with it.

**For further information on GO Fish or other Waterford Sports Partnership programmes, please contact us on 058 21199 or 051 849855**

"Go Fish was a great way to learn how to fish for the beginner and to learn a little of nature at the river banks"  
**Frank Seary**  
Programme Participant

"It was an excellent experience. I enjoyed every minute of it and I'd love to do it again"  
**Ciara Power**  
Programme Participant

"I loved learning about salmon and trout and I liked knowing how to tie a half blood knot".  
**Megan Foley**  
Programme Participant

"I loved every Sunday going to the river and having fun with my dad and my friends".  
**Fionnuala Keane**  
Programme Participant



# M.O.T. Men Only Training

Waterford Sports Partnership secured funding from the HSE to run a programme which offered exercise opportunities to males over 35 who hadn't been actively involved in sport for a while.

The Men Only Training (MOT) programme was run by Waterford Sports Partnership in conjunction with local clubs and facilities in the Dungarvan area. The specific aim of the programme was to increase the activity levels of the participants and to inform them about the various activities on offer in their own locality.

The programme ran for 6 weeks and the 15 men who signed enjoyed a gym induction, nutrition seminar, boxing, spinning, yoga, road bowling, soccer, pitch & putt, bowling tennis and sailing.

Feedback from the participants was very positive, Kevin Tutty said; The MOT Programme was a great experience, really enjoyable"; Tom Gilligan said "Very enjoyable, great to try out new activities". The programme was very diverse in its range of activities and this was noted by Darren Tutty who said "I've really enjoyed the diversity of the programme and trying activities I would never have tried on my own".

The aim of the programme was to get the participants more active. Eugene Tobin commented; "Great programme, it got me motivated to get off the couch and be active again, I've even started going to the gym".

Feedback from the participating facilities was just as positive, Cashel Corby, Causeway Tennis & Bowls Club President commented "The Causeway Tennis & Bowls Club was delighted to take part in the MOT Programme. It was a great opportunity for the men who took part to get a taste of each individual sport in a group environment".

Cunnigar Pitch & Putt Club Secretary, Sheila Hickey, commented "It was great to have new people visiting our club, and hopefully we will see some of the men returning to us to enjoy our facilities".

Liam Power of Fenor Road Bowling Club commented "Fenor Road Bowling Club was delighted to welcome new participants from the MOT programme. We look forward to welcoming the lads back that attended this time and maybe some more new faces very soon"

**For further information on the M.O.T. Programme or other Waterford Sports Partnership programmes, please contact us on 058 21199 or 051 849855**



## Waterford Walkers

This Spring Waterford Sports Partnership was delighted to have six walking groups taking part in a 4 week pedometer challenge. Groups that took part in the challenge were as follows; Waterpark Wigglers (Waterpark N.S.) Pace Makers (Disability Organisations), Tramore Striders (Glow Health & Fitness), The Pink Ladies (Dungarvan Travellers Group), Walkie Talkies (Ballybeg/Cill Barra) and Joints in Motion (Waterford Arthritis Group).

Each week the participants recorded their steps and increased their distance as the weeks went on with the aim of achieving the Slí na Slainte Silver Certificate. The Joints in Motion group decided to take part in the 5km John Treacy Walk on Sunday 27<sup>th</sup> May. On the morning of the walk 19 participants from the group met in the Regional Sports Centre and headed to Villierstown by bus. On arrival in Villierstown they received their Slí na Slainte Silver Certificates and met with John Treacy, who congratulated them on their great achievement. The group thoroughly enjoyed the walk, and are looking forward to training for it again next year. Well done to all the groups who took part in the pedometer challenge, keep up your walking over the coming months and keep an eye out for the Walk Waterford Autumn Series of walks. **For further information please contact Jane O'Dwyer on (051) 849855**



## Waterford Youth Walkers

Waterford Sports Partnership received funding from Waterford Leader Partnership to encourage and support young people in Waterford to participate in physical activity. With the support of this funding it was decided to encourage youth groups to take part in a pedometer challenge. The pedometer challenge started in May with four groups signing up for a four week programme. Over the four weeks groups battled for the chance to claim the pedometer challenge trophy. Congratulations to the Midway Marching Mad Yokes from Portlaw who walked the most steps over the four weeks to claim the trophy. Also well done to the Tramoovers, The Wild Ones and Gracedieu Groovers who all took part in the four week challenge. A big thanks must go to the youth workers for working with us on this programme, keep up the good work and hope you are looking forward to it again next year.

**For further information please contact Jane O'Dwyer on (051) 849855**





# Walk Waterford

*Contae Phort Láirge - is leatsa é!*



This autumn, Waterford Sports Partnership has organised a series of leisure walks to give the people of Waterford a chance to get out and enjoy the beautiful surrounds of the County.

