

## IN THIS ISSUE

National Leaders in Sport attend Waterford Sports Partnership Board Meeting

Go For Life Update

Go For Life Grants 2008

Waterford Sports Partnership Coaching & Development Funds

Well Girl Part II

The 2009 Sean Kelly Tour of Waterford

Targeted Sports Club Development Work

Leading the Way for the Future of Women's Boxing

Disability Update -  
Multi-activities Group  
Boccia Training  
Judo for Visually Impaired  
Open Day for Social Soccer  
Boccia for Children  
Power/Wheelchair Soccer  
Disability Awareness Course  
Yoga for Children

Wizzy the Wasp was Buzzing!

Gaelic4Mothers

Safe Cycling

The Mountain Skills Programme

The September Series

WSP Course Overview

Calendar of Upcoming Courses & Events 2009

Coaching Corner 2009

## National Leaders in Sport attend Waterford Sports Partnership board meeting

*On October 6<sup>th</sup> 2008 Minister Martin Cullen, Minister for Arts, Sports & Tourism and Mr John Treacy, Chief Executive of the Irish Sports Council attended the Waterford Sports Partnership (WSP) board meeting on the invitation of the board. This was a huge honour for WSP as it is the first time a Minister for Sport has attended a board meeting of any of the 33 local sports partnerships. It was also totally appropriate that Minister Cullen and Mr Treacy, both Waterford men, attended this meeting together in their native Waterford.*



Ray Ryan, Chairperson of WSP, followed his warm welcome to Minister Cullen and John Treacy with a presentation on the background and history of the organisation, the current structure and membership, the target groups we aim to support and outlined the current Strategy 2007-2011. This was followed by a presentation by Rosarie Kealy, Co-ordinator of WSP, outlining the many projects and programmes being delivered by the Partnership. WSP took the opportunity to inform the Minister of the broad range of work that is taking place in Waterford, similar to the work of the Local Sports Partnerships (LSPs) around the country. Minister Cullen congratulated WSP on its many achievements and underlined the importance of such work at local level in increasing participation in sport and physical activity. He acknowledged the current challenges facing the government and the changing environment due to the current economic difficulties but also stressed the importance of sport to our society and his commitment to building on the good work being done around the country.

John Treacy also addressed the meeting and said that the ISC would meet the challenges head on in these difficult times. He underlined the huge importance of the work of the LSPs and the ISC's total commitment to the LSP Network. He said that 'Waterford is a great example of City and County working together and I would like to thank the board and staff of WSP for their ongoing commitment and hard work in delivering such great results'.

Ray Ryan thanked both Minister Cullen and John Treacy for their time, interest and support. The meeting was held at the newly developed Manor St John Campus in Lisduggan and WSP would like to thank the committee there for their support and welcome.

## Go For Life Update

The Go for Life Programme has seen a number of progressions within the last twelve months which has led to a greater number of older adults being more active more often. With coronary heart disease accounting for more than twice the amount of deaths in Ireland compared with other EU countries; it is encouraging to see more older adults exercising in line with the Irish Heart Foundation guideline of 30 minutes moderate exercise five times a week. It is also encouraging to see the increase in the number of new Physical Activity Leaders (PALs) and older adults groups in Waterford. There are now 73 older adult organisations and 215 PALs registered with WSP.



### **PALs Workshops – 10 New PALs**

62 PALs attended two workshops delivered by Go for Life in Going Strong and Pitching and Tossing. These workshops included 10 new PALs joining their colleagues in leading physical activity in the older adult community. Both workshops were extremely valuable and enjoyable with feedback including that the day was 'very enjoyable' and it was 'great for the body'. The challenge to all who attended is to ensure that all the good work and ideas gained from these days are passed on to the members of the older adult groups.

### **PALs Support Programme**

The PALs Support Programme aims to give specific assistance to 8 older adults groups through visits from Margaret O'Keefe, Go for Life tutor. The programme is well underway and has given groups added confidence in delivering to their peers. It also made individuals more aware of the recommended amount of activity. Margaret O'Keefe noted that the programme has led to the establishment of links between older adult groups. The Dungarvan and Ballinroad groups and the Ardmore and Old Parish groups have attended sessions together. Margaret stated this is a vital step for older adult groups in forging lasting physical activity relationships and may lead to individuals establishing weekly meetings outside of their own groups. Margaret reminds all groups that 'if you don't use it, you lose it'.

### **Walking in the New Year**

As part of encouraging everybody to complete the recommended weekly exercise guidelines of 30 minutes activity, five times a week, Waterford Sports Partnership is planning to start up weekly walks in both Dungarvan and Waterford City for all interested older adults. With the New Year upon us, the first walk is planned for late January. If you are interested in availing of or leading this opportunity, please contact Peter Jones on 058 21191.

