

IN THIS ISSUE

ARTICLE	PAGE
Sean Kelly Tour of Waterford 2013	1
Meet the Team - Sports Development Officers	2
Programmes & Events Update	
Active Body Active Mind	2
Picnic & Play in the Park	2
Waterford Active Schools Programme (WASP)	2
Garda Vetting	3
Sports Club Grant	3
National Bike Week 2013	4
Bike for Life 2013	5
Sean Kelly Tour	5
Youth Challenge 2013	5
Older Adults Update	
Go For Life Comes Victory	6
Older Adults Workshops	6
Walk Waterford	7
Link2BActive	7
Positive Aging week	7
National Grant Scheme 2013	7
Walk Waterford Autumn Series 2013	8
Become a Walking Leader	8
Remote Emergency Care 2013 Calendar of Courses & Events	9
2013 Sean Kelly Tour of Waterford in NUMBERS	10
2013 Sean Kelly Tour of Waterford in PICTURES	11 - 13
Disability Sport Update	
Social Soccer for Adults with a Disability	14
Waterford Boccia League	14
Disability Awareness & Sport Inclusion Training	14
Xcessible Leisure	15
Powerchair Football	15
Tae-Kwon-Do for Children with a disability	15
Sports Development Update	
Go Dungarvan Project	
Cycle Skills Training	16
Primary Schools	
Walking Training	16
Walking Competition	17
GP Referral Scheme	17
Comhairle Na nOg supporting Smarter Travel	17
Schools Overview	17
Workplaces	17
Youth Sports Development Update	
Golf - Player Level Life Skills	18
Diversion Boxing	18
Re-engaging Youth in Sports	18
Equipment - Free Hire	18
Street soccer League 2013	19
BMX Jam in the Park	19
Mayor's Health Day	19
Coming in 2013	19
WSP Next Strategy	20
NGB Contacts	20

OVER 6,500 PEOPLE TAKE PART in the 2013 Sean Kelly Tour of Waterford 42.8% of participants from Waterford



After months of hard work and planning the 2013 Sean Kelly Tour of Waterford, part of the An Post Cycle Series in conjunction with the Irish Sports Council, took place on the 24th & 25th 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 5,000 cyclists having already pre entered for the main cycling extravaganza on Sunday 25th August. This number was added to by an amazing 1,461 cyclists taking part in the 12k Kelly Spin on Saturday 24th August. This was the fourth 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.

Waterford sporting legend Sean Kelly officially started the 160k Kelly Comeragh Challenge and the 100k Kelly Heritage Route and was then joined by another Waterford legend, John Treacy, Chief Executive of the Irish Sports Council to officially start the 50k Kelly Cruise which John then went on to cycle with 1,500 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 2,695 Waterford people took part across the four events. This represents 42.8% of the total participants and is an increase of 204 on last year's figures.

We are also delighted to see an increase in the overall number of women taking part in the Tour - 171 more women took part in 2013. There is also a steady increase in the number of participants over 40 taking part in the Tour from 1,750 of the 4,410 participants in 2010 to 3,097 of the 6,502 who 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 600 volunteers from all around the County assisting with registration, parking, stewarding, food stations, vehicle support and deliveries and first aid, 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 2014!

Visit the Sean Kelly Tour Facebook Page for more great photos from the day!

MEET THE WSP SPORTS DEVELOPMENT TEAM

WSP's Sports Development Officers are responsible for the development, delivery and promotion of sport and physical activity for the people of Waterford. They work to support local sports clubs and coaches with a particular focus on training and education, and also develop targeted initiatives to promote the participation of young people, older adults, women and girls, people with a disability, jobseekers and the general public in physical activity and sport.



Pauline Cunningham, Sports Development Officer, is based at the Regional Sports Centre in Waterford and in addition to supporting clubs and other target groups she leads WSP's work in the area of disability and sport. Pauline can be contacted on (051) 849855 or pcunningham@waterfordsportspartnership.ie

Peter Jones, Sports Development Officer, is based in Dungarvan and in addition to supporting clubs and other target groups he also leads WSP's work with schools and the community to develop and deliver the behavioural change programme for the Go Dungarvan Smarter Travel initiative. Peter can be contacted on (058) 21191 or pjones@waterfordsportspartnership.ie



Sarah Chadwick, Assistant Sports Development Officer, is based in Dungarvan, and in addition to supporting clubs and other target groups she also supports WSP's work with schools and the community to develop and deliver the behavioural change programme for the Go Dungarvan Smarter Travel initiative. Sarah can be contacted on (058) 21199 or schadwick@waterfordsportspartnership.ie

Brian O'Neill - Youth Sports Development Officer, is based in Waterford City and works to promote the participation of young people (with a focus on youth at risk aged from 10 to 21 years) in sport and physical activity throughout Waterford City. Brian can be contacted on (051) 848583 or boneill@waterfordsportspartnership.ie



PROGRAMMES & EVENTS UPDATES

Active Body Active Mind

Active Body Active Mind (ABAM) is a programme for female job seekers or those in receipt of other social welfare payments that is being run and funded by Waterford Sports Partnership, Dunhill Multi-Education Centre, Pobal and The Irish Sports Council. The programme is a follow on from the very successful 2012 programme that involved thirteen women in Tramore. Waterford Sports Partnership is delighted to announce that eleven women have been successfully recruited for the 2013 programme following promotion over the summer. Participants are from a range of areas including Dunhill, Tramore, Fenor and Kilmacthomas. The programme commenced on September 3rd and will run for eight weeks on Tuesday and Thursday mornings.

On Tuesday mornings, participants will take part in practical and theory based recession beating modules based in Dunhill Multi-Education Centre. Topics will include managing your finances, healthy eating, preparing meals on a budget, growing your own vegetables, repairing your own clothes, managing stress and job seeking skills. These modules are designed to facilitate professional development as well as general life skills that are useful when living on a budget. This will be coordinated by Dunhill Multi-Education Centre.

WSP will coordinate Thursday mornings sessions where participants will have the opportunity to try their hand at a range of activities and sports available in clubs and leisure facilities in their area. Taster sessions will include Road Bowling, Walking, Gaelic Football, Surfing, Rugby, Pilates and Boxing. Participants will also attend a seminar on the benefits of physical activity and sport for physical, mental and social health. The aim of the sports taster sessions is to increase awareness of sport and physical activity opportunities in the area and to build confidence in taking part in new activities while having fun and meeting new people. On completion of each of the sessions, participants will be made aware of the avenues for regular participation that are available in their locality with a view to continuing with the activities they enjoyed and maintaining a physically active lifestyle.

If you would like more information about Active Body Active Mind or if you would be interested in taking part in a similar programme in the future, please contact Sarah Chadwick at Waterford Sports Partnership on (058) 21199 or schadwick@waterfordsportspartnership.ie

Waterford Harvest Festival Picnic and Play in the Park

As part of the Waterford Harvest Festival, the Mayor's Picnic & Play in the Park will take place in the **People's Park on Saturday 14th September from 2 to 4pm**. Waterford Sports Partnership is delighted to be coordinating the sporting events again this year which will include athletics (Waterford A.C.), soccer (Gary Power, FAI) Martial Arts (Black Belt Academy) and Cricket (Waterford District Cricket Club). 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 join in on a great day of entertainment for all the family!!!

Waterford Active Schools Programme (WASP) The Buzz is on!!!

