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Sean Kelly Tour of Waterford 2016

The 10th Anniversary 2016 Sean Kelly Tour of Waterford part of the An Post Cycle Series, a Sport Ireland initiative of five cycling events throughout Ireland took place on Saturday 20th & Sunday 21st August and another chapter in the history of this great event was written!

Dungarvan looked resplendent on Saturday morning and most of the showers which threatened didn't arrive until after the event. 1200 cyclists from 7 to 70 took part in the 12k Kelly Spin. It was a sight to behold as the multitude lined up on the Causeway and were led out by the legend himself, Sean Kelly. Cllr Damien Geoghegan, Cathaoirleach of Dungarvan Lismore Municipal District got proceedings underway at 11.30am and a sea of smiling faces, young and not so young, moved off from the start line on a route which saw them take in Abbeyside-Ballinroad-Ballinacourty-Gold Coast Road and the Abbeyside section of the Greenway.



The 12k has now firmly established itself as one of the most enjoyable and uplifting events over the course of the weekend and the sheer joy and sense of achievement that the children experience as they cross the finish line to the cheers and applause of the crowd is a sight to behold. There were smiling faces after the event as well as crowds remained in Walton Park to enjoy the food stalls and a picnic, face painting and live music. Our event partners,

Dungarvan Credit Union were also on hand to give out souvenir medals and other goodies to all of our finishers. We are all looking forward to the 2017 version of the 12k Kelly Spin already!

Things were looking ominous for Sunday with rain forecast, but we were lucky as the rain held off until after the start of all three routes. The rain did not serve to dampen in any way the spirits of the 4,500 participants who took to the roads of the county as part of the tour. To celebrate the 10th year of the Sean Kelly Tour of Waterford there was music and entertainment in most of our food stops and this added greatly to the atmosphere on the day. The success of the Sean Kelly Tour should not be judged by sheer numbers alone. So many other ingredients go into making it the great event that it has become.

First among these extra special ingredients is the unique 'Waterford Welcome' afforded by all of our volunteers right across the county to all of the cyclists. Of course there are many, many people to thank and that will be done over the coming weeks and months. We recognise that primarily this event would never take place without the goodwill, enthusiasm, dedication and hard work of over 500 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. Take a bow, you were all amazing!



Our sponsors have also been so supportive all along and to one and all we are very grateful and they include An Post and Sport Ireland, Flahavans, Eurospar, Quilter Cheviot, Cycling Ireland and Dungarvan Credit Union. We would also like to acknowledge the support of Dungarvan Nissan, official supplier of vehicles to the Sean Kelly Tour. Acknowledgement must also go to the professionalism shown by the Gardai, the Civil Defence, the Irish Red Cross and the Order of Malta, Dr. David Janes (event doctor) and all the medical team for ensuring that this was both a safe and enjoyable experience for all concerned. A special mention must go to all those who supported the event's chosen charity, the Irish Pilgrimage Trust, by directly raising money, supporting their raffles or by giving of their time to help out over the weekend.

For now, let's just enjoy the moment and reflect with pride on what was a wonderful weekend in County Waterford's sporting, social and cultural calendar and look forward to the 11th Sean Kelly Tour of Waterford in 2017!

Check out Page 14 & 15 for stats and more photos from the Sean Kelly Tour weekend
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.



Peter Jones, Sports Development Officer, is based in the Civic Offices in Dungarvan and in addition to leading WSP's work promoting physical activity for older adults, men and sports club coaches he also leads WSP's cycle training programme in schools and the community. **Peter can be contacted on 0761 10 2191 or pjones@waterfordsportspartnership.ie.**

Pauline Cunningham, Sports Development Officer and Sports Inclusion Disability Officer, Pauline is based at the Regional Sports Centre

in Waterford City and works three days a week (Wed-Fri) as WSP's Sports Inclusion Disability Officer (SIDO) with a focus on creating sustainable physical activity opportunities for people with disabilities in Waterford. She also works as Sports Development Officer (Mon-Tues) supporting other target groups including women and sports club volunteers. **Pauline can be contacted on 0761 10 2619 or pcunningham@waterfordsportspartnership.ie.**



Brian O'Neill, Youth Sports Development Officer, is based at the Regional Sports Centre 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 and across the County. **Brian can be contacted on 0761 10 2583 or boneill@waterfordsportspartnership.ie.**

Mary Doyle, Sports Development Officer, is based at the Regional Sports Centre in Waterford City. Mary works three days a week on Sports Development work i.e. supporting clubs and other target groups and leading WSP's Primary Schools programme, and two days a week developing the Carrickphierish School Community Sports Hub. **Mary can be contacted at 0761 10 2619 or mdoyle@waterfordsportspartnership.ie.**



SCHOOL PROGRAMME UPDATE - PRESCHOOLS

Buntús Start Refresher Training

Buntús Start is a National physical activity programme which Waterford Sports Partnership (WSP), Waterford City and County Childcare Committees and the HSE have rolled out across Waterford over the last 10 years. This year we are delighted to offer childcare providers Buntús Start Refresher Training to give early years' settings new ideas on physical activity. Buntús Start Refresher Training is a comprehensive physical activity programme for children aged 2-5 years. It has been specifically designed for use in early years' settings. The programme's main focus is to assist young children in the development of fundamental motor skills, manipulative skills, co-ordination and balancing skills as well as develop a positive attitude to physical activity. This training will benefit all childcare practitioners and children in becoming more active more often. It will also focus on sharing activities amongst each other and what works best in different centres along with new activities and resources.

**Wednesday 12th October 2016 | 5 to 8pm
Dungarvan Sports Centre | €10 per school**

The deadline for registering is Friday 30th September. If you would like to take part in the Buntús Start Refresher Training please contact **Máire Cooke or Jacqui de Siún @ 051-295045** to secure your place. Please book places early as there are a limited number of places and these will be allocated on a first come first served basis.

Balance Bike Training

A new Balance Bike Programme for Preschools was launched on Tuesday 20th of September at the Regional Sports Centre, Waterford. Twenty new bikes and helmets have been purchased by Waterford City and County Council with funding provided from European Mobility Week. Waterford Childcare Committee and Waterford Sports Partnership will offer and deliver training to 10 preschools this year. WSP is inviting preschools to apply for Balance Bike Training which will be delivered in the preschool. The training aims to give childcare practitioners the knowledge, skills and confidence they need to effectively deliver fun and practical sessions. Balance bikes are also known to improve children's confidence and balance and can minimize the need for stabilizers. Participants will be provided with several lesson plans that they can utilise in their pre-school. Following training, preschools will have the opportunity to avail of the use of Balance Bikes and helmets for a two week period.

For more information or to book your preschool in for training, please contact Jacqui de Siún on 051-295045.



Pictured here at the launch (from l to r) are: Mary Doyle, Sports Development Officer, Waterford Sports Partnership; Jacqui de Siún, Waterford Childcare Committee; Jemma Jacob, Road Safety Officer, Waterford City & County Council, and Peter Jones, Sports Development Officer, Waterford Sports Partnership. Photo: John Power

Safe Cycling Programme

Waterford Sports Partnership in conjunction with Waterford City and County Council's Road Safety Officer (RSO) Jemma Jacob have started a Safe Cycling Programme. Schools from all over Waterford will avail of the four week programme where safe cycling training is delivered to 5th class pupils at a reduced cost. Bikes and helmets are provided and training is delivered by qualified cycling coaches. 22 primary schools from all around Waterford City and County have signed up for this year's Safe Cycling Programme.

For further information please contact Mary Doyle, Sports Development Officer on 0761 10 2619 or email mdoyle@waterfordsportpartnership.ie.



Balance Bike Programme

Eight schools in Waterford City and four schools in the County are taking part in this year's Balance Bike programme. In the city, six teachers from Holy Cross NS; four teachers from Gaelscoil na nDeise; three teachers from Portlaw NS; two teachers from Presentation Primary School; and one teacher each from St. John of God N.S., Passage East NS, Newtown Junior School and Killea Boys NS. were trained on Wednesday 28th of September in Carrickphierish Community Campus which is home to Gaelscoil na nDeise and Waterford Educate Together National School.

On Thursday 6th of October training will take place in Dungarvan Sports Centre for four teachers from Bunscoil Bhothar na Naomh, and one teacher each from Whitechurch N.S., Scoil Naisiunta Na Rinne and Aglish N.S.

The teachers who attend the training are given session plans that they can use back in their schools to coach the children the Balance Bike Programme. WSP then supply balance bikes, helmets and ramps to each school for a period of two weeks post-training. WSP would like to thank Spokes Cycles in the City and Cycle Sports in Dungarvan for their support in delivering and collecting the bikes, helmets and ramps to and from the schools and keeping the bikes maintained to a safe and high standard throughout the programme. This programme has proven to be hugely popular with schools who have reported great improvement in the young children's balance and coordination as a result of using the bikes.

**For further information please contact:
Mary Doyle, Sports Development Officer on 0761 10 2619
or email mdoyle@waterfordsportpartnership.ie.**

European Mobility Week

European Mobility week ran from 16th to 22nd of September and WSP in conjunction with Waterpark National School and Waterford City and County Council organised a Cycle Bus to and from Waterpark National School on Friday 16th of September.

Fifth and sixth class students were invited to meet at the Uluru at 8am and cycle to school with the support of Waterpark NS staff and parents, WSP staff, the Community Police, Waterford City and County Council Road Safety Officer and Cllr. Adam Wyse, Mayor of the City and County of Waterford. As we cycled along the cycle path to school, there were two designated points where more students could join the cycle bus. After school the same route was used as the children cycled home again. Well done to everyone that took part.





Disability Awareness in Sport

This workshop (contact time 2 hours) is designed to build awareness around people with disabilities participating in community sport & physical activity.

The workshop is aimed at:
Individuals with an interest in increasing their awareness in sport and physical activity for people with disabilities.