Are you a walker, a social stroller, a family, a local looking for something to do? Why not come along to the Walk Waterford Autumn series. There are five walks which are suitable for families and leisure walkers, all you need is suitable walking shoes (runners are ideal) and a rain jacket just in case. So come along, bring your family, bring your friends. County Waterford is yours to discover or rediscover! To find out more contact **Jane O'Dwyer**, Sports Development Officer, Waterford Sports Partnership on **(051) 849855**.

DATE	NAME OF WALK	MEETING TIME & PLACE	TRAIL DETAILS	TOP 3 HIGHLIGHTS	GETTING THERE
Sunday 16 <sup>th</sup> September	<b>Coastal Walk Dunmore East</b>	<b>Time: 2pm</b> at the public car park above the harbour	<b>Distance: 4km</b> <b>Duration: 1 hr</b> there and back  The linear coastal path connects Dunmore East to the picturesque Portally Cove. It includes cliff top paths, steps and a gravel type footpath.	- Kittiwake colony on route - Fabulous sea views across to Hook Head - Possibility of seeing seals on the way	Drive through Dunmore East village take a left down towards the harbour then the next right up to the car park.
Sunday 23 <sup>rd</sup> September	<b>Dungarvan Railway Walk</b>	<b>Time: 2pm</b> at the Public car park just off the Park Hotel roundabout	<b>Distance : 3.5km</b> <b>Duration: 45 mins</b> there and back. This is one of Dungarvan's gems – a green route that follows the old railway line.	- New improved green route suitable for cyclist and walkers alike - This route is mostly off road - Fantastic views across Dungarvan Bay	Once you reach Dungarvan the Public Car Park is just off the Park Hotel roundabout opposite Country Life
Sunday 30 <sup>th</sup> September	<b>The Dunes, Tramore</b>	<b>Time: 2pm</b> at the car park opposite the Majestic Hotel	<b>Distance: 5 km</b> <b>Duration: 1hr 30 mins</b> there and back. This is an easy walk which starts by the Majestic takes in Tramore's lake, the prom and the start of the Dunes. It includes some gravel, shingle and sand paths.	- Views of some of the highest sand dunes in Ireland - Rare seaside flora and fauna - Views over Tramore Bay and town	The car park opposite the Majestic Hotel is on the main road into Tramore
Sunday 7 <sup>th</sup> October  NATIONAL TRAILS DAY	<b>Kilbarry Biodiversity Park, Waterford City</b>	<b>Time: 2pm</b> In the Kilbarry Park car park (via Kingfisher entrance)	<b>Distance: 1.8km + optional additional 1.8km</b> <b>Duration: 1hr</b> There is a choice of walks and interesting features in this newly opened nature park. Come along and see what it has to offer.	- 50 acres of public park and nature reserve - Plenty of spots for picnics if you fancy a snack afterwards - A jewel in the middle of the city	The entrance to the Waterford Nature Park is through the entrance to the Kingfisher Club which is on the old Tramore Road (R675), on the right after Superquinn.
Sunday 14 <sup>th</sup> October	<b>Crough Wood, Mahon Bridge</b>	<b>Time: 2pm</b> Crough Wood car park on the right hand side as you head towards Mahon Falls	<b>Distance: 3km</b> <b>Duration: 1hr</b>  The local community group have done great work in this hidden gem which is a Coillte wood.	- Nature trail - Plenty of picnic spots - Tranquil setting	Follow signs from the N25 at Kilmacthomas and Leamybrien for Mahon Falls. Crough Wood is on the right hand side before the cattle grid on the road going up to Mahon Falls





SUNDAY  
7<sup>th</sup> October  
2012

## Why not take part in National Trails Day on Sunday October 7<sup>th</sup>

There are events happening all around the country. Waterford's clubs, organisations and volunteers are hosting a range of fun and free activities including; treasure trails suitable for young children, hill and mountain walks suitable for older families and hill walking for beginners. There is also a short cycle and an interactive nature trail - there is something for everyone!

**More information is available on [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) and [www.nationaltrailsday.ie](http://www.nationaltrailsday.ie) or contact Jane O'Dwyer, Sports Development Officer, Waterford Sports Partnership 051 849855 or [jodwyer@waterfordsportspartnership.ie](mailto:jodwyer@waterfordsportspartnership.ie).**

# WOW

## Women on Wheels

**Waterford Sports Partnership has just finished running the 'Women on Wheels Programme' for the third year.**

The programme was funded by "Get Ireland Active" which enabled WSP to run two cycling programmes: a six week programme in Dungarvan and a seven week programme in Waterford city. This programme encouraged women who may have previously cycled or those just beginning to get out cycling and enjoy the benefits of regular physical activity.

The overall aim of the programme was to support women to take part in the Sean Kelly Tour of Waterford by offering weekly training spins. 2012 was one of the most successful years of Women on Wheels to date with over eighty women signing up to the programme from Waterford City and County.