## Go for Life Grants 2008 for 17 Waterford Older Adults Initiatives

*Since 2001 over four thousand grants totalling €2.5 million have been distributed to clubs and organisations around the country and this money has been used by older adults to purchase equipment and to take part in activity programmes.*

On 10<sup>th</sup> December 2008, Ms Máire Hctor, TD, announced €350,000 in sports grants for older adult groups around the Country, with 17 initiatives in Waterford receiving grants totally €9,075 as part of the Go for Life National Grant Scheme. There were over 1000 applications for grants this year with 723 groups nationwide being successful. John Treacy, Chief executive of the Irish Sports Council said 'We know that being physically active is probably the most important

thing that any of us can do if we want to maintain our independence in older age. We are very keen to get the Go For Life message out so that more older people can benefit from the increasing opportunities to participate in all kinds of sport and physical activity'. The grant aims to help local clubs and organisations in increasing opportunities and participation for their older adult members.

### **The following groups were successful in Waterford:**

|   |       |
|---|-------|
| Ardmore & Grange ICA                              | €450  |
| Ballin Road ICA                                   | €450  |
| Dolmen ARA  | €450  |
| Clonea Rathgormack ICA                            | €475  |
| Modeligo Ladies Club                              | €450  |
| Dungarvan Care of the Aged                        | €450  |
| Get active with Respond                           | €450  |
| Modeligo Community Alert                          | €450  |
| Old Parish ICA                                    | €450  |
| Ballyduff Upper Walking Club                      | €450  |
| Waterford Farm Family                             | €450  |
| Waterford Sports Partnership                      | €1800 |
| Kinsalebeg Community Group                        | €450  |
| Comeragh ARA                                      | €450  |
| Ferrybank Ladies ARA                              | €450  |
| St Carthages House                                | €475  |
| Rathgormack North Waterford Community Development | €475  |

Waterford Sports Partnership was awarded €1800 from the grant scheme which will be utilised to provide an 8 week subsidised gym and health programme to encourage older adults to avail of the local gym facilities on offer. More details of this programme will be available early in the New Year.

***For further details on anything concerning Go For life, please contact Peter Jones on 058 21191.***

## Waterford Sports Partnership Coaching & Development Funds

*In 2008 under its Coaching and Development Funds, Waterford Sports Partnership allocated €8580 to 19 separate clubs and organisations. The Coaching & Development Funds are open to all sports clubs in Waterford. The maximum allocation is €500.*

### The Coaching fund

The Coaching Fund aims to ensure that coaches of all sports club have the opportunity to develop themselves individually, which will then have an impact on the players and athletes whom they coach. The Coaching Fund enables any coach to attend a coaching course run by the National Governing Body and receive full funding for this. The maximum allocated to a club is €500 per annum with €3060 being allocated in 2008 to 9 different clubs.

### The Development Fund

The Development Fund aims to assist new clubs with essential start up costs and also to support existing clubs with participation initiatives. In 2008 €5520 was allocated to 12 clubs which included the set up of 5 new clubs.

### DEVELOPMENT FUND RECIPIENTS

**Waterford Basketball Club** received €500 from the development fund to assist with the set up of a juvenile side as a pathway for the senior side which is sponsored by AOL.



The money awarded was used to purchase essential equipment such as basketballs, playing kits and the purchase of rings and nets. A number of former senior players, including Dean Kavanagh, are now heavily involved in the juvenile section. Between 2pm and 5pm every Saturday in WIT, the club caters for children between the ages of 7 to 16 years with 80 children attending every week.

Dean states 'The aim of the juvenile section is to promote basketball as a sport and provide a stepping-stone for future players to join the senior club that play at the highest level in Ireland. We teach the basic skills that kids require for playing basketball. The kids get the benefit of regular exercise and to become part of a team, to play in competitive games. Not a week passes by when one or more teams from AOL Waterford is not playing a match somewhere in the southeast region with the club playing an average of 3-4 matches every weekend.'



Waterford Sports Partnership is delighted with the impact small grants can have in helping a new club get started. The Development Grant, coupled with the dedication of local coaches and volunteers ensures that there are more opportunities for young people to be active in Waterford.

**CRITERIA & APPLICATION FORMS FOR THE COACHING & DEVELOPMENT FUNDS ARE AVAILABLE TO DOWNLOAD FROM THE FUNDING SECTION OF OUR WEBSITE**  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

Or you can contact our offices for further information on (058) 21191 or (051) 849855



## Well Girl Part II - A Transition Period

The Well Girl pilot initiative in 2008 aimed at and succeeded in increasing physical activity levels of second year female students in the 4 participating schools. The programme was a joint venture between Waterford Sports Partnership and the Schools Completion Programme and was supported through funding from the Irish Sports Council Women in Sport Initiative.

### Well Girl 2008 – Results

Following the completion by two county and two city schools of three blocks of activity, each lasting four weeks, a number of key outcomes were noted:

- ◆ The Well Girl programme led to 12% of girls joining local clubs; Boxing, Self Defence and Hip Hop.
- ◆ Girls participated in more activity outside of school than before the Well Girl Programme
- ◆ Teachers felt there was an increase in the girls confidence towards physical activity due to the programme
- ◆ Over 95% of girls stated they would participate in the programme again



### Well Girl 2009 – The Transition

Following the evaluation of the Well Girl programme and discussion on the future of the programme with schools and the participating girls, Waterford Sports Partnership has decided to run the Well Girl TY Programme from January 2009. The programme will have the same aims as the pilot programme in ensuring that more girls are more active more often, but Waterford Sports Partnership will now assist the Transition Year students in each school to deliver the programme in their own schools.

