



# 'Everyone Active'

the newsletter of Waterford Sports Partnership

Issue 19

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## Link2BActive in Waterford

*Link2BActive is a new initiative for jobseekers in receipt of **Jobseekers Allowance** or **Back to Education** payments and was developed by Waterford Sports Partnership with the co-operation of South County Dublin Sports Partnership and supported through funding from the Irish Sports Council. The initiative offers job seekers discounted rates at local leisure centres and sports facilities and is a response to the growing numbers of unemployed in Waterford in recent years.*

On the launch of Link2BActive, John Treacy said, 'Over the past two years there has been a huge increase in unemployment levels in Waterford. Being unemployed can be a very frustrating experience, a time of great financial stress and it can drain people of their energy and affect their physical and mental health. Link2BActive is an exciting initiative that has the potential to make a huge impact on the physical, mental and social health of all those involved by helping increase their physical activity levels.'

Michelle Coady of the Park Hotel said "The Link 2BActive programme is excellent; it is a very worthwhile initiative. We have seen great interest in it and a lot of people have used the facility so far. It's a wonderful way to show the people what we have to offer and may attract potential members in the future."

Seamus Rochford from the Waterford Crystal Leisure Centre, one of the Link2BActive pilot facilities stated 'it is a challenge to get participants involved in the programme, but once they get into it and exercise they find it great'. Jacinta Burke of Cill Barra Community Sports Centre said 'we are delighted to be involved in the Link2BActive Programme. We are aware that during the current economic climate that some people may find it difficult to find the money to use leisure centres and this programme may make this more achievable for people. As manager of Cill Barra Sports Centre and from all the staff at Cill Barra we look forward to working with everyone involved in the Link2BActive programme.'

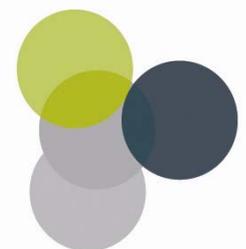
Over 75 individuals have registered with the 10 pilot facilities since the programme was launched in October with a cumulative number of over 150 visits as of 1<sup>st</sup> December 2011.

To find out what facilities are included in the programme, please visit the **Link2BActive** section of our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) which provides information on the discounted rates for job seekers currently on offer from Link2BActive pilot facilities in Dungarvan, Tramore and Waterford City.

### WHAT NEXT?

Waterford Sports Partnership is hoping to expand the programme to include more facilities and local clubs who are willing to offer reduced pay as you go or membership rates for job seekers. If you are interested in your facility/club becoming involved in the programme and being listed on the Link2BActive page on our website, please contact Peter Jones on 058 21191.

**If you would like a listing of the facilities and offers currently available please contact Waterford Sports Partnership on (058) 21191 or (051) 849855 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).**



Link 2B  
Active

## NEW COURSE IN DEVELOPMENT FOR COACHES!

*One of the key skills for any coach is using the information that is in front of them as a coaching session develops and reacting accordingly.*

### **What do coaches need and want to improve their ability to deliver quality coaching sessions?**

Following discussions with National Governing Bodies development officers and other coaches, WSP felt there was a need to develop a course for new and existing coaches regarding coaching delivery skills. Discussions were held with representatives from Camogie, FAI, GAA, Ladies Football, Munster Rugby and teachers from Colaiste Chathail Naofa regarding the prospect of a new coaching course.

### **NEW COACHING COURSE DEVELOPMENT**

After initial consultation with Gary Power (FAI), John O'Neill (Munster Rugby) and Jason Ryan (Colaiste Chathail Naofa), it was decided to develop a course addressing the following topics: Communication, Warm Up / Cool Down, Importance of Positioning, Motivation and Feedback, Session Structure and Organisation and Generic Practices for all sports.

It was felt that a gap existed for coaches regarding these key generic areas which are essential for coaches in all sports. The relevant National Governing Body Foundation and Level 1 courses deal with the knowledge needed to coach, but, it was felt that the ability to deliver this information in the most effective manner possible needed further development. Questions such as how to motivate different groups of individuals, what coaching style to use and when, how to deliver pre-game and half time team talks and, most importantly how to question players in a given situation to enhance overall game understanding and increase awareness are covered in this course. We aim to ensure that anyone who attends this course will become more aware of the key concepts coaches need to be successful. Winning is important but increasing enjoyment for both coaches and players involved in sessions is a principal aim. This will have a knock on effect of keeping more coaches and players involved in sport longer.

The course will be a 4 hour practical session including video analysis of different coaching techniques from different sports. The videos for the session also show the differences between a good coach and bad coach, positioning styles and how to stop and question a group. Thanks go to the PLC students from Colaiste Chathail Naofa who were willing participants for the videos. Participants on the course will receive a booklet highlighting the information covered on the course as well as a DVD showing generic practices with progression which can be used for all invasion sports.

**WHAT NEXT** - Three pilot programmes will be run between February and June 2011 after which it is planned that the course will be delivered to coaches in Waterford. If you require any further information on this pilot coaching course, please contact Peter Jones, Waterford Sports Partnership on 058 21191.



### **Slí na Sláinte** **Walking Leader Training** *for Waterford*

Waterford Sports Partnership has secured a Slí na Sláinte Walking Leader Training Course for 2011. Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in the community or workplace. The course comprises of a **weekend of training** and then a follow up 4 week walking programme to try out your new walking leader skills.

Once participants complete the Walking Leader Course they will be set a challenge of leading a 4 week walking programme within their community to put their training to work. You will be provided with a log book to record your progress for the challenge. The course will take place from Friday 16<sup>th</sup> September at 7pm to Sunday 18<sup>th</sup> September at 2pm in the Waterford Crystal Sports Centre, Waterford.

For further information & booking see:  
[www.waterfordsportspartnership.ie/calendar.shtml](http://www.waterfordsportspartnership.ie/calendar.shtml)  
or call Pauline on (051) 849855

### **Women in Coaching**

*As part of Waterford Sports Partnership's Women in Coaching Programme, a Camogie coaching course specifically for Women was held this year.*

Over 20 women took advantage of this opportunity and successfully completed this course. This Women in Sport funded programme aims to support and increase the number of female coaches in Waterford. Not only was this was a great chance for women to gain new coaching skills and qualifications in a supportive environment, it was also an opportunity to meet other women involved in their sport.

Waterford Sports Partnership plans to host a "Fundamentals" Ladies Football Coaching Course on Saturday 19<sup>th</sup> February 2011 at St. Augustine's College Dungarvan. A Women's only Rugby Foundation Coaching Course has also been organised for Friday 1<sup>st</sup> and Saturday 2<sup>nd</sup> April 2011 with a venue to be confirmed.

For further information please contact  
Pauline on (051) 849855

## Go for Life Grants 2010 for 27 Waterford Older Adult Initiatives

862 groups nationwide will share an allocation of €350,000 under the 10<sup>th</sup> Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Minister Mary Hanafin, TD, recently announced details of the allocations under the Go for Life national grant scheme, which aims to help local clubs and organisations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities.