Workshop Certification:
On completion, all participants will receive a Sport Ireland and CARA Centre endorsed certificate of attendance.

Workshop Content:
This interactive workshop will cover perceptions, understanding disability, communication, inclusion and readiness, as well as local programmes for people with disabilities.

Fee: €15



FOR MORE INFORMATION CONTACT:

Mary Doyle
0761 10 2619
mdoyle@waterfordsportpartnership.ie

UPCOMING WORKSHOPS:

Civic Offices
Dungarvan
Tuesday 25th October

THIS WORKSHOP IS COORDINATED BY



Adapted Physical Activity Centre

THIS WORKSHOP WAS DEVELOPED WITH SUPPORT FROM:





National Go For Life Games 2016

Well done to the sixteen members of the Waterford team that took part in the National Go for Life Games on Saturday 13th June in Dublin City University! The Go for Life Games is an annual event organised by Go for Life, Age & Opportunity and Sport Ireland 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 twenty four 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 'Scidils' (adapted from ten pin bowling). The team was selected following three blitzes held by Waterford Sports Partnership for older adults groups in Waterford City and County between March and May. Players spanned a range of groups including Dungarvan ARA, Dungarvan Care of the Aged, Respond Services, Waterford Stroke Support Group and Cappoquin Active Retirement. Representing Waterford were Ita Butler, James Casey, Helen Elliot, John Foley, Timmy Fox, Teresa Kennedy, Lena Kennedy, Mary McCarthy, Kitty McGarry, John O'Donoghue, Mary O'Donoghue, Anna O'Neill, Jovita Sakiene, Joe Walsh, Sally Walsh and Lucy Webb and a special thanks to Eleanor Gaffney from Respond who assisted on the day. 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. Well done to the Waterford team for representing their county with enthusiasm, sportsmanship and skill!



'Had a really great weekend. I met a lot of nice people, got a bit of exercise and had a good laugh, what more could I want .. oh and the singsong on Friday evening'
Anna O'Neill

'The Go For Life Games were once again a great success with participants from around Ireland enjoying the games, It didn't matter who won or lost it was about meeting new people who will hopefully become friends and we can't wait to return next year'
Eleanor Gaffney , Respond.

The DEISE GAMES 2016 for Adults aged 50+

Fun, Friends and Flisk ... and don't forget the tea

Following the success of the training sessions for the National Go For Life Games earlier this year we will be running a social games league in Cappoquin, Dungarvan and Waterford City for the month of November. The emphasis is on fun and a bit of craic.

ALL WELCOME! Meet new people and enjoy some exercise . . .

Start dates, locations as follows.....

DATE/TIME	VENUE	COST
Monday 7 th November 10 - 11.30am	Dungarvan Sports Centre	€3 includes tea/coffee
Tuesday 8 th November 10.30am - 12pm	Cappoquin Community Centre	€3 includes tea/coffee
Friday 9 th November 9.30 - 11am	Cill Barra Sports Centre, Ballybeg, Waterford	€3 includes tea/coffee

Booking is essential, to please contact Peter on 0761 10 2191 or email pjones@waterfordsportpartnership.ie.

NEXT INTER-COUNTY GAMES

Wednesday 1st December

We will be sending a team to Carlow on Wednesday 1st December to do battle once again with Carlow and Kilkenny. The team will play five different games including Lobbers, Flisk, Scidils, Indoor Bowling and Balloon Ball (a version of Volleyball) in a 'semi' competitive environment where the focus will be on fun and enjoyment. The Deise Games in November will be great training for our trip to Carlow in December.

CIRCUIT TRAINING for Adults Aged 50+

Circuits for over 50's are back! The circuit includes a range of exercises to develop strength, joint mobility, flexibility, coordination, fitness and, most importantly, to have some craic. These sessions are open to all people aged over 50 regardless of ability as we will structure the exercises to your mobility levels.

County: Dungarvan Sports Centre | Mondays: 10-11am | €3

City: Cill Barra Sports Centre | Mondays: 9.30-10.30 | €3

Booking: contact Peter on 0761 10 2191 or email

pjones@waterfordsportpartnership.ie



OLDER ADULTS UPDATE

Walking is Back!

We are delivering a series of 5 walks across the county for anyone aged 50+. Each walk is €3 and will include tea or coffee and a scone, our challenge to you is to attend all 5 walks! **Dates, location & times are as follows....**

DATE	VENUE	MEETING POINT	COST
Tues 27 th Sept	Glenshelane Woods	10.30am @ Car Park	€3 (includes Tea/Coffee & Scone)
Tues 4 th Oct	Tramore Beach Walk	10.30am @ Promenade (Dooley's)	€3 (includes Tea/Coffee & Scone)
Tues 11 th Oct	Colligan Woods	10.30am @ Car Park	€3 (includes Tea/Coffee & Scone)
Tues 18 th Oct	Anne Valley, Dunhill	10.30am @ Car Park, Anne Valley	€3 (includes Tea/Coffee & Scone)
Tues 25 th Oct	Waterford Greenway, Durrow	10.30am @ Car Park, Durrow	€3 (includes Tea/Coffee & Scone)

PLEASE NOTE: The walks will go ahead **WEATHER PERMITTING**, please contact Peter Jones (details below) before travelling if in doubt. **PLEASE PRE-REGISTER** by contacting: Peter Jones on 0761 10 2191/087 7855940 or pjones@waterfordsportspartnership.ie.

CYCLE TRAINING FOR BEGINNERS

Dungarvan & Waterford City | **Cost:** €10 (3 x 90 min sessions)

Booking: Booking essential, minimum number of 6 needed, to register your interest please contact Peter on 0761 10 2191 or email pjones@waterfordsportspartnership.ie.



Leisure Centre Opportunities

Active Older People Class

Park Hotel Leisure Centre, Dungarvan

This fun and social class aims to maintain and improve balance and muscle strength for everyday activities and incorporates seated exercise and low impact aerobic activity.

Every Tuesday 11am-12pm.

€6 for gym members and €8 for non- members.

Pre-screening and booking required, please contact Claire Kennedy on (058) 42902.

Active Older People Gym Support

Park Hotel Leisure Centre, Dungarvan

Leisure Centre Staff will be available to induct and assist older people that are interested in getting started in the Park Hotel Leisure Centre gym every Tuesday between 10-10.50am.

Pay as you go rates from €6 per session, membership rates available upon request.

No booking necessary, for queries please contact Claire Kennedy on (058) 42902.



Active Retirement Activity Class

Kingfisher Club, Waterford

The Kingfisher Health and Fitness Club run an Active Retirement Activity Programme for Men and Women. €5 per session. Women's class every Monday 10-11am | Men's class every Wednesday 10-11am. Please call Jacqui Watson on 086 2634061 for more information.

Pay as you Go Gym Session

Cill Barra Sports Centre, Waterford

Pay as you go - Anytime

€3.50 per session - Loyalty card pay for 8 get 9th free

No booking necessary, for queries call the centre on (051) 350800 for queries

Bowling opportunities in Waterford

A number of centres currently run weekly bowling sessions as follows:

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

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.



Pitch & Putt opportunities in Waterford

Regional Sports Centre Cork Road, Waterford

€2.50 for over 55's | For more information please call: 051 309908

Cunnigar Pitch and Putt Club Dungarvan

Daily 10am-8pm | €5pp | Free lessons available.

For more information please call: 087 9412570

WSP SPORTS CLUB GRANT OPEN FOR APPLICATIONS!

APPLY NOW!

Waterford Sports Partnership Sports Club Funding

Since 2009 under its Coaching and Development Funds, Waterford Sports Partnership has allocated 136 separate grants totalling €41,279 funding 25 new clubs and 502 coaches from new and established Clubs in Waterford.

GRANT OVERVIEW

The new WSP Club Grant aims to support volunteers and develop opportunities for people to participate in organised sport. This small scale grant will support initiatives to increase participation in disability groups/organisations, support the set up of new clubs and assist existing clubs with coach education costs.

WHO CAN APPLY?

Any club based in Waterford City or County, affiliated to a Sport Ireland recognised NGB or disability organisation, that operates as a not for profit organisation.

WHAT COSTS ARE ELIGIBLE?

DISABILITY GROUP/ORGANISATIONS – Groups/Organisations can avail of up to €250 for equipment/hall hire/transport cost to support sustainable physical activity participation initiatives. Applicants must describe how proposed initiatives will lead to sustainable physical activity.

NEW CLUBS – Clubs can avail of up to €250 for essential equipment and set up costs e.g. bibs, cones, nets, balls, training equipment, insurance, registration, affiliation fees, first aid kit etc.

COACH EDUCATION - Clubs affiliated to NGB's can avail of up to €250 towards referee/coaching courses accredited by Coaching Ireland or a National Governing Body of Sport.

HOW MUCH IS AVAILABLE?

The WSP Sports Club Grant has a total fund of €3,000 with a maximum allocation of €250 per club. Clubs must also submit quotations, AGM minutes and affiliation letters where appropriate. The deadline for all grant applications is 5pm Friday 25th November.

For an application form and further information please visit our website at www.waterfordsportspartnership.ie or contact Peter Jones on 0761 10 2191 or by email at pjones@waterfordsportspartnership.ie

The deadline for receipt of completed grant applications is 5pm Friday 25th November.