The programme was offered to all secondary schools within Waterford. Meánscoil San Nioclás, St Declan's Community College, Ard Scoil na nDeise and Stella Maris were chosen to pilot the Well Girl TY Programme.



The programme will begin on Friday 16th January 2009. The TY students from all 4 schools will attend a festival in Waterford Crystal Leisure Centre which will give taster sessions of 8 activities. This promises to be an enjoyable experience for the TY students and a chance to mix with other students from different schools. It will also

be a learning experience as the students will be entrusted with organising a similar event for a target group of girls within their own schools in February.



The programme will target a group of girls within each school after the school's festival with two blocks of activity, lasting four weeks each. The transition year students will be responsible for the marketing, organisation, motivation, communication and research involved with the programme. Each school will be given a Waterford Sports Partnership Well Girl Booklet

which will assist students and coordinators. It is hoped that not only will the girls taking part increase their participation in physical activity, but the Transition Year students will develop valuable planning and organisational skills and gain a greater understanding of the factors that affect participation in sport and physical activity.

**For further information on the programme please contact the office on 058 21191.**



*A date for the diaries*

**The 2009  
Sean Kelly Tour of  
Waterford**

*Will take place on*

**Sunday  
August 30th**

**For further info visit  
[www.theseankellytour.com](http://www.theseankellytour.com)**



## Targeted Sports Club Development Work

### An update on WSP's Sports Club Development Officer

Conor Phelan, WSP's Sports Club Development Officer, who came on board in July 2008 funded under Dormant Accounts RAPID Additionality Funding, has been working hard on the ground with the seven target clubs in the RAPID areas of Waterford City - St. Paul's Boxing Club, Naoimh Pól GAA Club, St Paul's Soccer Club, St Saviours Basketball club, St Saviours Boxing club, St Saviours GAA Club and St Saviours Soccer Club.

He has been building relationships with these clubs and creating links between the clubs themselves and WSP, the local sports development officers of the various National Governing Bodies and youth organisations etc.

#### **Some of the development work to date includes:**

- Supporting and contributing to the preparation of club development plans for each of the identified clubs
- Assisting in the training and development of club volunteers and members
- Helping clubs move into the newly redeveloped shared sporting facilities at Manor St John
- Supporting clubs in the implementation of their youth section development plans
- Recruiting new female members to the clubs
- Supporting the roll out of relevant WSP activities/training for the clubs including any of the Irish Sports Council National Programmes as required
- Initiating and maintaining close contact with voluntary members and club officials
- Implementation of a basketball development plan to extend St Saviours Basketball Club's youth section. This included a basketball open day and a five week training programme,
- Assisting the FAI in the running of a soccer academy for the under 11's in soccer clubs.



The FAI Mini Pitch at Manor St. John

All of the above work aims to expand the range of opportunities for people living in the local communities to more fully participate in sport and physical activity. Great work is being done by local volunteers in clubs across the boards and long may it continue.

**To contact Conor in relation to any of the above call him on 051-849583 or email him on [cphelan@waterfordsportspartnership.ie](mailto:cphelan@waterfordsportspartnership.ie)**

## Leading the Way For The Future of Women's Boxing

Waterford Sports Partnership in conjunction with our colleagues in North and South Tipperary Local Sports Partnerships recently held the first ever Women's only Boxing Coaching course in the country in Clonmel Boxing Club. Under Waterford Sports Partnership's Women in Coaching Programme, funded by the ISC's Women in Sport Grant 9 Women from Waterford made up the 15 strong course. These successful participants now have the NCTC Level 1 Coach qualification and are now in a position to take up coaching roles within their respective clubs: Deise Boxing Club, Dungarvan Boxing Club, Saviours Crystal Boxing Club, St Pauls Boxing Club.



The aim of this course was to increase the number of women coaches in Boxing. Following the achievements of Irish Boxer Katie Taylor there has been a huge interest in female boxing in Ireland. It is hoped that the course will in turn result in an increase of female participants in the sport. Waterford Sports Partnership would like to especially thank local NCTC Boxing Tutor Gerry O'Mahoney who facilitated the course which was a huge success.

## DISABILITY UPDATE . . .

### Multi-activities Group for Children

*The multi-activity group for children (4-8 yrs) with Down syndrome, dyspraxia or intellectual disability was set up after parents expressed a need for developing the social and motor skills for sport and physical activity through multi-activities. The Waterford branch of Down Syndrome Ireland were instrumental in sourcing participants and assisting in the development of this programme.*



These activity sessions were held over the course of 6 weeks on Thursday evenings in November & December 2008 with 13 children between the ages of 4-8 years in regular attendance. Due to high level of interest these activity sessions they will be restarted in early 2009.