Mary Hanafin, T.D. said "last year over 24,000 people participated in physical activity directly funded by this grant scheme. People are staying more physically active and as a result improving their social, mental and physical well-being which in effect leads to substantial savings in health and long term care costs. The grants announced today are used by communities across the country in the promotion of physical activity for older people. It also provides another welcome prospect for older people particularly in rural areas to get involved in their locality and feel a lot less isolated. "

Welcoming the announcement, John Treacy, Chief Executive of the Irish Sports Council said: "Now, more than ever, people need encouragement and engagement and Go for Life has proven over the last ten years to be very effective in persuading older people to become physically active and engaged with groups and communities as well as highlighting all the benefits of an active lifestyle to thousands of older people."

### GO FOR LIFE WATERFORD GRANT RECIPIENTS

Ardmore and Grange ICA	350
Ballinroad ICA	350
Cappoquin Group ARA	390
Causeway Bowls Club, Dungarvan	390
Clonea Rathgormack ICA	415
Comeragh ARA	350
Cork Residents Activity Group (Respond)	390
Dolmen ARA	365
Dungarvan and District ARA	350
Dungarvan Care of the Aged Ltd.	350
Glenbeg ICA	365
Golden Years Festival Committee	390
Kilrossanty ICA	365
Kinsalebeg Community Group	365
Larchville/Lisduggan CDP	390
Le Cheile Probus Club, Dungarvan	365
Minaun ICA	350
Modeligo Community Alert	390
Modeligo Ladies Club	365
Old Parish ICA	365
Respond, Waterford city	390
Suir ARA	350
Tallow and District ARA	365
Tramore and District ARA	365
Tramore ICA	365
Waterford Farm Family, Dungarvan	365
Waterford Sports Partnership	1,400

**Waterford Sports Partnership was awarded €1400 from the grant scheme which will be used to run a Walking Programme to commence in March 2011. A big well done to all the successful groups!**

## Older Adult Update and Activities for 2011

*2010 was a great year for older adult's activity in Waterford with 97 older adults taking part in the Multi Sport Programme in April, 87 individuals receiving training at 5 PALs workshops including a pilot Dance workshop and 6 groups receiving a presentation from Waterford Sports Partnership (WSP). This, coupled with the increased activity in local gyms and use of equipment from previous WSP programmes has really made an impact on the level of physical activity for older adults.*

With all of this good work, we are hopeful that 2011 can be the most active year ever for older adults. In order to make this statement a reality, we are running further programmes for older adults. WSP is also encouraging groups to set up a monthly activity morning which is open to all people in the locality aged over 55. WSP will provide assistance through equipment that groups may borrow and will visit groups for an introductory session on how to deliver these sessions effectively.

### Bowling Programme January 2011

WSP will run a 5 week Bowling Programme in Dungarvan Sports Centre, Waterford Crystal Leisure Centre, Cill Barra Sports Centre & Butler Community Centre. This 5 week programme is open to all & costs €5 per person starting on Monday 31<sup>st</sup> January.

**Please contact the office for an application form.**

### Go For Life Workshops March & October 2011

WSP has 4 workshops planned for 2011 with a max of 24 per workshop. There will also be a Dance workshop in March which is open to all. There is now a charge of €10 to cover the 4 workshops. The Dance workshop is free & open to all. This year Go for Life PALs workshops will be on a first come first served basis but preference will be given to new PALs and PALs who have only just begun the PALs training programme.

**SEE BACK PAGE FOR DATES & TIMES**

### Walking Programme March 2011

Through the Go for Life grant scheme, WSP received funding for a Walking Programme. This programme is open to 10 older adults groups in the county who must provide 5 people for the 5 week programme. Participants will receive a pedometer, walking light and hi visibility vest. Each group will receive an Irish Heart Foundation pack and a member of the group will attend a weekend walking leader training course. This programme will also introduce groups to local walks and participants will be asked to monitor the amount of steps they walk for the five week period.

**Please contact the office for an application form.**

**Activity Calendar and Group Activity Mornings** - WSP has worked with a number of local facilities and clubs to offer regular activity sessions for older adults and have compiled a 2011 activity calendar.

Opportunities available include Aqua Aerobics, Bowling, Fishing, Pilates, Pitch and Putt and discounted gym membership. This calendar can be downloaded from our website at [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or you can contact the office for a copy.

**If you would like to become more active or would like to be included in our activity calendar offering leisure opportunities for older adults, please contact Peter Jones on 058 21191 or by email at [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

# Waterford Sports Partnership Coaching & Development Funds

*In 2010 under its Coaching and Development Funds, Waterford Sports Partnership allocated €13,242 to 38 separate clubs and organisations. The Coaching & Development Funds are open to all sports clubs in Waterford. The maximum allocation is €500.*

## COACHING FUND

### – Educating Waterford Coaches

The Coaching Fund aims to ensure that coaches of all sports clubs 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 a National Governing Body and receive full funding for this. The maximum allocated to a club is €500 per annum with €7685 being allocated in 2010 providing training for 134 coaches in 28 different clubs. The fund has enabled clubs to continue to develop and give children and adults access to better quality coaching.

## 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 2010 €5557 was allocated to 11 clubs which included the set up of new clubs.

Waterford City Ladies Rugby Club was one of the new clubs that received financial assistance through the development club grant, which enabled the club to field their first ladies team since the clubs creation 117 years ago with 30 ladies attending training sessions on Monday and Wednesday evenings.

“When I had the idea to start a ladies rugby team I wasn't sure to be honest how successful it would be but was extremely surprised when over 30 ladies showed up for training. Since then, training has gone well and with only 8 training sessions under their belt, the ladies travelled to Kilkenny to play their first ever rugby match. 95% of these ladies had never held a rugby ball before they started training but you couldn't tell this from watching them.

At this point the future looks extremely bright for this young team with numbers still very high for training and the ladies all still bursting with enthusiasm for the game. They have played a number of friendly games and are also in the Development league for this season, with the cup starting in the New Year. Some of the players will also be attending U19s Munster Trials in the coming weeks. We would like to thank Waterford Sports Partnership for its support and funding for the team as they have a very bright future ahead of them.”

**Waterford City Rugby Club Ladies team coach Dave Whelan**



*“As a small club that participates in a marginal sport it is vital to have skills available that allow us develop young players as well as maintaining their interest in the game. As the Cricket season is so short and potential young players have so many other sports that are better equipped on offer, we regarded it as vital to have formally trained and officially recognised coaches within the club itself in order to help us continue to grow. Our funding from Waterford Sports Partnership has allowed us train Level 1 coaches this year and for the first time we look forward to accepting young players next season who should benefit from this from the outset. Added to this will be the support available to our coaches from Cricket Ireland who have witnessed our commitment to the game through our involvement with coaching.*

*We start next season as Munster Div III winners 2010 and look forward to putting all our skills both old and new to the test”*

**Thomas O'Regan of Waterford Cricket Club** whose club received €480 for 3 coaches to attend an introductory Cricket course.

**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**



## John Treacy will be busy in 2011!

The **Quantum Life Dungarvan 10**, organised by West Waterford Athletic Club and now in its 20<sup>th</sup> year, continues to go from strength to strength and 2011 will be no different. A new and exciting feature of the 2011 event is **the John Treacy Club Challenge**. John will be there on the day to run himself and also to present perpetual trophies to the top male and female club teams, in a new prize category that pays tribute to the achievements of one of Waterford and Ireland's greatest athletes. At the November launch of the **Quantum Life Dungarvan 10** John said 'I am honoured to be part of this top class event and look forward to running in Dungarvan in January and to promoting this quality event wherever I can'.