The programme started in July with Introduction to Cycling Workshops in Waterford City and Dungarvan. The workshops covered topics such as bike maintenance, bike skills and nutrition, followed by weekly training spins which were led by local cycling clubs. Of the eighty women that signed up to the programme seventy took part in the 50km Kelly Cruise and for the first time Waterford Sports Partnership invited participants from the 2010 and 2011 programme to train to take part in the 100km Kelly Heritage Route. Ten women signed up for this programme and all of them completed the 100km spin.

Waterford Sports Partnership was delighted to see the eighty women train so hard and take part in this fantastic local event. We would like to extend a big thank you to Comeragh Cycling Club, Sportif Waterford Cycling Club and Dungarvan Cycling Club, for their time, effort and commitment to the programme.

A big congratulations to all the ladies who took part in the programme and participated in the 2012 Sean Kelly Tour of Waterford.

**Looking forward to seeing you all again next year!**

**For further information please contact:  
Jane O'Dwyer on (051) 849855**



# The Sean Kelly Tour of Waterford Youth Challenge 2012

**The aim of The Sean Kelly Tour of Waterford Youth Challenge is to increase the number of young people cycling in Waterford and is supported through funding from the Irish Sports Council. This is the fourth year of the programme which is run in conjunction with Dungarvan Cycling Club, Sportif Waterford Cycling Club and Comeragh Cycling Club.**

During the programme, the young people learn safe cycling and get plenty of road experience. Regular training spins are delivered by qualified coaches from the clubs and the young people get the chance to train for the Sean Kelly Tour under the guidance of experienced and qualified cyclists. The programme was open to young people aged between twelve and eighteen and for €10 the participants received Cycling Ireland insurance, access to the organised spins and entry into either the 50km Kelly Cruise or the 100km Kelly Heritage Route on Sunday 26<sup>th</sup> August.

**THE COUNTY** - The Programme was offered to secondary schools and youth groups in Dungarvan and the surrounding areas. Fifty young people signed up from; Ard Scoil na nDeise, CBS Dungarvan, St Augustine's College, Meanscoil San Nicolas and St Declan's Community College. Since the programme's inception in 2009, 204 young cyclists have taken part. Seven training spins took place from Dungarvan, on average twenty participants attended the spins and got a chance to enjoy some scenic routes around Cappoquin, Villierstown, Stradbally and Ring. Cycling skills improved significantly, particularly the use of gears and techniques for conquering hills.

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

**Ger Wyley,  
Spin Leader Dungarvan CC**

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

**Lauren Sheehan,  
Youth Challenge Participant**

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

**Darragh Looby,  
Youth Challenge Participant**

*'The youth spins really helped me get ready for the Sean Kelly Tour, it was great to be able to go training with other cyclists rather than on my own and I learned a lot from the clubs that took us out. I did the 50k cycle with my dad, I found it a bit hard in places but I really enjoyed it and can't wait to do it again next year.'*

**Cian O'Keefe,  
Youth Challenge Participant**



**THE CITY** - This was the second year the Youth Challenge was run in Waterford City. Information sessions were delivered by Waterford Sports Partnership at St. Paul's Secondary School, Our Lady of Mercy Secondary School and De la Salle College and the programme was also promoted in other City secondary schools. Participation levels were not as high as had been hoped; however numbers have increased since 2011. Local cycling clubs, Comeragh and Sportif, ensured that those attending the spins got great tuition and steadily increased their cycling endurance to be ready for Sunday 26<sup>th</sup> August. In total six spins were held in the City. An average of twelve participants attended each spin.



## THE BIG DAY FINALLY CAME!

Sixty Six young people from Waterford City and County completed either the 50km Kelly Cruise or the 100km Kelly Heritage route on Sunday August 26<sup>th</sup>. The day was a huge success and the youth challenge participants reported that the route was great for families and novice cyclists and was great fun and that the organisation on the day was excellent and there was a great

buzz around Dungarvan all weekend. A big thanks to the thirty seven youth challenge cyclists who also helped to pack 6,500 goody bags for the event. Sarah McCloskey whose son James participated for the second year in the 50km Kelly Cruise was delighted with the programme, James is now aiming for the 100km spin next year and eager to join a local cycling club. The youth challenge participants have been given a great introduction to cycling through the programme, we really hope that the new cyclists who signed up this year, will continue cycling for the foreseeable future.

The programme has been a huge success and special thanks must go to Dungarvan Cycling Club, Comeragh Cycling Club and Sportif Waterford Cycling Club for providing such expert advice, leading the training spins and preparing the young people so well for the 2012 Sean Kelly Tour of Waterford.



MINNIES  
League



For further details on this programme please contact  
Jane O'Dwyer on (051) 849855 or Pauline Cunningham on (058) 21199.

