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OVER 6,500 PEOPLE TAKE PART in the 2014 Sean Kelly Tour of Waterford

42% of participants from Waterford



After months of hard work and planning the 2014 Sean Kelly Tour of Waterford part of the An Post Cycle Series, an Irish Sports Council initiative of five cycling events throughout Ireland, took place on the 23rd & 24th of August and another chapter in the history of this great event was written!



Dungarvan looked resplendent on the Saturday morning, bathed in sunshine and literally gleaming as we kicked off this fantastic weekend of cycling with over 1,500 cyclists from toddlers to the over 70s taking part in the 12k Kelly Spin. This was the fifth 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 old Dungarvan Railway Line led out by the legend himself, Sean Kelly.

Red sky in the morning is the shepherd's warning and that's what we awoke to on Sunday. It was like two seasons in the one weekend as wet and windy conditions spread across the county from mid morning on Sunday. The 5,000 cyclists who had already pre-entered for Sunday's three events - 1,677 in the 160k Kelly Comeragh Challenge, 1,909 in the 100k Kelly Heritage Route and 1,414 in the 50k Kelly Cruise were undeterred by the conditions. Cyclists had come from every county in Ireland, from the UK, Europe and even the US. They came in cars, vans and camper vans, filled every hotel, B & B and hostel and were powered by 14,000 sandwiches, 19,000 cups of tea and coffee, 8,000 bananas, 15,000 Flahavan's Flapjacks, 10,000 litres of Tipperary Natural Mineral Water and much more!

Waterford Sports Partnership plays a joint lead role, with Waterford City & County Council, 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 2,743 Waterford people took part across the four events. This represents 42% of the total participants and continues to increase each year. We are also delighted to see an increase in the overall number of women taking part in the Tour which now makes up 32.7% and increase from 29.2% in 2014.

Of course there are many, many people to thank and that will be done over the coming weeks. Waterford City and County Council, Waterford Sports Partnership, County Waterford Community Forum and all of the cycling clubs involved recognise that primarily this event would never take place without the goodwill, enthusiasm, dedication and hard work of over 700 volunteers. These volunteers include interested individuals, cycling clubs, sporting organisations, community groups and staff of the various agencies involved who all work tirelessly to put this wonderful event on the road and they all deserve an extra special THANK YOU this year as they also had to deal with the difficult weather conditions on the weekend. Well done Waterford - Roll on 2015!

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 with various community based organisations 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 the 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 older adults and other target groups she also supports the 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) 849583 or boneill@waterfordsportspartnership.ie

TRAINING & EDUCATION

Active Leadership

Waterford Sports Partnership ran another hugely successful Active Leadership Course on Thursday 29th and Friday 30th May 2014 in the Crystal Sports Centre. Like other courses this one was well attended with nineteen participants from youth groups, sports clubs and leisure centres around Waterford.

The training aimed to equip participants with the necessary knowledge and skills to plan, organise and lead the delivery of a safe activity session. The course was a mixture of practical and theoretical work.

The practical element included planning a session and delivering it to the group where they received feedback from the tutors as part of their assessment. The theoretical element included safety & emergency plans, communications, and planning of activities. All participants enjoyed the course thoroughly with participant Eoin Breathnach, GAA Games Development Manager, suggesting that this is a course that all sports coaches should do regardless of their specific sport.



Active Leadership Course

for Coláiste Chathail Naofa PLC Students

Twenty two PLC students from Coláiste Chathail Naofa in Dungarvan completed a WSP Active Leadership Course on Tuesday 16th and Wednesday 17th September.

The participants were all from the Recreation and Leisure class and will use the skills they learned when they deliver PE sessions in local schools in the coming weeks. Well done to all involved.

NOW BOOKING! Active Leadership Course

Thursday 30th October from 9.30am – 4.00pm and Friday 31st October from 9.30am – 2.30pm
in **Colaiste Cathal Naofa Dungarvan.**

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

NOW BOOKING! - Club Children's Officer Training

Wednesday 8th & Wednesday 15th October 2014 | 6-9pm (no admittance after 6pm)

Ferrybank Library, Ferrybank, Waterford

Fee: €30 pp | Facilitators: George Young and Valerie Connolly (ISC Tutors)

Prerequisites: Applicants for the Children's Officer Training Course must have completed a Child Welfare and Protection Awareness Course at least 3 months prior to Children's Officer Training, if you have yet to receive the basic training, please contact our office for information on the next scheduled course.

Prepare to Coach

Waterford Sports Partnership, in conjunction with the GAA, Ladies Gaelic Football Association and Camogie Association are delivering three 'Prepare to Coach' Workshops to foundation level coaches.

The first Workshop will be delivered on **Monday 3rd November** from **6.30-9.30pm** at the **Ballygunner GAA Arena**. The 'Prepare to Coach' Workshops have been written by Waterford Sports Partnership and will be delivered by Waterford Sports Partnership Development Officers Peter Jones and Pauline Cunningham with assistance from Jason Ryan, PE teacher, Coláiste Chathail Naofa and Kildare Senior Football Team Manager.

The aim of the Workshops is to give coaches a chance to receive detailed feedback on their own coaching skills, highlighting the key areas needed to be a successful coach. The course also gives coaches information on generic practices for all sports and strives to develop questioning and motivation techniques in all facets of the coaching remit.



Prepare to Coach Seminars 2014

at Ballygunner GAA Arena

PERSONAL COACHING SKILLS

Monday 3rd November | 6.30 to 9.30pm

Mixture of practical and theory. Coaches will receive information on effective planning and evaluation skills and have the opportunity to get feedback on their own coaching skills from course tutors on the night.

WARM UP/COOL DOWN/STRETCHING

Monday 10th November | 6.30 to 9.30pm

Workshop will include activities and games that can be used as part of an effective warm up and cool down. Coaches will also learn the importance of dynamic stretches and how to perform these correctly.

GAMES FOR UNDERSTANDING

Monday 17th November | 6.30 to 9.30pm

Workshop will cover how coaches can get the most out of a game situation. This session will specifically look at adapting generic games to develop decision makers. There will be a number of practical games that can be used in any coaching session.

BOOKING ESSENTIAL

GAA, LADIES FOOTBALL & CAMOGIE CLUBS ONLY

€15 PER PERSON FOR ALL 3 WORKSHOPS

'Successful coaching is a skill. Athletes are expected to train and prepare to improve their skills; however coaches do not spend as much time upskilling and developing their own coaching skills. The 'Prepare to Coach' Workshops provide an ideal opportunity for coaches to fine tune and develop their coaching skills and techniques. I would recommend these Workshops for coaches across all levels of sport.'

Jason Ryan, PE Teacher, Coláiste Chathail Naofa

There are only 15 spaces available to foundation coaches from each of the three National Governing Bodies:

(GAA, Ladies Gaelic Football Association and Camogie Association)

To book your place, please download the booking form at www.waterfordsportspartnership.ie or contact your NGB Development Officer listed below :-

GAA:

Ladies Gaelic Football Association:

Camogie Association:

Eoin Breathnach

George Young

Sean Fleming

087 9219345 eoin.breathnach.gda.waterford@gaa.ie

086 0471548 - dev@munsterladiesgaelic.ie

087 7474974 developmentofficer.waterford.camogie@gaa.ie

NEW FOR 2015!

Female Coach Development Programme

Waterford Sports Partnership, in conjunction with the GAA, Ladies Gaelic Football Association and Camogie Association will deliver a pilot eleven week coach development programme aimed at women with no previous coaching experience. The coaching programme will commence in January 2015 for eighteen female coaches from six Waterford County clubs. These six clubs have already been selected by the GAA, Ladies Gaelic Football Association and Camogie Association.

The aim of the programme is to increase the number of female coaches actively involved in local clubs, giving participants the necessary skills and experience to deliver quality coaching sessions.

Participants will take part in six fortnightly sessions which will include the following:-

- ⇒ Irish Sports Council Active Leadership qualification.
- ⇒ Certificate for Waterford Sports Partnership 'Prepare to Coach - Personal Coaching Skills' Workshop.
- ⇒ Certificate for Waterford Sports Partnership 'Prepare to Coach - Effective Warm up and Cool Down' Workshop.
- ⇒ Certificate for Waterford Sports Partnership 'Prepare to Coach - Games for Understanding' Workshop.
- ⇒ GAA Code of Ethics Course Certificate.

All coaches will receive support visits post programme from their National Governing Body Development Officer. This will assist coaches to implement knowledge gained from the programme into coaching sessions. If this pilot is successful, this programme will be available to other clubs and sports in the future.