Waterford Sports Partnership also joins forces in 2011 with Waterford County Council and Dungarvan Town Council to support the event which will take place on **Sunday 30<sup>th</sup> January 2011**.

Rosarie Kealy, Sports Coordinator, Waterford Sports Partnership said that 'Waterford Sports Partnership is proud to support the 2011 Quantum Life Dungarvan 10. We recognise all the hard work that West Waterford AC has been doing over the years to promote athletics in general and in particular to develop this high quality event. It is a popular event with runners from all around the country but particularly with local runners. We are delighted that John Treacy is also lending his name to the event this year in the form of the inaugural John Treacy Club Challenge and we look forward to assisting the club wherever possible to continue to grow this fantastic event'



**Pictured at the official launch of the 2011 Quantum Life Dungarvan 10 are (from l to r):** James Veale, West Waterford Athletic Club; Ray O'Dwyer, County Manager, Waterford County Council; Mel Shanley, Quantum Life; John Treacy, CEO, Irish Sports Council; Denis McCarthy, Town Manager, Dungarvan Town Council; Rosarie Kealy, Sports Coordinator, Waterford Sports Partnership.

**REMEMBER THE CLOSING DATE FOR THE QUANTUM LIFE DUNGARVAN 10 IS JANUARY 17<sup>TH</sup> 2011.**  
For full details check out [www.dungarvan10mile.org](http://www.dungarvan10mile.org).

### John Treacy Run VILLIERSTOWN MAY 2011

John will be busy running again in May for the John Treacy Run in Villierstown which also sees some changes for 2011. In recent years, John has been key to the development of the John Treacy Classic event which has taken place since 2009. In a review of the 2010 ten mile race in Villierstown by all associated with the event it was decided to pool resources with West Waterford AC for their ten mile event in January 2011 and to focus all efforts into one ten mile event in the County.

Meanwhile the secret ingredient which made the 2009 & 2010 John Treacy Classics such a success will continue with the Family Fun 1k and 5k events. Participants from the very young to the 'young at heart' took part to be active, to raise funds for Concern Worldwide and most importantly to have fun! These two events will continue to make the new look John Treacy Run, taking place in Villierstown on Sunday 15<sup>th</sup> May 2011, better than ever!.



We look forward to working again with the Villierstown community to put on a fun event for all. We expect the nominated charity, Concern Worldwide, will be well supported as always.

**Details for the John Treacy 1k & 5k Fun Runs in Villierstown on May 15<sup>th</sup> will be available in early 2011 on [www.waterfordsportpartnership.ie](http://www.waterfordsportpartnership.ie).**

## **Pens and Perspiration** *Waterford Sports Partnership secured funding from the Irish Sports Council to run a programme to offer exercise opportunities to job seekers in Waterford.*

Pens and Perspiration was a pilot programme for male job seekers run by Waterford Sports Partnership (WSP) in conjunction with Waterford Leader Partnership (WLP) & local clubs and facilities. WSP hoped that by giving the men an opportunity to try out new activities that their activity levels would increase & they would be more aware of sports clubs and facilities in their locality. WLP hoped to increase the participants awareness of employment opportunities and back to work schemes and courses to assist them in gaining new skills and information to find employment. Organisations such as FAS, HSE, Citizens Advice, WIT and the VEC to name a few were involved during the 12 week programme.

The participants attended two sessions a week for a duration of 12 weeks. Waterford Sports Partnership was responsible for Tuesday sessions where participants completed eight practical introductory sessions in different sports. In Tramore the groups enjoyed Boxing, Surfing, Sea Angling, Swimming, Gym Introduction and Rugby. The feedback from participants was extremely positive with over 10 individuals in Tramore returning to one of the sports they had tried with 3 participants joining local clubs.

In Dungarvan participants took part in Pitch and Putt, Gym Introduction, Swimming, Tennis, Sea Angling and Hill Walking. Again the feedback was extremely positive with results from those who gave feedback stating 100% of participants enjoyed the programme with 92% of participants saying they gained great social benefit from the programme, and, more importantly, 92% of participants saying their lifestyle had positively changed due to participation in the programme. In addition to these comments, over 20 individuals continued participation in the sports piloted on the course with the Park Hotel and Cunnigar Pitch and Putt in particular seeing a great surge in the numbers using their facilities.

In addition to the sporting participation, WSP also facilitated a 'Benefits of Exercise', Nutrition and First Aid course for all participants which was extremely well received. Ray Cowman of the Civil Defence, a tutor on the course was delighted that as a result of the course three of the men from the Pens & Perspiration group have joined the Civil Defence.

Comments from programme participants included 'I really enjoyed the activities and I looked forward to the sessions each week', 'very good programme, great to make new friends and get active' and 'it was great to get out of the house and meet people', 'I felt better physically and mentally because of the programme', 'Swimming was great, I know I'm not ready for the Olympics but now I know I won't drown', 'I followed the advice and got healthy. I now eat more healthily and go to the gym three times a week'.

The programme was a success in that not only did over 30 male job seekers become more active from the programme by continuing participation in one or more of the sporting areas involved in the programme, but the confidence and motivation levels of participants rose with awareness of better dietary habits and how to exercise also increasing. This has led to sustained physical activity following the 12 week intervention. Another positive from the programme, reported by Waterford Leader Partnership who ran the Thursday sessions, was the fact that 15 of the original 80 participants gained either employment or a place on a FAS or business enterprise scheme.

### **PENS & PERSPIRATIONS 2011**

If you are a job seeker and interested in participating in a similar programme in 2011, please contact Peter Jones on 058 21191. If you are a job seeker and would like to become more active, please visit our website at [www.waterfordsportspartnership.ie/bactive.shtml](http://www.waterfordsportspartnership.ie/bactive.shtml) where you will see a listing of discounted rates for jobseekers at local leisure clubs and sports facilities.



**DUNGARVAN GROUP**



**TRAMORE GROUP**

## Operation Transformation is coming to Waterford ..... and is looking for YOU!

The Irish Sports Council and the 33 Local Sports Partnerships around the country have teamed up with RTE's Operation Transformation Programme to transform the masses in 2011! The fourth series, which will be presented by Kathryn Thomas with the radio element provided by RTE Radio One's 'The John Murray Show', is scheduled to begin on 5th January 2011 and will run for seven weeks.



Why not get your New Year's Resolutions off to a great start and start your own 'Physical Activity Transformation' by joining us on **Saturday 15<sup>th</sup>**

**January 2011 at 11am at The Plaza, The Quay, Waterford City** for a

walk on the Waterfront Slí na Sláinte Route. The walk will start on the Quays at The Plaza and follow the 3.7km route taking in Waterford's attractive waterfront, the People's Park and many other sights and will finish again at The Plaza.