FEEDBACK FROM PREVIOUS WSP GRANT RECIPIENTS

*'On behalf of **Dungarvan Rugby Club**, I would just like to say thanks for the **coaching grant** from the WSP. Without this sort of assistance I feel it would be made more difficult for us to afford the coaching programmes. Getting these coaches trained gives them the confidence to continue, and therefore offer long term benefit to both the club and the children. Thanks again and we look forward to your continued support.'*

*'**Cumann Camógaíochta na Rinne** was established in 2004 and for the first time in the history of the club, teams under 8, 10, 12 & 14 were fielded in 2011 and a juvenile club was set up. Thanks to Waterford Sports Partnership's **new club grant** the juvenile club was able to purchase training bibs, cones, sliotars, hurleys & even went some way towards a new set of jerseys. This grant gave our juvenile club a fantastic start and helped the juvenile club in the development of Camogie amongst our young players.'*

*'WSPs **New Club Grant** helped us at **Fenor Road Bowling Club** by giving us the leg up we needed to get up and running officially, with the grant money we were able to replenish our depleted equipment with bowls for the adults and for the younger members. Road caution and warning signs for the routes we play on were also purchased and it helped towards our affiliation costs to bol chumann na heireann. As for the future we hope to increase our membership with both male and females and encourage younger members to take up the sport to build up and encourage this once popular sport again in the county of Waterford.'*

***Waterford District Cricket Club** received a **New Club Grant** and fielded their first under-age side in August 2013 at the Regional Sports Centre against their counterparts from Wexford Wanderers CC in an 18 over friendly. "We have had many partners on our journey to making this event a reality. No little thanks must go to the WSP for all their support including funding and training. Having assistance from them over the past four years with our facilities, equipment and coach education ensured that this first step was built on solid foundations which will lead to continued growth and success for the club ".*

The 2016/17 Club Development Seminar Series

Sharing knowledge between sports and promoting positive change

The 2016/17 Club Development Seminar Series marks a commitment from National Governing Bodies and Waterford Sports Partnership to share expertise in common areas of interest, education and training across all sports.

In 2015, WSP delivered six seminars in conjunction with NGB's attended by 171 representatives from fifty seven clubs . The seminars were open to coaches, volunteers, parents and participants from all sports. After discussion with coaches, NGB's and clubs, WSP have put together a series of eight seminars as part of the 2016/17 programme. This programme includes seminars on physical development, positive mental health awareness and development of young coaches and will be delivered by experts in their fields from local organisations, third level institutions and NGB's....

NOW BOOKING!

Minding your Mental Health

Monday 10th October
6.30 to 9pm

WIT Sports Arena,
Carriganore | Waterford

FREE | BOOKING ESSENTIAL

This seminar focuses on what clubs can do to create a positive club ethos that provides a strong support network for positive mental health for all members.

Tracy Nugent from the HSE will deliver a fifteen minute interactive presentation on the '#Little Things' campaign, highlighting small changes clubs and organisations can do to increase positive mental health. Dan Shanahan will speak about how the management team of the Waterford Senior Hurlers have created such unity and positivity within the camp. Aoife Lane will speak about how the GAA's Health and Wellbeing resource can be implemented in your club to support positive mental health. Finally, Dungarvan GAA and Waterford City RFC will deliver club testimonies about how in recent times they have provided support for club members in the aftermath of local tragedies.

Simple Video Analysis

for Sports Coaches

Monday 14th November
6.30 to 8.30pm

Room G19 | WIT |
Cork Road | Waterford

€5 | BOOKING ESSENTIAL

This workshop will give participants practical experience of simple video analysis techniques.

Michael Hanlon is a lecturer and researcher in Human Movement Sciences at Waterford Institute of Technology and lectures students on movement and performance analysis. Participants will analyse various sports videos with the use of a statistical sheet and find out what statistics they should be getting and how to do this. Participants will be shown how to condense these statistics into short video clips including the use of animation and voice over.

Concussion Awareness

Monday 23rd January
6.30 to 9.30pm

WIT Sports Arena,
Carriganore | Waterford

FREE | BOOKING ESSENTIAL

The seminar will include modules relating to Concussion Recognition Management and Return to Play protocols followed by a Q & A session. The content has been designed to educate coaches, parents, players and referees on the dangers of concussion and how to recognise it.

The Irish Rugby Football Union have been at the forefront of concussion education over the last number of years. This seminar will allow sports coaches from all sports to benefit from the IRFU experiences surrounding concussion. **The seminar will be delivered by Shane Mooney, IRFU First Aid & Injury Prevention Co-ordinator.** Shane is responsible for all IRFU medical training and education and is the programme manager for Safe Rugby. His background is pre hospital emergency medicine, with over 24 years experience in providing frontline care, training and development.

REGISTER NOW!

BY CALLING

Peter Jones on 0761 10 2191

OR EMAILING

pjones@waterfordsportspartnership.ie

National Recreation Week

Waterford Sports Partnership, in conjunction with Waterford City and County Council, worked in partnership with the GAA to coordinate a range of activities for National Recreation Week which took place from Sunday 3rd July to Saturday 9th July. National Recreation Week is funded by the Department of Children and Youth Affairs and this year's theme focused on "Remembering 1916".



The week kicked off in Waterford with a Go Games Blitz on Tuesday 5th July in WIT Sports Arena. For the first time, both Camogie and Hurling clubs attended the blitz together with over 350 children taking part, not to mention all the referees, parents and coaches that were in attendance. Waterford Library Service supported the week by hosting two story telling events in Tramore (26 participants) on Wednesday 6th and in Ardkeen Library (13 participants) on Thursday 7th July focusing on stories from 1916, and specially the influence the "duck" had on the 1916 Easter Rising. Also on Wednesday 6th July, Colaiste na Rinne held a history talk linking the GAA to the 1916 rising as Gaeilge. Following this all students in the Colasite took part in playing GAA (hurling & gaelic football) using the 1916 rules, which turned out to be great fun and very challenging. Last but not least, there were two evening camps held in both Fraher Field (37 participants) and Walsh Park (19 participants) as part of a four week programme with participants getting the opportunity to play a number of games each week. A huge thank you to Eoin Breathnach (GAA Coaching and Games Development Officer) for co-ordinating a fantastic week of activity and to the library service that showcased two brilliant story telling events.



National Play Day

Waterford Sports Partnership, in conjunction with Waterford City and County Council supported Waterford Childcare Committee to run two events; "Explore and Discover the Outdoors" as part of National Play Day on Friday 1st July. This event is funded by the Department of Children and Youth Affairs which aimed to increase awareness of the importance of play in supporting children's physical and social development. This year's theme was "Remembering 1916", and an event was held in two locations, Walton Park and Kilbarry Nature Park. Despite the wet and windy conditions, over 88 parents and children from 1 to 10 years of age took part in the activities. The

children were all given a goody bag which contained chalk, a skipping rope, a tennis ball, paper and crayons. WSP coordinated games including hop scotch, skipping, ball coordination games and nursery rhymes which parents can recreate in the future with their children. We were delighted with the turnout. A big thank you to our Comhairle na NÓg volunteers Gearoid O'Donovan, Rebecca Hanna, Charlotte Dalton and Imelda Morrissey for their assistance in delivering this event.

For more information on National Recreation Week or National Play Day, please contact Pauline Cunningham, on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie

Tramore Parkrun

Pictured here is Mr Joe O'Connor who recently celebrated his 50th parkrun at the Tramore parkrun. Joe and his wife Ann started taking part in the 5km parkruns in Kilkenny and New Ross after being introduced to them by their family living in the UK. When Tramore parkrun started up on the 2nd of January Joe was one of the many runners and walkers taking part and has been a regular in Tramore ever since. Joe is always encouraging other participants and he has done great work throughout the year promoting the benefits of exercise and parkrun.



Tramore parkrun is one of 56 parkrun events that take place every Saturday morning throughout the country. It is organised by a team of volunteers. It is a free 5km timed event and parkrun is suitable for all ages and abilities, from beginners to Olympians. Tramore parkrun has taken place 35 times, starts on the beautiful prom in Tramore and takes in a very scenic, flat, traffic free 5km route. After finishing on the prom the participants relax over a coffee in T-bay while waiting for their times to be processed and available on line. There is a great atmosphere around the prom on a Saturday morning with lots of happy faces after completing the 5km route.

It's a great way to start the weekend and all the family can take part, even the dogs, once they are on a short lead. If you want to be like Joe and the many many other runners and walkers who take part every week check out **Facebook Tramore parkrun Waterford**, www.parkrun.ie/tramore/ register on www.parkrun.com/register/ print out your barcode and come along and take part in this free fun weekly event.

Waterford Men on the Move

THE RESEARCH - The Men on the Move Programme is a physical activity programme for men. The focus of the programme is to encourage men to get more active, have fun and improve their fitness levels through twice weekly activity sessions for twelve weeks. The programme offers men the chance to learn and take part in safe, effective exercises which are designed to suit everyone's needs. They should see both physical and psychological benefits such as improved mood, increased energy, weight loss/control and improved mobility and greater functional fitness. The twice weekly one hour physical activity sessions focus on aerobic exercises for forty minutes variety of walking and resistance exercises, and work on core strength and flexibility for twenty minutes.



In September 2015, WSP, in conjunction with WIT, the HSE and 8 local sports partnerships, conducted research on the sustained impact of the programme. All men gave measurements including weight, height, BMI, waist circumference and also completed a one mile timed walk/run. Pre programme results showed that only 10% of men were normal weight with 54% of men were at a high risk for cardio vascular disease. As a direct result of this 12 week programme, there was a 24% drop to 30% of men who were deemed at high risk for cardio vascular illness with average waist circumference falling from 106cm to 101cm and average weight falling from 92.5kg to 90.8kg. Men also reported increases in energy levels, decreases on forms of medication and improvements in mood. In September 2016, sixty seven men completed the 12 month follow up data collection. Results show that men who took part in the programme, and the follow on programme, were more likely to be physically, mentally and socially healthier.