# The 2012 Sean Kelly Tour of Waterford - IN IMAGES



Visit [www.theseankellytour.com](http://www.theseankellytour.com) for more photos from the day!

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# COACHING SEMINARS

Waterford Sports Partnership in conjunction with Coaching Ireland are planning to pilot three Coaching Ireland recognised Coaching Seminars in October/November 2012.

The focus of these Seminars, which are specifically tailored for Coaches is improving communication skills. There will be a practical element to the sessions.

## OVERVIEW OF THE SEMINARS

### PERSONAL COACHING SKILLS

**AIMED AT** - NOVICE COACHES FROM JUVENILE OR SENIOR CLUBS HOLDING AN NGB LEVEL 1 OR BELOW

**CONTENT** - Practical coaching skills: planning, delivering and evaluating your coaching session

### WARM UP/COOL DOWN/STRETCHING

**AIMED AT** - ALL COACHES

**CONTENT** - Activities and games for effective warm up/cool down and how to perform dynamic stretches correctly

### GAMES FOR UNDERSTANDING

**AIMED AT** - COACHES HOLDING AN NGB LEVEL 1 AND ABOVE

**CONTENT** - How coaches can get the most out of game situations. Looks at specifically adapting generic games to develop decision makers and a number of practical games that can be used in a coaching session.

Seminars will be held on weekday evenings from 6.30 to 9.30pm

Dates have yet to be confirmed  
Places will be limited

TO REGISTER YOUR INTEREST  
PLEASE EMAIL

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

## River Rowers

Waterford Sports Partnership is pleased to announce that we will be running a new Programme called River Rowers which is funded by the Irish Sports Council's Women in Sport Funding.

This programme will run in Waterford County and City in partnership with the two local rowing clubs; Cappoquinn Rowing Club and Waterford Boat Club. Transition year students from Blackwater Community College and St. Angela's Ursuline College will have the fantastic opportunity to take part in a six week programme which will include four weeks of training followed by two regattas between the two clubs. Participants will then be encouraged to join the local club and continue to row on a regular basis.

**If you require any more information on this programme please contact Pauline Cunningham on 058 21199 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



## Primary School Teacher Training Opportunities for 2012/2013

**Waterford Sports Partnership has a variety of teacher training opportunities for the academic year 2012/2013.**

We have teamed up with the **Irish Olympic Handball Association** and are inviting teachers to take part in teacher training on **Wednesday 3<sup>rd</sup> October, from 12-2pm**. Teachers will receive a simple introduction to Olympic Handball and a six week lesson plan to assist them teaching the game.

**Buntús** programmes are exciting programmes developed to support teachers in introducing young people to sport and physical activity. WSP is inviting new teachers to attend a **3-hour Buntús Training**, where teachers will learn how to use the Buntús resource cards. There are two training days that teachers can attend **Wednesday 14<sup>th</sup> November (Waterford City) or Thursday 15<sup>th</sup> November (County Waterford)**

**If you require any more information on any of these courses please contact Jane O'Dwyer on 051 849855**



## John Treacy Festival Weekend 2012

The Villierstown Community once again did themselves proud hosting yet another action packed John Treacy Festival Weekend in May 2012. The festival programme was full of fun events for all the family. There were fashion shows, car treasure hunts, a vintage car display, stalls and much much more. And this was on top of various other entertainment which ran night and day over the weekend.

As part of the weekend Waterford Sports Partnership and Waterford County Council worked together to run the eagerly anticipated John Treacy Fun Run. People of all ages, shapes and sizes from far and wide lined up on the Sunday afternoon to take part in the 1km, 5km or new 7.5km route which took in Aglish. West Waterford AC were on hand to assist with the running of the event. And the great man himself was there on the day mingling with locals before leading the 350 runners and walkers out on route.

John was delighted to hear stories of all the training that had gone on before the event! The County Mayor Cllr. Liam Brazil was also on hand to oversee the start of the 1km which saw a number of future stars racing around the **village route at lightning speed**. Participants in the Fun Run, which was a free event, kindly donated to John's nominated charity Concern Worldwide.

The consistent success of the Festival and dynamic schedule of events produced every year is a testament to the enthusiasm and hard work of the community groups and volunteers involved. A big thank you goes to John Treacy who without hesitation attends this event every year. John the CEO of the Irish Sports Council is always keen to encourage people to get out and get active. The Villierstown community groups are already planning the 2013 Festival!



## Cricket Blitz

Waterford Sports Partnership was involved in organising the first ever Waterford Primary School Cricket Blitz in association with Cricket Ireland and Waterford District Cricket Club. The Blitz was held in the Regional Sports Centre with three schools in attendance on the day; Waterpark N.S., Christ Church N.S. and St. Stephens De la Salle Primary School.