### Boccia Training

*Some disability organisations expressed an interest in learning how to play boccia. Boccia is a game that is quite similar to the game of bowls.*

There is a blue team – 6 blue balls, a red team – 6 red balls and a jack. The aim of the game is for the red or blue team to throw their ball closest to the jack. The balls themselves are filled with bean bag materials but are compactly wrapped and leather bound. This game is suitable for everyone with a disability but is particularly suitable for older adults and individuals with a moderate to severe disability. For this reason disability organisations such as Spring Garden and Special Olympics motor activities group benefited from the training as they are able to include older adults with a disability and individuals with severe and profound disabilities in more activities suitable to their ability level. One of the staff thought it was "most appropriate for Spring Garden, could be easily implemented". Another participant thought it was a "very good game, look forward to getting it up and running". . With increasing number of organisations taking part in the training a social boccia league may be developed mid 2009.

### Judo for Visually Impaired

*A 10 –week Judo programme commenced in November 2008 for children who are blind or visually impaired to give each child the basics in judo skills and learning how to fall safely.*



These skills were taught to allow children with a visual impairment to take part in mainstream judo clubs at the same level as children without a disability. The Waterford Judo Club designed a specific programme to bring the children safely up to the level of a white belt. The children can take many of these skills with them for other sports or continue in the pursuit of additional belts, grading and challenges. A big Thank You must go out to the Waterford Judo Club for designing this judo programme, the children who participated in the judo, the volunteers and to the Dunhill Multi-Education Centre for the use of their facility.



### Open Day for the Social Soccer League

*An open day was held on the 11th of November 2008 in the Cill Barra Sports Centre in Waterford for disability organisations. Each disability organisation was invited to attend and take part in the soccer open day.*

The aim of this day was to assess interest levels of disability organisations and of the participants themselves in taking part in a regular social soccer league. As a result of this open day the disability organisations will be invited to attend a training session in soccer league development with Nick Harrison the FAI's Football for All Development Officer for Munster. The organisations will then work out a suitable time for all to participate in a local regular social soccer league. Thanks to Gary Power, FAI Football Development Officer- Waterford City and the FAI work placement students for giving their time to run the open day soccer session. Thanks to the disability organisations who attended this open day and subsequent meetings: Rehabcare Waterford, National Learning Network, Knocklofty Rehabcare and Spring Garden Services. We hope that this will be a successful venture for 2009 with increased numbers of organisations interested in taking part.



## ... DISABILITY UPDATE

### Boccia for Children with a Physical Disability

*Boccia sessions for young people with a physical disability commenced in September 2008 and were held every fortnight over six Tuesday evenings in the Cill Barra Sports Centre, Waterford.*

These sessions allowed young people to work on skill and accuracy for throwing. We would like to thank all of the volunteers for helping to make these sessions a success and the eight participants for attending and taking part in each activity.



### Power/wheelchair soccer group

*The power/wheelchair soccer group was set up to encourage individuals with a physical disability to try out a new sport.*

From September 2008 eight young people were in attendance every Tuesday fortnightly for this 6 session introduction to power/wheelchair soccer, held in the Cill Barra Sports Centre, Waterford. Many thanks to all of the participants attending the sessions; it was great to see such camaraderie and a healthy competitive spirit. Also a big Thank You from everyone who participated to Gary Power, FAI Football Development Officer- Waterford City and the FAI work placement students for running the soccer sessions.

### Disability Awareness Coaching Course

*The disability awareness coaching course was held on the 11<sup>th</sup> of November in the Rainbow Hall Community Centre, Kilmacthomas, Co. Waterford.*

The course aims to promote the inclusion of people with a disability in mainstream sport and leisure clubs. Nine people attended this course from tennis clubs, Tae Kwon Do, hockey club etc. One participant found *"The practical exercises [useful] because you can see through the athletes' eyes"* another participant found the course useful for *"Getting to talk to people from other disciplines and getting solutions from them"*. This course will be run in the City and the County in February 2009. (See Calendar of Events on back page for more details)

### Yoga for children with an autism spectrum disorder

*Yoga for children with an autism spectrum disorder and their siblings was developed in the Waterford region with the help of Alphazone Yoga and Meditation Studio.*



Ten children attended the sessions which commenced in November 2008 on Tuesday afternoons over the course of six weeks. Due to the success and interest in this programme Yoga with recommence on Wednesday January 14th from 5 to 6pm.



If you are interested in finding out more about any of the items covered here or in finding out more about disability sport or adapting physical activity for people with a disability, please contact;

**Katie Kelly, Sports Inclusion Disability Officer,  
Waterford Sports Partnership, Ph: (051) 849757  
or email: [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie)**

## Wizzy the WASP was buzzing!!!

Over 41 Waterford schools have by now taken part in the Waterford Active Schools Programme (WASP) – that includes 4236 students in the 2007/2008 school year! The latest group of students to take part in the 4 week programme were from the following Waterford primary schools: Bunscoil Gleann Sidheain, Christ Church N.S., Clashmore N.S., Clonea-Power N.S., Garranbane N.S., Glor na Mara N.S., Holy Family N.S., Kilbrien N.S., Presentation Primary School, Scoil Gharbhain, St. Mary's Dungarvan, St. Mary's N.S. Ballygunner; St. Mary's Touraneena N.S., St. Paul's Boys N.S. and Whitechurch N.S.