'It is evident from the number of men taking part in the Men on the Move programme in Waterford and elsewhere, that men are really interested in improving their health and they are willing to engage with services once the approach is right for them. The Men on the Move programme is a fantastic opportunity for men to become more active in a fun and sociable environment in their own communities. There is considerable evidence to show that men, who participate in programmes such as Men on the Move, can reap benefits such as improved fitness levels, weight loss, an increase in self-confidence and mental wellbeing as well as feeling more connected and integrated with their communities. It is probable that their families and communities also benefit vicariously. It is really wonderful to see so many men in Waterford availing of this opportunity. And all it's costing them is their time!'

Paula Carroll,
Coordinator Men on the Move Project,
WIT.

SEPTEMBER 2016

The 2016 Men on the Move programme kicked off in the second week of September in Waterford City, Lismore and Dungarvan, attended by eighty two men. Health measurements including height, weight, BMI, waist circumference and a timed one mile challenge were recorded with the assistance of our Men on the Move tutors Daniel Ryan, Darragh O'Connell, Jay Walsh and Sinead Brannigan with assistance from WSP staff. These measurements will be retaken in eight weeks time to measure the effects of the programme. Over the next eight weeks, the men will set themselves goals and embark on twice weekly session to improve all areas of health. Men on the Move tutor Jay Walsh said 'There is a great buzz in the RSC for the men on the move programme and I can't wait to see the improvements from the lads in the coming weeks.'

If you are interested in the programme or want further information, please contact Peter Jones on 0761 10 2191 or pjones@waterfordsportspartnership.ie.

Community Coaching Programme

Waterford Sports Partnership facilitated a Community Coaching Programme for Jobseekers in County Waterford, to enhance employment, volunteering and further education opportunities. A total of 11 participants completed the programme and received certificates including Eleiko Weightlifting for Sports Club Coach, Level One in Weightlifting Coaching, Disability Inclusion, First Aid, Safeguarding 1, Athletics Leader and Athletics Assistant Training Coach. On Wednesday 6th July, Waterford Sports Partnership hosted a presentation afternoon for the participants who completed the Community Coaching programme and special guest Emma Jane Clarke from Sport Ireland presented them with their certificates. Funding support was provided at national level from Dormant Accounts through Sport Ireland. This programme was focused on successfully assisting unemployed people to gain qualifications in sports coaching (Weightlifting & Barbell Instructor and Athletics Coaching qualifications) and other sports coach training thereby providing opportunities to work or volunteer as coaches in the community/sports area. It will provide the participants with practical and theoretical sport-related skills to help find relevant work experience, employment or volunteering opportunities in their local community or provide a platform and motivation for further education opportunities and career progression in the sports sector.



Waterford Sports Partnership would like to thank everyone involved in supporting this programme especially Sport Ireland and the Dormant Accounts Fund, Dunhill Multi Education Centre, Waterford City and County Council, Weightlifting Ireland and Athletics Ireland who supported the programme locally. We would also like to thank all the tutors involved throughout the programme and Dungarvan Crossfit, Waterford Crossfit, Waterford Warriors Strength and Conditioning and The Kingfisher Waterford who hosted our participants on their work experience.

Safeguarding 3

– Designated Liaison Person Workshop

Congratulations to the nine people from seven different organisations who took part in our first ever Safeguarding 3 – Designated Liaison Person Workshop in Dungarvan Enterprise Centre on Monday 5th September. This is the third of three stages of the Child Welfare and Protection training delivered by WSP. Megan Duke from Waterford Marine Search and Rescue said the course was 'Informative and engaging, an amazing bunch of tutors helping to promote a better sporting culture in Ireland' with Teresa Keith from Dungarvan Taekwondo saying "The course was informative, interesting and helped me to realise how important this role is within my club".



NOW BOOKING!

Safeguarding 2 – Club Children's Officer
Monday 7th November @ 6pm
Dungarvan Enterprise Centre.

Please email Peter Jones
pjones@waterfordsportspartnership.ie
to book your place!

NOW BOOKING!

YOUR CHANCE TO TRY SOMETHING NEW!

PLACES LIMITED
BOOKING ESSENTIAL



BOXING FOR WOMEN & TEENAGE GIRLS

8 WEEK BOXING PROGRAMME FOR WOMEN & TEENAGE GIRLS

STARTING

Tuesday 4th October from 6.45 to 7.45pm

Every Tuesday & Thursday for 8 weeks

AT

St. Saviour's Crystal Boxing Club

BALLYBEG

COST

€30 per person - 8 week programme

BOOKING ESSENTIAL | PLACES LIMITED | FIRST COME FIRST SERVED

To book your place please call Pauline Cunningham on 0761 10 2682
or email pcunningham@waterfordsportspartnership.ie



www.waterfordsportspartnership.ie



Waterford Sports Partnership - Supporting Activity and Sport for All



Active Leadership

Since January 2016, we ran three very successful Active Leadership courses for FAI Futsal Students and members of TREC who are taking part in our Active Body Active Mind Programme. Active Leadership training aims to equip participants with the necessary skills and knowledge to plan, organise and lead the delivery of a safe activity session.

The course is a mixture of theory and practical work. The theory element includes safety and emergency plans, communication and planning of activities. The practical element includes planning and delivering a session to the remainder of the group. Following this, participants then receive feedback from the tutors on this element as part of their assessment.

If you are interested in taking part in one of our courses or require more information please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie



Walk Waterford is back again for Autumn 2016!

Walk Waterford is back, with five walks for Autumn 2016, the 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. **So come along bring your family and friends, County Waterford is yours to discover or rediscover!**
To find out more please contact, Pauline Cunningham, Sports Development Officer, on 0761 10 2682 /086 7837385

Date/Walk	Time/Place	Trail Details	Top 3 Highlights	Getting There
Sunday 18th September Dungarvan Railway Track	Time: 2pm Free Public Car Park off the Park Hotel roundabout.	Distance: 5km Duration: 45 mins This is one of Dungarvan's gems – a green route that follows the old Railway line.	- 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 25th September Colligan Wood	Time: 2pm Meeting at car park at woods	Distance: 3.5km looped route (optional 6km) Duration: 1 hour 15 mins There is something here for everyone, a short walk along the river, a 3.5km looped route and for those wanting an even bigger challenge there is a 6km looped trail.	- 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 to Kilbrien road. Travel 2km on this road to the car park on the left.
Sunday 2nd October Doneraile Tramore	Time: 2pm At the church car park opposite Supervalu	Distance: 4.9km Duration: 1hr 30 min. This is one of Waterford's Slí na Sláinte routes which offers majestic views over Tramore Bay and surrounds as well as interesting heritage sites on route.	- Historical features which reflect the maritime heritage of Tramore - Tranquil woodland section - Views of Tramore Bay	The car park is located on Priest's Road opposite the entrance to Supervalu.
Sunday 9th October Anne Valley Dunhill	Time: 2pm Anne Valley car park nearest the log cabin/ fishing hut.	Distance: 4.4km Duration: 1 hour The Anne Valley Walk follows the river which flows through the Anne Valley and meanders past many beautiful ponds to reach Dunhill Castle. The newly developed path allows comfortable wheelchair and buggy access with no steep slopes.	- The walk winds through forest and marshland next to the river Anne - You may see some of the many protected wildlife species such as the Heron, Kingfisher, Otter and an amazing range of other fauna & flora. - Views of Dunhill Castle	From Waterford follow N25 to Cork, follow this road past Whitfield Clinic until you see signs at a crossroads for Tramore. Take left turn on this crossroads and continue for 2.8 miles where you will meet a small crossroads signposted Dunhill. Take right hand turn at this crossroads and continue for 3.5 miles to the first car park on the left.
Sunday 16th October Durrow Greenway World Mental Heath Week	Time: 2pm Durrow Greenway Car park	Distance: 5km Duration: 1 hour The Durrow Greenway is a part of the newly developed Waterford Greenway along the old Waterford to Dungarvan Railway Track. The newly developed walk is fully accessible tarmac surface making it perfect for walking, running and cycling.	-The route goes through the Ballyvoile Tunnel and across the 7 Arch Viaduct -Beautiful views along Clonea Strand - On a clear day views along the west Waterford coastline as far as Helvic Head	<u>From Dungarvan:</u> take the coast road towards Tramore, past Clonea, Ballyvoile, Stradbally turnoffs, keep going straight on, until you reach the car park on left opposite O'Mahony's Pub on right <u>From Waterford City:</u> Take N25 towards Dungarvan, turn off at Kilmacthomas/Bunmahon, head for Stradbally, car park on your right opposite O'Mahony's pub on your left.

National Bike Week 2016

National Bike Week 2016 took place from Saturday 11th to Sunday 19th June, with bike related events taking place right around the country.



Waterford was no different and in fact, we have a very strong tradition where Bike Week is concerned. In all there were thirty seven events that took place right across Waterford City and County over the course of the week to suit all ages and fitness levels involving 32 groups and 3856 participants. The week is funded by the Department of Transport, Tourism and Sport targeting those new or returning to cycling or those who just want to enjoy a leisurely spin with friends and family.



Waterford City Events - Out of the thirty seven events, nine were open to the public, with the first event kicking off on Sunday 12th June with the Dawn Cycle. Fifteen eager and enthusiastic cyclists gathered in the RSC as we took a leisurely spin along the newly developed Green Route to Tramore. When we reached Tramore, participants were given a well earned light breakfast provided by T-Bay Surf Club who opened up specifically to cater for this event. On Wednesday 15th June, we had our National Lunch Time Cycle with nearly forty participants using the new bike lanes along Waterford Quays as we completed an 8km cycle to Grannagh and back to the Munster Bar for a light lunch. On Friday 17th June, the RSC was a hive of activity as over four hundred children took part in our annual Cycling Festival which was run by South East Cycles. Schools who took part in the Safe Cycling programme earlier in the year were invited to take part and put their newly learned skills into use as they took on fun obstacle courses and activities.