Calling all Primary Schools. Waterford Sports Partnership is recruiting schools to take part in the Waterford Active Schools Programme (WASP) this September. Once again the pupils and their families will be challenged to collect a phenomenal amount of Wizzy stickers during the four week programme. For every day each child and their nominated adult complete the recommended level of physical activity the class teacher will award each student a sticker for their WASP record card. There are 40 sticker spots on the record card and when each child fills their record card they will receive a Wizzy Certificate. **If your school is interested in taking part in this four week programme or if you require more information, please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie**

GARDA VETTING

What clubs and volunteers need to know and do now!

In 2013, new legislation regarding Garda Vetting will come into force (National Vetting Bureau Act 2012). Anyone who has **on-going regular** contact with children, in the field of leisure or sport (paid or voluntary), other than those who assist 'occasionally' or in the event of a family or personal relationship, **must** be vetted.

Please Note: * Child means a person under the age of 18 years. It is up to clubs to assess whether a person's contact is 'occasional' or not.
*Occasional Contact is "now and then" or a once off event, such as a sports day (Dept. of Justice)

What this means for clubs?

Volunteers/Coaches must be vetted **before** volunteering or becoming involved with your organisation **Except** where an individual (not a volunteer) assists on an occasional (once off) basis e.g. Parent/sibling assists in an emergency **Or** "activities undertaken in the course of a personal relationship" e.g. Parents arrange lifts to training between themselves for their children. **The club cannot ask parents to collect other children unless they are Garda Vetted.**

When the legislation is introduced (*commencement date to be announced*)

- It will be **illegal** for an individual to start working with children or vulnerable adults before successfully completing the Garda Vetting process.
- Organisation/club is liable to prosecution and a fine if found guilty
- The individual 'coach' or 'volunteer' is liable to prosecution and a fine if they knowingly avoid vetting and continue to coach children (up to 18yrs)
- Individuals who are registered with a Club and have been vetted successfully prior to the commencement of the legislation are eligible to continue work within the club.

Recommendation:

- Start the Garda Vetting process **now** with your National Governing Body (NGB) for all current and new volunteers. Don't wait until the legislation commencement date is announced. Get ready now!
- Clubs should look at their current recruitment policies and procedures to ensure that they are properly managed, enforced and comply with the new legislation.
- Club members involved in club teams should attend Code of Ethics and Good Practice for Children's Sport workshops with their NGB or Waterford Sports Partnership.
- Clubs should have a properly trained Children's Officer. Training is available through your NGB or Waterford Sports Partnership.
- Current staff and volunteers can continue their role within the club while their application is being processed however on commencement of legislation new staff and volunteers **must successfully complete the Garda Vetting process** before having any involvement with children or vulnerable adults within a club.
- Once legislation is introduced, volunteers may face a lengthy period before their application is fully processed. During this period they cannot have access to vulnerable adults and children as it will be illegal to do so.
- Clubs not affiliated to a National Governing Body can apply to be Garda Vetted through the Federation of Irish Sports. Contact Conn/Sarah on 01 6251155.

If you have any queries in relation to the above please contact Peter Jones on (058) 21191 or Pauline Cunningham on (051) 849855.

Waterford Sports Partnership Sports Club Grant 2013

Waterford Sports Partnership aims to improve the quality of training, support volunteers and develop opportunities for people to participate in organised sport. Due to cuts in funding the 2013 WSP Sports Club Grant is limited to a total fund of €2000 with a maximum allocation of €250 per club. The grant will be open until funds are exhausted.

This small scale grant aims to support initiatives to increase participation levels of Youth, People with a Disability, Club members aged 18-34 and Over 35's. Proposed initiatives should attract new members and ideally enhance ongoing participation. This grant also supports the set up of new clubs and assists existing clubs with coaching fee costs.

Who can apply? – any organisation/club based within Waterford City or County affiliated to an Irish Sports Council recognised NGB or disability organisation and operating as a not for profit group and open for public membership.

What costs are eligible?

NEW CLUBS - set up costs e.g. bibs, cones, nets, balls, training equipment, insurance, registration, affiliation fees, first aid kit etc.
EXISTING CLUBS - set up costs (as for new clubs) for initiatives to increase participant numbers of an existing or new branch of the club targeting Youth, People with a Disability, Club members aged 18-34 and Over 35's.
COACHING FEES —Clubs can avail of up to €50 towards referee/coaching courses accredited by Coaching Ireland or a National Governing Body of Sport to support the proposed participation initiative.

CRITERIA & APPLICATION FORMS FOR THE GRANT ARE AVAILABLE TO DOWNLOAD FROM THE FUNDING SECTION OF OUR WEBSITE www.waterfordsportspartnership.ie or you can contact our offices for further information on 058 21191 or 051 849855.

National Bike Week | 15th to 23rd June 2013

Waterford City Bike Week 2013

Waterford Sports Partnership in conjunction with Waterford City Council organised a number of events across Waterford City as part of National Bike Week 2013. Waterford is one of the most active counties when it comes to Bike Week and there was something happening for all ages, gender and ability over the course of the week.

Scoil Lorcaín N.S. were the first to kick off of Bike Week with some Cycle Skills and Fun Games being run by Donal Jacob ("Lets Get Healthy"). Three classes from the school were given the fantastic opportunity to learn some cycling skills using obstacle courses and fun races. Later in the week an additional three classes from St. Paul's B.N.S. and St. Saviours N.S. were also delighted to be offered the Cycle Skills and Fun Games. All three schools were pleased with how the day progressed and all children enjoyed the day. Following on from this, Waterford Sports Partnership, in partnership with Waterpark N.S., piloted a school cycle bus to and from school with the children, parents and teachers. As the sun beamed down, over 50 participants met in the Uluru car park on the morning of the cycle. Before heading off on our big adventure participants were briefed on Road Safety by Liam Lowe (Spokes Cycles) and Jemma Jacob (Road Safety Officer). It was fantastic to see so many cyclists on one of the busiest roads in the city using the newly developed Green Route in Waterford City to get both to and from school.

Next on the list of events was the popular lunch time 8km leisure cycle which saw over 20 participants take part on Wednesday 19th June. This was an eagerly anticipated event as for the first time bikes were provided for participants on the day. The Family Cycle to and from Tramore was well attended that evening with 25 participants.

Bike week came to a close on Sunday 23rd with Pedal in the Park being run for children and parents in the Kilbarry Nature Park. The event was organised by Comeragh CC and supported by Sportiff CC. Activities on the day included cycling skills, balance beams, limbo sticks, hill climbs and a 2km family cycle around the park. Following on from this the hugely successful BMX Jam in the Park (see page 19) was very well attended with over 150 spectators and 72 participants taking part in the competition.

Overall, Bike Week was a huge success in Waterford City. Waterford Sports Partnership would like to thank all the schools, clubs, volunteers and participants who made the week a great success and thoroughly enjoyable. Keep the wheels in motion and see you all again next year for another great week.

Busy Bike Week in County Waterford!

June 2013 saw the busiest National Bike Week yet to take place in County Waterford. Eighteen events took place right across the county during the week of the 15th to 23rd June, there is no doubt that this has been the most successful Bike Week to date. Due to the availability of funding from the Department of Transport, numerous local community groups and schools had the opportunity to host a cycle themed event. This scheme of funding groups to organise their own event has proved popular and should funding be made available again in 2014, it will no doubt be repeated.