The aim of the programme is to encourage pupils, parents / guardians and teachers to complete the recommended daily 60 minutes of physical activity for children and 30 minutes of physical activity for adults (Irish Heart Foundation). The students collect 'WIZZY' stickers for every day they and their nominated adult complete their daily physical activity and add them to their WASP record card. The aim is to collect as many stickers as possible over the 4 week period. For the first time ever students from this programme, which ran 22<sup>nd</sup> September to 19<sup>th</sup> October 2008, were given the opportunity to meet Wizzy the Wasp – the programme mascot. Eight of the fifteen schools wrote to Wizzy and invited him to visit. The students and Wizzy really enjoyed the visits! It gave all those taking part, students and teachers alike a chance to talk about all the activities they had been doing rain, hail or shine.

Feedback once again on the programme overall was very positive from these 15 schools who ran the programme in September/October 08 and a number of them have signed up for the next scheduled WASP programme.

If you would like to know more about this Waterford based initiative or if your school would like to take part in the scheduled March 2009 programme, there are still a small number of places available.

**Please contact Waterford Sports Partnership at 058 21194 or email [info@waterfordsportpartnership.ie](mailto:info@waterfordsportpartnership.ie).**



## Gaelic4Mothers - Peil Sóisialta do Mhná

*The Ladies Football Association launched a six week programme during 2008 called 'Gaelic4Mothers' in an attempt to involve the mothers of younger players in the game. Its aim was to encourage mothers, who would usually just drop their children to training and matches, to become more involved in their local clubs while developing their fitness and having some fun at the same time.*

Waterford Ladies Football Association and Waterford Sports Partnership got together to pilot this initiative in Waterford. A meeting was held with a group of ladies/mothers in the Old Parish/Ring area to ascertain the interest levels.

George Young and Geraldine Pender agreed to coordinate the programme at the An Sean Phobal GAA grounds. The group got a great boost when Mary O'Donnell (current player with Old Parish Senior Ladies Football team and also former Waterford County Senior Ladies Football player) agreed to take on the coaching position with Geraldine Pender stepping in as assistant coach. Waterford Sports Partnership provided equipment (balls, bib, cones) to get the programme started.

The programme was advertised in local papers and with posters. The first training session kicked off at 7.30pm on Friday, 11<sup>th</sup> July 2008. William Harmon, Regional Games and Development Officer Munster Ladies Gaelic, took this first session and eight ladies from the area took part. Training continued each Friday for the next six weeks and a total of nineteen ladies, including many beginners, participated during this time.

The programme was so successful that the ladies involved decided to carry on with the training after the six week initial programme ended. One woman commented that 'it was a great way to get to know other women in the area while getting some exercise, having a bit of 'craic' and also learning new skills'. The training was moved indoors to Ring Community Hall for the Winter months and the group continue with circuit training, football skills, soccer and pilates. A sub-committee was also formed to organise the future programme.

With numbers now well over 20 there is still room for more and all are welcome to attend at 7.30pm on Wednesday nights in Ring Community Hall.

**For further details contact Ger Pender, Gaelic4Mothers Co-ordinator, on 087 6700569.**

## Safe Cycling

In partnership with Waterford City Council and Waterford County Council Road Safety Officers, Waterford Sports Partnership has developed a subsidised Safe Cycling initiative targeted at Waterford's Primary Schools.

The aim of the initiative is to work with Primary School children to increase cycling skills such as balance and control, road and vehicle awareness, road sign identification and general safety knowledge. As part of the 5 hour programme each child takes part in both practical and theory training and is given their own cycle helmet to take home.

**Waterford Sports Partnership in conjunction with the Local Authorities will be contacting all Waterford's primary schools in early 2009 regarding the programme.**



Scoil Mhuire N.S. Abbeyside - Ms Mary Harney's 4<sup>th</sup> Class pupils who successfully completed the Safe Cycling Training and qualified for a free cycling helmet.

The programme was successfully piloted with Scoil Mhuire Abbeyside's two 4<sup>th</sup> Classes. "It was wonderful for the self esteem of the children who gained in confidence with every hour" *Teacher from Abbeyside.*



## The Mountain Skills Programme

Thirty six people, a mix of members from Waterford's 5 Walking Clubs: Ballyduff Upper Walking Club; Comeragh Mountaineering Club; Dungarvan Hillwalking Club; Kilmacthomas Walking Club and the Nire Valley Walking Club, took part in Waterford Sports Partnership's 2008 Mountain Skills Programme. The aim of the programme is to provide subsidised, local courses to build on the local walking knowledge with a focus on navigation and safety on our mountains.

The Mountain Skills Programme consists of the Mountaineering Council of Ireland's (MCI) Mountain Skills 1 and Mountain Skills 2 courses and an option of a refresher course. All sessions were headed by local Mountain Leader and WSP Board Member, Mountain Craft's Donal Bray who was supported by another of our local Mountain Leaders Maureen O'Brien. Depending on their previous qualifications the 36 participants joined the programme at varying stages. Feedback from the participants was very positive, all found the courses enjoyable and felt the knowledge gained was valuable. A few of the comments given by participants were: "enjoyed it and learned a lot thanks!" "As a novice I enjoyed both MS1 & MS2 – I got an awful lot from them"

For those that felt ready a Mountain Skills Assessment (MSA) was arranged in October. Well done to the 16 people who took part in the MSA – a full weekend assessment which included night navigation. The assessors were very impressed with the high level of skills shown by all participants.