If you would like further information about this programme please contact Peter Jones, Sports Development Officer, Waterford Sports Partnership on 058 21191 or email pjones@waterfordsportspartnership.ie



Walk to Run

Over the months of July and August Waterford Sports Partnership ran its first ever eight week Walk to Run programme thanks to funding received through the Irish Sports Council's Women in Sport initiative. The aim of the programme was to teach the participants the correct running techniques build their confidence and give them a goal to aim for, which was to complete the Cill Barra 6km Fun Run in September.



Twelve eager and enthusiastic ladies signed up for the programme which started on Monday 14th July in the Regional Sports Centre. The ladies were put through their paces over the eight weeks by two tutors, Sinead Brannigan and Jenny O'Loughlan. Over the eight weeks it was clear that the ladies were gaining confidence week on week and were taking the initiative to fit in extra training sessions with friends or on their own.



Nine of the ladies completed the Cill Barra 6km Fun Run on Saturday 6th September and were thrilled with their achievement. All ladies have continued running with some ladies joining local clubs Waterford AC and West Waterford AC. Well done ladies you are all fantastic!!!

National Recreation Week | Waterford

Waterford Sports Partnership, in conjunction with Waterford County Council, coordinated activities for National Recreation Week which took place from Monday 2nd to Sunday 8th June. National Recreation Week is funded by the Department of Children and Youth Affairs. This designated week provides opportunities for young people to try new activities they may not have tried before while also increasing public awareness of the importance of recreation for teenagers.

'It was great to see so many people who would not normally be involved in sport getting involved in the activities offered during National Recreation Week.'
Don Tuohy, Waterford City and County Council

Activities that were offered included; Family Swims (Clonea Leisure Centre, Park Hotel, Splashworld, Unique Aquatics and Kingfisher Club), Road Bowling (Fenor Road Bowling), Come and Try It Archery (Na Laoch Dall), Story Telling (Ardkeen Library), Pilates (Pilates Lifestyle), Pitch and Putt (Cunnigar Pitch and Putt and Regional Sports Centre) Rowing (Cappoquin Rowing Club), Tennis (Lismore Tennis Club), Surfing (T-Bay Surf Club), and Play in the Park (Waterford Childcare Committee). In total, 253 people took part in the events during the week. Well done to all those for taking part and to those who helped to make the week the success it was.

If you would like further information on this event, please contact Peter Jones, Sports Development Officer on 058 21191 or pjones@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 took place in the People's Park on the afternoon of Saturday 13th September. Waterford Sports Partnership was delighted to be coordinating the sporting events again this year which included athletics (Waterford A.C.), Muai Thai (Waterford Muai Thai), Mini Games, Tag Rugby (Waterford City RFC) and Cricket (Waterford District Cricket Club). The day was a huge success and the park was a hive of activity with over two hundred and fifty children taking part in activities throughout the day. A huge thank you to all the clubs and volunteers from Waterford Comhairle na nÓg who helped to make the day the success it was. Roll on 2015!



National Play Day 2014 | Party in the Park

National Play Day provides the opportunity for Local Authorities to encourage children and their families to experience play in their own locality. The aim of National Play Day is to increase awareness of the importance of play in supporting children's physical and social development. Waterford City and County Council secured funding for National Play Day from the Department of Children and Youth Affairs. On Sunday 6th July, over 500 people, young and old enjoyed the healthy lifestyle themed National Play Day event. The event was co-hosted by Waterford Comhairle na nÓg and Waterford Sports Partnership in Walton Park, Dungarvan on behalf of Waterford City and County Council.

Waterford Sports Partnership staff and Waterford Comhairle na nÓg members planned and delivered a 'Party in the Park' for Families and Teenagers. Volleyball, Soccer, Tag Rugby, Pilates, Cycling, Camán Abú, Sack Race, Spud and Spoon Race and Parachute games were among the activities for young people of all ages. The activities were facilitated by nineteen Comhairle na nÓg members, mentored by Peter Jones of Waterford Sports Partnership and Jamie Moore of Waterford Comhairle na nÓg. Entertainment was provided by three local bands with free and healthy food provided for attendees on the day.

Waterford Sports Partnership and Waterford Comhairle na nÓg would like to thank Waterford City & County Council, Dungarvan Rugby Club Under 16s, Pilates Lifestyle, Denn Agri, Jitterbeans, Twomey's Eurospar, Damien Walsh, Dan McGrath, Go Dungarvan and the 500 young people and families that joined us on the day.

If you would like further information on this event, please contact Peter Jones, Sports Development Officer on 058 21191 or pjones@waterfordsportspartnership.ie



'Waterford Sports Partnership was delighted to co-host the Party in the Park. The enthusiasm and energy from Comhairle members was infectious and was the main reason for the success of the event. It was great to see such a wide range of ages using Walton Park as a fulcrum of physical activity and long may this continue for a healthy Waterford'

Peter Jones, Sports Development Officer, Waterford Sports Partnership

'We were delighted to see so many happy faces, young and old, participating in the activities. In particular it was great to see young people who aren't exclusively interested in sports participating as well'.
Aoife French, Comhairle na nÓg member.



Come and Try It Evening

Waterford Sports Partnership and Waterford Comhairle na nÓg members coordinated a 'Come & Try It' evening for young people aged between 12-18. The evening was held in the Rinnasillogue area of Dungarvan on Wednesday 3rd September and aimed to highlight the opportunities available to young people in the area. The event was promoted in the five local secondary schools by Comhairle na nÓg members and just under twenty young people sampled one of the seven activities on offer during the evening.

Jamie Moore, coordinator Comhairle na nÓg "Waterford Sports Partnership would like to thank Cunnigar Pitch and Putt, Dungarvan Boxing Club, Dungarvan Gymnastics, Tae Kwon Do, Dungarvan Scouts, Dungarvan Youth Club and the No Name Club for their assistance in the event.

If you would like further information on this event, please contact Peter Jones, Sports Development Officer, Waterford Sports Partnership on 058 21191 or pjones@waterfordsportspartnership.ie

Waterford Sports Partnership in conjunction with Waterford Comhairle na nÓg

RINNASILLOGUE COME & TRY IT!

Wednesday 3rd September | 6 to 8pm

ACTIVITY	Pitch & Putt	Pitch & Putt	Boxing	Gymnastics	Tae Kwon Do	Scouts	Youth Club	No Name Club
VENUE	Cunnigar Pitch & Putt Club	Cunnigar Pitch & Putt Club	Dungarvan Boxing Club	Fusion Centre (7.30pm)	Fusion Centre (7.30pm)	Fusion Centre (7.30pm)	Youth Centre	Fusion Centre (7.30pm)
6.20 - 6.30pm	9 Holes	Lessons	Lessons	Lessons (6.30-7.00)	Lessons (6.30-7.00)	Lessons (6.30-7.00)	Activity Session	Activity Session
6.40 - 7.00pm	9 Holes	Lessons	Lessons	Lessons (7.00-7.30)	Lessons (7.00-7.30)	Lessons (7.00-7.30)	Activity Session	Activity Session
7.10 - 7.30pm	9 Holes	Lessons	Lessons	Lessons (7.30-8.00)	Lessons (7.30-8.00)	Lessons (7.30-8.00)	Activity Session	Activity Session
7.40 - 8.00pm	9 Holes	Lessons	Lessons	Lessons (8.00-8.30)	Lessons (8.00-8.30)	Lessons (8.00-8.30)	Activity Session	Activity Session

For more information please contact Peter Jones on 058 21191 or Jamie Moore on 058 214 843



'The 'Come & Try It' open evening worked well with the majority of clubs and organisations involved. Everyone was prepared for the night and was on hand for any young people that turned up. It was disappointing that despite all the hard work from Waterford Sports Partnership, Comhairle na nÓg and the clubs/groups in the area that there wasn't a bigger turnout from young people to sample the opportunities available to them.'

Jamie Moore, Waterford Comhairle na nÓg Coordinator

'It was great to see some young girls come and play Pitch and Putt as this is a group that we struggle to reach.'
Corrine McGee, Chairperson, Cunnigar Pitch and Putt Club

Active School Flag

The Active School Flag is a Department of Education and Skills (DES) initiative designed to recognise primary and post primary schools in Ireland that strive to achieve a physically educated and physically active school community by awarding them an Active School Flag (ASF).

To be eligible for the ASF schools must adhere to the DES guidelines regarding PE timetabling, teach a broad and balanced PE curriculum and support the provision of activity throughout the school day. Schools are required to take a whole school approach towards evaluating and implementing improvements in each of these areas through involving students, parents, the local community and outside agencies. Schools in pursuit of the ASF are also required to organise an "Active School Week" comprising of fun and imaginative activities for their school. The Active School Week can take place during the national dates each May or during a different week that suits the school so it's never too late to get your school involved! The ASF website is packed full of ideas to get schools moving!