We would like to thank Slí na Sláinte Trained Walking leaders, Debbie Cox and Billy Butler, who are generously giving their time to lead this walk. We welcome all ages and abilities along on the day and particularly would like to see families getting involved. The event is ideal for beginners to come out and give it a go. Why not make a day of it and remember no matter what age you are it is never too late to start exercising. RTE's cameras may be there on the day as they are making a few surprise visits to the many walks being organized around the country – so let's all show the nation how active we are in Waterford!

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, the routes are marked by bright colourful signposts which are not numbered and are situated at 1 km intervals, you'll find Slí na Sláinte walk routes all over Ireland. Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

For more information on the Operation Transformation event and Sli routes in Waterford City & County log onto [www.waterfordsportpartnership.ie/walking.shtml](http://www.waterfordsportpartnership.ie/walking.shtml) or call 051 849855 or 058 21191.

## NEW CHILD WELFARE & PROTECTION COURSE

### Irish Sports Council's Child Welfare and Protection Course - Updated for 2011

*The Irish Sports Council's Child Welfare and Protection Course, also known as the Code of Ethics, has been rewritten and updated for 2011 in order to provide a more interactive learning experience for course participants. Waterford Sports Partnership was one of 8 organisations involved in the evaluation and rewriting of the new Child Protection Course which also involved Children's Officers from National Governing Bodies and members of the HSE and the NSPCC in Northern Ireland.*

The course content has largely remained the same but will be delivered in a more interactive manner with the duration of the course being cut from 4 hours to 3 hours. The course was updated after the Irish Sports Council identified the need to ensure participants gained more exposure to sporting case studies and interaction around the issue of Child Protection. The course has also further highlighted the need for coaches to know not only the best practice for Child Protection regarding child safety and individual policy, but also how to protect themselves and the support networks that are available regarding the suspicion of abuse.

The updated Child Protection course is recommended for all coaches, parents and administrators who are involved with coaching children or clubs with juvenile membership. This is **the** major change to the course as previously the course was designed to give a member of a club information on best practice and knowledge of how to write and implement a Code of Ethics for their own club or organisation. The updated Child Protection course looks at best practice **for all** regarding child protection, with clubs now being asked to utilise and implement the relevant National Governing Bodies Code of Ethics which is available on the vast majority of National Governing Bodies websites.

The course maintains an essential component of coach education for all who are involved in coaching children.

For a full listing of WSP Code of Ethics Courses for 2011 see the back page of this publication or visit [www.waterfordsportpartnership.ie](http://www.waterfordsportpartnership.ie) or contact your own National Governing Body who may now be delivering a sports specific Child Protection Course.

### DATES FOR THE DIARY 5th Anniversary



Saturday 27th August

&

Sunday 28th August

**GET ON YOUR BIKE!!**

ENTRY WILL OPEN IN EARLY 2011

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

## Waterford Active Schools Programme Wizzy the Wasp visits Aglish & Villierstown

Wizzy the Wasp the mascot for Waterford Sports Partnership's Waterford Active Schools Programme (WASP) visited Aglish and Villierstown National Schools on the last day of the four week physical activity programme. Pupils and their families have been working hard over the programme to earn their Wizzy stickers and as a special treat Wizzy popped in to say well done!

Nine Waterford Schools opted to run the 4 week WASP programme during September and October. This programme involves pupils and their nominated adult completing the recommended time for physical activity which is at least 30 minutes a day for adults and at least 60 minutes every day for children. As a reward the pupils are given Wizzy stickers for their WASP record books with the aim to collect as many stickers as possible.



As you can see from the pictures the pupils of Aglish and Villierstown are fit and healthy and thoroughly enjoyed the WASP Programme. Well done to all!

To find out more about the WASP Programme or other Waterford Sports Partnership initiatives visit [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

## Tall Ships 2011

*The City of Waterford will spring to life from Thursday 30<sup>th</sup> June to Sunday 3<sup>rd</sup> July 2011 for the Tall Ships Race. This is one of the most spectacular and colourful events in the world and Waterford is gearing up to host over 70 majestic Tall Ships and 1,500 sail trainees.*

The Tall Ships Races is set to be the biggest event in Ireland in 2011 and the return of the Tall Ships to Ireland's South East region will be celebrated with a festival programme capturing the very best of Irish and International acts, street theatre, fireworks; music and food. On board the Tall Ships will be dozens of young Irish people enjoying the once in a lifetime opportunity to participate as trainees, alongside their international peers.

Waterford Sports Partnership is delighted to be involved in these four extraordinary days of family entertainment. We have come on board to organise a variety of sporting events for all crew members to participate in. WSP will offer them the opportunity to sample Ireland's Gaelic Games and a variety of different sports that Waterford has to offer.

This will be an unforgettable occasion & four days of incredible festival fun!



## Waterford now designated a HEALTHY CITY!

*Following the Waterford Healthy City Committee's June 2010 application to the World Health Organisation (WHO) to become a member of the WHO European Network of Healthy Cities it has just been announced that Waterford has been designated a Healthy City. There are currently over 80 designated healthy cities throughout Europe involved with just two others currently designated on the island of Ireland – Belfast and Galway.*

### So what is a Healthy City?

A healthy city is one that is continually creating and improving the physical and social environments and expanding the community resources that enable people to support each other, lead a healthy and active daily life and develop to their maximum potential. A healthy city is one which gives health priority and aims to improve it. It does not need to have a particular health status, but it does need commitment to improving health and a structure for doing this. The Healthy Cities approach emphasizes joined up, intersectoral planning and working to achieve improved health for all. It also stresses the importance of tackling inequalities and providing the same opportunities to all citizens.

### Who is involved in the Waterford Healthy Cities Initiative?

Waterford City Development Board committed to making Waterford a Healthy City and established a Healthy Cities Committee to lead this. The Healthy Cities Steering Committee is chaired by Waterford Area Partnership and membership includes representatives from Waterford Area Partnership, Waterford City Council, Health Service Executive, Waterford Institute of Technology, Waterford City VEC, Waterford City Community Forum, FAS, Gardaí, Waterford Chamber of Commerce, the Community Development Sector & Waterford Sports Partnership.

Watch this space for more details during 2011!  
For more information on the initiative contact  
Rosarie Kealy at 058 21190 or  
[rkealy@waterfordsportspartnership.ie](mailto:rkealy@waterfordsportspartnership.ie)

## Lismore Community College

### TY Gaisce Camogie Programme

Waterford Sports Partnership and The Camogie Association highlighted a need for more coaches in the surrounding areas of Lismore whilst also spotting a gap in Camogie opportunities for girls aged 8-12. From these preliminary discussions, the TY Gaisce Camogie programme was established.

Deirdre Murphy, Development Officer with the Camogie Association addressed the need to develop Camogie locally by involving Blackwater Community College and Lismore, Ballyduff and Tallow Camogie clubs and discussed the best way to approach this with Waterford Sports Partnership. These preliminary discussions led to a programme being drawn up which saw an increase in youth coaches, an increase in opportunities for young players, and, more importantly, an increase in the number of facilities/clubs offering Camogie opportunities locally.