The involvement of so many of the county's primary schools (nine in total) was also a great success. Schools were enabled to give their students the opportunity to take part in cycle skills training, fun bike activities, bike art competitions and much, much more. More importantly all of this highlighted to both children and parents alike that the bike can be a realistic option as a mode of transport to and from school. We would like to take this opportunity to thank the staff, students and parents of the following primary schools for the important part they played in making Bike Week such a success in 2013: AGLISH NS, BUNSCOIL GLEANN SIDHEAN, CAPPOQUIN, CLONEA POWER NS, GARRANBANE NS, GLOR NA MARA NS, KILMATHOMAS NS, KNOCKMAHON NS, RATHGORMACK NS and SCOIL GARBHAIN. Keep up the good work for the 2013/2014 school year!

The Bike Week Steering Committee which included representatives from Waterford County Council, Waterford Sports Partnership and Go Dungarvan would also like to take this opportunity to acknowledge the work of the following groups who all organised a cycling event targeted at their own community during Bike Week: Copper Coast Wheelers, Dungarvan No Name Club, Fenor Playpark Committee and Storybox Parent and Toddler Group, Lismore. These events really served to broaden the appeal of Bike Week and the organisers sincerely hope that they will now become annual fixtures in the Bike Week calendar. Well done to all concerned-roll on National Bike Week 2014!



Bike for Life 2013

Waterford Sports Partnership has just finished running an exciting new programme called "Bike for Life. This new programme was developed by Cycling Ireland and funded by Get Ireland Active, the Health Service Executive (HSE) and Women in Sport. The Bike for Life programme ran for eight weeks with 44 women signing up to the programme in Waterford City and County.



The Bike for Life Programme was designed to assist cyclists who want to develop their cycling knowledge, skills and fitness levels. This programme targeted 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 teach the participants basic bike skills (balancing, gearing, etc.) and improve their confidence and competence whilst cycling on the road. Each training session included learning a new bike skill followed by a spin (and an odd coffee!!!). The programme started in July and was run by 13 female tutors and volunteers, and greatly supported by Rolf Power (Waterford Cycle Centre). The tutors were recruited from previous WSP cycling programmes and underwent two days of intense training to become Bike for Life Tutors. The tutors designed and led all the sessions and spins for the 8 week programme, gearing the women up to take part in the 50km Sean Kelly Cruise on Sunday 25th August.

Programme participant Rachel Neylin was delighted with how the programme ran and said "I felt so good on Sunday August 25th and completely astonished that I'd finished it – down to the training spins and encouragement." The ladies made the programme the success it was this year and Waterford Sports Partnership is extremely grateful for all their help and support. WSP would also like to extend a huge thank you to Rolf Power (Waterford Cycle Centre), TREC Port Láirge and Go Dungarvan Smarter Travel for all their support in running this programme. Last but not least, a big congratulations to all the ladies who took part in the programme and participated in the 2013 Sean Kelly Tour of Waterford - Looking forward to seeing you all again next year, so keep the wheels in motion!

Sean Kelly Tour of Waterford Youth Challenge 2013

The aim of the Sean Kelly Tour of Waterford Youth Challenge is to promote and increase cycling among young people through preparation for the 50km Kelly Cruise. The programme, funded by the Irish Sports Council and supported by Dungarvan Cycling Club was offered to 11 to 18 year old students from schools in Dungarvan.



For a fee of €10 the young people received Cycling Ireland membership and insurance, access to the training spins and entry to the 50km Kelly Cruise on Sunday August 25th. Forty-seven young people signed up and were encouraged to attend six fortnightly training spins from June to August. An average of eighteen young people attended each spin. Before setting out on spins from Dungarvan, the participants took part in different practices each week to improve safe cycling skills including pairs and single file cycling, hand signalling, pedal positioning, weight distribution, positioning for negotiating roundabouts and T-junctions and communicating to alert the group to potential hazards. Once out on the road, participants had the opportunity to put these skills to the test whilst enjoying the sunny summer evenings with scenic routes around Dungarvan, Stradbally and Villierstown. The sessions were led by Dungarvan Cycling club members meaning that youth challenge participants were able to train under the guidance and supervision of experienced and qualified cyclists. Over the six training spins, participants worked hard and put in the hours in the saddle to improve their endurance, speed and road safety skills. Leaders commented on the group's improvement in road positioning, hill cycling and safe cycling of roundabouts. Feedback from participants about the spins was very positive with the majority saying they found it useful for preparing for the 50km and improving their cycling confidence. Over the course of the Youth Challenge, Dungarvan Cycling Club responded to the interest, enthusiasm and demand for a juvenile section within their club. Following time trials over the summer, the club has now set up a youth division, with eight participants from the Youth Challenge now training with the club. Waterford Sports Partnership is delighted to see that the popularity of cycling is soaring among young people and no doubt it will only continue to grow over the coming years given this additional opportunity for young cyclists to train and improve under the supervision of experienced cyclists. Watch this space for some future pro-cyclists in the making!

"The training is well worth the time and effort and gets you ready to go"
David Longan, Programme Participant
 'you meet lovely people and it's fun too'
Hannah Hayes, Programme Participant
 'Thanks for all the great organisation, even the weather was perfect,
 great day had by all'.
Michael Phelan, Programme Participant

When the big day finally arrived the youth challenge participants were ready and raring to go! The day was a huge success with participants commenting on how much they enjoyed the challenging route and the atmosphere on the day. We hope the Youth challenge served as a valuable and worthwhile introduction to cycling for the 2013 participants and that they continue cycling in the future. Waterford Sports Partnership would like to thank and congratulate all of the Youth Challenge participants that took part in the programme and completed the 50km Kelly Cruise. Special thanks must go to Dungarvan Cycling Club and the parents that helped lead the training spins. The Youth Challenge would not be been possible without your support.

Older Adults have been raising the bar so far in 2013!

Go for Life Games Victory!

The Waterford team had great success at the Go for Life (GFL) Games in Dublin City University on June 8th 2013 with the Lobbers team winning their event overall! The GFL Games is a yearly tournament which invites teams of twelve from counties across Ireland to compete in three indoor bowling games; Skidils, Flisk and Lobbers. The team was selected following a training event held by Waterford Sports Partnership (WSP), with players spanning a range of groups including Cappoquin Active Retirement Group, Waterford Area Stroke Support Group and Respond. The Games were a great opportunity to celebrate physical activity participation for all ages and the Waterford team thoroughly enjoyed the friendly and fun atmosphere on the day. Mary O' Donohue from the Lobbers team emphasised the importance of the social aspect in saying "There is no need for anyone to be lonely, just join in and Go for Life!" Well done to the Waterford team for representing their county with enthusiasm, sportsmanship and skill! We can't wait for the GFL Games 2014!



Older Adults Workshops

Why not have an active finish to the year with a WSP Older Adults Workshops!

Waterford Sports Partnership (WSP) is running a series of Go For Life (GFL) Workshops in Autumn 2013 which may be of interest to older adults looking to get active, meet new people and learn some new skills!

WSP will be holding a Go for Life (GFL) Dance Workshop on Wednesday 16th October. This workshop is a great opportunity to get active and have fun while learning some new moves! WSP is running a Multi-Games Workshop and a GFL Games Workshop on Wednesday 23rd October. The morning workshop will involve demonstrations of indoor games that you can play to keep your groups active at meetings and the afternoon workshop will include demonstrations of the GFL Games activities including Flisk, Lobbers and Skidils. Following the workshop, we will be encouraging groups to practice the games in preparation for taking part in a Waterford GFL Games league starting in January 2014. The aim of the league will be for teams to compete to take part in the National Go For Life Games in Summer 2014.