Seven schools in Waterford have been successful in achieving the ASF so far and there are many more working towards it. Coordinator of the Active Schools Flag, Karen Cotter, visited the Waterford Education Centre on April 3rd 2014 to give a presentation to sixteen teachers representing schools that are interested in getting involved in the ASF. Waterford Sports Partnership staff members Pauline Cunningham and Sarah Chadwick were also in attendance to highlight the supportive role that WSP can provide schools that are undertaking the ASF. WSP can provide training for teachers in a wide variety of areas that may be identified for improvement during the evaluation process such as Disability Awareness and Sports Inclusion Training and Active Leadership Training. WSP also has a range of programmes suitable for schools that are advertised at various times during the school year through update letters, our newsletters and email.

If your school is interested in organising an Active School Week or working towards the Active School Flag, visit the Active School Flag Website to download the guidelines booklet: www.activeschoolflag.ie | For more information on how WSP can provide support and assistance to schools undertaking the Active School Flag, please contact Pauline Cunningham on (051)849855, pcunningham@waterfordsportspartnership.ie or Sarah Chadwick on (058)21199, schadwick@waterfordsportspartnership.ie

Balance Bike Training

In early June Waterford Sports Partnership in conjunction with Waterford City and County Council Road Safety Officer Jemma Jacob piloted Balance Bike Training for Waterford City primary school teachers.

The training was developed and delivered by our very own staff member Peter Jones who also works with the Go Dunganvan Smarter Travel Project in Dunganvan. The training was well attended with eight schools and eighteen participants taking part in the training. All staff received a two hour training session, along with session plans that they could bring back to their school. Following the training each school was given the opportunity to borrow balance bikes and helmets for one day and put their training into practice.

Waterford Sports Partnership has contacted all Primary Schools again this year to offer their school a chance to take part in Balance Bike Training.

If your school is interested or you require more information please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie



River Rowers

Waterford Sports Partnership has secured Women in Sport funding from the Irish Sports Council to run a rowing programme for teenage girls. The River Rowers Programme is a partnership between Waterford Sports Partnership, Blackwater Community School and Cappoquin Rowing Club. The aim of the programme is to introduce female transition year students to their local rowing club and give them the opportunity to learn about all aspects of rowing from rowing technique to fitness. The 2014 Programme began on Saturday 13th September for eight weeks and is the third programme delivered since 2012. To date twenty three transition year students from Blackwater Community School have participated in the programme with ten girls becoming members of Cappoquin Rowing Club.



'The school is delighted to be involved with this initiative from Waterford Sports Partnership. Encouraging girls to become more involved in sport is really important. Rowing is one of the longest established sports in the area and it is a wonderful opportunity for the girls to experience what a club like Cappoquin Rowing Club with such a long and proud tradition has to offer.'

Gillian Jeffrey, School Transition Year Coordinator

'Great time, loved it, worth the pain' **Lisa Rohan, TY Student**

'Rowing was amazing; great fun every week'
Sarah Geoghan, TY Student

'I loved participating in the River Rowers Programme and learned loads. Everyone was really encouraging and welcoming and I plan on joining the Rowing Club' **Lydia O'Brien, TY Student**



Sports Capital Grants 2014

The Sports Capital Programme is the main channel of Government support for developing sports facilities and purchasing sports equipment for sports clubs and organisations across Ireland. In July 2014, Minister of State for Tourism and Sport Michael Ring announced €40 million worth of funding for sports clubs. In total 880 groups/clubs nationwide received funding with twenty four Waterford groups/clubs receiving €733,625.

When announcing the results Minister Ring said "Under the programme pitches will be drained, floodlights will be installed, sports halls will be improved and dressing rooms will be built. Thanks to these grants, people will have more opportunities than ever to get active and stay active in a wide range of sports. It will also have a positive impact on job creation in construction".

"The lottery funding received by Dungarvan G.A.A. Club will assist us hugely in providing a top class Hurling Wall/Handball Alley facility at our club grounds. This in turn will provide our players, young and old, handballers and hurlers with the necessary infrastructure to improve their skills, their level of fitness and well being and above all develop and nurture long lasting friendships with other players within our club structure and also further afield, within the Gaelic Athletic Association as a whole."

Pat Kiely, PRO,

Rosarie Kealy, Coordinator, Waterford Sports Partnership said "We welcome the investment in sport in County Waterford and congratulate the clubs and organisations that have been successful this year, many of whom received information and support from ourselves during the application process. We look forward to helping other clubs who may be planning development projects in the future. Waterford Sports Partnership was allocated €10,000 towards sports equipment and this will be purchased in the coming months and will be available for use for WSP programmes and for loan to local organisations and groups."

If you require any further information, please contact Peter Jones, Sports Development Officer on 058 21191.

WATERFORD 2014

SPORTS CAPITAL GRANT RECIPIENTS

Affane Cappelquin GAA	€ 46,000
Ballinroad Soccer Club	€ 46,000
Ballyduff Upper GAA Club	€ 15,000
Ballygunner GAA Club	€ 10,000
Ballysaggart GAA Club	€ 46,000
Bonmahon GAA	€ 10,000
Cumann Lúthchleas Gael na Rinne	€ 20,000
Dungarvan Gymnastics Club	€ 18,000
Dungarvan Hurling & Football Club	€ 40,000
Dungarvan Rugby Club	€ 40,000
Dunmore East FC	€ 45,000
Erins Own Sacred Heart GAA Club	€ 40,000
Four-mile-water Hurling Club	€ 40,000
Kilbarry Gymnastics Club	€ 6,000
Mount Sion Primary School	€ 86,000
Park Rangers FC	€ 30,000
Pat Rockett Martial Arts Academy	€ 10,000
Portlaw United AFC	€ 45,000
St Anne's Waterford Tennis Club	€ 40,000
Stradbally GAA Club	€ 49,625
Tramore Tennis Club	€ 12,000
Waterford & District Cricket Club	€ 15,000
Waterford Crystal Swimming Club	€ 14,000
Waterford Sports Partnership	€ 10,000

"The National Governing Bodies of Sport (NGBs) are key and important stakeholders in the work of Waterford Sports Partnership in promoting and developing sport and participation pathways in Waterford. During our 2013 strategic review, we noted that while we have very good relationships and work closely together with most NGBs it is more at an operational level. The focus for 2014 and beyond is to develop a more strategic approach to WSP/ NGB relationships that will be mutually beneficial. To this end we have put in place a programme during 2014 to meet with as many NGBs as possible and look at how we can support each other more effectively."

Rosarie Kealy, Sports Coordinator, Waterford Sports Partnership

"these meetings are of great benefit to the GAA as there is a crossover of project areas. It will benefit us to further develop our existing relationship with Waterford Sports Partnership in the city and county as we both aim to increase sporting participation."

Eoin Breathnach, Games Development Manager, GAA.

"It was great to meet with the guys in Waterford Sports Partnerships. It's good to know that there are some welcoming and helpful individuals on board. From an Athletics perspective I think we can work together and further promote our great sport within the County"

Colin Byrne, Regional Development Officer, Athletics Ireland

"The Irish Hockey Association's meeting with WSP gave both organisations a fantastic opportunity to discuss each other's programmes in Waterford and explore what could be developed further in the area. I am looking forward to continuing our relationship with WSP in the future."

Phil Oakley, Coach Education Manager/Munster Regional Development Officer, Irish Hockey Association

Strengthening links with National Governing Bodies

In 2014 Waterford Sports Partnership are committed to meeting with National Governing Bodies as outlined in our 2014-2017 Strategic Plan - our goal for Active Sport is to 'enable and support sports clubs as settings and pathways for participation and development of sport and physical activity'. Through these meetings we aim to develop effective relationships with relevant National Governing Bodies of sport at national and local level by:-

- providing up to date information on National Governing Bodies for Waterford Clubs
- agreeing an annual action plan with National Governing Bodies officers
- exploring the possibility of partnered initiatives between Waterford Sports Partnership and National Governing Bodies.

To date, Waterford Sports Partnership has met with eight National Governing Bodies: Athletics Ireland, Angling Council of Ireland, Confederation of Golf in Ireland, Cycling Ireland, GAA, Irish Amateur Boxing Association, Irish Hockey Association and Volleyball Ireland. As a result of these meetings, Waterford Sports Partnership is planning a fishing programme for primary school girls, coordinating sports hall athletics for primary schools, coaching workshops for GAA, Ladies Football and Camogie coaches and a twelve week programme to develop female coaches.

WSP & Cycling Ireland staff met recently to discuss how the two organisations could work together more in the future



‘Spirit of the Games Award’ for Waterford team member at Go for Life Games 2014!