After discussion with Lismore, Tallow and Ballyduff Camogie Clubs, 26 TY students from Blackwater Community College completed their Foundation Coaching Course funded by Waterford Sports Partnership and The Camogie Association. The 26 students were then assigned to the three local Camogie clubs who provided a coaching mentor for the TY students to coach in five areas, Lismore, Tallow, Ballyduff, Ballysaggart and Killeagh. In the first week of November, a 5 week coaching programme for 8-12 year olds began which was led by the TY coaches and supervised by coaches from the local clubs.

The programme proved successful with TY students using coaching session templates and warm up and coaching skills learned on the Camogie Foundation Course to provide a structured and enjoyable learning environment for the 8-12 year olds. The programme proved so successful that due to the coaching from the TY students, a new Camogie club has now been set up in Ballysaggart.



If you would like to find out more about this programme, or, are interested in assistance in setting up a new club through Waterford Sports Partnership's Development Fund, please contact Peter Jones on 058 21191.

## NGB CONTACTS



**Athletics Ireland**  
CONTACT: Jacqui Freyne  
Tel: 087 2629950  
Jacqui@athleticsireland.ie  
www.athleticsireland.ie



**Badminton Ireland**  
CONTACT: Wayne Doyle  
087 6871929  
wayne.doyle@badminton.ie



**Basketball Ireland**  
CONTACT: Kim Fitzpatrick  
(01) 4590211  
kfitzpatrick@basketballireland.ie  
www.basketballireland.ie



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



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



**Football Association of Ireland**  
CONTACT: Gary Power  
086 3883850  
gary.power@fai.ie  
CONTACT: Michael Looby  
087 0508623  
Michael.looby@fai.ie



**Irish Rugby Football Union**  
CONTACT: John O'Neill  
086 8207752  
johnoneill@munsterrugby.ie



**Ladies Gaelic Football  
Association**  
CONTACT: William Harmon  
Tel: (01) 8363156  
Fax: (01) 8363111  
williamharmon@ladiesgaelic.ie



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



**Cricket Ireland**  
CONTACT: James Doran  
086 8169667  
jimdor@irishcricket.org  
www.irishcricket.org

**Active  
waterford**  
WHAT'S ON IN WATERFORD  
FOR GETTING ACTIVE?

Are you running a mass participation event or an event that is open to all?

Why not send the details to [info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie) & we will promote your event on the Active Waterford section of our Website!

**CRITERIA & APPLICATION FORMS FOR OUR  
COACHING & DEVELOPMENT FUNDS  
CAN BE DOWNLOADED FROM THE FUNDING SECTION  
OF OUR WEBSITE**

[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)  
or contact our offices  
for further information  
on (058) 21191 or (051) 849855

**COMING**

**JANUARY 2011**

**Waterford Sports Partnership**

**facebook**

We are currently developing our Facebook Page - we'll let you know as soon as it's up & running!

# Youth Sports Development Update



## Vicki Langan - Youth Sports Development Officer (YSDO)

Vicki is working with young people aged from 10 to 21 years throughout Waterford City offering opportunities to participate in physical activity.

A variety of programmes have been run in all areas of the city and new programmes are constantly being developed & rolled out. The following pages give an update on some of the programmes and events that have been run over the past few months.

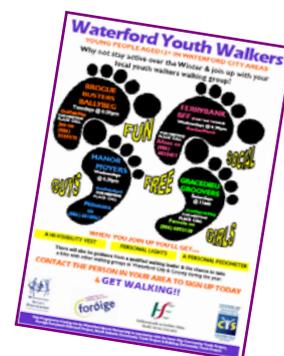
## Waterford Youth Walkers

A one of a kind opportunity for young people in Waterford City to get fresh air, have fun, get healthy and active with no running around.

The Waterford Youth Walkers Programme was launched on the 8th October by Mayor Mary Roche in the City Hall followed by a fun walk in the People's Park on a beautiful autumn day.

Waterford Sports Partnership in partnership with the HSE, Foroige and Waterford & South Tipperary Community Youth Service came together to offer young people 12yrs+ the opportunity to get active through walking. There are four walking groups that can be accessed in Waterford City - Brogue Busters Ballybeg, BFF Ferrybank, Grace Dieu Groovers and Manor St. Movers. These groups walk once a week in their area with trained walking leaders and adult volunteers.

The groups will continue walking over the winter months and into 2011 so if you are interested in getting or setting up your own walking group for young people please contact Vicki on (051) 849583



## Sacred Heart Family Fun Day & Teeby Memorial Trophy Competition

On the 19<sup>th</sup> September Waterford Sports Partnership supported the Sacred Heart Community Action Group to facilitate their Family Fun Day.

The YSDO was responsible for a number of sporting activities on the day. Some young people got to try out a new activity, Boccia, and over 60 young people took part in a soccer target game focusing on coordination and accuracy skills. Only one young man got a 100% record when shooting for the target Damien Myles age 10 from Kilcohan was presented with a soccer ball for his achievement. Other organizations involved on the day included, Barnardos, Ursuline Convent, Sacred Heart Family Resource Centre, Butler Community Centre & Community Volunteers. There was lots for everyone to enjoy with fun races, a puppet show and games while some just enjoyed a cup of tea and some home made apple pie.



The annual Teeby Memorial Cup competition also took place on the day. This took the form of a Soccer Blitz with community soccer teams from the Sacred Heart area taking part. The Teeby family from St. Johns Park sponsored the trophies and cup for the winning teams and Mayor Mary Roche presented the cup with a member of the Teeby Family to the winning team. Richardson's Meadow once again won the Cup but these players may have had their last chance as many will be over the age to take part next year. Well Done Lads and good luck in the future.

Waterford Sports Partnership was happy to offer support to this group and would encourage volunteers to get involved in such events in the future. Training is available for volunteers including Active Leadership Training Courses which are run regularly by Waterford Sports Partnership. This would support volunteers in facilitating activities for both young people and adults within their own communities. Waterford Sports Partnership will be working with the HSE to develop training for local communities to organize and run their very own community sports day. Look out for updates on this training on our website later in 2011.

## Bowled Over

### Waterford Youth Bowling League (First Ever in Waterford City)

Following the Bowled Over Programme organised by Waterford Sports Partnership (WSP) and Waterford Bowl & Kid Zone in 2010, Waterford Bowl & Kid Zone were delighted to offer the first ever Youth Bowling League in Waterford City. WSP coordinated and supported the Bowling Alley in advertising this league through school, youth project and clubs in Waterford City and successfully recruited 4 teams of 4 young people to participate in the 6 week fun league.

The Bowling League was offered to young people age 11-16yrs as a way of having fun, learning a new activity and supporting a healthy lifestyle. The cost of the league was very reasonable and Waterford Bowl & Kid Zone gave all participants vouchers for table tennis & pool to be used in the facility. The team with the highest points was given vouchers to come back and continue developing their bowling skills and maybe prepare themselves for the next bowling league in 2011. Well done to the 4 lads from Larchville who were the winning team.

The Bowling League is something new and exciting for young people in Waterford City, it is an indoor activity that can be great fun but yet enabling young people to get active without even realizing it. This is a non competitive activity suitable for individuals or teams.

The Bowling League is something new and exciting for young people in Waterford City, it is an indoor activity that can be great fun but yet enabling young people to get active without even realizing it. This is a non competitive activity suitable for individuals or teams.