It was a great day and all the schools were delighted with how the Blitz went. A special thank you to given to Waterford District Cricket Club who had a number of volunteers helping to run the Blitz on the day.  
**Well done to all involved!**

## Mayor's Picnic & Play IN THE PARK



Waterford Sports Partnership is delighted to be involved again this year in the Waterford Harvest Festival's **Mayor's Picnic & Play** in the Park which will take place in the **People's Park** on **Saturday 15<sup>th</sup> September** from **1.30 to 3.30pm**.

Waterford Sports Partnership is organising the sporting events on the day which will include athletics (Waterford A.C.), soccer (Gary Power, FAI) Muai Thai (Waterford Muai Thai Club) and GAA (Eoin Breathnach, Games Development Officer). The day is sure to be a huge success and the park will be a hive of activity for children of all ages with prizes to be won on the day. **So come along and enjoy a great day activity and entertainment for all the family!!!**

**For further information please contact:  
Pauline Cunningham on (058) 21199**

## Opening of Waterford Nature Park

*Waterford Sports Partnership was delighted to be involved in the official opening by President Michael D. Higgins of the New Waterford Nature Park at Kilbarry on Friday 1<sup>st</sup> of June last.*

Local people were out in force on the day to check out this fantastic new 50 acre facility. Waterford Sports Partnership was responsible for running a number of sporting activities as part of the official opening. As the president entered the new facility, Comeragh CC, Sportif CC and Waterford AC were lined up to greet him on his arrival. As he was driven around the facility, he was accompanied by the Comeragh and Sportif Cycling Clubs and closely followed by Waterford Athletics Club. As he viewed the facility he had the chance to see girls from the Wildcats Basketball Club demonstrate how the new trim trails will be used and see Southend United training in the Regional Sports Centre. When the President arrived on the main viewing area, he was greeted by Waterford City Childcare Committee demonstrating Buntús Start games, Waterford AC showcasing their field athletic games, Orienteering Ireland running orienteering sessions for girls from the Wildcats Basketball Club and Waterford City Rugby Club who generously gave up their time to run touch rugby sessions. As the president made his official opening speech, all the clubs ensured the park was a hive of activity.

A huge thanks to all clubs who kindly gave up their time to come along to the opening of the park, it was a great day for all involved.



# Get Ireland Active

Promoting Physical Activity in Ireland

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

## GREAT NEW WEBSITE!

A ONE STOP SHOP FOR:

getting active & staying active

SPORTS CLUBS & LEISURE FACILITIES

promote your events and activities here

For more information please contact:

Karen Phelan, Communications Officer,  
Waterford Sports Partnership on 058 21192

CHECK IT OUT TODAY!

## Is your Club listed??

We have a comprehensive

CLUB CONTACTS LISTING

on our website

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

PLEASE CHECK TO MAKE SURE YOUR CLUB  
IS LISTED AND THE CONTACT DETAILS  
ARE CORRECT

For any changes or new listings please email  
[info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie)

Like Us On  
**facebook**

Did you know that Waterford Sports Partnership has a Facebook Page with updates, upcoming events, news and more... PLEASE LIKE US ON FACEBOOK AND LET US KNOW IF YOUR CLUB OR GROUP HAS A FACEBOOK PAGE AND WE'LL LIKE YOUR PAGE TOO!

### NGB CONTACTS



**Athletics Ireland**

**CONTACT: Jacqui Freyne**

Tel: 087 2629950



**Badminton Ireland**

**CONTACT: Brenda Barry**

087 6412760



**Basketball Ireland**

**CONTACT:**

(01) 4590211

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



**Cumann Camógaíochta na nGael**

**Camogie Association**

**CONTACT: Deirdre Murphy**

087 641 5485



**Cumann Lúthcleas Gael**

**CONTACT: Eoin Breathnach**

087 9219345



**Football Association of Ireland**

**CONTACT: Gary Power**

086 3883850

[gary.power@fai.ie](mailto:gary.power@fai.ie)

**CONTACT: Michael Looby**

087 0508623



**Irish Rugby Football Union**

**CONTACT: John O'Neill**

086 8207752

[johnoneill@munsterrugby.ie](mailto:johnoneill@munsterrugby.ie)



**Ladies Gaelic Football Association**

**CONTACT: Jonny Landers**

Tel: 087 8185544



**Volleyball Association of Ireland**

**CONTACT: Ciara Buckley**

086 8173990

[south@volleyballireland.com](mailto:south@volleyballireland.com)

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



**Cricket Ireland**

**CONTACT: James Doran**

086 8169667

[jimdoran@irishcricket.org](mailto:jimdoran@irishcricket.org)



**Triathlon Ireland**

**CONTACT: Scott Graham**

086 3687548

[scott@triathlonireland.com](mailto:scott@triathlonireland.com)