Waterford County Events - In total, twenty five events took place in the county involving 2317 participants from schools, adult education centres, childcare centres and youth groups. WSP assisted groups with events such as bike picnics on the beach, greenway cycle events, cycle tours, bike maintenance courses and much, much more. We also organised a number of public events in conjunction with Waterford City & County Council; On Wednesday 15th June, eighteen participants took part in a lunch time cycle in Dungarvan. On Sunday 19th June, the well established Dawn Cycle saw sixty five participants enjoy fantastic views along the Dungarvan coastline. The 15km and 25km routes provided an opportunity for cyclists of all abilities to enjoy near car free roads, ending with a well deserved breakfast in Sip and Surf.

Well done to all those who organised events around Waterford City and County and to all those who took part in what was an excellent week. Roll on next year!!



Sean Kelly Tour of Waterford Youth Challenge 2016 Waterford County Comhairle na nÓg

On the 21st of August, ten Waterford Comhairle na nÓg members took part in the 50km Cruise as part of the Sean Kelly Tour of Waterford Youth Challenge with six of the members cycling the Sean Kelly for the first time. The aim of the Youth Challenge is to promote and increase cycling among young people through preparation for the 50km Kelly Cruise. The programme, funded by Sport Ireland was offered to Comhairle na nÓg members in Waterford City and County. The participants took part in six training sessions tutored by Peter Jones, Teresa Fennell and Brian O'Neill.

Participant Lydi Ni Sea said "It has been a proud achievement to have finished the 50K. I really enjoyed the training sessions and volunteering!" with Charlotte Dalton saying "The Sean Kelly has a very inclusive and positive atmosphere with plenty of friendly people ready to help you with anything you need. It's an experience like no other that everyone should try." We were delighted that the participants also said that the training has been beneficial to their road confidence, particularly cycling in groups and in traffic situations. Well done one and all!





2016 ROUTES	TOTAL CYCLISTS	WATERFORD CYCLISTS
12k	1,101	622
50k	1,331	730
100k	1,801	530
160k	1,412	267
TOTAL	5,645	2,149 (38%)

GETTING DOWN TO STATS

Take a look below at some of the statistics for the event that tell the story of the Sean Kelly Tour's success over the past ten years.

ROUTE	50/100/160k CAPPED									
	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
10k/12k				674	1,007	1,328	1,461	1,528	1,441	1,101
50k	205	418	734	903	1,141	1,430	1,497	1,414	1,407	1,331
90k/100k	385	728	1,063	1,477	1,695	1,991	1,855	1,909	1,960	1,801
160k	328	709	1,007	1,356	1,438	1,547	1,689	1,677	1,642	1,412
Total	918	1,855	2,804	4,410	5,281	6,296	6,502	6,528	6,450	5,645
% +/- on previous year		102%	51%	57%	20%	19.2%	3.3%	0.4%	-1.2%	-12.5%

Ten Year anniversary of the Sean Kelly Tour of Waterford!

"This year we celebrated ten years of the Sean Kelly Tour of Waterford! A lot has changed in the cycling landscape in County Waterford since we started planning the first Sean Kelly Tour back in 2007. It would be fair to say cycling has become much more normalised – it's not just for the elite or club cyclist. Men, women and children of all ages and abilities are out on bikes around the county and in the lead up to the Sean Kelly Tour every year the numbers out cycling visibly increase. Having an event like this that Waterford people can aim for, train for and plan for really makes a real difference along with the other projects and initiatives, clubs and groups promoting cycling in the area. The new Waterford Greenway is nearing completion and certainly the beauty and safety of this new piece of infrastructure has encouraged many people to get back on bikes this Summer. It will bring many new cycling and walking visitors to County Waterford in the future and most importantly, will make it easier for Waterford people to get out and active.

Whilst the weather could have been better this year, it didn't dampen the spirits of all the participants. Thankfully, the rain which threatened the 12k event didn't come until it was over, and the event was a great success. This event gives many families who are new to cycling and many children starting out as independent cyclists the chance to come out and enjoy a great family day of activity and create a really positive cycling and sporting memory. The three Sunday events – 50k, 100k and 160k, all got underway before the rain came which was a great help.

We were delighted to have our Bike for Life Programme participants and the SKT Youth Challenge Programme participants from Comhairle na nOg taking part following their training programmes. It was great to see many former programme participants who have continued cycling take on the 100k challenge this year. Our Balance Bike programme in pre schools and schools, cycling training programme in schools and Bike Week activities also help to promote and support safe cycling in Waterford.

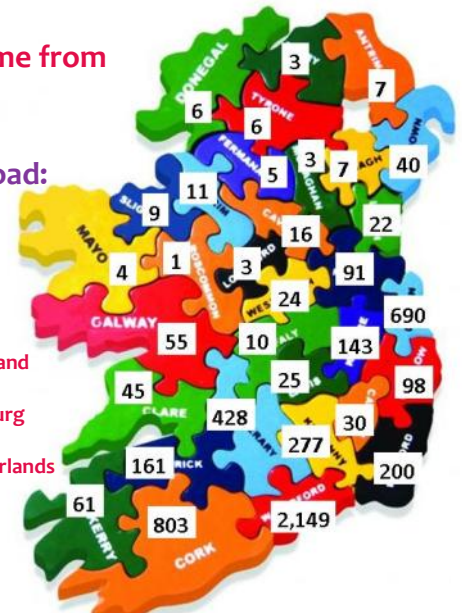
I wish to thank all our partners, sponsors and supporters for their continued support and association with the event. Special mention, as always, goes to the SKT Team of volunteers without whom this event could not happen. Many of our volunteers have been with us since 2007 and continue to give a warm and friendly welcome to all participants. Thank you to all our volunteers, old and new, for making the event such a great success."

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

Town/Area	12km	50km	100km	160km	Total
Aglis	5	1	0	0	6
Ardmore/Grange	8	10	9	4	31
Ballinamult/					
Ballymacarbry/Nire/	8	13	8	5	34
Touraneena/Kilbrien					
Bonmahon	6	4	3	4	17
Cappoquin/Affane/					
Modeligo/Cappagh	21	37	24	14	96
Carrick on Suir	6	38	13	11	68
Cheekpoint/Faithlegg		2	1	1	4
Clashmore	11	12	10	4	37
Dungarvan					
& Surrounds	365	271	135	66	837
Dunhill/fenor/annestown	19	9	13	7	48
Dunmore East	12	10	8	3	33
Kill	4	9	5	6	24
Kilmacthomas	6	53	21	10	90
Kilmeaden/Butlerstown		15	10	7	32
Kinsalebeg		1	0	0	1
Knockanore/Tallow	4	3	5	1	13
Lemybrien/Kilrossanty/					
Mahon Bridge	17	21	10	6	54
Lismore	4	33	11	7	55
Passage East		1	4	2	7
Portlaw	19	6	19	23	67
Rathgormack/Clonea					
Power	6	0	0	0	6
Ring/Old Parish	15	21	10	7	53
Stradbally	18	29	6	6	59
Tramore	23	28	41	19	111
Villierstown		2	0	0	2
Waterford City	45	101	164	54	364
Total	622	730	530	267	2,149

Participants came from 32 counties!
68 participants came from abroad:

- 49 from the UK
- 4 from the USA
- 3 from Germany
- 2 from Australia
- 2 from Canada
- 2 from Denmark
- 2 from New Zealand
- 1 from Belgium
- 1 from Luxembourg
- 1 from Spain
- 1 from the Netherlands



SEAN KELLY TOUR OF WATERFORD 2016 - CELEBRATING 10 YEARS!



2016 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
September 2016				
Saturday 24 th & Sunday 25 th September	Irish Heart Foundation - Community Walking Leader Training	9am to 5pm 9am to 2pm	€50	Rainbow Hall, Kilmacthomas, Co. Waterford
Monday 26 th September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
Wednesday 28 th September	Balance Bike Training for Primary School teachers	1 to 3pm	€100 per school (covers hire of bikes & training)	Carrickphierish Sports Hub
October 2016				
Thursday 6 th October	Balance Bike Training for Primary School teachers	1 to 3pm	€100 per school (covers hire of bikes & training)	Dungarvan Sports Centre
Monday 10 th October	WSP Club Development Seminar Series - Minding Your Mental Health	6.30 to 9pm	FREE Booking Essential See Page 7	WIT Sports Arena - Carriganore
Monday 17 th October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Dungarvan Enterprise Centre, Main Street, Dungarvan, Co. Waterford
Saturday 22 nd October	Remote Emergency Care First Aid Course	9 to 5pm	€45	The Park Hotel, Dungarvan
Tuesday 25 th October	Disability Awareness in Sport Training for Primary School and Pre School Teachers	2 to 5pm	€5pp	Civic Offices, Dungarvan
November 2016				
Monday 7 th November	Safeguarding 2 - Club Children's Officer Training	6 to 9pm	€15	Dungarvan Enterprise Centre, Main Street, Dungarvan, Co. Waterford
Monday 14 th November	WSP Club Development Seminar Series - Simple Video Analysis for Sports Coaches	6.30-8.30pm	€5pp Booking Essential See Page 7	Room G19 WIT Cork Road Campus
Monday 21 st November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6.00-9.00pm	€15pp	Regional Sports Centre

Further information on courses and application forms can be downloaded from our website

www.waterfordsportspartnership.ie

Please feel free to contact the office on 0761 10 2194/0761 10 2682
to request an application form or further information

Exciting Times for Waterford! Waterford Greenway opens from Kilmacthomas to Dungarvan

The Kilmacthomas to Dungarvan section of the Waterford Greenway opened for use to the public on Friday, September 23rd.

The 23 kilometre section of the dedicated walking and cycling path is the first phase of the multi-million euro project to be opened for use. The full 46km Waterford Greenway route – stretching from Waterford City to Dungarvan – will be launched in its entirety in Spring 2017, to coincide with the tourism season.