Well done to the fifteen members of the Waterford team that took part in the National Go for Life Games 2014 on Saturday 7th June in Dublin City University!

The *Go for Life Games* is a yearly event organised by Go for Life, Age & Opportunity and the Irish Sports Council which is supported on the ground by Local Sports Partnerships. The aim is to provide an opportunity for enjoyable and social physical activity participation among older adults.

The Waterford team was one of eighteen teams from around the country that participated in three indoor target games including ‘Lobbers’ (adapted from petanque and boules), ‘Flisk’ (adapted from horseshoe pitching), and ‘Scidiils’ (adapted from ten pin bowling). The team was selected following a league held by Waterford Sports Partnership among older adults groups in Waterford City and County. Players spanned a range of groups including Dungarvan Active Retirement, Cappoquin Active Retirement, Carriglea Cairde Services, The King fisher Men’s AOP Gym programme, Waterford Area Stroke Support Group, Respond and The Company Club. Representing Waterford on the Lobbers team was Sally Walsh, Ita Butler, Andy Gray, Theresa Browne and Catherine Chester. The Flisk team members were Timmy Fox, Maurice O’Connor, Michael Greaney, Michael Fitzgerald and Theresa Walsh. Scidiils players included Anna O’Neill, Bill Grant, Mary O’Leary, Kitty Mc Garry and Mary Walsh. The team was managed by Waterford Sports Partnership Staff Member Sarah Chadwick.



Special mention goes to Michael Greaney from the Flisk team who won a Spirit of the Games award and a Go for Life Games mug for demonstrating the good sportsmanship and reflecting the ideals of the Games. Well done Michael! The Games were a great opportunity to celebrate physical activity and sport participation for all ages, the Waterford team thoroughly enjoyed the atmosphere, friendly competition and social element of the day. Catherine Chester from the Lobbers team emphasised the importance of the social aspect in saying “It was a very sociable day, a great event for groups all around the country to meet up, everyone was happy and enjoying the games!”. Timmy Fox from the Flisk team summed up his thoughts in prose by saying “Go for Life, truth be told, one of the benefits of growing old!”

Well done to the Waterford team for representing their county with enthusiasm, sportsmanship and skill! We can’t wait for the Go for Life Games 2015! **If you or your active retirement group, ICA, or older adults group would be interested in learning more about the Go for Games activities, please contact Sarah Chadwick on (058) 21199 or schadwick@waterfordsports.partnership.ie**

NEW - Older Adults Activity Leadership Programme

Are you enthusiastic and passionate about getting over 55’s active? If the answer is yes then the Older Adults Activity Leadership Programme (OAALP) might be for you! WSP are running an exciting new OAALP commencing at the end of September 2014.

The aim of the programme is to equip committed and motivated individuals with the skills and confidence necessary to plan, organise and lead their group or other older adults in activity sessions. Participants will be required to commit and attend to the training sessions and activities detailed in the table below. The value of the training is €100 but WSP will be subsidising the cost down to €25 per person. This is a fantastic opportunity to gain the skills and confidence necessary to empower over 55’s to get active, don’t miss out! Places are limited to a maximum of two participants per group and will be allocated on a first come first served basis.

Activity	Description	Location	Date	Time	COST
Irish Sports Council Active Leadership Course	An Irish Sports Council certified course designed to equip participants with the knowledge and skills to plan, organise and lead a safe activity session.	Crystal Sports & Leisure Centre, Cork Road, Waterford	Monday 29 th September & Tuesday 30 th September	9:30am-3pm both days, tea/coffee provided	€25 per person
GAA Camán Abú Course	Camán Abú is an adapted non-contact version of hurling. Participants will learn how to play and teach their group the game so that they can lead a league with other groups involved in the OAALP.	Rainbow Hall, Kilmacthomas	Thursday 9 th October	9:30am-1pm tea/coffee provided	
Irish Heart Foundation Walking Leader Training	A certified Irish Heart Foundation Course in which participants will be learn how to lead a walking group safely. WSP will subsidise the €50 cost of the workshop with the agreement that OAALP participants will lead Walk Waterford walks with WSP support following course.	To be confirmed	February 2015 Date to be confirmed	9am-5pm Saturday & 9am- 2pm Sunday, tea/coffee and lunch provided	
Go for Life Games Training	Participants will learn how to play the GFL bowling games and how to host a challenge match in preparation for a league led by OAALP leaders and their groups & supported by WSP.	To be confirmed	March 2015 Date to be confirmed	9:30am-3pm tea/coffee & lunch provided	

If you are interested in taking part please download an application form from www.waterfordsportspartnership.ie, and return with the €25pp fee. For more information, please call Sarah Chadwick on (058) 21199



NEW!

Active Older People Gym Programme

Waterford Sports Partnership and the Park Hotel Leisure Centre are running an eight week Active Older People (AOP) programme for over 55's starting on Friday 3rd October. A second programme commencing on Tuesday 29th September was also added following high demand for places, that's what we like to see! A total of sixteen individuals from Dungarvan Active Retirement, Cairde na Gaeltachta and Carriglea Cairde Services will take part with eight individuals attending the Friday session and the remaining eight participants attending the Tuesday session.

The weekly programme will involve a gym induction, gym based exercise and class based sessions. Well done and best of luck to all taking part!

If you are over 55 and would be interested in taking part in a similar programme in the future, please register your interest with Sarah Chadwick on (058)21199.

Multi Games Equipment and Demonstrations

Waterford Sports Partnership has a range of adapted games equipment that is suitable for all abilities including:

- **Polybat** (adaptation of table tennis)
- **Box hockey** (adaptation of hockey)
- **Speed stacks** (cup stacking game to improve coordination/dexterity)
- **Flik** (adaptation of Frisbee)
- **Lobbers** (adaptation of boules)
- **Scidils** (adaptation of Bowling).

To arrange a group demonstration or enquire about borrowing equipment, please contact Sarah Chadwick on (058) 21199

Age & Opportunity National Grant Scheme



Waterford Sports Partnership is delighted to announce that the National Grant Scheme for Sport and Physical Activity for Older People opened for applications on Tuesday 26th August.

The grant scheme will provide funding towards the purchasing of equipment or activity programmes. The grant scheme has been hugely successful in the past with €6170 being awarded to twenty Waterford groups in 2013. Groups interested in taking part in a Waterford Go for Life Games league in spring 2014 are encouraged to apply for funding to purchase a GFL Games Kitbag and cover associated challenge match costs.

If you have any questions, or if you would like a grant form, please contact Sarah Chadwick on 058 21199.

Grant forms are available for download from www.waterfordsportspartnership.ie and www.ageandopportunity.ie

The closing date for applications is Friday 26th September 2014.

Link2BActive

Many older adults have already benefited 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



Bowling opportunities in Waterford

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

Butler Community Centre | Waterford

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

Cill Barra Sports Centre | Ballybeg | Waterford

Tuesdays 10:30-12:30pm €4 per person with instructor,
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 taster session | Annual membership €100.
Contact James Mullen on 085 1981639 or Celia Gaffney on 087 8219218 to organise a taster session.



WALK WATERFORD AUTUMN SERIES 2014

Waterford Sports Partnership is running an Autumn series of five walks suitable for all ages and abilities.

The first walk is on Sunday 21st September at 11am in Kilbarry Nature Park

See page 16 for a full listing of the Autumn Series of walks.



Pitch & Putt opportunities in Waterford

Regional Sports Centre | Cork Road | Waterford

Monday -Thursday 9am-6pm and Friday-Sunday 9am-2pm | €2.50 for over 55's
For more information please call: (051 309908):

Cunningar Pitch and Putt Club | Dungarvan

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

National Bike Week 2014, funded by the Department of Transport, is a celebration of all that's great about bikes and cycling. Bike week 2014 ran from June 14th to 22nd with bike themed events organised by local authorities, community groups and cycling groups throughout Ireland. Waterford Sports Partnership, Waterford City and County Council and Go Dungarvan formed the 2014 Steering Committee for National Bike Week in Waterford. Waterford is one of the most active counties when it comes to Bike Week and there was something happening for all ages and abilities right across the City and County.

in Waterford City

On Sunday 15th June we kicked off Bike Week in Waterford City with the hugely successful 'BMX Jam in the Park' (see page 23), this event was really well attended with over one hundred spectators and thirty participants taking part in the competition. A 'Family Cycle' to Tramore took place on Tuesday 17th June with over fifty participants in attendance on the night. The sun continued to beam down on us as we left the Regional Sports Centre (RSC) and headed to Tramore on the newly developed green route. The group took a well deserved coffee stop in T-Bay Surf Centre on the prom in Tramore before heading home to the RSC. It was fantastic to see such a large group of cyclists on the road together for the spin and it was thoroughly enjoyed by everyone.