**To find out how to get involved please contact Brenda at Waterford Bowl & Kid Zone on 051 872466 or Vicki Langan Youth Sports Development Officer, Waterford Sports Partnership on 051 849583**



## SUPPORTING ACCESS TO SPORT CLUBS & SERVICES

*Waterford Sports Partnership has offered support to a number of groups and individuals in accessing local clubs and sports services in the city.*

### RE-ENGAGING PROGRAMME

This Programme is to support the re-engagement of young people 16-21yrs back into sport/physical activity. We are offering nine young people the opportunity to get back into the sport/physical activity they were once involved in or would like to try something new. They can do this through participating socially, competitively, as a volunteer in the club or maybe through sourcing coaching qualifications and becoming a coach within their chosen sport/activity. The YSDO has further information on this programme and a referral form should you request one.

### STABLE MANAGEMENT COURSE WITH STONEHAVEN EQUESTRIAN CENTRE

A group of girls from the St. Johns Park area showed an interest in horse riding and learning about all things equestrian. WSP sourced and passed on information on what the centre could offer and 5 girls completed a 4 week stable management course with Stonehaven Equestrian Centre in November. The girls really enjoyed their experience, some conquering their fears and others discovering a new activity. The girls have shown huge interest in continuing to access horse riding and as a result the centre has reduced their hourly rate for young people to go horse riding to make it more accessible.

**For more information contact Stonehaven Equestrian Centre 051 873816.**

### WELL LADS FITNESS CLASSES & FITNESS FOR GIRLS @ TOTAL HEALTH & FITNESS GYM TYCOR

Waterford Sports Partnership and Total Health & Fitness Gym saw the need for young people 12-16yrs to have access to a gym and give young people the opportunity to experience new ways of exercising. Total Health & Fitness has agreed to offer boys & girls 12-16yrs the opportunity to attend fitness classes at their facility at a very low cost. The hour long classes include cardio and resistance exercises. **If you are interested in accessing this facility contact Carol or Martina at Total Health & Fitness Gym, Tycor Business Centre, Tycor on 051 357993 or 0851146665.**

### ST. SAVIOURS BOXERCISE

The Club of Champions St. Saviours Boxing Club are now offering a Boxercise programme for groups of young people 12-17yrs male & female. The Boxing Club will collect and return the group on their club bus and offer a one hour Boxercise Session (non contact) with the group for €5 per session. The minimum number in a group is 8 and the maximum is 15. The Boxing Club is equipped with qualified coaches, child protection officer and first aiders and has a huge variety of equipment for use including a boxing ring if the young people want to take their training a step further. **If you have a group interested in availing of this great offer then contact Vicki Langan, Waterford Sports Partnership on 051 849583 or Bart Simpson, St. Saviours Boxing Club, Ballybeg on 085 1660175.**

## Health, Well Being & Recreation Programme

*This programme was designed with youth at risk in mind and to address teen issues such as bullying, self esteem, relationships and positive mental health. Waterford Sports Partnership (WSP) is working in partnership with Children's Group Link in funding and sourcing the tutors for the programmes recreation activities.*

Three sports services within Waterford City agreed to come on board; The Yoga Studio, Total Health & Fitness, Tycor and Waterford Martial Arts Club. These are providing yoga, self defence, circuit training, aerobics and martial arts. The programme started in October 2010 in Children's Group Link, Military Road and was over subscribed. Sixteen young people took part in the first programme and a second programme will commence in February 2011.

**For information on the programme contact Vera in Children's Group Link on 051 855036. Referrals are kindly accepted. WSP hopes to support the second programme in 2011 and will take names of any young person interested in taking part, contact Vicki Langan on (051) 849583**

## COMING SOON!

**Pat Doyle Memorial Blitz – March 2011**

**Surf Youth at Risk – City wide access**

**License to Pedal:  
Sacred Heart & Ballybeg Communities**

**Facility Discount Card for  
Teens in Waterford City**

**Youth Sports Information Web Page on  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

## ... GET IN TOUCH ...

**If any young people aged between 10 and 21 years in Waterford City are interested in participating or becoming involved in a specific activity programme or have their own ideas about a new activity then please contact Vicki and she will assist you in any way she can.**

## COMING in 2011!

### WATERFORD STREET SOCCER LEAGUE

The YSDO would encourage more communities to participate in the Waterford Street Soccer League and join the growing number of young people enjoying a kick around and having fun in their own communities. All you need is 7 young players between 7-10yrs, 11-13yrs or 14-16yrs and 2 adult volunteers in your area to enter the Street Soccer League for 2011.

**Please contact Vicki Langan, Youth Sports Development Office for information on the Waterford Street Soccer League on 086 0201219.**

### TWILIGHT 5 (Indoor Futsal Soccer)

**Looking for something to do in the evening?  
Want to have a laugh with the lads?  
Want to pay only €3 for indoor soccer?**

Then watch out for the information flyers that will be coming your way in January 2011. 5 locations around the city have agreed to hire out their venue for only €30 per hour for Twilight 5. If you are male and aged between 16-21yrs then you can just turn up at the venue closest to you alone or with some friends and have a game of indoor soccer. Keep your eyes open for more details to get active and have fun.

### SPIKEBALL BLITZ & TRAINING

WSP, in partnership with Volleyball Ireland, has offered youth groups, clubs and communities the opportunity to participate in a New Spikeball League. It will begin in February 2011 with Spikeball Coaching Training for volunteers and youth workers followed by a Blitz for their newly formed youth Spikeball teams that they will have worked with in their groups to develop and coach the team. Volleyball Ireland and WSP will support the development of a Spikeball League with the newly formed teams over the summer months. If more groups, clubs and communities show an interest in Spikeball both organizations will look to run a second round of training, team development and blitz later in 2011.

**Applications for the Spikeball Training and development can be sourced from Vicki in WSP. All we ask is that your group contribute €75 towards the training and equipment worth over €200.**

### TRAINING DEALING WITH DIFFICULT BEHAVIOR USING RESTORATIVE JUSTICE

Are your club volunteers experiencing difficulty dealing with young people's bad behavior within your club and need guidance and information on how to deal with this? Waterford Sports Partnership is interested in supporting access to training in this area. Please contact Vicki on the number below.

# Disability Sport Update



## Katie Kelly - Sports Inclusion Disability Officer (SIDO)

Katie is responsible for the development, delivery and monitoring of sport and physical activity programmes for individuals with a disability. A variety of programmes have been run in all areas of Waterford city and county and new programmes are constantly being developed & rolled out.

The following pages give an update on some of the programmes and events that have been run over the past few months.

## Indoor Bowls for adults with an acquired brain injury

*The indoor bowls programme was initiated and organised by the Waterford Branch of Acquired Brain Injury with the support of Waterford Sports Partnership. This weekly programme is held in Waterford Crystal Sport and Leisure Centre on Monday afternoons from 1 to 2.*

This programme involved 6-10 adults with an acquired brain injury and staff members taking part in this highly skilled sport on a weekly basis. The game is played in a hall or large room area using specialist balls. The game is played in broadly the same way, and provides the same enjoyment and has the same attractions as lawn bowls and, indeed, many players participate in both games. The bowls themselves, and the smooth soled heel-less footwear are the same as those used outdoors. However, the game of indoor bowls is played on an indoor bowls matt and playing area. The objective of the game is for each player in a singles game or each team in a pairs, triples or fours to gain as many shots as possible by getting their bowls nearer to the jack than their opponents, and so outscore them.