As a result of the 2008 Mountain Skills Programme a number of participants have expressed interest in working towards the next level - Mountain Leader. We look forward to working with these individuals and will be supporting them at every step.

Walking is one of Waterford Sports Partnership's focus areas as identified in our 2007-2011 Strategic Plan. The objective of this programme is to support quality leadership development within Waterford's local Clubs. Our vision for the future is to increase the number of qualified Walking Leaders. The Mountain Skills Programme is the first step in working towards this by increasing the number of Club members who have the MCI's Mountain Skills qualification. We hope to continue this programme in 2009 and will be contacting all Walking Club Committees to discuss nominations for the 2009 programme.

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



# The September Series

## Waterford Sports Partnership's September Series A HUGE success

Following on from the success of the 2007 Coaching Conference, a cumulative audience of 284 individuals from 14 different sports attended the 3 September series workshops on Nutrition, Individual Sports and Team Sports. The calibre of the speakers made the evenings, informative, interactive and highly relevant to all present.

**SERIES SESSION 1 – NUTRITION** - The evening was split into 3 sections with local nutritionalist and former International athlete, **Aoife Hearne** discussing the topics 'Eating to Win' and 'Making weight for your Sport'. Aoife outlined what is needed for athletes and players to fuel themselves in order to maximise performance. The talk was described as 'very informative', 'well presented' with a number of participants saying they 'learnt a lot and gained lots of tips'. **Richelle Flanagan**, herself a former Irish International Hockey player, delivered a presentation on Hydration Issues in Sport and utilised many practical examples. Some participants stated afterwards in their feedback 'I didn't realise how much fluid intake makes a difference' and also that Richelle 'made complex terminology simple to understand and apply'. The nutrition evening concluded with **Ailish Keaveney** from the Anti Doping Unit at the Irish Sports Council giving a brief talk about the work of the Anti-Doping Unit and the position regarding the use of supplements.



### SERIES SESSION 2 – INDIVIDUAL SPORTS -

This focused on Sports Psychology and Training Programmes with renowned Sports Psychologist **Liam Moggan**, best known for working with Ken Doherty, delivering sessions on 'Managing Performance' and a practical session on 'Performing under Pressure'. Liam outlined what is needed for coaches and individual players in order to maximise performance and the interactive session involving 5 audience volunteers, balls, eggs and laughter gave a strong visual reinforcement to Liam's theoretical principles. The talk was described as 'entertaining' and 'brilliant' with the 'points easy to pick up and understand' with one participant saying it was

'the best I've ever heard'. **Joe O'Connor** delivered a session on How to Structure a Training Programme which highlighted the components of fitness and principles of training and discussed the importance to athletes of goal setting which also included some extremely beneficial hand out sheets and visual imagery. Some participants stated afterwards that the talk was 'very thorough and very practical and doable' giving 'many useful ideas' to all.

**SERIES SESSION 3 – TEAM SPORTS** - The final session was not only the most practical session delivered in the series, but the session which received the highest overall rating. **Jason Ryan** and **Dean Kavanagh** enhanced their local and national reputations by delivering an exceptional presentation on pre and half game team talks involving many practical and video examples. **Alan Kinsella**, current fitness and conditioning trainer for the FAI Emerging Talent Programme, delivered an insight into power development and the adaption for any sport which gave the audience vital examples and demonstrations on easy exercises to use with all individuals with whom they coach. The evening finished with a dynamic practical session from Jason Ryan which went through 12 Team Sport drills that could be adapted for all sports which was described as 'excellent' by a number of the participants.



All presentations & handouts from the September Series can be downloaded from our website.

Waterford Sports Partnership remains committed to ensuring that players, coaches, parents and interested parties can avail of the most up to date and relevant information from quality speakers. Keep an eye out for the 2009 Seminar Series. For further information please contact the office on 058 21191.

## WSP COURSE OVERVIEW

*The following gives you an overview of some of the courses being run and promoted by Waterford Sports Partnership over the coming months.*

**Further information and booking forms are available on our website at [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or by contacting the office on (058) 21194 or (051) 849855**

### REC2 First Aid Course

**Course Content:** Rescue and Emergency Care (REC) is a nationally recognised First Aid Training scheme. This is a 2-day REC2 First Aid course designed to introduce a systematic way of first aid for managing casualties/injuries covering: - Introduction/Vital Signs, Accident Procedures, Injury Management; Common Medical Emergencies, casualty handling, multiple casualties & prioritisation (Triage), drowning, resuscitation & CPR and First Aid Kits. This course combines REC1 and REC2.