Please see the table below for full details of these workshops. For further information or to request application forms please contact Sarah Chadwick on (058) 21199 or schadwick@waterfordsportspartnership.ie

EVENT	DATE	TIME	VENUE	COST	TO APPLY
Go For Life Dance Workshop	Wednesday 16 th October	10.30am-3.30pm	Rainbow Hall, Kilmacthomas	€5 (Lunch included)	Contact Sarah Chadwick (058)21199
Multi Games Workshop	Wednesday 23 rd October	10.30am-1pm	Rainbow Hall, Kilmacthomas	€5 (Lunch Included)	Contact Sarah Chadwick (058)21199
Go For Life Games Workshop		1.30 - 3.30pm			



Programmes

Waterford Sports Partnership is running the following programmes in Autumn 2013 which may be of interest to older adults looking to get out and get active!

Walk Waterford Autumn Series

Waterford Sports Partnership is running an Autumn Series of Walks which are suitable for people of all ages and abilities. Starting on Sunday September 22nd with a walk at Mahon Falls. See page 8 for a full listing of the Autumn Series of walks.



Link2BActive

Many older adults have already benefitted from the discounted rates on offer through WSP's Link2BActive scheme. This programme offers discounted rates/exercise opportunities for older adults in participating facilities. If your facility/group would like to be included in this programme or if you are interested in availing of the discounted rates, please call 058 21199 or click on the Link2BActive logo on www.waterfordsportspartnership.ie for more information.



Positive Ageing Week 2013 takes place from Friday 27th of September to Saturday 5th October and is a festival which highlights the positive aspects of ageing and celebrates the contribution older people have made and continue to make to their communities. Age Action are asking individuals and groups to join in the festivities by organising an event.

For more information about Positive Aging Week please contact Lorraine Murphy at lorraine.murphy@ageaction.ie or 01 475 6989.



AGE & OPPORTUNITY

National Grant Scheme 2013

The **Age & Opportunity** National Grant Scheme opened on Tuesday 27th August. The grant scheme provides funding towards the purchasing of equipment or activity programmes. This grant scheme has been hugely successful in the past with €7805 being awarded to twenty-four older adults groups in Waterford in 2012.

If you have any questions, or if you would like a grant form, please contact WSP on 058 21199. Grant forms are available to download from www.ageandopportunity.ie

Bowling opportunities in Waterford

A number of centres currently run weekly bowling sessions as outlined below:

Butler Community Centre | Waterford

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

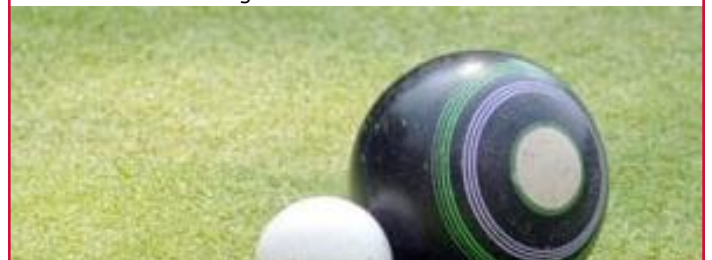
Cill Barra Sports Centre | Ballybeg | Waterford

Tuesdays 10:30-12:30pm €4 euro per person with instructor, Thursdays 10:30am-12:30pm €3 per person no instructor. For more information please call: (051) 350800

Causeway Tennis & Bowls Club | Dungarvan

Outdoor bowling: €4 euro taster session
Annual membership €100.

Contact James Mullen on 085 1981639 or Celia Gaffney on 087 8219218 to organise a taster session.



GROUP DELIVERY

ON DEMAND!

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

For more information PLEASE CONTACT Peter Jones on 058 21191

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

Walk Waterford - Autumn Series 2013

Following on from the success of the Walk Waterford Spring Series Waterford Sports Partnership has organised Walk Waterford – the Autumn Series. There are five walks which will give people a chance to get out and get active whilst enjoying the beautiful Waterford countryside. The series of walks are suitable for families and leisure walkers, all you need is suitable walking shoes (runners are ideal) and a rain jacket just in case. Children under 16 must be accompanied by an adult

The first of these walks is on **Sunday 22nd September** in the popular Mahon Falls. This is an easy walk which is approximately 2.5km in length. It will take about an hour and we will be stopping for a break at the magnificent Mahon Falls to catch our breath and enjoy the amazing scenery. It is suitable for most walkers as it is mostly flat however there is a steep section near the falls which will require a bit of muscle power on the way back if you are pushing a buggy (this is only a 10 metre section). So come along bring your family and friends, County Waterford is yours to discover or rediscover!


To find out more please contact **Pauline Cunningham** on 051 849855/086 7837385 or email

BECOME A WALKING LEADER

Waterford Sports Partnership is currently recruiting volunteers who will assist us in leading the Autumn Series of Walk Waterford. Volunteers will be provided with a two hour Walking Leader Training session starting on Sunday September 22nd at 10am, followed by the first walk at Mahon Falls.

Volunteers will be required to assist on the walks that are designed to be fun and family friendly and are advertised to the people of Waterford, volunteers on the day are most welcome, in fact encouraged, to bring their own family and friends along.

If you are interested in becoming a volunteer or require more information please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie

DATE	NAME OF WALK	MEETING TIME & PLACE	TRAIL DETAILS	TOP 3 HIGHLIGHTS	GETTING THERE
Sunday 22nd September	Mahon Falls Comeragh Mountains	Time: 2pm Mahon Falls car park	Distance: 2.4km Duration: 40 minutes there and back. This is an easy walk which is mostly flat with one steep section near the falls	<ul style="list-style-type: none"> - The magnificent Mahon Falls - One of the most accessible routes into the Comeragh Mountains - Amazing view over Dungarvan Bay and beyond 	Signposted off the N25 at Kilmacthomas and Leamybrien
Sunday 29th September WORLD HEART DAY WALK 	Waterford Kilbarry Nature Park	Time: 2pm In the Kilbarry Park car park (via Kingfisher entrance)	Distance: 1.8km + optional additional 1.8km Duration: 1 hour There is a choice of walks and interesting features in this fantastic nature park. Come along and see what it has to offer.	<ul style="list-style-type: none"> - 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 6th October	Ballysaggart Towers, Lismore	Time: 2pm The car park at the Towers	Distance: 2km Duration: 30 minutes This is an interesting easy looped trail that will excite young and old. The loop follows a steady climb up to the gates and returns down a steep decline back to the car park.	<ul style="list-style-type: none"> - The impressive gothic gates built by Arthur Kiely Usher. - What a walk through the beautiful trees - Picnic tables half way round, perfect for a break 	Take the R666 Lismore/Ballyduff/Fermoy Road sign posted off the bridge at Lismore Castle. Continue for 3.5km to the Towers car park.
Sunday 13th October	Tramore Dunes	Time: 2pm At the car park opposite the Majestic Hotel	Distance: 5km Duration: 1 hour There and back. This is an easy walk which starts by the Majestic Hotel takes in Tramore's lake, the prom and the start of the Dunes. It includes some gravel, shingle and sand paths.	<ul style="list-style-type: none"> - 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 20th October	Colligan Wood, Dungarvan	Time: 2pm Colligan Wood Car park	Distance: 3km looped route (optional 6km) Duration: 1 hour 15 minutes There is something here for everyone, a short flat walk along the river a 3km looped route and for those wanting an even bigger challenge there is a 6km looped trail.	<ul style="list-style-type: none"> - The tranquil Coillte forest - Picnic tables by the restful Colligan River - This is a little piece of paradise 	From Dungarvan take the N72 to Lismore. At the Master McGrath monument take a right onto the R672. Travel a further 4km to the next junction and exit right onto the Kilbrien road. The car park is 1km further on this road.