The game requires patience and strategy and modifying ones skill level in order to beat their opponents. This is an ideal sport for adults with an acquired brain injury as it is non contact and can be played by all! This sports session will continue independently though the Waterford Branch of Acquired Brian Injury Ireland.

**For more information please contact: Katie Kelly on (051) 849757 or email [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie)**

## Tae Kwon Do for children with ADHD, Dyspraxia, Cerebral Palsy, Motor Co-ordination Disability, Autism Spectrum Disorder etc.

The Tae Kwon Do programme was designed by Waterford Tae Kwon Do Club and Waterford Sports Partnership to give children with ADHD, Dyspraxia, Cerebral Palsy, Motor Co-ordination Disability, Autism Spectrum Disorder etc. an opportunity to try out this disciplined and controlled sport in a safe and structured environment. The sessions are held on a Monday and Wednesday night from 6-7 p.m. in the Tae Kwon Do Club venue, Riverstown Business Park, Tramore.

The sessions allow children with a disability to learn the skills of Tae Kwon Do in an environment suitable to their learning needs. If or when any of the children attending the programme feel they are ready to move on there are opportunities to take part in the mainstream Tae Kwon Do sessions which are held on a Tuesday and Thursday night from 6:00 p.m. The children are allowed to progress at their own pace at these sessions and whilst some may feel ready to move on, others may not wish to do so and are encouraged to continue taking part in the Monday and Wednesday night sessions.

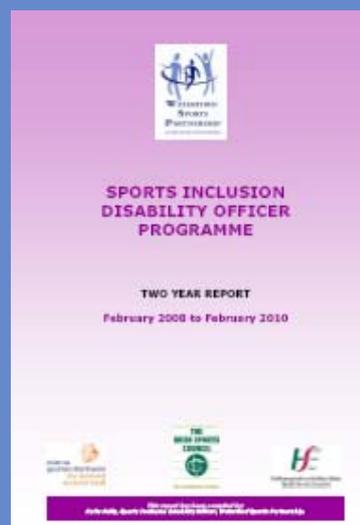
Tae Kwon Do was chosen as a sport suitable for these disability groups due to the structure and repetitive learning process. Many of the routines are repeated and built upon in the session. The children are encouraged to participate to their fullest. This programme will run again in January 2011.

**For more information please contact:  
Katie Kelly on (051) 849757 or  
e-mail [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie)**

## WATERFORD SPORTS PARTNERSHIP

### SPORTS INCLUSION DISABILITY OFFICER PROGRAMME

### TWO YEAR REPORT February 2008 to February 2010



Available to download from the  
Disability Section of our website  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

## FISHING FOR ALL

### Fishing for adults with an intellectual disability UPDATE

*A fishing education course was arranged by Der Casey and Patrick Dalton from Waterford District & Coarse Angling Club and part funded through the SIDO programme. The course evolved from the open day to become a fishing education course for both participants and for the staff members from Brothers of Charity, Waterford.*

The education course was 8-weeks in duration and involved learning all the skills required for various types of fishing including sea fishing. The staff member and the individuals from Brothers of Charity (Tory Services) received the training.

As a result of this programme and the continued interest from individuals who participated in the fishing education course, the disability organisation Brothers of Charity and Waterford and District Coarse Angling Club made an application to the WSP grant scheme to create a disability strand within the mainstream fishing club. The grant application was successful and as a result work is underway to develop a fishing strand and programme for the adults attending the Brothers of Charity Services. With the new equipment the adults can participate in fishing activities independently of the SIDO and the tutors from the angling club. This potential standalone disability strand has been facilitated through receiving equipment from the WSP grant and through the fishing education course which trained staff members and individuals from the disability organisation.



## Dungarvan Special Olympics (Junior Club)

The Dungarvan Special Olympics Junior Club was set up in 2009 to meet a need in the Dungarvan area. Parents felt that there were few activities that their children could take part in and wanted more sporting opportunities for their children. Parents, Waterford Sports Partnership and Special Olympics Munster came together to discuss setting up a new club for children aged 4-16years for children with Dyspraxia, Down Syndrome, Ambulant Cerebral Palsy, Autism Spectrum Disorder etc.

**THE CLUB MEETS EVERY TUESDAY EVENING FROM 5:00-6:00 P.M.  
DURING THE SCHOOL TERM IN KILRUSH PARK A.F.C.**

This club is growing and expanding and in 2010 they have had new volunteers to help support the club and have had new children take part in the many games and activities. One of the volunteers even ran a marathon in Munich to raise over €600 for the club! Schools have also linked in with the club, fourth year/ transition year students from the Ard Scoil and St. Augustines College attended weekly to volunteer their time to support the children in taking part. With all of the monies raised from fundraising and with the support from Waterford Sports Partnership, the club has purchased equipment for new activities and games for all.

As a Christmas event prior to breaking up over the Christmas holidays a local Tae Kwon Do Club and Liam Laffan involved the children in a session in St Augustine's College. This activity was thoroughly enjoyed by all and put everyone in festive form!

It is great to see an independent disability club going from strength to strength!

**For more information please contact Fiona Vaianella via e-mail [fvaianella@gmail.com](mailto:fvaianella@gmail.com).  
On facebook: DUNGARVAN SPECIAL OLYMPICS (Junior Club).**