The first section of the project runs from the village of Kilmacthomas along the disused railway corridor to the town of Dungarvan. There are several access points along the route, with car parking facilities at Kilmacthomas (Workhouse and Mill), McGrath's Cross, Shanacool, Scartore and Dungarvan. Speaking on the section opening, Director of Services at Waterford City & County Council, Lar Power said: "We are delighted that the Kilmacthomas to Dungarvan section of the Greenway is now open to the public for use. The route is *safe* and fully accessible for everyone, including cyclists, walkers, families with children, and both young and old. The Greenway is a terrific facility, not just for the people of Waterford, but for the whole country and for international visitors."

Greenway users are urged to follow the recommended 'code of respect', by keeping to their left, passing others on the right and to bring all litter home with them. Cyclists are asked to ring their bells and cycle at a safe speed. Dogs should be kept on a short lead, and dog owners are asked to clean up after their pets. Motorised vehicles and horses are not permitted on the Waterford Greenway.

The Waterford Greenway is being developed by Waterford City & County Council with the co-operation of local property owners, the support of communities along the route, and with supporting funding from the Department of Transport, Tourism and Sport.

Maps of the Waterford Greenway will be made available from the Tourist Information Offices in Waterford City and Dungarvan, the Lismore Heritage Centre, the Bishop's Palace, Medieval Museum, and in hotels and other accommodation providers across the city and county.

The remainder of the Waterford Greenway is currently being completed with an official launch to take place in Spring of 2017 to tie into the start of the tourist season.

OPENING SOON

Waterford Greenway

**Respect the Greenway and all its users
This is a shared use Greenway**

ALL USERS	KEEP LEFT AND PASS ON RIGHT Bring litter home Listen for bicycle bells
CYCLISTS	Ring your bell Cycle at a safe speed
DOG WALKERS	Keep dogs on a short lead Clean up after your dog

Your safety is our concern but your responsibility

In case of emergency call 999/112
To report Greenway conditions requiring maintenance, call Waterford City & County Council at **0761 10 21 69** or email waterfordgreenway@waterfordcouncil.ie



Thank you for respecting the Waterford Greenway



A map of the Waterford Greenway can be downloaded from www.visitwaterfordgreenway.com. Further information and updates will also be available from the website, on Facebook @WaterfordGreenway and on Twitter at @WaterfordGrnWay.



Multi Sport Summer Camp

We ran a four day summer camp at the Sports Hub for 34 children (9 to 13yrs) from 5th-8th of July from 11am to 2pm each day. The camp which was organised and supervised by WSP and Northern Suburbs Community Youth Project was funded with Dormant Accounts Funding through Sport Ireland to provide an affordable camp for children living in the Carrickphierish and Gracedieu area. The children took part in a variety of activities including cycling with Donal Jacob, hurling, camogie and football with Waterford GAA Coaching and Games Development, tennis with tennis coach Mark White along with basketball, dodgeball and football throughout the week.



Basketball Summer Camp

Congratulations to the 50 children who participated in the “Hoopz Kidz Basketball Camp” in Carrickphierish Sports Hub from Monday 18th to Friday 22nd of July. Well done to basketball coach Joe Byrne and his team of coaches for the fun skills and drills introduced to the children throughout the week. Every day the children finished off with basketball matches and it was super to see their improvement through the week. On their final day Waterford Vikings Basketball Club Coach Shirley Fennelly came in to speak to the children about Waterford Vikings Basketball Club and gave them information about the club and how to join. Well done to everyone involved, we would love to see the children continue playing basketball.



FAI Summer Camp

Thirty two children took part in the FAI Summer Camp in Carrickphierish Sports Hub from the 2nd – 5th of August 2016. This camp which was funded with Dormant Accounts Funding through Sport Ireland was organised by Waterford Sports Partnership and Northern Suburbs Community Youth Project for children aged 10-15yrs in the Carrickphierish and Gracedieu area.

FAI coaches Paul Westwood and Thomas Croke delivered new skills, drills and games to the children every day and at the end of the week everyone received a certificate of participation. Waterford Sports Partnership would like to thank Northern Suburbs Community Youth Project and the FAI for their support throughout the summer.



GAA Summer Programme

WSP's Hub Development Officer and Waterford GAA Coaching and Games Development organised two GAA days over the summer for children aged 4-9yrs in Carrickphierish Sports Hub. Twenty eight children took part in these two days of activities, one on the 27th of July and one on the 11th of August. Waterford GAA Coaching and Games Development provided two coaches who delivered fun training and games to the young children. The GAA afternoons from 3-5pm consisted of fun games, gaelic football and hurling/camogie. All children are invited back to participate in GAA games starting on the 29th of September in the Hub. This Programme was funded with Dormant Accounts Funding through Sport Ireland. Waterford Sports Partnership would like to thank Waterford GAA Coaching and Games Development for their support throughout the summer.



Girls Summer Programme

Over the summer, 14 girls aged between 12 – 16 years participated in 2 x 2.5hour workshops. These workshops included a mix of cardio and strength & conditioning. Week 1 comprised of Kangoo jumps and toning with fitness coach Barry O'Connor. Week 2 was circuit training with Barry O Connor and yoga/pilates. The girls really enjoyed this and we are now starting a teenage girl's fitness class starting Tuesday 27th of September from 6-7pm for four weeks. All teenage girls welcome.



ACTIVITIES CURRENTLY RUNNING AT THE SPORTS HUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 - 8pm Toning & Fat Burning Class	6 - 7pm Girls Fitness Class 12-16yrs	7 - 8pm Basketball U13 & 15 girls	2.40 - 3.40 After School Sports Club	Sports Club for children with Physical Disabilities Contact: Pauline Cunningham on 0761 10 2682	9.30 - 10.30am Céilí Dancing	10.30am - 12pm Basketball U14 & U15 boys beginners
8 - 9pm Soccer Drop In 11 to 15yrs	7 - 8pm Basketball U12 boys	8 - 9pm Basketball U14 & U15 boys	5 - 6pm GAA 5-9 yrs Boys & Girls		10.30am - 12pm Irish Dancing	
	8 - 9pm Basketball U18 girls		6.30 - 7.30pm FAI Drop In Over 18's Male		1 - 2pm Basketball U13 & U15 girls	
			7.30 - 8.30pm Basketball U16 & U18 boys		2 - 3pm Basketball Beginners	
					3 - 4pm Basketball U12 boys	
					4 - 5pm Basketball U16 boys	
					5 - 6pm Basketball U18 boys	



For further information or if you have any questions in relation to the Sports Hub please contact:

Mary Doyle, Hub Development Officer on 0761 102619 or email mdoyle@waterfordsportspartnership.ie

FIND Carrickphierish Community Campus on Facebook



GFL Target Games

Well done to the 36 participants who took part in our second GFL Target Games for adults with a disability on Wednesday 22nd June. GFL Target Games is a series of three target games called 'Lobbers' (adapted from petanque and boules), 'Flisk' (adapted from horseshoe pitching), and Scidils' (adapted from ten pin bowling) and is suitable for PAN Disability. The games were run in partnership with Cill Barra Sports Centre and proved to be a huge success with groups travelling from as far as Youghal to take part.

Our next GFL Target Games will take place on **Wednesday 12th October in Cill Barra Sports Centre from 11am-12.30pm and costs €2pp. Places are limited and it is important that groups book their place in advance by contacting Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie**



Boccia

Over twenty participants took part in our June Boccia Blitz in Cill Barra Sports Centre. Although the numbers were slightly low, the hall was a hive of activity with groups coming from Carriglea, St. Rapheals (Youghal) and Brothers of Charity. WSP is teaming up with Rehab Care to run our next **Boccia Blitz on Wednesday 7th December from 11am – 2pm**. This blitz will be slightly different as it is being sponsored by Rehab Care and groups will have to register teams of three in advance of the blitz. Organisations can register as many teams as they wish and all is required

of the staff is they give a helping hand with some refereeing.

If you are interested in taking part and would like to register your teams please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie

Walking for All

WSP ran an exciting new walking programme during July and August. Organisations were given the opportunity to take part in three fortnightly fully accessible led walks. The aim of the walks was to showcase some of Waterford most beautiful walking trails that the groups can visit in their own time.

Our first walk was along the beautiful Dungarvan Railway track on Wednesday 20th July with over thirty three service users and staff. The walk was led by WSP staff and participants had the option of completing a 2km or 3.5km route. After the walk, participants enjoyed a well deserved tea and scone in the Waterford Council Canteen, where they had the opportunity to chat to several council workers. Participants were delighted to get such a friendly welcome in the Council Canteen and thanked Marion and the two Helens for looking after them so well.

Our second walk took place on Wednesday 3rd August on the popular fully accessible Anne Valley Walk in Dunhill. Thirty six eager and enthusiastic participants attended this 4.4km walk, as they explored all the Valley had to offer. As the sun beamed down, participants were particularly lucky on this day as they had the opportunity to see beautiful swans, a heron and most importantly all the hidden fairy doors. After the walk, participants ventured up to Dunhill Eco Centre where they had a beautiful lunch, followed by a tour of the garden tunnels. A huge thank you to Sharon, Martina and all the staff in Dunhill Eco Centre who organised lunch and the tour, everyone had a very enjoyable day.

The last walk of the programme took place in Kilbarry Nature Park on Wednesday 17th August, with over forty five participants. Participants were spoilt for choice as they had a variety of different paths to choose from as they explored all the park had to offer.

Participants could not believe that this little gem was hidden in the heart of Waterford City, as they explored the 2km route.

A big thank you to all the groups who took part in our walking programme and a special mention to all those that catered for our groups post walk for the well earned cup of tea.



Stephen Burns Social Soccer Blitz

Thirty five participants from Rehab Care Waterford, Rehab Care Clonmel, Brothers of Charity Tory Services and Cariglea Chairde Services took part in the Stephen Burns Social Soccer Blitz. The Blitz was organised by Stephen Burns and staff from Rehab care and facilitated by WSP and the FAI on Thursday 1st September in the Kingfisher Club Waterford.