TRAINING & EVENTS

Remote Emergency Care

Waterford Sports Partnership ran a Remote Emergency Care Level 2 course on Saturday 31st August and Sunday 1st September in Waterford City Rugby Club. The course was attended by participants from local sports clubs and was tutored by Pat Reid (First Aid for Life). The two day course focused on dealing with incidents far from medical help with the minimal equipment you would carry while participating in or leading outdoor activities. Participants had plenty of hands-on practice work over the two days which included various outdoor scenarios. Participants on the day were delighted with how the course went stating that the Pat was an excellent tutor and engaged them over the two days.

If you are interested in completing a first aid course or require more information please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportpartnership.ie

www.waterfordsportpartnership.ie

2013 Calendar of Training/Events

Date	Course/Event	Time	Venue
September 2013			
Wednesday 11 th September	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Saturday 14 th September	Mayor's Picnic & Play in the Park	2 to 4pm	People's Park, Waterford
Monday 16 th September	Child Welfare & Protection Awareness Course	6 to 9pm	Regional Sports Centre, Cork Road, Waterford
Sunday 22 nd September	Walk Waterford Autumn Series	2pm	Mahon Falls (see page 8)
Sunday 29 th September	Walk Waterford Autumn Series WORLD HEART DAY WALK	2pm	Waterford Nature Park (see page 8)
October 2013			
Sunday 6 th October	Walk Waterford Autumn Series	2pm	Ballysaggart Towers, Lismore (see page 8)
Sunday 13 th October	Walk Waterford Autumn Series	2pm	Tramore Dunes (see page 8)
Monday 14 th October	Child Welfare & Protection Awareness Course	6 to 9pm	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
Wednesday 16 th October	Go For Life Dance Workshop	10.30am to 3.30pm	Rainbow Hall, Kilmacthomas (see page 6)
Wednesday 16 th October	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
Sunday 20 th October	Walk Waterford Autumn Series	2pm	Colligan Wood (see page 8)
Wednesday 23 rd October	Older Adults Multi-Games Workshop	10.30am to 1pm	Rainbow Hall, Kilmacthomas (see page 6)
Wednesday 23 rd October	Go For Life Games Workshop	1.30 to 3.30pm	Rainbow Hall, Kilmacthomas (see page 6)
November 2013			
Monday 11 th November	Child Welfare & Protection Awareness Course	6 to 9pm	Regional Sports Centre, Cork Road, Waterford
Wednesday 13 th November	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford
December 2013			
Wednesday 11 th December	Waterford Boccia League (Disability)	11am to 1pm	Cill Barra Sports Centre, Ballybeg Drive, Waterford

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

WSP can also support you to take part in WALKING LEADER TRAINING courses run by the Irish Heart Foundation
See www.irishheart.ie for dates for 2013

Further information on courses and application forms can be downloaded from our website
www.waterfordsportpartnership.ie

Please feel free to contact the office on 058 21194 to request an application form or further information

The 2013 Sean Kelly Tour of Waterford - IN NUMBERS



GETTING DOWN TO STATS

The Sean Kelly Tour is now a key event on the local and national cycling calendar and has rightly put County Waterford on the map. Take a look below at some of the statistics for the event that tell the story of its success over the past seven years.

2013 ROUTES	TOTAL CYCLISTS	WATERFORD CYCLISTS	ROUTE	2007	2008	2009	2010	2011	2012	2013	CAPPED
12k	1,461	1020	10k/12k				674	1,007	1,328	1,461	
50k	1,497	805	50k	205	418	734	903	1,141	1,430	1,497	
100k	1,855	586	90k/100k	385	728	1,063	1,477	1,695	1,991	1,855	
160k	1,689	284	160k	328	709	1,007	1,356	1,438	1,547	1,689	
TOTAL	6,502	2,695 (42.8%)	Total	918	1,855	2,804	4,410	5,281	6,296	6,502	
			% increase on previous year		102%	51%	57%	20%	19.2%	3.3%	

Waterford Sports Partnership is proud to be involved with an event such as this that epitomises the power of partnership at its best.

"We are delighted with the success of the 2013 Sean Kelly Tour. This year, we saw an increase in the participation for the 12k Kelly Spin which was no doubt supported by the great work of the Go Dungarvan project. For quality and safety reasons, we capped the Sunday events (50k, 100k and 160k) at 5,000 and that target was reached well in advance of the event. The demand for the event is, in my view, a function of the quality of the event and of the welcome given by the people of County Waterford to all the participants. From Waterford Sports Partnership's viewpoint we are greatly encouraged by the growing numbers taking part, but particularly from County Waterford, and the impact this is having on the cycling habits and therefore the health and fitness of Waterford people. We are also heartened by the increase over the last number of years of female participation and of those over 40 years old. Cycling offers people an alternative form of transport, a way of keeping fit and healthy and another social outlet. Having an event such as the Sean Kelly Tour each year to aim for is key and the many cycling programmes we run with our local partners such as Bike for Life, Sean Kelly Youth Spins and Go Dungarvan Safe Cycling and Training programmes support that targeted approach.

Finally I wish to thank each and every one of the hundreds of volunteers that make the Sean Kelly Tour and its associated programmes such a success. Well done and take a bow.'

**Rosarie Kealy, Sports Co-ordinator
Waterford Sports Partnership**

LADIES GETTING THE WHEELS IN MOTION!

Female participation in the Sean Kelly Tour is up from 19.6% in 2008 to 29.21% in 2013. (up from 27.45% in 2012) The main increase is coming from 50K and 100k participation now at 44.5% and 25.2% respectively versus 41.1% and 19.6% in 2008.

IS CYCLING THE NEW GOLF?

There is a steady increase in the number of over 40's taking part in the Tour, from 39.7% in 2010 to 44.6% in 2012 to 47% in 2013. That's 3,057 people over 40 taking part in 2013!

Town/Area	12km	50km	100Km	160km	Total
Aglish	8	7	7	0	22
Ardmore/Grange	0	1	8	0	9
Ballinamult/Ballymacarbry/Nire Valley/Touraneena/Kilbrien	28	9	11	8	56
Bonmahon	6	12	9	3	30
Cappoquin/Affane/Modeligo/Cappagh	50	69	35	4	158
Carrick on Suir	17	16	16	13	62
Clashmore	8	5	4	1	18
Dungarvan & Surrounds	584	324	168	79	1155
Dunhill/fenor/annestown	15	7	13	10	45
Dunmore East	2	6	13	1	22
Kill	4	11	3	1	19
Kilmacthomas	39	44	18	13	114
Kilmeaden/Butlerstown	4	12	11	8	35
Kinsalebeg	5	0	1	1	7
Knockanore/Tallow	3	10	9	-	22
Lemybrien/Kilrossanty/Mahon Bridge	29	22	13	8	72
Lismore	16	34	10	3	63
Passage East	3	0	0	3	6
Portlaw	10	1	12	11	34
Rathgormack/Clonea Power	13	10	7	5	35
Ring/Old Parish	32	17	18	7	74
Stradbally	19	21	17	5	62
Tramore	47	34	39	29	149
Villierstown	3	6	1	2	12
Waterford City	75	123	141	67	406
Cheekpoint/Faithlegg	0	4	2	2	8
Total	1020	805	586	284	2,695