# Youth Sports Development Update

*A variety of programmes have been run in all areas of the city by Brian O'Neill, Youth Sports Development Officer and new programmes are constantly being developed and implemented.*

*Brian would love to hear from organisations, associations and agencies that work/volunteer with young people. The following pages give an update on some of the programmes and events that have been happening over the last few months.*

## Muay Thai Fitness

Fourteen boys aged from 16 to 19 from the Inner City Community Youth Project began a six week fitness program in Muay Thai. Muay Thai, a martial art that originated in Thailand, is a great activity that increases fitness levels, burns fat and strengthens the muscles of the body. Over the six weeks, the participants were shown correct technique in punching, kicking and striking with hands, feet, elbows and knees. Various training aids were used such as punch bags, strike pads, Thai kick pads and body belts. The training intensity remained very high throughout, so full credit to the boys for completing the six weeks.

Waterford Sports Partnership would like to thank David "Phelo" Phelan for his organised training sessions and ability to motivate the boys, particularly when the going got tough. For further information on Muay Thai classes contact John Walsh: 087 6852521 at Waterford Muay Thai, Lacken Rd, Waterford.



## City Surfers Programme

Eight young people (3 boys, 5 girls) from St. Paul's School Completion Programme and the Inner City Youth Project completed a four week certified program in Surfing.

There was full attendance every night despite the really bad weather for the four weeks of the programme. The programme covered topics such as safety in the water, warm up and stretching techniques, how to 'pop up' on the board, how to catch a wave and conserve energy whilst out surfing. All participants got to the point of being able to stand up on the board and catch a few waves, despite many dismounts in attempting so. Well done to the eight for sticking with it and refusing to give up.

**SURFING EQUIPMENT** available for youth organisations at very reasonable rates.

Please contact **Brian O'Neill, Youth Sports Development Officer on (051) 849583 for more information**



## BMX Jam in the Park

As part of National Bike Week 2012, Waterford Sports Partnership in association with Spokes Bike Shop hosted a BMX Jam event.

The event took place on a sun drenched June Sunday afternoon with over 150 spectators present. Twenty nine boys aged 13-19 yrs entered the Jam event. The Jam was divided into two categories; Beginner & Advanced. Sixteen entered Beginner and thirteen entered Advanced. Riders performed in groups of 3, for one and a half minutes and got 2 runs. Prizes were awarded for the most skillful trick, best attempted trick, most stylist trick, etc.

Congratulations to all that took part. Great to see so many young people using the Skatepark in the People's Park and trying to perfect their tricks and stunts. Roll on next year!

# Youth Sports Development Update



## Treo Project & the John Treacy Fun Run

Back in May four members of the Waterford TREO Project took part in the Annual John Treacy Fun Run in Villierstown, Cappoquin- home town of Olympic legend John Treacy.

The runs on offer were a 1K, 5K and 7.5K. But the challenge for the individuals didn't begin on the day; it started six weeks earlier when they signed up for a fitness program facilitated by Sheamus Doyle of Balance Fitness.

Every Thursday, come hail, rain or shine, Sheamus prepared the young people for the challenge that lay ahead and offered tips and ideas that would assist them in accomplishing their goal.

Waterford Sports Partnership would like to congratulate Shannon, Josh and Helen for completing the 5K and Ray who completed the 7.5K.

## Pat Doyle Memorial Cup

The Pat Doyle Memorial Cup was held in May and involved teams from communities that take part in the Street Soccer League.

Teams from Richardson's Meadow, Catherine's Grange, Gracedieu, Avondale, and Crystal Court were present on the day. A Total of 51 young people attended with Crystal Court winning the U-10 section and Avondale winning the U-12 section.

Judging by the enthusiasm and interest shown at the Pat Doyle Memorial Cup the Street Soccer league was not going to disappoint and proved to be very exciting over the summer.



## Orienteering Instructor's Course

Waterford Sports Partnership in conjunction with Waterford Orienteering hosted an Ability Awards 2 Certification in Orienteering.

This took place over two evenings and included theory and practical sessions. One worker and one volunteer from the SWAY project attended the course and are currently putting their new found skills to use.

Waterford Orienteering run a number of basic courses throughout the year. **Please contact Brian O'Neill, Youth Sports Development Officer on 051 849583 for further details.**

## Re-engaging Programme

This Programme is to support the re-engagement of young people 15-21yrs back into sport/physical activity. They can do this through participating socially, competitively, as a volunteer in the club or maybe through sourcing coaching qualifications and becoming a coach within their chosen sport/activity.

**Please contact Brian O'Neill, Youth Sports Development Officer on 051 849583 for further details on this programme.**

**A Referral Form can be downloaded from the Youth Section of our website: [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

# Youth Sports Development Update

## Waterford Street Soccer

Waterford Sports Partnership in association with the FAI ran this year's Street Soccer with a slightly different twist. Weekly Blitzes were held for the U-10 and Over 14 age group and a league was run for the U-13 age group. Once again it proved to be a success, although we had to cancel on two occasions due to extreme weather conditions (much to the disappointment of the young people).