**Facilitator:** Mr. James Barry, Rescue Emergency Care Tutor

**Fee:** €75 pp

### Child Welfare & Protection in Sport Training

**Course Content:** 'Child Welfare and Protection in Sport' training is a 4 hour basic awareness course, looking at how we can keep adults and young people safe and happy within the club environment. This course is open to sports leaders, children's officers and other adults involved in the organisation of sport for young people. This module will help to create and maintain a safe and fun environment for young people within the sports club or organisation. As well as undertaking child protection training, all governing bodies of sport and related organisations should adopt child protection policies and procedures as outlined in the *Code of Ethics and Good Practice for Children's Sport*.

**Facilitators:** George Young, Jane O'Dwyer & Peter Jones (*ISC Tutors*)

**Fee:** €10 pp

### Children's Officer Training

**Course Content:** This course is aimed at Club Children's Officers to assist them in their role. It goes into further detail of material delivered in the Basic Awareness Course. This information will support the CCO in the implementation of best practice in the club. Participants must have completed the 4 hour Basic Awareness course and have some policies and procedures in place before attending this training.

**Facilitators:** George Young & Jane O'Dwyer (*ISC Tutors*)

**Fee:** €10 pp

### Active Leadership Training

**Course Content:** This course is designed to ensure that group leaders gain the necessary knowledge and skills to plan and lead safe, enjoyable sport and physical activity sessions. The training is an enjoyable experience and is a mixture of practical and theoretical work. It looks specifically at equipping leaders with the skills to work in a wide range of locations including local clubs, community groups, workplaces and community centres. Participants are assessed throughout the course on attendance, interest, personal skills and leadership skills. The training will last for approximately 10 to 12 hours and is normally delivered over 2 days. All participants must be aged 18 years and over.

**Facilitators:** Peter Jones & Jane O'Dwyer

**Fee:** €25 pp

### Sli na Slainte Walking Leader Training

**Course Content:** The Irish Heart Foundation's Walking Leader Training is primarily aimed at people who wish to promote walking in the community or workplace.

*This weekend course focuses on:*

- familiarising participants on the current physical activity guidelines
- creating the awareness of the healthy benefits of walking – and how to get them
- how to format a health enhancing walking session
- how to plan and lead a programme of enjoyable fitness walking sessions for a group of people of all ages and abilities
- how to establish and maintain a walking club or group.

**Facilitator:** Irish Heart Foundation

**Fee:** €80 pp (will be covered by WSP)

**Further Information:** [www.irisheart.ie](http://www.irisheart.ie) or call WSP on (051) 849855

## Calendar of Upcoming Courses and Events 2009

| Date  | Course/Event   | Time                                   | Venue   |
|---|--|--|---|
| Thursday 8th January (& each Thursday thereafter) | Older Adult Activity Mornings                              | 11am                                   | Dungarvan Sports Centre                                   |
| Saturday 10th January                             | Guided Walk for the blind/visually impaired at Mahon Falls | 11am                                   | Meet outside the Granary, the Quay, Waterford for Minibus |
| Saturday 17th January                             | Regional Power Soccer Club                                 | TBC                                    | St. Kierans College, Kilkenny                             |
| Monday 19th January                               | Child Welfare & Protection Training                        | 18.00 - 22.00                          | VEC Offices, Dungarvan                                    |
| Tuesday 27th January                              | Yoga for adults with multiple sclerosis - MS Society       | 11.00 - 12.00                          | Waterford Cheshire, St. John's Hill, Waterford            |
| Fri 6th & Sat 7th Feb                             | Active Leadership Training                                 | Fri 18.00 - 21.00<br>Sat 10.00 - 17.00 | Coláiste Chathail Naofa, Dungarvan                        |
| Tuesday 10th February                             | Disability Awareness Coaching Course                       | 18.30 - 21.00                          | City Hall, Waterford                                      |
| Sat 14th & Sun 15th February                      | REC 2 - First Aid Course                                   | 09.30 - 17.00                          | Waterford Crystal Sports Centre, Cork Road, Waterford     |
| Tuesday 17th February                             | Disability Awareness Coaching Course                       | 18.30 - 21.00                          | VEC Offices, Dungarvan                                    |
| Fri 20th, Sat 21st & Sun 22nd Feb                 | Sli na Slainte Walking Leader Training                     | All Day                                | Donore, Meath   |
| Monday 23rd February                              | Child Welfare & Protection Training                        | 18.00 - 22.00                          | City Hall, Waterford                                      |
| Monday 2nd March                                  | Club Children's Officer Training — Part 1                  | 19.00 - 22.00                          | City Hall, Waterford                                      |
| Sat 7th & Sun 8th March                           | REC 2 - First Aid Course                                   | 09.30 - 17.00                          | Dungarvan GAA Club  |
| Monday 9th March                                  | Club Children's Officer Training — Part 2                  | 19.00 - 22.00                          | City Hall, Waterford                                      |
| Sat 21st & Sun 22nd March                         | REC3 First Aid Course                                      | 09.30 - 17.00                          | Dungarvan GAA Club  |
| Monday 23rd March                                 | Child Welfare & Protection Training                        | 18.00 - 22.00                          | VEC Offices, Dungarvan                                    |
| Fri 24th, Sat 25th & Sun 26th April               | Sli na Slainte Walking Leader Training                     | All Day                                | Macroom, Cork   |
| Monday 27th April                                 | Child Welfare & Protection Training                        | 18.00 - 22.00                          | City Hall, Waterford                                      |

