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## Pride of Place Award for Waterford Sports Partnership

**Waterford Sports Partnership was proud and honoured to be awarded top prize in the Community Health - Physical Activity Category for Cities at the 2014 Pride of Place Awards.**

Speaking following the presentation, Rosarie Kealy, Co-ordinator with Waterford Sports Partnership said 'We are so delighted to receive this award as it acknowledges and validates the work not only of the WSP staff and Board, but more importantly of all the agencies, sports clubs, community organisations and volunteers that we work with on a daily basis. All of our work is through partnership with the objective of increasing participation in sport and physical activity for the health and well being of the Waterford community. It would simply not be possible without partnership and support from the many organisations and individuals we work with on the ground. We thank Waterford City Council for the nomination earlier this year and Waterford City & County Council for their ongoing support and also all the representatives from various agencies, sport clubs and community organisations that met with the judges on judging day last July.'



In their citation about Waterford Sports Partnership, the judges said that Community Health was a very important issue and since inception in 2002, Waterford Sports Partnership has provided a leadership role for the coordination, development and delivery of sport and physical activity opportunities in Waterford. This is achieved through the provision of information and support, facilitation of education and training opportunities and supporting the development of programmes and events that encourage participation in physical activity. The quantity and quality of this work cannot be over emphasised. Waterford Sports Partnership has shown great enthusiasm and initiative in engaging all elements of Waterford's communities and that it was a thoroughly deserved category winner. The judges were more than surprised with the diversity of activity of the Partnership and the way in which it worked so closely with the different communities and target groups. Special mention was given to the Sean Kelly Tour, the huge array of older person activities and the great work taking place with young people.

Vinnie O'Shea of Waterford City & County Council said that 'the award is just recognition for the hard work and commitment of Waterford Sports Partnership to the promotion of physical activity across the County of Waterford.' The chairperson of Waterford Sports Partnership, Jacinta Burke, added that she was 'very happy to receive the award and outlined that it was great acknowledgement for all of the staff who put in tremendous work in building strong relationships with the different communities of Waterford. Pride of Place represents the best of Irish community effort and endeavour and we are also delighted to see Ardmore not only win their category but also a LivCom Award - an International Best Practice competition with winners to be announced in 2015.'

## MEET THE WSP SPORTS DEVELOPMENT TEAM

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



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



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



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



**Brian O'Neill - Youth Sports Development Officer**, is based in Waterford City and works to promote the participation of young people (with a focus on youth at risk aged from 10 to 21 years) in sport and physical activity throughout Waterford City. Brian can be contacted on (051) 849583 or boneill@waterfordsportspartnership.ie

## SCHOOLS PROGRAMME UPDATE

### Primary Schools

As part of our on-going support of physical activity opportunities in schools, Waterford Sports Partnership offers a number of training opportunities each year to primary school teachers across Waterford.

**BALANCE BIKE TRAINING** - Earlier this year WSP delivered Balance Bike Training to twenty one teachers from fourteen schools across Waterford. Following the training schools had the opportunity to avail of balance bikes, helmets, ramps and cones for a two week period, for the teachers to put their new skills into use.

**The following opportunities have been scheduled for the remainder of the academic year:**

Training	Date   Time   Venue   Cost
<b>Disability Awareness Training</b> <i>(All teachers)</i> Familiarise teachers with the benefits of inclusive games and the best methods for including children with a disability in their activities. Course is a mixture of theory & practical work.	Thursday 5 <sup>th</sup> February 12-3pm Dungarvan Venue TBC €5pp
<b>Tag Rugby</b> <i>(4<sup>th</sup>, 5<sup>th</sup> &amp; 6<sup>th</sup> Class teachers)</i> Modified game of touch rugby that allows for mixed gender participation regardless of size age or ability.	Date: TBC Time: 1 to 4pm Venue: TBC €25.00 per school (includes play rugby packs)

**If you are a teacher and you would like to find out more about any of the opportunities listed above or if you wish to discuss the possibility of including different sports or physical activities, please contact Pauline Cunningham on (051) 849855 or email pcunningham@waterfordsportspartnership.ie**

### RIVER ROWERS

Waterford Sports Partnership in conjunction with Cappoquin Rowing Club delivered an eight week Rowing Programme funded by the Irish Sports Council's Women in Sport Funding to eight TY students from Blackwater Community School. The programme was facilitated by coaches from Cappoquin Rowing club on Saturday mornings.

None of the eight girls had rowed before and the aim of the programme was to develop rowing on the river skills, as well as rowing technique and fitness levels needed for rowing. The girls worked on core strength via fitness circuits, technique on the rowing tank and endurance on rowing machines. This was essential in ensuring that the girls were capable of rowing as a group on the water. We are delighted that four girls have since joined Cappoquin Rowing Club as a result of this programme.

Participant Taylor Long said 'I found the experience fun and I enjoyed the time out on the water because it was different to other sports', fellow participant Sarah McCarthy said 'I found it fun and enjoyable. I now have a new hobby out of the River Rower's Programme'.

This is the third River Rowers Programme that we have delivered since 2012. In total thirty TY students have taken part and fifteen girls have gone on to join the Rowing Club. We are delighted that Cappoquin Rowing Club and Blackwater Community School plan to continue to deliver this as an annual programme due to its success over the past three years.