Teams from Richardson's Meadow, Kill St. Laurence, Catherine's Grange, Birchwood, Gracedieu, Hennessy's Rd, Avondale, and Crystal Court were present on the day. A total of 91 young people attended.

Avondale took up from where they left off, adding the 2012 Street Soccer league trophy to the Pat Doyle Memorial Cup they collected earlier this year. Well done guys! A special mention must be given to the five girls that took part this year. Let's hope next year we can get a few more girls involved.

**Well done to all the teams that took part!**



Waterford Sports Partnership Presents

**Youth Combat Fitness**  
MARTIAL ARTS COME & TRY IT DAY  
FOR 12 TO 18YR OLDS

**Saturday 22<sup>nd</sup> September**

**2 to 5pm**

**Regional Sports Centre**

**CORK ROAD - WATERFORD**

**FREE  
EVENT**

**Get fit through Martial Arts**  
**MEET EXPERIENCED COACHES**  
Demonstrations from Irish & European Champions



**FOR FURTHER DETAILS PLEASE CONTACT**  
**Brian O'Neill, Youth Sports Development Officer**  
on 051 849583  
or [boneill@waterfordsportpartnership.ie](mailto:boneill@waterfordsportpartnership.ie)

**COMING SOON!**

**3 on 3 Basketball**  
September 2012

**Gym Warriors**  
September 2012

**Guidance through Golf**  
September/October 2012

**On Target Archery**  
October 2012

**City Surfers**  
September 2012

**Operation Motivation**  
October/November 2012

**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 the Youth Sports Development Officer for assistance or support

Brian O'Neill, Youth Sports Development Officer,  
Waterford Sports Partnership, Regional Sports Centre, Cork Road, Waterford.  
Phone: 051 849583  
or e-mail: [boneill@waterfordsportpartnership.ie](mailto:boneill@waterfordsportpartnership.ie)

# Disability Sport Update

## Golf for Adults with a Disability

Waterford Sports Partnership recently ran an 8 week Golf for Adults with a Disability Programme. The Programme was tutored by Ian St John PGA Professional and funded by the Irish Sports Council. Five participants attended the golfing skills programme in Tramore Driving range and Williamstown Golf Course. The aim of the programme was to teach adults with a disability some of the basic and more advanced skills needed to play golf.

The first six weeks of the programme were held in the Tramore Driving Range to perfect the swing of each participant. The tutor, Ian St John, used the VI Video Coaching Golf System to record and analyse the stance, the grip and the complete swing of each individual taking part. Following the six weeks in the driving range the participants moved onto Williamstown Golf Course. There, the participants learned putting and golfing techniques and played a number of holes on a golf course.

Participants thought the programme was great saying "that it got them out of the house" and "we loved being trained by a professional".

**For more information on this programme please contact: Jane O'Dwyer, Sports Development Officer, on 051 849855 [jodwyer@waterfordsportspartnership.ie](mailto:jodwyer@waterfordsportspartnership.ie)**



## PAN Disability Soccer

Waterford Sports Partnership is delighted to announce that the Tramore AFC PAN Disability Football For All Club is starting training again on Friday 14<sup>th</sup> September from 5-6pm. The PAN Club caters for boys and girls between the ages of 6-16years with all types of disabilities and will run every Friday night in Tramore AFC at a cost of €2 per participant. This is a great chance for individuals with a disability to join a mainstream club and receive excellent training from head coach Tommy Griffin. Tramore AFC are looking for new members to join the PAN Disability Football for all club.

**If your child is interested in getting involved in a PAN Football for All Club please contact Jane O'Dwyer on (051) 849855 or Pauline Cunningham on (058) 21199.**

## Fishing for All

Waterford Sports Partnership ran a 5 week angling and biodiversity programme for the students of St Joseph's Special School in Waterford. The programme was funded by the HSE and supported by Inland Fisheries Ireland. This 5 week programme was designed and delivered by Coaching staff from the Angling Council of Ireland Club and St. Paul's Youth Fishing Club.

The programme started on Wednesday 9<sup>th</sup> of May with 14 students and 2 teachers on a relentless hunt for wildlife on the beaches at Saleens. Both entertaining and informative, the day was a great success with 32 species collected identified and released. Students gathered on the banks of the Barrow at St, Mullins for week 2 of the programme. Here students gathered to learn the secrets of spinning lures for Twaite Shad. This session also included an introduction to water safety, including the use and maintenance of buoyancy aids.