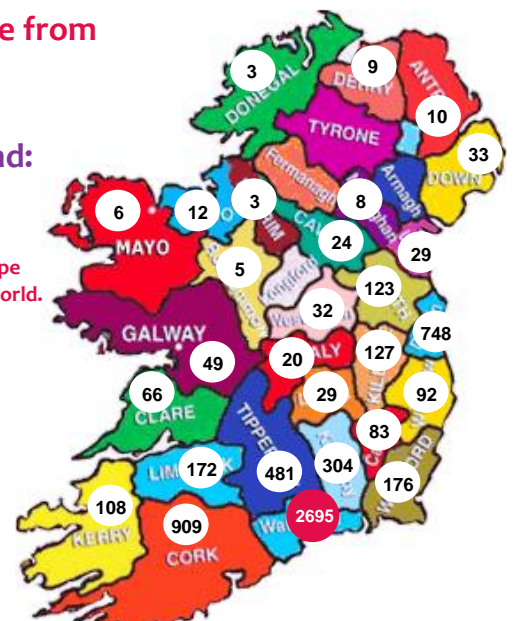
Participants came from

28 counties!

123 participants

came from abroad:

- 95 from the UK
- 8 from Australia
- 4 from the USA
- & 15 came from Europe and the rest of the world.



The 2013 Sean Kelly Tour of Waterford - IN PICTURES



The 2013 Sean Kelly Tour of Waterford - IN PICTURES



The 2013 Sean Kelly Tour of Waterford - IN PICTURES



Social Soccer for Adults with a Disability

On the last Thursday of every month from 1-2pm the FAI and Waterford Sports Partnership run the Football For All Social Soccer in Waterford City. The Social Soccer is made up of various disability groups from right across the County who come together each month to take part in soccer. With assistance from the FAI Project Futsal students two sections are run, an indoor section for participants who would be of low level ability and an outdoor section for high level ability participants.

A huge thank you must go to the students from the FAI Project Futsal who run the sessions each month. The students create an enthusiastic, fun and friendly environment and work excellently with all participants. The students have noticed a considerable increase in the confidence and skill level of the participants since they started this year. Well done to all involved keep up the good work.

If you are interested in getting involved in the Social Soccer Programme please contact: Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie

Waterford Boccia

League

for Adults with a Disability

The Waterford Boccia League has gone from strength to strength in the last year with new participants joining each month. Waterford Sports Partnership in partnership with Cill Barra Sports Centre has sustained the regular running of the monthly Boccia League. The league runs once a month from 11am-1pm in Cill Barra Sports Centre. Participants have the opportunity to play in the league or take part as a trained referee.

WSP would like to thank all the groups; Rehab Care, Brothers of Charity, St. Otterans and Carriglea Cairde Services for supporting this programme. We are looking forward to seeing you all at next month's Blitz on Wednesday 11th September.



If your Disability Organisation is interested in taking part in this league or if you require more information on this programme please contact Pauline Cunningham on on 051 849855 or email pcunningham@waterfordsportspartnership.ie

Disability Awareness and Sports Inclusion Course

On Wednesday 5th June twenty one eager and enthusiastic participants attended a Disability Awareness and Sports Inclusion Course. Waterford Sports Partnership ran the course in conjunction with the Irish Wheelchair Association (IWA) and the course was tutored by Paul Ryan (IWA Sports Development Officer).

The course targeted programme leaders, sports clubs, and NGB's who intend to run inclusive sports camps and activities with a view to including people with a disability. The aim of the course was to familiarise leaders with the benefits of inclusive practices and the best methods for including individuals with a disability within their club/camp. The course included a mixture of both theory and practical modules on the night. The theory module on Disability Awareness covered the topics of physical and sensory disabilities. The practical module on Sports Inclusion focused on participants developing and adapting a physical activity session to cater for all participants regardless of ability.



Participants were delighted with how the course ran on the night, suggesting it was a "very insightful & practical course" (Cathy Pembroke). Conor Phelan, Development Officer with Waterford Institute of Technology said the course "opened my eyes to disability inclusion".

If you have any questions or if you are interested in taking part in a Disability Awareness course please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie



Xcessible Leisure 2013

On Friday 25th July twelve enthusiastic staff members from the Kingfisher Club Waterford attended an Xcessible Leisure Centre Training Course. Waterford Sports Partnership ran the course in partnership with the Kingfisher Club Waterford and it was tutored by Rosemary Ryan and Brenda O' Donnell (CPSI & CARA Tutors). The overall aim of the course was to heighten the awareness of the benefits of exercise, active healthy lifestyles and participation for people with disabilities.

The course included a mixture of both theory and practical modules. The theory module included areas such as disability models, perceptions, barriers to participation and correct terminology. The practical module focused on participants learning how to develop and adapt a physical activity session to cater for all participants regardless of ability. The participants were delighted with how the course ran on the day.

"An essential course for anyone working in a leisure facility".
Course Participant Maurice McCartan

If you have any questions or if you or your leisure facility are interested in taking part in an Xcessible Leisure Training Course please contact Pauline Cunningham on (051) 849855 or email pcunningham@waterfordsportspartnership.ie

Powerchair Football

Waterford Sports Partnership was delighted to host two of several 'Come and try it' days in partnership with the Association of Irish Powerchair Football (AIPF). We are delighted that as a result of these 'Come & try it' days a new south east powerchair football team has been formed. The team is made up of members from Waterford, Carlow and Wexford. The team travel around the south east training on a fortnightly basis. Donal Byrne from the AIPF coaches the participants in turning skills, ball passing, defending and goal scoring and then finishes off each session with a match to put their teamwork skills to the test!

The AIPF are always looking to recruit new players so if you would be interested in trying out the sport and getting involved please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie



Tae Kwon Do for Children with a Disability

Earlier this year Waterford Sports Partnership worked in partnership with Dungarvan Tae Kwon Do Club with the aim of setting up a disability section in their club. As a result the club is growing from strength to strength with five new members attending weekly sessions.

The Dungarvan Tae Kwon Do Club gives children with a disability such as ADHD, Dyspraxia, Cerebral Palsy, Motor Coordination Disability, Autism Spectrum Disorder etc. an opportunity to try out Tae Kwon Do in a safe and structured environment.

Disability Tae Kwon Do sessions will take place on Thursday evenings in St. Augustine's College Sports Hall, from 5-6pm. Children are asked to pay €25 membership for the year, which covers entry to their class.

Tae Kwon Do was chosen as a sport suitable for children with a disability due to the structure and repetitive learning process. Many of the routines are repeated and built upon in the session. The children are encouraged to participate to their fullest.

The children will all progress at their own pace at these sessions and whilst some may feel ready to move on to a mainstream group, others may not wish to do so and are encouraged to continue taking part in their current class.

If your child is interested in taking part in this programme please contact Pauline Cunningham on 051 -849855 or email pcunningham@waterfordsportspartnership.ie



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

Cycle Skills Training

Following the successful Cycling Skills Tutor training which was held in May 2013, seventy students from three schools took part in five sessions of Go Dungarvan cycling skills training, delivered by ten Go Dungarvan tutors. The aim of the course was to improve cycling skills, road etiquette and confidence so that students would consider cycling as a viable and safe form of transport to school.