On Friday 20th June Waterford Sports Partnership in conjunction with Waterford City and County Council Road Safety Officer Jemma Jacob ran a 'Cycling Festival' in the Regional Sports Centre. The festival was open to all Primary Schools that had completed the Cycle Skills training that was run earlier in the year. The programme worked on increasing cycling skills such as balance, control, breaking, road and vehicle awareness, road sign identification and general road safety knowledge. Over 170 students took part in the cycling festival that was filled with tricky skills tests, slow cycling games and a treasure hunt. A big thank you to Jason and all his team from South East Cycles, who ran the festival on the day.

Bike week came to a close in the City on Saturday 21st June 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 Waterford Sports Partnership. Activities on the day included cycling skills, balance beams, limbo sticks, hill climbs and a 2km family cycle around the park.

in Waterford County

Bike Week kicked off in Dungarvan with the inaugural 'Gear Up for Bike Week' event where members of the public were encouraged to bring along their bikes for a free bike check, seventy people availed of this service. The week's activities concluded on Sunday with the Dawn Cycle, fifty one adults and children took part in a 15/25km leisure cycle followed by complimentary breakfast.

County Waterford National Bike Week events included family cycles, cycle skills training, cycle picnics, bike maintenance workshops, cycle history tours, bike to crèche days and bike beach rugby to mention just a few.

The Bike Week steering committee would like to take the opportunity to acknowledge the work of the following schools and groups who organised a cycling event during Bike Week:



Schools:

Agligh N.S.; Cappelquin N.S.; Clonea Power N.S.; Faithlegg N.S.; Gaelscoil Philib Barun, Tramore, Glór na Mara N.S.; Kilmacthomas N.S.; Knockmahon N.S.; Our Lady of Mercy, Stradbally N.S.; Portlaw N.S.; Rathgormack N.S.; Scoil Gharbháin; St. Mary's N.S.; and St. Michael's N.S.

Community Groups:

Abbeyside/Ballinacourty GAA, Ardsallagh Crossroads Community Group, Cheekpoint and Faithlegg Development Group, Dungarvan No Name Club, Dungarvan Rugby Club, Fenor Playpark Committee, Le Cheile Community Childcare Facility, Scallywags Community Childcare Centre and Tramore Education Centre,

Overall, Bike Week was a huge success in Waterford City and County and the popularity of events is growing year after year. 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

"Bike Week 2014 was the most successful to date here in Waterford County with twenty five events organised by twenty three different groups right across the county. In all 3120 people of all ages took part in Bike Week events, highlighting the popularity of cycling both for enjoyment and as a form of transport to school or work as part of people's normal daily activities. The benefits to society of a sustained increase in cycling as a form of transport cannot be overstated in areas such as health promotion, easing traffic congestion, the environment and climate change, personal finance savings-the list goes on! Roll on Bike Week 2015!"

Johnny Brunnock,
County Bike Week Coordinator

In an age where we are trying to encourage children to be more active, Bike Week is a brilliant idea. Pupils, parents, teachers and our community really enjoyed it.'

Tomas Walsh, Principal,
Our Lady of Mercy N.S., Stradbally



Bike for Life 2014

- Waterford City & Dungarvan

Waterford Sports Partnership has just finished running "Bike for Life" for the second consecutive year. This programme was developed by Cycling Ireland and funded by Get Ireland Active, the Health Service Executive (HSE) and Women in Sport which enabled WSP to run two cycling programmes; an eight week programme in Waterford City and a seven week programme in Dungarvan.



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, breaking 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 female tutors that were recruited from previous WSP cycling programmes. The tutors assisted WSP to design and lead all the sessions and spins for the duration of the two programmes, gearing the women up to take part in the 50km Sean Kelly Cruise on Sunday 24th August.

Programme participant Colette Hackett was delighted with how the programme ran and said "If you are thinking of getting back on your bike go for Bike for Life. Great course, very well targeted and delivered. Thoroughly enjoyable".

WSP would also like to extend a huge thank you to all the tutors for their efforts, commitment and most of all enthusiasm which made the programme a huge success. Last but not least, a big congratulations to all the ladies from Waterford City and County who took part in the programme and participated in the 2014 Sean Kelly Tour of Waterford - Looking forward to seeing you all again next year, so keep the wheels in motion!

"my son Darragh did the SKT Youth Challenge and it was the best run event over all the weeks that you would see. The training in the car park and the safety checks were great. The roads were so well marshalled. He learned so much and we had a great time helping out. The prize giving was a great bonus as well. Looking forward to next year and can't say enough about the lads from Dungarvan Cycling Club."
Parent of Programme Participant

The 2014 Sean Kelly Tour Youth Challenge

Waterford Sports Partnership would like to congratulate the thirty nine participants who took part in the Sean Kelly Tour Youth Challenge. The aim of the Sean Kelly Tour 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 olds from schools in Dungarvan.

The programme kicked off in June 2014, fourteen training spins were held over the summer months which were all delivered by Dungarvan Cycling Club. At the end of the programme twenty one of the participants took part in the Sean Kelly Tour of Waterford on Sunday 24th August. Waterford Sports Partnership are delighted that a juvenile section has now been established in Dungarvan Cycling Club as a direct result of the programme. Dungarvan Cycling Club held a prize giving night at the end of the programme where the young cyclists were awarded for their participation in the programme and success in the weekly time trials.

A special thank you to Robert Power from Dungarvan Cycling Club and all of the parents who assisted with marshalling at time trial events.

For further information on this programme please contact: Peter Jones, Sports Development Officer, Waterford Sports Partnership or Robert Power, Dungarvan Cycling Club on 087 2438809



THE 2014 SEAN KELLY TOUR OF WATERFIORD IN NUMBERS



GETTING DOWN TO STATS

The Sean Kelly Tour is now a key event on the local and national cycling calendar and has really put 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 eight years.

2014 ROUTES	TOTAL CYCLISTS	WATERFORD CYCLISTS	ROUTE	CAPPED							
				2007	2008	2009	2010	2011	2012	2013	2014
12k	1,528	1018	10k/12k				674	1,007	1,328	1,461	1,528
50k	1,414	769	50k	205	418	734	903	1,141	1,430	1,497	1,414
100k	1,909	674	90k/100k	385	728	1,063	1,477	1,695	1,991	1,855	1,909
160k	1,677	282	160k	328	709	1,007	1356	1,438	1,547	1,689	1,677
TOTAL	6,528	2,743 (42%)	Total	918	1,855	2,804	4,410	5,281	6,296	6,502	6,528
			% increase on previous year		102%	51%	57%	20%	19.2%	3.3%	0.4%

Waterford Sports Partnership and the Sean Kelly Tour 2014

"The Sean Kelly Tour of Waterford proved to be an outstanding success again this year with over 6,500 taking part, over 2,700 (42%) of whom were from County Waterford."

The 12k family event continues to attract great numbers and sets the tone of positive participation for the weekend as well as inspiring many a young child on the road to a cycling future. The cap of 5,000 on the three Sunday events was reached in July showing the significant demand for the event. It was particularly heartening to see that the bad weather did not put people off or dampen spirits on the day. We in Waterford Sports Partnership continue to be greatly encouraged by the positive trends in participation of females and people over fifty in particular. The availability of four different levels of participation also offers a pathway for families and individuals to aim for into the future. A number of factors have conspired in recent years to positively elevate cycling in the minds of the people of Waterford including The Sean Kelly Tour, other Waterford Sports Partnership Cycling programmes and training opportunities, the Go Dungarvan Project, the Bike to Work Scheme, Bike Week activities and the Sean Kelly Cycling Trails around the county. Let's hope we continue to grow the profile and participation in the sport for the enjoyment of all.

I wish to thank all our partners, sponsors and supporters but special mention goes to the SKT Team of volunteers many of whom this year spent hours in the rain ensuring the participants got home safely. Long after the aches and pains of our participants have faded away what they remember and comment on is how they were made feel by the welcome, friendliness and support of the SKT team of volunteers. Thank you for making the event such a success".

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

LADIES GETTING THE WHEELS IN MOTION!

Female participation in the Sean Kelly Tour is up again this year from 29.21% in 2013 to 32.71% in 2014 (an increase of 236 participants).