Weeks 3 and 4 of the programme took part in Oakland Carp Fishery in New Ross. Coarse angling techniques were the mainstay of the day. **The carp were obliging and all had fish to boast of.** IFI's John Flynn delivered an introduction to issues around biosecurity including the use of net dips and their importance. A novel element of the programme was the youth leadership programme for 4 participating senior students from St. Joseph's helping with the tutoring on both days.

The final week of the programme was held in Passage East as it offered opportunities for bait collections as well as a safe casting practice area and fishing for dabs and flounder. Bait digging for ragworm and lug worm together with an introduction to safe wading and issues around tide flow all added to the interest and huge enjoyment. However the main event, casting 5 ounce leads with 15 foot beach rods to feeding fish, proved to be the real winner.

Particular thanks goes to John Flynn, Michael Byron and Declan Cullagh of IFI who worked with the students over the 5 weeks. Also a huge thank you to Der Casey from St. Paul's Fishing Club who made the programme a great success. Well done to all the students from St. Joseph's Special School!!!

## Waterford Boccia League

*Waterford Sports Partnership recently started a Boccia League for adults with a disability.*

During the months of June and July Waterford Sports Partnership hosted two very successful Boccia Blitzes. Both Blitzes were held in Cill Barra Sports Centre from 11am-1pm. Participants from seven organisations took part in the two Blitz days that were held. No Blitz was held for the month of August as many of the organisations were not available to take part. However our next Blitz will take place on Wednesday 12<sup>th</sup> September.

**If your organisation is interested in taking part in the September Blitz, please contact; Jane O'Dwyer on (051) 849855 or [jodwyer@waterfordsportspartnership.ie](mailto:jodwyer@waterfordsportspartnership.ie)**



# Waterford Sports Partnership

Date	Course/Event	Time	Venue
<b>SEPTEMBER 2012</b>			
Wednesday 12 <sup>th</sup> September	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Saturday 15 <sup>th</sup> September	<b>Mayor's Picnic &amp; Play in the Park</b>	1.30 to 3.30pm	<b>The People's Park, Waterford</b>
Sunday 16 <sup>th</sup> September	Walk Waterford - Coastal Walk Dunmore East	2pm	Harbour Car Park
Monday 17 <sup>th</sup> September	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co. Waterford
Saturday 22 <sup>nd</sup> September	Combat Fitness (12 to 18yr olds) - Come & Try It Day	2 to 5pm	Regional Sports Centre, Cork Road, Waterford
Sunday 23 <sup>rd</sup> September	Walk Waterford - Dungarvan Railway Walk	2pm	Public Car Park (opposite Country Life)
Sunday 30 <sup>th</sup> September	World Heart Day Walk Waterford - The Dunes Tramore	2pm	Car Park Opposite Majestic Hotel
<b>OCTOBER 2012</b>			
Wednesday 3 <sup>rd</sup> October	Primary School Teacher Training - Olympic Handball	12 to 2pm	Venue TBC
Sunday 7 <sup>th</sup> October	National Trails Day	Check out: <a href="http://www.nationaltrailsday.ie">www.nationaltrailsday.ie</a>   <a href="http://www.waterfordsportspartnership.ie">www.waterfordsportspartnership.ie</a>	
Sunday 7 <sup>th</sup> October	Walk Waterford - Kilbarry Biodiversity Park	2pm	Car Park entrance at Kingfisher Club Old Tramore Road
Monday 8 <sup>th</sup> October	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	Regional Sports Centre, Cork Road, Waterford
Wednesday 10 <sup>th</sup> October	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Sunday 14 <sup>th</sup> October	Walk Waterford - Crough Wood	2pm	Car Park at Crough Wood, Mahon Bridge
<b>NOVEMBER 2012</b>			
Monday 5 <sup>th</sup> November	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co. Waterford
Wednesday 14 <sup>th</sup> November	Primary School Teacher Training - Buntús New Teacher Training	1 to 4pm	Waterford City - Venue TBC
Thursday 15 <sup>th</sup> November	Primary School Teacher Training - Buntús New Teacher Training	1 to 4pm	Waterford County - Venue TBC
Wednesday 21 <sup>st</sup> November	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Monday 26 <sup>th</sup> November	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	Regional Sports Centre, Cork Road, Waterford
<b>DECEMBER 2012</b>			
Wednesday 12 <sup>th</sup> December	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford

**ACTIVE LEADERSHIP TRAINING | FIRST AID (REC1 or REC2) TRAINING | CHILDREN'S OFFICER TRAINING**  
**If interested please contact the office on 058-21191/051-849855**



## WATERFORD SPORTS PARTNERSHIP

**Civic Offices, Dungarvan,  
Co. Waterford.  
(058) 21194**

**[info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie)  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

## WATERFORD SPORTS PARTNERSHIP

**Regional Sports Centre,  
Cork Road, Waterford.  
(051) 849855**

**[info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie)  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

**Waterford Sports Partnership - Supporting Activity and Sport for All!**