At the first session, students completed an 8 station skills test which was retested at the final session to measure their progress over the course. A maximum score of 40 was available to individuals on assessment with each skill graded from 1-5. All 70 students improved their test scores across core cycling skills with an average improvement of 8.3 per participant. The biggest improvement in skills was in Emergency Stop, Signalling and Figure of 8. Well done to all students that took part in the cycling training and keep up the safe cycling on route to school!

'The cycling programme has opened up a whole new learning opportunity for the third year pupils of Coláiste Chathail Naofa, starting in September 2013. We will now be in a position to take pupils on the science, geography and other field trips on bikes, confident that they will be safe on the busy roads around Dungarvan. Our own art department hope to organise outdoor classes where the pupils can cycle to new work spots. For PE lessons we will have new freedom in travel to off-site locations, especially tennis and swimming, we appreciate the work that Go Dungarvan has done in making this a very successful and education training programme.'

**Jason Ryan, P.E. Teacher,
Coláiste Chathail Naofa**

Primary School Walking Training

In June 2013 Go Dungarvan delivered walking training to 15 teachers from St. Mary's, Abbeyside, St. John's, Scoil Gharbháin and Dara Dever from An Taisce. The training day was a huge success and feedback from teachers included:- "A super well presented course- a wonderful fun way to get children walking"- Anne Quinn; "So you thought walking was boring?" Marcella Mc Govern; "I enjoyed the course immensely; I learned a lot and had fun!" Angela Power; "Very simple, very effective and a great way to get all the kids active" Jason Duhig; "Sheds a whole new light on walking" Clare Solich.

Post training, the teachers were asked to deliver a minimum of ten minutes of walking activity with their classes with the top three of the eight participating classes being awarded daily points for the most novel ideas. This intervention led to some brilliant ideas from teachers and students which are listed below:



INDOOR WALKING	MATHS TRAIL	INDOOR WALKING/MARCH/SWIM/ KICKING/FLICKING/SLIDING	SEATED STEPPING
MARCHING WITH BOXING JABS, SKIPPING TO EYE OF THE TIGER	INDOOR WALK CHAT AND CHANGE	WALKING AROUND NEW SCHOOL INFRASTRUCTURE	CHAIR AEROBICS
WALKING TO PARK	SEATED STEPPING TO 'I'VE GOT A FEELING'	WALK TO SWIMMING	SIDE SLIDE TO MADAGASCAR MOVIE ON INTERACTIVE WHITEBOARD
CLASS DANCE AND SING TO ONE DIRECTION IN IRISH	WALKING EVERY PATH AND CORRIDOR IN THE SCHOOL	STANDING STEPPING TO SNOOP DOGGY DOG	OUTSIDE ARMY DRILLS MARCHING, SALUTING ETC
SEATED STEPPING TO BLACK EYED PEAS	SEATED MARCHING TO 'HEY MICKEY YOU'RE SO FINE'	CONGA LINE	DANCING TO RHIANNA AND PINK
SEATED STEPPING TO LADY GAGA	SKIPPING GAMES IN PLAYGROUND	FLIGHT OF THE VALKYRIES FROM APOCALYPSE NOW WITH HELICOPTER MOVEMENTS	OBSTACLE COURSE TO RHIANNA
FREESTYLE DISCO AND SKIPPING	LAPS AROUND THE YARD	DANCE AEROBICS TO MACARENA	RELAY WALK RACES WITH OTHER CLASSES
STEPPING TO COTTON EYED JOE	FARM WALK	CREATIVE MOVEMENTS TO CREATIVE WRITING VIDEO PROMPT (TRIBAL BOY IN RAINFOREST) AND DANCE TO WAKA WAKA AS GAELGE	RACE WALKING IN YARD
STEPPING TO STARSHIPS BY NIKI MINAJ	FREESTYLE STEPPING	HILL WALK TO COUMSHINGAUN	STEP IT UP TO MAMMA MIA ON INTERACTIVE WHITEBOARD
BIZZY BREAK ACTIVITIES	LÉIMIGÍ CASAIGÍ	WALK TO DUNGARVAN UNITED AFC	WALK AROUND ABBEYSIDE

Walking Competition | St. Mary's N.S. striding out in front!

Points were also awarded for students who walked to school with bonus points awarded for students walking to school in groups for safety. As part of the programme, three students were also given a step counter each day to record the amount of steps and provide inter class competition.

Winning teacher Kate Kiely from St. Mary's National School said 'it was an excellent programme and really opened my eyes as a teacher to how we can incorporate walking into the curriculum in a fun and educational way'. Mary Harney from Abbeyside also commented that a 'walking group' has been formed in my class as a result of WSP's recent walk-to-school initiative. A group of six children meet in Southways every morning and walk to school together. Some of the children are not resident there but get their parents to drop them off so that they can now walk to school. I hope that this practice will continue next year when they are in 5th class.'

Overall, the Go Walk Smart Programme was successful in increasing the number of steps taken by all classes that took part. The teachers did an excellent job in coming up with creative and fun activities to engage their classes and highlighted that 10 minutes of walking activities can easily fit into a school day schedule. Well done to all classes and teachers involved, keep up the super stepping skills!

'When my GP Dr. Tom Higgins referred me to Clonea Leisure Centre for the GP Referral Programme I was so excited and nervous at the same time. My mobility was so bad that I thought I would not be able for it. I met with Joey Veale who I found to be extremely knowledgeable and caring when it came to my particular condition. Joey did out a personal programme to suit my level of fitness and mobility which at the time was Zero. I found the programme easy and most enjoyable but also so beneficial. My activity level has increased 100% since I started the GP Referral Programme. I have never been happier. Thanks to Joey, Dr. Tom Higgins and to Go Dungarvan for giving me this opportunity.'

Programme Participant

GP Exercise Referral Programme

The GP Exercise Referral programme is beginning to make an impact in Dungarvan with eleven GP's signed up. At the end of August there had been 30 referrals which included 293 gym visits with 8 people signing up to the gyms as members. The programme aims to provide participants with a safe and structured 12 week exercise programme following referral to a leisure centre by their GP. Participants meet with a trained leisure centre coordinator to evaluate their needs and design a personalised physical activity plan. In addition to this, participants are also encouraged to increase their daily steps and make use of the local walking infrastructure available in Dungarvan. To facilitate this, a step counter, step log, and Go Dungarvan infrastructure map are included in participant's welcome pack.

Joe Veale, coordinator at Clonea Leisure Centre for GP Exercise referral "I have found the GP referral programme a great fun way to exercise in a safe environment, also a good way of meeting new people. Exercise doesn't have to be the whole "no pain no gain" myth, Exercising with us will see the client reach their goals without being overworked and they will be looking forward to the varied sessions we have on offer.

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

Comhairle Na nÓg supporting Smarter Travel

Go Dungarvan is keen to promote smarter travel options to the youth of Dungarvan and is working with the County Comhairle Na nÓg. A focus group was established in May 2013 made up of thirteen members of the County Comhairle Na nÓg. Monthly meetings are held where the focus group is informed of infrastructure changes and have a chance to voice their opinions and ideas for potential programmes.

The meetings have been extremely successful to date with the focus group members voicing their views on many aspects of the Go Dungarvan infrastructure and initiatives including bicycle air pumps, a proposed skate/cycle/walking training park development in Dungarvan, suggested cycle training in schools and a pilot pannier (equipment/luggage carriers for bikes) programme. The focus group offers us great insights into young people's perceptions and helps to ensure that Go Dungarvan influences travel behavioural change successfully among secondary schools students.