## COACHING CORNER 2009



**Football Association of Ireland**  
Kick Start 2 - Villa FC  
Fri 16<sup>th</sup>, Sat 17<sup>th</sup>, Sun 18<sup>th</sup> Jan - €75  
**Goalkeeping Introductory Course**  
Tramore FC - Sunday 1<sup>st</sup> Feb - €40

**Kick Start 1** - Villa FCFri 6<sup>th</sup> & Sun 8<sup>th</sup> Feb - €45

**Volunteer Management Course** - Villa FC

Mon 9<sup>th</sup> Feb - No Fee

**Kick Start 2** - Tramore FC

Fri 6<sup>th</sup>, Sat 7<sup>th</sup>, Sun 8<sup>th</sup> Mar - €75

**Kick Start 1** -

Manor St John, St Paul's FC

Fri 17<sup>th</sup> & Sun 19<sup>th</sup> April - €45

**Kick Start 1** - Cappoquin FC

Fri 22<sup>nd</sup> & Sat 23<sup>rd</sup> May - €45

**CONTACTS:**

**Gary Power** - Tel: 086 3883850

Email: gary.power@fai.ie

**Michael Looby** - Tel: 087 0508623

Email: Michael.looby@fai.ie



**Athletics Ireland**

For Info on upcoming courses

**CONTACT: Jacqui Freyne**

Tel: 087 2629950

or Jacqui@athleticsireland.ie

or visit www.athleticsireland.ie



**Mountaineering Council of Ireland**

Mountain Skills Training (MST) Courses are run on a demand basis all year round.

For further information on these courses

**CONTACT: Donal Bray** Tel: 087 6855073



**Irish Rugby Football Union**

For Info on upcoming courses

**CONTACT: John O'Neill**

Tel: 086 8207752

johnoneill@munsterrugby.ie



**Basketball Ireland**

For Info on upcoming courses

**CONTACT: Sinead Phillips**

Tel: 086 0474835

sphillips@basketballireland.ie

or visit www.basketballireland.ie



**Badminton Ireland**

For Info on upcoming courses

**CONTACT: Wayne Doyle** - Tel: 087 6871929

Email: wayne.doyle@badminton.ie



**Volleyball Association of Ireland**

**Level 1 - Volleyball Coaching Course** - Dublin

Fri 20<sup>th</sup>, Sat 21<sup>st</sup> & Sun 22<sup>nd</sup> Feb - €90

**Spikeball Teachers Award Seminars**

Run on a regional basis in January/February- €10

**CONTACT: Ciara Buckley** -Tel: 086 8173990

Email: south@volleyballireland.com Web: www.volleyballireland.com



**Ladies Gaelic Football Association**

For Info on upcoming courses

**CONTACT: Paula Prunty**

Tel: (01) 8363156 Fax: (01) 8363111

Email: paula@ladiesgaelic.ie

**Club Leadership Programme** - January (Date/Venue TBC)

**FUNDamentals Coaching Course**

(1 day) - Level 1 - January (Date/Venue TBC)

**The Teach Coaching Programme**

(1 day) - January (Date/Venue TBC)

**Referee Development/Recruitment Programme**

- January (Date/Venue TBC)



**Cumann Lúthcleas Gael**

**Coach Education Course**

Monday 12th January - 7pm, Venue TBC.

**Gaelic Football Strategic Workshop**

Thurs 15th Jan - 7 to 9pm, Lawlors Hotel.

**Indoor Leagues**

Various Venues, 31st Jan to 28th Feb.

**Juvenile Fun Games Workshop**

Mon 9th Feb, 7pm, Kilmacthomas.

**Coaching & Games Information Night**

Wed 18th Feb - 7pm, Lawlors Hotel.

**Fundamentals Workshop**

Mon 23rd Feb - 7.30pm, Dunhill.

**Young Referees Course**

Wed 25th Feb - 7pm, De La Salle.

**Coaching Conference/Information Day**

Saturday 28th February - 10am, WIT.

**Defending/Tackling Workshop**

Mon 9th March - 7.30pm, Kilrossanty.

**Attacking/Scoring Workshop**

Mon 23rd March - 7.30pm, Tramore.

**Goalkeeping Workshop**

Mon 6th April - 7pm, Dungarvan.

For further info on upcoming courses

**CONTACT: Eoin Breathnach**

Tel: 087 9219345

eoin.breathnach@games.gaa.ie



**Cumann Camógaíochta**

**na nGael**

**Camogie Association**

For Info on upcoming

courses

**CONTACT:**

**Deirdre Murphy**

Tel: 087 641 5485

Email: Deirdre@camogie.ie

## WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford. Tel: (058) 21194 Fax: (058) 23110

City Hall, The Mall, Waterford. Tel: (051) 849855 Fax: (051) 844708

email: info@waterfordsportspartnership.ie website: www.waterfordsportspartnership.ie