There was an increase across all three Sunday Routes for female participants as follows:

- 160k - 3% increase/49 additional female participants
- 100k - 4.2% increase/ 93 additional female participants
- 50k - 6.6% increase/56 additional female participants

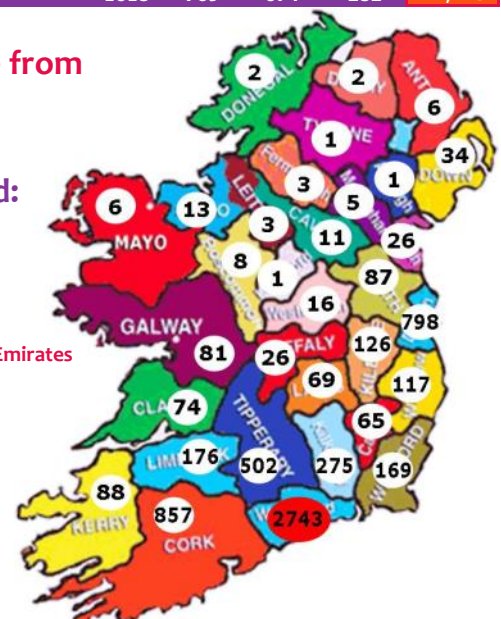
Town/Area	12km	50km	100Km	160km	Total
Aglish	4	1	2	0	7
Ardmore/Grange	0	12	9	2	23
Ballinamult/Ballymacarbry/Nire Valley/Touraneena/Kilbrien	14	5	11	5	35
Bonmahon	7	7	4	8	26
Cappoquin/Affane/Modeligo/Cappagh	45	60	50	11	166
Carrick on Suir	14	10	12	8	44
Cheekpoint/Faithlegg	0	0	3	0	3
Clashmore	16	0	2	3	21
Dungarvan & Surrounds	628	320	188	73	1209
Dunhill/Fenor/Annestown	9	13	17	10	49
Dunmore East	0	14	30	5	49
Kill	15	15	4	2	36
Kilmacthomas	18	33	28	9	88
Kilmeaden/Butlerstown	18	19	25	10	72
Kinsalebeg	5	0	3	0	8
Knockanore/Tallow	5	3	2	2	12
Lemybrien/Kilrossanty/Mahon Bridge	25	12	8	4	49
Lismore	5	48	10	8	71
Passage East	2	0	0	0	2
Portlaw	5	10	27	10	52
Rathgormack/Clonea Power	12	4	4	1	21
Ring/Old Parish	27	18	23	4	72
Stradbally	29	6	15	6	56
Tramore	38	33	58	23	152
Villierstown	6	3	1	0	10
Waterford City	71	123	138	78	410
Total	1018	769	674	282	2,743

Participants came from 32 counties!

103 participants

came from abroad:

- 85 from the UK
- 4 from the USA
- 4 from Canada
- 3 from Switzerland
- 3 from Germany
- 2 from United Arab Emirates
- 1 from Australia
- 1 from Denmark



THE 2014 SEAN KELLY TOUR OF WATERFORD IN PICTURES



THE 2014 SEAN KELLY TOUR OF WATERFIORD IN PICTURES



Social Soccer League

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 the assistance of 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 coaching have noticed a considerable increase in the participant's confidence and skill level since they started this year. Well done to all involved keep up the good work.



FOOTBALL FOR ALL

Dates for your Diary

Thursday 25 th September	1-2pm	€2pp	Kingfisher Club Waterford
Thursday 30 th October	1-2pm	€2pp	Kingfisher Club Waterford
Thursday 27 th November	1-2pm	€2pp	Kingfisher Club Waterford



WATERFORD BOCCIA LEAGUE

Dates for your Diary

Wednesday 15 th Oct	10.45am – 1pm	€2pp	Cill Barra Sports Centre
Wednesday 12 th Nov	10.45am – 1pm	€2pp	Cill Barra Sports Centre
Wednesday 10 th Dec	10.45am – 1pm	€2pp	Cill Barra Sports Centre

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 have sustained the regular running of the monthly Boccia League. The league runs once a month from 10.45am-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. Otteran's and Carriglea Cairde Services for supporting this programme.

FOR MORE INFORMATION ON PROGRAMMES RUN FOR PEOPLE WITH A DISABILITY
Please contact Pauline Cunningham, Sports Development Officer, Waterford Sports partnership on 051-849855 or by email; pcunningham@waterfordsportspartnership.ie


Useful Contacts

SPORT	CONTACT NAME	TELEPHONE	EMAIL
Blind Sport	Sarah McLoughlin	085 8500193	office@visionsports.ie
Cerebral Palsy Sport Ireland	Rosemary Ryan	083 1772097	rosemary@cpsi.ie
Downs Syndrome Waterford Branch		087 6057069	info@dsiwaterford.ie
Irish Wheelchair Association	Paul Ryan	087 1371333 021 4350283	paul.ryan@iwa.ie
Powerchair Football	Donal Byrne	087 4117911	donal.byrne@cheshire.ie
Special Olympics		021 4977192	munster@specialolympics.ie
Waterford Autism Sports and Social Action (WASSA)	Anthony Doheny	086 6637055	contact@wassa.ie

Walk Waterford - Autumn Series 2014

Waterford Sports Partnership is organising an Autumn Series of leisure walks to give the people of Waterford a chance to get out and explore the wonders of Waterford. 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!**



Date	Name of Walk	Meeting Time and Place	Trail Details	Top 3 Highlights	Getting There
Sunday 21 st September	Kilbarry Nature Park, Waterford	Time: 11am In the Kilbarry Park car park (via Kingfisher Entrance)	Distance: 1.8km + optional additional 1.8km Duration: 25 minutes + optional 25 minutes There are a choice of walks and interesting features in the 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 Kilbarry Nature Park is through the entrance to the Kingfisher Club which is on the old Tramore Road (R675), on the right after Supervalu.
Sunday 28 th September <small>Happy Hearts Day Walk 2014 in Partnership with Stradbally Tidy Towns</small>	 IRISH HEART FOUNDATION Stradbally Slí na Slainte Route	Time: 11am In Stradbally Village in the square (opposite the shop)	Distance: 4.6km Duration: 1 hour This is an easy looped walk with spectacular views such as the magnificent Comeragh Mountains and Hook Head lighthouse.	<ul style="list-style-type: none"> • Views of Hook Head Lighthouse • Views of Comeragh Mountains • Historical features such as Tobber Cill Eilbe and two Ogham Stones. 	From the N25 take turn sign posted Stradbally. At T- Junction take a left and continue for 5km until you come to crossroads. Continue straight sign posted Stradbally, up the hill and past church (on left). Enter village and the square is on right opposite Cunningham's shop.
Sunday 5 th October	Glenshelane Woods Walk, Cappoquin	Time: 11am In the car park at woods.	Distance: 3km Duration: 1 hour 15 minutes Glenshelane or Gleann Sióthláin means "The Glen of the Fairies". The walk takes you along the river up into the Glenshelane Valley sheltered by a pleasant forest of beech, ash, oak and many beautiful flora and fauna.	<ul style="list-style-type: none"> • The relaxing tranquil Coillte forest • Beautiful riverside walk through magnificent woodlands of conifers and broadleaves. • This is a little piece of paradise 	From Cappoquin travel the Clogheen/Mellary Road R669 for a distance of 1km until you come to a grotto, veer right and the car park entrance is a short distance after crossing Bealick Bridge.
Sunday 12 th October	Dungarvan Railway Track	Time: 11am In the Waterford City and County Council car park just off the Park Hotel roundabout	Distance: 5km Duration: 45 minutes This is one of Dungarvan's gems – a green route that follows the old Railway line.	<ul style="list-style-type: none"> • New improved green route suitable for cyclists and walkers alike • This route is mostly off road • Fantastic views across Dungarvan Bay 	Once you reach Dungarvan the Waterford City and County Council (free) car park is just off the Park Hotel roundabout opposite Country Life.
Sunday 19 th October	Dunes Walk, Tramore	Time: 11am In the car park opposite the Majestic Hotel	Distance: 5km Duration: 1 hour 30 minutes 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.	<ul style="list-style-type: none"> • Views of some of the highest sand dunes in Ireland • Home to some rare seaside plants and interesting wildlife. • Views over Tramore bay and town 	The car park opposite the Majestic Hotel is on the main road into Tramore .