# Disability Sport - Upcoming Activities

ACTIVITY	DAY	TIME	VENUE	COST	CONTACT
<b>NEW!!!!</b> Golf for adults with a physical or sensory disability	Tuesday	6pm	Tramore Pitch & Putt Williamstown Golf Course	TBC	Katie: 051 849757
<b>NEW!!!!</b> Tae Kwon Do for children with an Autism Spectrum Disorder, ADHD, Dyspraxia, Motor Coordination Disability, Other Ambulant Physical Disability	Monday & Wednesday	6pm	Tae Kwon Do centre, Riverstown Business Park, Tramore, Co. Waterford	€4 per session or €30 per month	Katie: 051 849757
<b>NEW!!!!</b> Multi Activities for children with Special Needs/ Disability (ages 3-6 yrs)	Thursday – Starting in January 2011	4-5pm	TBC	€4 per session	Katie: 051 849757
Social Soccer league for adults with an intellectual disability  (Monthly) - Now including a wheelchair soccer session	Last Thursday in every month	1-2pm	Butler Community Centre, Johns Park, Waterford	€2 per person	Katie: 051 849757
Ferrybank Soccer for children with special needs	Thursday	5-6pm	Kilmacow	€3 per person	Rosalind: 086 8957620
Dancing for adults with an intellectual disability in Dungarvan - (Carriglea Cairde Services)	Various	Various	Various	€40 for 8 weeks	Tanya Cliff – 087 7479526
Activities for children with an Autism Spectrum Disorder (Swimming, Bowling, Horse Riding, Surfing, Yoga, Other)	Contact WASSA	Contact WASSA	Various	Contact WASSA	WASSA: 086 6637055
Yoga for adults with an intellectual disability	Thursday	11.15-12.15pm	Alphazone Yoga Studio, Cleaboy Business Park, Cleaboy, Waterford	€40 for 8 weeks	Adrienne: 086 8359863
Indoor Bowls for All	Contact Cill Barra Sports Centre to confirm				Cill Barra Sports Centre 051 350800
Indoor Bowls for adults with an acquired brain injury	Monday	1-2pm	Waterford Crystal Sport and Leisure Centre	Through ABI	Through Acquired Brain Injury Organisation
Special Olympics Club Dungarvan (8-16yrs)	Tuesday	5-6pm	Kilrush Park AFC, Dungarvan, Co. Waterford	€3	Fiona: 087 2774607
Cycling for adults with a vision impairment	Arranged with Cycling club	Arranged with Cycling club	Arranged with Cycling club		Sinead Power @ Comeragh Cycling Club: 051-358163 or 087-2680088
Assistant Swim Teacher Training (teaching people with a disability)	To be rescheduled for early 2011	TBC	TBC	€250 per person	Katie: 051 849757
Yoga for adults with Multiple Sclerosis	Thursdays	10-11am	Alphazone Yoga Studio, Cleaboy Business Park, Waterford	€40 for 8 weeks	Katie: 051 849757
Swimming for children with Down Syndrome	Organised through DSI				Kingfisher Club: 051 850300
<b>UPCOMING in 2011</b>					
Fishing for adults with a disability	TBA	TBA	Waterford District and Coarse Angling Club/ Brothers of Charity Services		Katie: 051 849757
Parent and Toddler Swimming Lessons – Down Syndrome	Organised through DSI				Kingfisher Club: 051 850300
Walking for All	Tuesday – November 2010	2.30-4pm	Peoples Park, Waterford	FREE	Katie: 051 849757
Dancing for adults with an intellectual disability in Waterford	TBC – Starting in January 2011	TBC	Brothers of Charity Services Hall, Belmont.	€5 per person	Katie: 051 849757

# Waterford Sports Partnership 2010 Calendar of Upcoming Courses and Events

Date	Course/Event	Time	Venue
<b>JANUARY 2011</b>			
Tues 11 <sup>th</sup> , Thurs 13 <sup>th</sup> , Sat 15 <sup>th</sup> , Tues 18 <sup>th</sup> , Thurs 20 <sup>th</sup> and Tues 25 <sup>th</sup> January	GAA Child Welfare & Protection Course	TBC	Contact GAA local Games Development Administrator Eoin Breathnach - 087 9219345
Saturday 15 <sup>th</sup>	Operation Transformation Walk	11am	The Plaza, The Quay, Waterford City
Sunday 30 <sup>th</sup>	Quantum Life Dungarvan 10 Mile	1pm	www.dungarvan10mile.org
Monday 31 <sup>st</sup> Jan 7 <sup>th</sup> Feb, 14 <sup>th</sup> Feb, 28 <sup>th</sup> Feb, 7 <sup>th</sup> March	Older Adults – 5 week Bowling Programme	11am - 12pm 10.30am - 12.00pm 10 – 11.30am 2 - 3.30pm	Dungarvan Sports Centre Cill Bara Sports Centre Butler Community Centre Waterford Crystal Sports Centre
<b>FEBRUARY 2011</b>			
Monday 7 <sup>th</sup> February	Child Welfare & Protection Awareness Course	6.30 to 9.30pm	VEC, Dungarvan
<b>MARCH 2011</b>			
Friday 4 <sup>th</sup> & Saturday 5 <sup>th</sup> March	Active Leadership Training – Leadership Skills for Team Sports	Fri 6 - 9pm Sat 10 - 5pm	TBC, County
Tuesday 8 <sup>th</sup> March	Go For Life PALs - Dance	9.30am – 3pm	Rainbow Hall, Kilmacthomas
Monday 14 <sup>th</sup> March	Go For Life PALs – Basic Principles	9.30am – 3pm	Rainbow Hall, Kilmacthomas
Monday 21 <sup>st</sup> March	Go For Life PALs – Sit Fit	9.30am – 3pm	Rainbow Hall, Kilmacthomas
<b>APRIL 2011</b>			
Monday 4 <sup>th</sup> April	Child Welfare & Protection Awareness Course	6.30 to 9.30pm	City Hall, Waterford City
Friday 8 <sup>th</sup> & Sat 9 <sup>th</sup> April	Active Leadership – Leadership Skills for Team Sports	Fri 6 - 9pm Sat 10 - 5pm	TBC, City
<b>MAY 2011</b>			
Sunday 15 <sup>th</sup> May	John Treacy 1k & 5K Fun Run/Walk	TBC	Villierstown, Co. Waterford
Monday 16 <sup>th</sup> May (and every consecutive Monday)	Older Adults – 5 week Pitch and Putt Programme	10am - 12pm	Cunnigar Pitch and Putt, Dungarvan Regional Sports Centre, Waterford City
Saturday 21 <sup>st</sup> May	First Aid - REC1	9 - 5pm	TBC, City
Monday 23 <sup>rd</sup> May	Child Welfare & Protection Awareness Course	6.30 to 9.30pm	VEC, Dungarvan
<b>JUNE 2011</b>			
Friday 24 <sup>th</sup> & Sat 25 <sup>th</sup> June	Active Leadership – Leadership Skills for individual Sports	Fri 6 - 9pm Sat 10 - 5pm	TBC, County
<b>AUGUST 2011</b>			
Saturday 27 <sup>th</sup> August	The Sean Kelly Tour of Waterford - Kelly Ten	TBC	Dungarvan
Sunday 28 <sup>th</sup> August	The Sean Kelly Tour of Waterford	TBC	Dungarvan
<b>SEPTEMBER 2011</b>			
Friday 9 <sup>th</sup> & Sat 10 <sup>th</sup> September	Active Leadership – Leadership Skills for Individual Sports	Fri 6 - 9pm Sat 10 - 5pm	TBC, City
Friday 16 <sup>th</sup> , Saturday 17 <sup>th</sup> , & Sunday 18 <sup>th</sup> September	Slí na Sláinte Walking Leader Training	Fri 7 – 9pm, Sat 9 - 5pm Sun 9 – 2pm	Waterford Crystal Sports Centre
Monday 26 <sup>th</sup> September	Child Welfare & Protection Awareness Course	6.30 to 9.30pm	City Hall, Waterford City
<b>OCTOBER 2011</b>			
Monday 10 <sup>th</sup> October	Go For Life PALs – Better Balance	9.30am – 3pm	Rainbow Hall, Kilmacthomas
Saturday 15 <sup>th</sup> October	First Aid - REC1	9.00 – 17.00	TBC, County
Monday 17 <sup>th</sup> October	Go For Life PALs – Going Strong	9.30am – 3pm	Rainbow Hall, Kilmacthomas
<b>NOVEMBER 2011</b>			
Monday 14 <sup>th</sup> November	Child Welfare & Protection Awareness Course	6.30 to 9.30pm	VEC, Dungarvan

**WATERFORD SPORTS PARTNERSHIP**  
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Co. Waterford.  
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**WATERFORD SPORTS PARTNERSHIP**  
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