Schools overview

Waterford Sports Partnership has designed and will be implementing a ten month school travel intervention programme with the five primary and four secondary schools commencing in September. The calendar of events will include walking and cycling training for staff, parents and students and a number of behavioural change programmes including travel planning, walking challenges, cycling challenges, a school awards scheme and school events and activities during National Road Safety week and National Bike Week.

Workplaces

In 2014 Go Dungarvan will be encouraging workplaces to support the smarter travel ethos by offering employees the opportunity to take part in walking and cycling training. The aim of the training will be to improve road safety skills, increase cycling confidence and to increase the proportion of employees that consider cycling or walking as a viable and safe form of transport to work.

If your workplace would be interested in taking part in walking or cycling training, please contact Peter Jones (058 21191) or Sarah Chadwick (058 21199).

'The Go Dungarvan focus group has been a wonderful opportunity for Comhairle members to have a direct impact in making Dungarvan an environmentally friendly transport town. It has allowed young people to witness how initiatives are developed in their community and has improved Go Dungarvan's ability to develop infrastructure programmes that work effectively for young people.'
April Duff, Joint Co-Ordinator, County Comhairle Na nÓg

'The focus group is fantastic in the way in which it includes the local young people on upcoming infrastructure and gets our thoughts on what is needed in the area. Having us as part of it makes young people in the area feel as if their ideas are just as important as everyone else's. I greatly enjoy being part of the focus group and I like seeing the progress our ideas have had at each meeting'
Pax O'Faolain, Focus Group Member

YOUTH SPORTS DEVELOPMENT OFFICER UPDATE

Brian O'Neill - Youth Sports Development Officer, is based in Waterford City and FUNDED BY THE DEPARTMENT OF CHILDREN & YOUTH AFFAIRS UNDER THE YOUNG PEOPLES FACILITIES & SERVICES FUND.

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

Golf - Player Level Life Skills

In 2012, a group of young people from Foróige Youth Group in Ferrybank completed Phase 1 of the PLAYER Level Life Skills Experience Golf Programme, facilitated by the First Tee of Ireland. Eight girls and one boy aged from 11 to 13 improved on their skills and recently completed Phase 2 of the PLAYER Level Life Skills programme.

Over the eight weeks, the participants got involved in indoor/outdoor team building activities, worked together in small teams and learned the importance of core values such as courtesy, respect and teamwork.

For further information on any of the Golf/Life Skills programmes, contact John Warren, the First Tee of Ireland on 051-340654 or visit www.thefirstteeireland.org



Diversion Boxing - Youthreach

Eight students from the Youthreach Soccer Performance course took part in this programme that was originally planned for four weeks but turned into seven weeks such was the interest. Training took place once a week on Friday mornings in St. Paul's Boxing Club, facilitated by Seamus Cowman. Training consisted of a warm up, shadow boxing, fitness training, bag work, pad work, skipping, circuit training and a warm down. Well done to the 8 guys who took part, as the training was not for the faint hearted.

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



Re-engaging Youth in Sports

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



EQUIPMENT - FREE HIRE

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

Contact Brian O'Neill on 086 0201219 or email boneill@waterfordsportspartnership.ie for more information.



Street Soccer League 2013

The 2013 Street Soccer League ran for five consecutive Tuesdays in fantastic warm sunshine which brought the parents out in big numbers to support their children. This year we had two age groups, U-10's and U-13's. There were five teams in the U-10 section and six teams in the U-13 section. Eighty three young people participated in the league (78 male, 5 female) with an average of eight young people per squad. The league was run with a 6-a-side format and each team played two games a night (8 games in total). Avondale won both the U-10 and U-13 section for the first time in the league's history after an intensely close final game in the U-13 section.

On the final night, the young people mixed and matched with each other, playing 9-a-side games, just for fun. Community Garda Mark Gavin handed out the medals, which were kindly sponsored by An Garda Síochána and the winning teams received their trophies. There was a great atmosphere on the final night. Roll on the Street Soccer League 2014!



BMX Jam in the Park

As part of National Bike Week 2013, Waterford City Council in conjunction with Waterford Sports Partnership held a BMX 'Jam in the Park'. This event was open to young people of various ages and gave them the opportunity to showcase their skills to a panel of judges. This year included a new entry for the Scooter section.

A total of thirty three young people entered the Scooter Jam and thirty nine entered the BMX Jam. The Jam was divided into two categories; Beginner & Advanced. Riders performed in groups of three, for two minutes. Prizes were awarded for the most skilful trick, best attempted trick and most stylist trick. All three judges were astounded by the high level of skill the young local boys exhibited. The Jam concluded with a demo ride by professional local rider Jason Phelan. Jason astonished the crowd with some classic back flip moves.

Waterford Sports Partnership would like to thank the local Gardai and the Civil Defence who ensured the event ran in a safe, enjoyable manner.



Mayor's Health Day

Presentation Secondary School decided to take part in Mayor's Health Day by organising an activity that the girls in the school could take part in. Twenty three female second year students took the five minute walk from their school to sample the offering of the local Boxing club. For most of these girls it would have been a new environment for them to exercise in. Training consisted of a warm up, fitness training, shadow boxing, bag work and skipping. Waterford Sports Partnership would like to thank Presentation Secondary School for allowing the girls to take part in Mayor's Health Day and St. Paul's Boxing Club for facilitating the activity.



COMING SOON!

- Parkour/Freerunning Training
- Parent/ Child Archery
- 6K Run Fitness
- Boxercise Fitness
- Transition Year Coaching Course-Rugby
- Transition Year Coaching Course-Soccer

Waterford Sports Partnership's Next Strategy

Thank you for your input to date

We had an exceptional response to the online survey sent to everyone on our database (with email addresses). In total 641 commenced and 460 completed it. In general it was a very positive response and included some important information and ideas to help inform our next strategy. The respondents came from across the sporting/physical activity/community spectrum and each area was well represented including sports clubs, schools, youth/older adult organisations, National Governing Bodies and individuals not connected with an organisation but who have used our services.

As a result of staff leave, The Sean Kelly Tour and other projects during the Summer we are now getting back to the process of analyzing the feedback from the online survey and other consultations with key stakeholders and expect to have a draft review and outline plan ready in late September/early October.

We would like to thank you all for taking the time to feedback your thoughts and ideas and for your ongoing support and partnership with WSP.

IS YOUR CLUB LISTED?

We have a comprehensive CLUB CONTACTS LISTING on our website 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



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

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

WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford | (058) 21194
Regional Sports Centre, Cork Road, Waterford | (051) 849855
info@waterfordsportspartnership.ie
www.waterfordsportspartnership.ie

NGB CONTACTS



Athletics Ireland
CONTACT: Colin Byrne
Tel: 087 0632326
colinbyrne@athleticsireland.ie
www.athleticsireland.ie



Badminton Ireland
CONTACT: John Donovan
Participation Coordinator
(01) 839 3028
info@badmintonireland.com



Basketball Ireland
CONTACT:
(01) 4590211
www.basketballireland.ie



Cumann Camógaíochta na nGael Camogie Association
CONTACT: Deirdre Murphy
087 641 5485
Deirdre@camogie.ie



Cumann Lúthcleas Gael
CONTACT: Eoin Breathnach
087 9219345
eoin.breathnach@games.gaa.ie



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: Jonny Landers
Tel: 087 8185544



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



Cricket Ireland
CONTACT: James Doran
086 8169667
jimdoran@cricketireland.ie
www.cricketireland.ie



Triathlon Ireland
CONTACT: Scott
086 8169667
Scott@triathlonireland.com