2014 Calendar of Training

Date	Course/Event	Time	Cost	Venue
October 2014				
Monday 13 th October	Child Welfare & Protection Awareness Course	6 to 9pm	€15	VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
Wednesday 8 th & Wednesday 15 th October	Club Children's Officer Training	6 to 9pm	€30	Ferrybank Library, Ferrybank, Waterford
Thursday 30 th and Friday 31 st October	Active Leadership Training	9.30am – 4pm 9.30am - 2.30pm	€25	Colaiste Cathal Naofa, Dungarvan, Co. Waterford
November 2014				
Monday 3 rd November	Prepare to Coach Workshop 1 - Personal Coaching Skills	6.30 to 9.30pm	€15 (for all 3 Workshops)	Ballygunner GAA Arena
Monday 10 th November	Prepare to Coach Workshop 2 - Warm Up/Cool Down/Stretching	6.30 to 9.30pm	€15 (for all 3 Workshops)	Ballygunner GAA Arena
Saturday 15 th November	Rescue Emergency Care 1 – First Aid Course	9.30am to 5pm	€45	TBC
Monday 17 th November	Prepare to Coach Workshop 3 - Games For Understanding	6.30 to 9.30pm	€15 (for all 3 Workshops)	Ballygunner GAA Arena
Monday 24 th November	Child Welfare & Protection Awareness Course	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford

Further information on courses and application forms can be downloaded from our website www.waterfordsportspartnership.ie
Please feel free to contact the office on 058 21194/051 849855 to request an application form or further information

Harvest Festival - Picnic & Play in the Park 2014



GP Exercise Referral Programme

Well done to the fifty-two individuals that have signed up to the GP Exercise Referral Programme to date since April 2013. Waterford Sports Partnership is coordinating the programme in Dungarvan with funding from Go Dungarvan.

With ten Dungarvan GP's registered, the GP Exercise Referral Programme (GPERP) allows these doctors to refer patients that will benefit from increased physical activity to a specifically trained coordinator in the Park Hotel or Clonea Leisure Centre. The participant meets with their coordinator and takes part in a twelve week personalised gym programme with progress consultations at regular intervals. In Dungarvan, Go Dungarvan has adapted the programme to encourage participants to walk and cycle for transport alongside their gym programme.

The participant receives a step counter and a fridge magnet exercise tracker so that they can record their steps and feel motivated to increase their daily activity.

On completion of the programme, the coordinator sends the GP a report and the participant is encouraged to advance their exercise routine with discounted gym membership rates on offer.

Feedback from participants that have taken part so far has been very positive. GP's involved in the programme have also praised the programme and commented that their patients have found it very worthwhile and rewarding in terms of fitness, health and quality of life gains.

Go Dungarvan and Waterford Sports Partnership are also allowing GPERP participants the opportunity to register their interest in taking part in Walking Workshops and Cycling Training sessions to increase skills, confidence and knowledge of the facilities for walking and cycling in Dungarvan.

If you are interested in the GP Exercise Referral Programme, talk to your GP about your suitability to take part. Coordinators in the Clonea Leisure Centre and the Park Hotel are ready and waiting to help you get active!

Please contact Sarah Chadwick on (058)21199 with any queries.



Beep Beep Day 2014

Waterford Sports Partnership is delighted to work with Go Dungarvan and Waterford Childcare Committee again this October for Beep Beep Day. As part of National Road Safety Week and to celebrate Beep Beep Day, pre-school aged children will take part in a 'walking bus' from their respective childcare facilities to a fun packed 'travel themed' morning in Walton Park.

Young children, their parents and carers from will get a chance to enjoy various activities organised jointly by Go Dungarvan and Waterford County Childcare Committee. Waterford Sports Partnership will deliver some road safety related activities through the Irish Sports Council Buntús Start programme. The aim of the activities is to increase road safety awareness amongst preschool children. The activities will include colour awareness games that educate the children when it is safe to cross the road. This is achieved using red and green signs and the exploration of different forms of transport and their varying speeds.

The children will also get the chance to try out balance bikes and the Community Garda will be on hand to offer road safety advice to the children.



Go Dungarvan - Cycling Skills Training

Waterford Sports Partnership, on behalf of Go Dungarvan, has developed a progressive four tier cycling skills training programme in schools for 4-18 year olds. This progression aims to teach fundamental cycling skills starting with balance, progressing to braking, signalling and pedalling. The cycling skills training also gives cyclists the necessary skills and experience to cycle safely on roads and use cycling as a safe form of active transport.

Balance Bike Training is the first level of the structured cycling training being delivered to schools. In 2014/15, all junior and senior infant teachers in Scoil Gharbháin, St. Mary's, Scoil Mhuire and St. Joseph's will receive training. Post training, schools will be given a loan of balance bikes, helmets, hi visibility vests and a maintenance kit for two blocks of three weeks during the academic year. In 2013/14, Waterford Sports Partnership, on behalf of Go Dungarvan, delivered balance bike teacher training to twenty two teachers and childcare workers from Scoil Gharbháin, St. Mary's, Scoil Mhuire, Le Cheile and the Waterford Childcare Committee. As a direct result of this training, 331 primary school children and twenty five preschool children participated in a structured balance bike programme.

Level	CYCLE TRAINING - Course Content	Age
1	Balance Bike training - balance and steering skills	3-7
2	Cycling Ireland Sprocket Rocket training (4 x 60 minutes) - skills such as cornering, pedalling, braking, signalling	6-9
3	Go Dungarvan training (3 x 90 minute) - development of skills for use on cycle lanes and introducing T-Junctions, roundabouts and road cycling	8-13
4	Go Dungarvan training (1 x 120 minute) - recap of skills and experience of cycle lanes and road cycling	12-18



Schools Cycle Training

In May and June of this year, 313 students from Scoil Mhuire, St. Mary's, Scoil Gharbháin, St. Joseph's, Holy Cross, Glór na Mara Ard Scoil Na nDeise, CBS and St. Augustine's College received Level 3 Cycle Training. The Level 3 training included a pre and post training skills test, road awareness, skills training and progressive guided cycles on cycle paths, cycle lanes and the road. We were delighted that all 313 students increased their cycling skills across six tests including mount/dismount, slow cycle, emergency stop, signaling, T-junctions and roundabouts. Level 2 cycle skills training will be delivered to second class students in November and December of 2014. Level three cycling skills training will be delivered to 4th class and 2nd year students between January and March. Level four cycling skills training will be delivered to 6th class and 4th year students between April and June 2015.

Cycle Tutor Training

Waterford Sports Partnership, on behalf of Go Dungarvan, coordinate cycle tutor training for delivery to school and community groups. Cycle tutor training is a partnership between Cycling Ireland, Waterford Sports Partnership and Coláiste Chathail Naofa.

On Tuesday 23rd September twenty five post leaving certificate students from Coláiste Chathail Naofa took part in the training and are now qualified Cycling Ireland Sprocket Rocket tutors. These tutors will deliver the four level cycle training programme on behalf of Go Dungarvan.

'The Balance Bike Training was a great demonstration of 'active learning, differentiation and assessment'

Jen Uí Dhuibhir, Teacher, Scoil Gharbháin

'I would recommend the Balance Bike Training to all schools because it will ensure that children get an early start even though some may be too shy to try the balance bikes'

Siobhan Aeihas, Junior infant Teacher, Scoil Gharbháin

'the pupils were shown the basic skills of cycling and really benefitted from it. More and more are now cycling to school each week.' **Jason Duhig, teacher, Scoil Gharbháin**

'The kids loved it as it was fun, cool and they feel safer cycling. I could see an improvement after the first day of cycling and they are now quite good at T-junctions' **Elaine Looby, Scoil Mhuire**

'The cycle training is very beneficial for the students. It prepares them for real life situations and makes them more aware of the safety issues when using the road' **Angela Walsh, Teacher, St. Augustine's College.**



On Target Archery

Waterford Sports Partnership and Na Laoch Dall Archery Club recently hosted a five week Parent/Child Archery Programme. Under the guidance of fully qualified and experienced coaches, the participants were given an introduction to safety on the range, description of equipment and its components, technique on 'drawing' and 'shooting' the bow, shooting form and the mental aspects of shooting.

The skills developed by the parents and young people over the five weeks is something to be commended. This is a testament to the standard of coaching Na Laoch Dall Archery Club has to offer. More importantly, the coaches made all the participants feel very welcome into their club.

Waterford Sports Partnership would like to congratulate all those who took part, in particular the parents, as none of them had ever shot a bow before. A special thank you to Na Laoch Dall Archery Club for facilitating an excellent programme.

For further details on Archery in Waterford, please contact Thomas Colclough, Na Lough Dall Archery Club on 086-8224912.



Diversion Boxing | De La Salle College

Waterford Sports Partnership in conjunction with St. Paul's Boxing Club ran a four week Boxing programme in De La Salle College in Waterford City. This after school activity took place in the school gym with the final session taking place in St. Paul's Boxing Club. Over 16 students were shown the skills of Boxing under the instruction of Boxing Coaches Seamus Cowman and Irish international Craig McCarty. Waterford Sports Partnership would like to thank St. Paul's Boxing Club for implementing an excellent programme and also Mr. Nevin, as he was very supportive and instrumental in implementing this activity. No doubt we will see many more future Boxers again this school year.



Horse Grooming Programme

Five teenage girls from the SWAY Project took part in a three week Horse Grooming programme, facilitated by Stonehaven Equestrian Centre.