Five teams took part in the blitz and all games were very competitive. Tory Services and Rehab Care Waterford were in what can be described as a very tense and exciting final on the day ending in 1-1 draw, which meant only one thing PENALTIES!! Three participants from each team were nominated to step up and take a penalty for their team, and like the final this went down to the very last penalty kick with Rehab Care coming out victorious on a score line of 3-2. All participants and supporters were then invited back to Rehab Care Waterford for light refreshments and medal presentations.

A big thank you to Stephen Burns and his family who sponsored the blitz, and to all the supporters who came along to watch. Well done to all involved, we are looking forward to next year already.

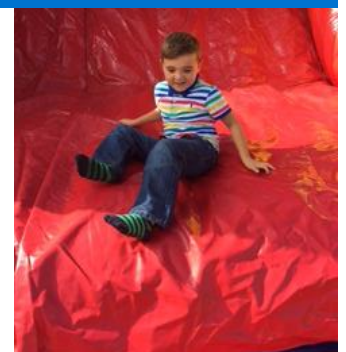


DOP Gym Programme

WSP teamed up the University Hospital Waterford to run two taster sessions for service users within the Department of Psychiatry (DOP). Over the two weeks seven service users and three staff took part in two basic circuit sessions mixing cardio and weights. Staff in the DOP will copy the plan and continue to roll out physical activity each week in the service. WSP will work with the DOP in early January and show staff how to use cardiovascular equipment that the unit has purchased. Well done to all involved and to Niall Devereux who led the sessions receiving excellent feedback from services users, making a real difference in their daily lives.

WASSA Family Fun Day

On Saturday 10th September WSP assisted WASSA in organising their annual family fun day in the Regional Sports Centre. Over fifty children along with their family and friends attended on the day. With the sun beaming down, participants had the opportunity to try out two bouncy castles, archery provided by local club Na Loach Dall, rugby provided by Munster Rugby, soccer provided by Gary Power, FAI Development Officer and Muai Thai provide by John Walsh, Waterford Muai Thai along with the odd ice cream or two!! The day was hugely successful and a big thank you must go to all the clubs and volunteers who provided an excellent variety of activities on the day.



If you have a child with autism and would like more information on joining WASSA please contact Pauline on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie

Sports Ability Forum

On Monday 15th August, WSP held its first Sports Ability Forum meeting in the Viking Hotel. We had excellent attendance for our first meeting with representatives from IWA Sport, IWA Waterford, SHBI, CRC Waterford, FAI, GAA and Munster Rugby. The aim of the forum is to meet every quarter as a way for organisations to network, form partnerships and discuss physical activity opportunities in Waterford. The forum also decided to set clear objectives each year with this year's objective to set up a sports club for children with a physical disability in Waterford.



We would welcome new members on this forum, if you or your organisation would like to be part of this please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie

Special Olympics Training

On Monday 12th September, WSP ran a mini active leadership training with twenty new volunteers from the Dungarvan Special Olympics Club. All twenty volunteers were new to the club and were volunteering as part of their Gaisce Award with the Ard Scoil. Training was delivered by WSP Sports Development Officer Pauline Cunningham and was all practically based, with participants having the opportunity to plan their own coaching sessions. Well done to all those who took part, looking forward to seeing you put your skills into action.



**The Dungarvan Special Olympics Club meets every Tuesday at 5pm
in Dungarvan Sports Centre**

The Club caters for boys and girls with an intellectual disability

If you would like more information on the club please contact Pauline on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie

Summer Camp Assistance

The provision of Special Needs Assistants enabled forty children from Waterford City and County to attend one of six camps (Kingfisher Camp, WIT Camp, GAA Cul Camps, FAI Soccer Camp, Clonea Sea Breeze and Cappoquinn Community Camp) this summer. The camp was part funded by a HSE South East Grant along with additional funding and sponsorship from Waterford Area Partnership. The summer camp assistance programme caters for boys and girls up to 14 years with a mild to moderate disability. This is an excellent programme giving children the opportunity to attend a mainstream summer camp along with siblings and friends. **If you would like more information on this programme please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie**

Multi Sport for Adults with a Disability

Our new multi sport programme for adults with a mild to moderate disability are proving to be a huge success with twenty six participants taking part in March and a further thirty five participants in June. Participants have the opportunity to try out a variety of sports such as basketball, soccer, hockey, volleyball, parachute and much more. Our next multi sport event takes place on **Wednesday 9th November at 11am in Cill Barra Sports Centre**. **If you or your organisation would like to take part or require more information please contact Pauline on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie**



DISABILITY CALENDAR OF PROGRAMMES & EVENTS

Date / Time / Venue	Course/Event	Suitability	Cost	Booking
SEPTEMBER				
Thursday 22nd September 6.30 to 8.30pm Carrickphierish Sports Hub	Parents Meeting & Come and Try it Taster Session: Aim of this is to ascertain if there is enough interest in the Waterford area to start up a sports club for children with a physical disability and their siblings.	Parents of children (4-18) with a physical disability	FREE	Please contact Pauline (Details Below)
Tuesday 27th September @ 10.30am Glenshelane Woods Cappoquin	Walk for Life 5km Challenge - These walks will give people a chance to get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside	Mild to Moderate (Non accessible walk)	€3pp (includes tea/coffee & scone)	Booking Essential Please contact Pauline (Details Below)
Thursday 29th September 1pm to 2pm Kingfisher Club Waterford	Social Soccer -Social soccer offers something for all participants. Two groups will be formed based on the participants' ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate – severe take part in fun activities and game indoors in the sports hall	Mixed Ability	€2pp	Please contact Pauline (Details Below)
OCTOBER				
Tuesday 4th October @ 10.30am Tramore Beach Walk – meeting at the Promenade (Dooleys Side)	Walk for Life 5km Challenge These walks will give people a chance to get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside	Mild to Moderate (Non accessible walk)	€3pp (includes tea/coffee & scone)	Booking Essential Please contact Pauline (Details Below) by Friday 30th September.
Tuesday 11th October @ 10.30am Colligan Woods, Dungarvan	Walk for Life 5km Challenge These walks will give people a chance to get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside	Mild to Moderate (Non accessible walk)	€3pp (includes tea/coffee & scone)	Booking Essential Please contact Pauline (Details Below) by Friday 7th October.
Wednesday 12th October 11am to 12.30pm Cill Barra Sports Centre	GFL “The Games” Go for Life “The Games” is a series of three target throwing games called Lobbers, Flisc and Skiddle. This game can be played in singles, pairs and teams.	Mixed Ability	€2pp	Booking Essential Please contact Pauline (Details Below) by Monday 10th October
Tuesday 18th October @ 10.30am Anne Valley Dunhill	Walk for Life 5km Challenge - These walks will give people a chance to get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside	Mixed Ability (Fully Accessible Walk)	€3pp (includes tea/coffee & scone)	Booking Essential Please contact Pauline (Details Below) by Friday 14th October.
Tuesday 25th October @ 10.30am Waterford Greenway, Durrow	Walk for Life 5km Challenge - These walks will give people a chance to get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside	Mixed Ability (Fully Accessible Walk)	€3pp (includes tea/coffee & scone)	Booking Essential Please contact Pauline (Details Below) by Friday 21st October.
Thursday 27th October 1pm to 2pm Kingfisher Club Waterford	Social Soccer - Social soccer offers something for all participants. Two groups will be formed based on the participants' ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate – severe take part in fun activities and game indoors in the sports hall	Mixed Ability	€2pp	Please contact Pauline (Details Below)
NOVEMBER				
Wednesday 9th November 11am to 12.30pm Cill Barra Sports Centre	Multi – Sport -Multi sport is aimed at more active participants. It will involve a variety of activities such as; basketball, caman abu, volleyball, parachute, circuit, swiss ball soccer and much more.	Mild – Moderate	€2pp	Booking Essential Please contact Pauline (Details Below) by Monday 7th November
Thursday 24th November 1pm to 2pm Kingfisher Club Waterford	Social Soccer - Social soccer offers something for all. Two groups will be formed based on the participants' ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate – severe take part in fun activities and game indoors in the sports hall	Mixed Ability	€2pp	Please contact Pauline (Details Below)
NOVEMBER				
Date: Wednesday 7 th December Time: 11am – 2pm Venue: Cill Barra Sports Centre	Boccia Blitz - Boccia is a target ball game similar to bowls or petanque., ideal for mixed ability participants. Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls – coloured red or blue as close as they can to a white target ball, or jack.	Mixed Ability	€2pp	Booking Essential Please contact Pauline (Details Below) by Monday 5th December

Contact Pauline Cunningham our Sports Inclusion Disability Officer by phone on 0761 10 2682 or by email pcunningham@waterfordsportspartnership.ie

Soccer for Girls - Mercy Primary School

In partnership with the FAI and project Futsal, a four week Soccer programme was implemented for 11 classes in the Mercy National School. Due to the availability of the coaches, each half hour session could cater for two classes at a time. Drills included fun games such as Wolves v Sheep, Traffic Lights, Street Soccer. Olympic Handball, Ladders, Lapper Ball and Simon Says to name a few. As a result, the Mercy school entered a team into the Jack Kennedy Cup-a local schools Blitz. Special thanks to the FAI and Project Futsal for delivering an excellent, fun activity that the girls thoroughly enjoyed.



Learn to Swim Programme

Two boys from St. Paul's Community College took part in a six week Swim Programme, facilitated by Brian Walsh from Kingfisher Leisure Club. The boys were given excellent swimming tuition by Brian and showed great improvements over the six weeks. Such was the success of this programme; it was repeated for two young adult girls from WYTEC. Thanks to Brian for facilitating two excellent swim programmes.