Topics and skills covered were Stable management, Safety around horses, Horse riding techniques and the basics of Grooming and Tacking a horse. The final week included an assessment of what the girls learnt over the programme. Well done girls. Hope to see some of you volunteer with Stonehaven Equestrian Centre over the coming months.



Guidance through Golf

Seven members of SWAY Project took part in a five week Pitch & Putt programme at the Regional Sports Centre (RSC).

This programme was facilitated by John Warren from The First Tee of Ireland. The coaching points that John covered with the participants were very practical. All participants (including the project workers) improved their Pitch & Putt skills over the five weeks. John showed the participants the correct stance, correct grip, movement of the body when striking the golf ball and correct putting technique. It is great to see the SWAY project is continuing to use the Pitch & Putt facilities in the Regional Sports Centre since the Programme ended.

If your youth project would like try Pitch & Putt with your group and avail of discounted rates and free Club hire - please contact:

**Brian O'Neill, Youth Sports Development Officer,
Waterford Sports Partnership on (051) 849583/086 0201219
or boneill@waterfordsportspartnership.ie**



Diversion Boxing –WYTEC

WYTEC is a Community Youth Training & Education Centre based in Waterford City that provides training and education courses for early school leavers (16 - 25 yrs old) and young unemployed people.

A female only Boxing Programme was implemented in February. As a consequence, the boys requested a four week programme in which 8 young people participated, facilitated by St. Paul's Boxing Club.

The training consisted of a warm-up, shadow boxing, bag work, pad work, circuit training and a cool down. This programme was a great success as a number of the participants have joined various Combat Sport Clubs as a result. Well done guys!



Tag Rugby Taster for girls

Brian O'Neill, Waterford Sports Partnership, Youth Sports Development Officer provided three Tag Rugby taster sessions for 1st year girls from Presentation Secondary School in Waterford City.

The girls were shown the basic skills of Tag rugby such as catching, passing, and running with the ball. In collaboration with Munster Rugby, it is hoped that a Tag Rugby programme for girls will be implemented during the 2014/2015 school year.



Team Building Activities - Comhairle na nÓg

Congratulations to the twenty six Comhairle na nÓg members who completed a day of team building activities in the Kingfisher Club and the Regional Sports Centre. The groups were split into four groups scoring points per activity. Groups completed ice breaker/brain teasing games, a group treasure hunt around Kilbarry Nature Park, team activity games in the RSC and a Dodgeball tournament. The aim of the team building day was to assist with the integration of Comhairle na nÓg members after the recent merger of the city and county Comhairle groups.

The team building day allowed members from the City and County to further communicate their interests and build up new friendships and strengthen old ones while having loads of fun. It was a great opportunity for all on the day. The team building activities were run by Waterford Sports Partnership Sports Development Officers Brian O'Neill, Peter Jones and Pauline Cunningham.



Street Soccer League 2014

The Street Soccer League 2014, a Waterford Sports Partnership & FAI initiative, took place at the Williamstown All Weather Pitches for four weeks in July. Teams from Avondale, The Grange, Crystal Court and Cherrymount took part in glorious sunny weather. Coming into the final night it was still all to play for with each team still having a chance of winning the league.

In the U-12 section, The Grange took the title for the first time since they entered the competition, producing a dazzling display of team football. In the U-14 section, Avondale remain dominant in this league, showing nerves of steel when it comes to pressure. Community Garda Mary Murphy was on hand to present the medals to the teams, which were kindly sponsored by the Gardai, and the winning teams received their trophies. A great atmosphere surrounded the final night of the event with many parents in attendance.

Waterford Sports Partnership would like to thank Williamstown Sports Complex for hosting the event, Gary Power from the FAI, and in particular the local coaches and volunteers for without them, this event would not be possible.



BMX 'Jam' in the Park

As part of National Bike Week 2014 which ran from June 14th to 22nd and is funded by the Department of Transport, Tourism and Sport, 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 which gave them the opportunity to showcase their skills to a panel of judges. This year also included the Scooter section.

A total of thirty one young people entered both the Scooter and BMX Jam. The Jam was divided into two categories; Beginner & Advanced. Each rider performed in groups of two, for two minutes. Prizes were awarded for most skilful trick, best attempted trick & most stylist trick. The judges were astounded by the high level of skill the young local boys exhibited. A big thank you to Liam and Kevin from Spokes Cycles who ran the event very efficiently and thanks also to the Civil Defence who ensured the event ran in a safe, enjoyable manner. Roll on the 'Jam' in 2015!



5k Fitness Challenge

Well done to the members of the TREO & Ceim Eile projects who completed the Waterford Castle 5k Island Run. A great achievement!

Members of both projects started training five weeks in advance of the event by taking part in the 5k Fitness Challenge which was facilitated by Seamus Doyle of Balance Fitness. Seamus showed the group; how to warm up and cool down safely, correct running technique, breathing technique and the importance of a slow paced run.

The programme concluded with The 5k Island Run on Sunday 10th August, an event hosted by Balance Fitness which took place at Waterford Castle.

Waterford Sports Partnership would like to thank Seamus for getting the lads over the line, so to speak, and also to the project workers Phil and Danny for motivating the lads each week.

Mini Active Leadership

Well done to the Youth Leaders from the School Completion Programme who took part in a 3 hour Mini-Active Leadership workshop. The aim of the workshop was to equip the participants with the skills necessary to facilitate active, fun games for young people in a safe, structured, fun environment. These skills are important when working with young people in summer camps.

Thanks to our own Sports Development Officer Pauline Cunningham for delivering an excellent fun workshop and to St. Paul's Community College for providing us with the hall.



EQUIPMENT - FREE HIRE

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

For more information contact Brian O'Neill on 086 0201219 or boneill@waterfordsportspartnership.ie

Coming soon . . .

Youth Dodgeball
Anyone for Tennis?
Pitch & Putt

Tramore Street Soccer
Tag Rugby for Girls
Basketball

Athletics
TY Soccer Coaching

USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
Athletics Ireland	Colin Byrne	087 0632326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
Badminton Ireland	Richard Vaughan	01 8393028	info@badmintonireland.com	www.badmintonireland.com
Basketball Ireland		01 4590211	info@basketballireland.ie	www.basketballireland.ie
Irish Amateur Boxing Association		01 4533371	iaba@eircom.net	www.iaba.ie
Cumann Camógaíochta na nGael	Ross Corbett	087 6415485	ross@camogie.ie	www.camogie.ie
Cricket Ireland	James Doran	086 8169667	jim.doran@cricketireland.ie	www.cricketireland.ie
Cycling Ireland	Rachel Ormrod Heather Boyle	086 7802937 086 0211146	rachel@cyclingireland.ie heather@cyclingireland.ie	www.cyclingireland.ie
Gymnastics Ireland	Sarah Lowe	01 6251125	sarah@gymnasticsireland.com	www.gymnasticsireland.com
Cumann Lúthcleas Gael	Eoin Breathnach	087 9219345	eoin.breathnach.gda.waterford@gaa.ie	www.gaa.ie
Irish Water Safety	Colin Kehoe (City) Mary O'Brien (County)	091 564400	info@iws.ie ckehoe@waterfordcouncil.ie mobrien@waterfordcouncil.ie	www.iws.ie
Ladies Gaelic Football	Peter Jordan	087 2442966	peterjordan5@hotmail.com	www.ladiesgaelic.ie
Olympic Handball	Colin Brosnan	01 6251165	ioha@olympichandball.org	www.olympichandball.org
Orienteering - Waterford	Andrew Cox	087 2229677	development@orienteering.ie wato2@eircom.net	www.orienteering.ie
Irish Road Bowling	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
Irish Rugby Football Union	John O'Neill (Men) Amanda Greensmith (Ladies)	086 8207752 086 0218320	johnoneill@munsterrugby.ie amandagreensmith@munsterrugby.ie	www.munsterrugby.ie
Football Association of Ireland	Gary Power Michael Looby	086 3883850 087 0508623	gary.power@fai.ie michael.looby@fai.ie	www.fai.ie
Tennis Ireland	Conor O'Callaghan	087 6882286	info@tennisireland.ie copc1@hotmail.com	www.tennisireland.ie www.munstertennis.com
Swim Ireland	Cathal Geraghty	086 0619452	mso@swimireland.ie	www.swimireland.ie
Triathlon Ireland	Scott Graham	086 3687548	scott@triathlonireland.com	www.triathlonireland.com
Volleyball Ireland	Ciara Doherty Aidan Kavanagh	086 7906870 086 8173990	south@volleyballireland.ie sportsdev@volleyballireland.ie	www.volleyballireland.com



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