For further information swimming lessons for beginners, contact Brian O'Neill, Youth Sports Development Officer on 086-0201219 or boneill@waterfordsportspartnership.ie

Diversion Boxing- TYRE Youth Project

Ten members (14-17yrs) and two project workers from the TYRE project Tramore took part in a six week Boxing programme, facilitated by Seamus Cowman of St. Paul's Boxing Club. Every Wednesday the boys and girls made their way into St. Paul's Boxing Club where Seamus put the lads through their paces. The participants were shown the skills of Boxing, as well as a number of fitness exercises that Boxers incorporate into their training routine. The training consisted of a warm-up, shadow boxing, fitness work, bag work, pad work, circuit training and a cool down. The work ethic and effort put in was second to none which was great to see, so well done guys! Seamus was impressed with the improvement within the group over the six weeks, particularly with their work ethic. Well done all!



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

Cardio Tennis-TYRE Youth Project

Eight young people (15-17 yrs) from the TYRE Youth Project in Tramore took part in a four week Cardio Tennis Programme at the Kingfisher Leisure Centre Tennis courts. Cardio Tennis is a fun way to get a high intensity physical activity session, whilst also learning the skills of Tennis. Facilitated by local Tennis coach, Mark White, the session consisted of learning the basic stance and Tennis grip. This was followed by a number of drills that included shots from various areas of the court, backhand, forehand, drop shots, volleys and smashes. Thanks to Mark for facilitating a fun, active session.

For further information on Cardio Tennis, contact Mark White on 087 4667768.



St. Paul's and Waterpark National Schools - Activity Weeks

St. Paul's and Waterpark National Schools held their activity days before the schools closed for the holidays. Many sporting activities were on offer for both schools such as Soccer, Basketball, Tag-Rugby, Boxing Fitness and Fun Games. Great to see both schools offered a range of activities that caters for all fitness and skills level for the students. Well done to both schools for organising two great events.



Primary Schools Basketball

In partnership with the School Completion Programme, 6th, 5th & 4th class students from St. Saviours's and St. Paul's National Schools each completed a 6 week Basketball Programme .

The Programme was facilitated by Eoin, a project worker from the School Completion programme, the students were introduced to the basic fundamentals of the game. Eoin also incorporated some fun games over the six weeks. Great to see such enthusiasm and competition amongst the students throughout the programme. Thanks to Eoin from School Completion for delivering a fun, exciting programme.



Street Soccer Camp - Dungarvan

In partnership with the FAI, thirteen young people (7-11 yrs) took part in a Street Soccer Camp, facilitated by Dungarvan United at their venue in July. Over the three days (10.30am-1pm) the young people took part in various games that would enhance and develop their soccer skills. The camp has now planted the seed for organizing a Street Soccer League for young people next summer for communities in Dungarvan. Thanks to Dungarvan United for the use of their venue and to Steven and Andrew for facilitating a fun, safe activity.



Mini Active Leadership

Waterford Sports Partnership held a Mini (3 hour) Active Leadership Workshop for twelve junior leaders/coaches from the School Completion Programmes/ Waterford City Rugby Club. These junior leaders went on to assist with activities during the School Completion's and Waterford City Rugbys Club's Summer Camps over the summer. The course covered theory-based topics such as leader qualities, safety and awareness, lesson planning, leader responsibilities and etiquette. Participants were then shown how to implement activity sessions that included warm ups, activity fun games and a cooldown. They were then given the opportunity to plan and deliver an activity session themselves. Thanks to Manor St. John Youth Service for the use of their venue and well done with the Summer Camps guys!



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

Active Body Active Mind (ABAM)

This new initiative in conjunction with TREGO, enabled the Active Body Active Mind Programme to become accredited. Twenty one participants (including 3 project workers) completed the Active Body-Active Mind Programme. This 11 week Health Related Fitness programme is an accredited QQI Award, including two minor QQI awards in Health Related fitness and Personal Effectiveness. To gain this award, participants covered a number of topics such as anatomy and physiology, lifestyle habits, communication, benefits of exercise, team building, session planning, active leadership and nutrition. They also took part and wrote up a log of a number of activities they took part in such as Soccer, Boxing, Aerobics, Spinning Class, Rugby, Surfing, Tennis, Muay Thai, Circuit Training and Yoga. They also gained the Active Leadership Award (a certified course from Sport Ireland). Well done guys.



Comhairle na nÓg Team Building Day

Waterford Comhairle na nÓg recently embarked on a Team Building session at Carne Beach, Co. Wexford. On day two, WSP facilitated a two hour Team Building workshop on a fantastic sunny summer's day. This included a number of tasks and fun games designed to develop communication and leadership skills among the group. Great to see such an enthusiastic bunch (despite only having 4 hours sleep the previous night!) get involved in all the activities. Waterford Comhairle na nÓg seems to be going from strength to strength each year- and this year is no exception! Well done guys.



FREE Bike Repair Workshop

In partnership with TREO, a FREE BIKE REPAIR WORKSHOP was organised as part of National Bike Week in June. Twenty three bikes were assessed over a three hour period for members of the public. Special thanks to TREO for repairing the bikes and also to the Community Gardai who were present on day, informing people the importance of safe cycling.



Re-engaging programme

A participant from TREO received a temporary Gym membership voucher for Crystal Sports and Leisure Centre. The Re-Engaging Programme assists people in returning to physical activity, as in this case Gym membership.

For further information on this programme, contact Brian O'Neill on 086 0201219 or boneill@waterfordsportpartnership.ie

YOUTH COACHING FUND

The Youth Coaching Fund, set up by the Youth Sports Development Officer, supports club volunteers in gaining a coaching accreditation that will permit them to coach underage teams. Funding is now available for young people who wish to get involved in coaching. Participants must be over 16 years of age and their club must be affiliated to a NGB.

For further information contact: Brian O' Neill on 086 0201219 or boneill@waterfordsportpartnership.ie

Coming soon . . .

- Operation Motivation
- Schools Archery
- Athletics
- Swim for Beginners
- TY FAI Kickstart Coaching
- Diversion Boxing
- Gym Education
- Education/Training Soccer League

USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
Athletics Ireland	Colin Byrne	087 0632326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
Association of Irish Powerchair Football	Donal Byrne	087 4117911	donal.byrne@cheshire.ie	
Badminton Ireland	Norma McIntyre	01 8393028	nmcintyre@badmintonireland.ie	www.badmintonireland.ie
Basketball Ireland	Ciaran O'Sullivan		cosullivan@corksports.ie	www.basketballireland.ie
Camogie Association	Kathleen Egan	087 6415485	kathleen.egan@camogie.ie	www.camogie.ie
Confederation of Golf in Ireland	Jennifer Hickey	087 6644189 01 502070	jennifer@cgigolf.org	www.cgigolf.ie
Cricket Ireland	Jim 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
Down Syndrome Waterford		087 6057069	info@dsiwaterford.ie	www.dsiwaterford.ie
Football Association of Ireland	Gary Power Michael Looby	086 3883850 087 0508623	gary.power@fai.ie michael.looby@fai.ie	www.fai.ie
Gymnastics Ireland	Garrett Buckley	01 6251125	garrett@gymnasticsireland.com	www.gymnasticsireland.ie
Gaelic Athletic Association	Eoin Breathnach	087 9219345	eoin.breathnach@games.gaa.ie	www.gaa.ie
Irish Amateur Boxing Association	Gerry O'Mahony	087 7545100	info@iaba.ie	www.iaba.ie
Irish Road Bowling Association	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
Irish Rugby Football Union	John O'Neill Amanda Greensmith	086 8207752 086 0218320	johnoneill@munsterrugby.ie amandagreensmith@munsterrugby.ie	www.irfu.ie www.munsterrugby.ie
Irish Sailing Association	Sarah Louise Rossiter	087 9390488	sl.rossiter@sailing.ie	www.sailing.ie
Irish Water Safety	Colin Kehoe	051 849731	ckehoe@waterfordcouncil.ie	www.iws.ie
Irish Wheelchair Association	Paul Ryan Nicky Hamill	087 1371333 01 8186400	paul.ryan@iwa.ie nicky.hamill@iwa.ie	www.iwa.ie
Ladies Gaelic Football	Mary Halvey Ciara Dunphy	087 2520550 086 2486708	secretary@munsterladiesgaelic.ie dunphyciara21@live.ie	www.ladiesgaelic.ie
Olympic Handball		01 625 1165	ioha@olympichandball.org	www.olympichandball.org
Orienteering Ireland	Andrew Cox	087 2229677 051 860232	development@orienteering.ie	www.orienteering.ie waterfordorienteers.blogspot.com
Rowing Ireland	Pat McInerney	087 9695093	pat.mcinerney@rowingireland.ie	www.rowingireland.ie
Special Olympics	Susan McGill	087 2938321	susanmcgill@waterford.brothersofcharity.ie	www.specialolympics.ie
Swim Ireland	Cathal Geraghty	086 0619452	mso@swimireland.ie	www.swimireland.ie
Tennis Ireland	Conor O'Callaghan	087 6882286	timunsterrdo@gmail.com	www.tennisireland.ie www.munstertennis.com
Triathlon Ireland	Anna Crooks	085 8397816	anna@triathlonireland.com	www.triathlonireland.com
Vision Sports Ireland	Sarah McLaughlin	085 8500193	office@visionsports.ie	www.visionsports.ie
Volleyball Association of Ireland	Ciara Buckley	086 7906870	south@volleyballireland.com	www.volleyballireland.ie
Waterford Autism Social and Sport Action (WASSA)	Elaine Sheridan	087 6798411	contact@wassa.ie	www.wassa.ie
Weightlifting Ireland	Colin Buckley	086 2577875	colinbuckley37@gmail.com	www.weightliftingireland.com



WATERFORD SPORTS PARTNERSHIP

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