### Garda Vetting – what clubs need to know and do NOW!

In 2015, new legislation regarding Garda Vetting will come into force (this was expected to be enacted in 2014). Anyone who has on-going contact with children, in the field of leisure or sport (paid or voluntary), other than those who assist 'occasionally' or in the event of a family or personal relationship, must be vetted. *\*Child means a person under the age of 18 years. It is up to clubs to assess whether a persons contact is 'occasional' or not, \*occasional contact is "now and then" or a once off event, such as a sports day.*



#### What this means for clubs?

If you have children involved in your club, all staff and volunteers who have direct contact with children must be vetted. It is not necessary for all committee members to be Garda Vetted but it is essential if they have direct contact with children. Additional persons e.g. a caretaker - The club will have to make the assessment themselves. For example, in one club the caretaker may only be responsible for outdoor facilities and may not have any role working with children. In another club the caretaker may be responsible for supervision of changing and shower areas. The legislation only requires vetting of persons working with children. If the caretaker does not have such a role, a club is not committing any offence by not having them vetted. Clubs should also look at their current recruitment policies and procedures to ensure that they are properly managed, enforced and comply with the new legalisation. Club members should attend Code of Ethics and Good Practice for Children's Sport workshops with their NGB or Local Sports Partnership. Clubs should have properly trained Children's Officer. Training is available through Waterford Sports Partnership.

#### When the legislation is enacted:

It will be illegal for an individual to start working with children or vulnerable adults before successfully completing the Garda Vetting process. Individuals who are registered with a Club and have been vetted successfully prior to the commencement of the legislation are eligible to continue work within the club.

#### Recommendations

- Start the Garda Vetting process immediately for all un-vetted and new volunteers.
- Prior to enactment of the legislation, current staff and volunteers can continue their role within the club while their application is being processed.
- Once legislation is enacted (expected early 2015), current and new staff and volunteers cannot have access to vulnerable adults and children as it will be illegal to do so. Please note the application process may take some time so it is critical that all staff and volunteers are vetted immediately to avoid any disruption to club activities.
- Most clubs will be affiliated to a National Governing Body eg. GAA, FAI and clubs should contact their own NGB for support and further information. Clubs that are not affiliated to an NGB or whose NGB does not provide a vetting service can apply to be garda vetted through the Federation of Irish Sport (FIS).

The FIS facility will provide access for FIS member organisations and other non-member sporting organisations to Garda Vetting where such organisations do not have access to an Authorised Signatory within their own organisation or through another group facility. Organisations wishing to access the service should contact Conn McCluskey (conn.mccluskey@irishsport.ie or 01-6251155/083-1285169) for details of how to apply for access to the service and how the facility will be administered.

### Waterford Public Participation Network - Register today and have your voice heard!

Waterford's Public Participation Network (PPN) was formally established on 29<sup>th</sup> September 2014 and has over 400 organisations registered county wide. The PPN is a new way for the public to engage with their local authority. Every local authority in the country has or will have its own PPN and this PPN replaces the Community Forum. It is the main link through which the Local Authority connects with Environmental, Social Inclusion, Community and Voluntary Organisations.

#### Benefits of joining the Waterford PPN:

- Network – share information, learn from other community and voluntary groups in your area or sector, identify issues of common concern
- Create a sense of solidarity and collective action across the county
- Elect representatives to policy making boards and committees
- Avail of free low cost support and training in the county
- Get information on funding, grants and initiatives etc which are of interest to your group
- Opportunity for your group to influence policies and plans that are relevant to your group.

**For registration or further information please contact: Muriel Tobin, PPN Co-Ordinator, 1<sup>st</sup> Floor, Civic Offices, Dungarvan, Co. Waterford. Tel: 058-21198 or email: [mtobin@waterfordcouncil.ie](mailto:mtobin@waterfordcouncil.ie) or John Hawkes, PPN Co-Ordinator, City Hall, The Mall, Waterford. Tel: 051 849597/ 087 9809985 or email: [jhawkes@waterfordcouncil.ie](mailto:jhawkes@waterfordcouncil.ie)**

Online registration or forms are available at the link below:

**<http://www.waterfordcouncil.ie/en/Resident/Community,and,Sport/Public,Participation,Network,PPN/>**

#### So why is Waterford Sports Partnership encouraging you to join the PPN?

Waterford Sports Partnership encourages all sports clubs, older adult, disability and youth groups and organisations and any community and voluntary group interested in promoting sport and physical activity to join the Waterford PPN. Aside from the general benefits outlined above, WSP plans to write to the PPN in qtr 1 2015, to seek four nominations to the Board of Waterford Sports Partnership. Our intention is that the PPN representatives on our Board will give the sporting and community perspective to the work that we do. In advance of this, we want to ensure that the 'pool' from which we seek those nominations is representative of the community. It is in all our interests that there is a significant sports club and community group membership in the PPN from which nominations will be sought. It is also in all our interests that the voice of sport and those interested in physical activity is strong in this new network. **Please take a few minutes NOW to register for the PPN.**



## Older Adults Activity Leadership Programme

Twelve older adults from Cappoquin ARA, Dungarvan ARA, Dungarvan Men's Shed, Waterford Stroke Support Group, Dolmen ARA, Slieverue District ARA and Respond signed up to take part in the Older Adults Activity Leadership Programme (OALP) which commenced at the end of September 2014. The aim of the programme was to equip committed and motivated individuals with the skills and confidence necessary to plan, organise and lead their group or other older adults in activity sessions. Participants were required to commit to a series of training sessions and follow on activities with their groups spanning from September 2014 to May 2015. WSP would like to commend and congratulate the leaders on the range of training and activities detailed below that they completed in 2014.



### Active Leadership Training

The first installment of training involved participants completing Irish Sports Council certified Active Leadership Training. This two-day course aims to develop leadership skills and confidence in activity delivery. This was the first time that WSP delivered an Active Leadership Course specifically for Older Adults groups. Participants were very happy with the skills and experience they gained from the course and they wasted no time in putting their learning into action! Catherine Chester of Waterford Stroke Support Group introduced the games she learned from the course to their meetings and focused on improving arm strength for those with weaknesses and adapting activities for those with limited mobility. Timmy Fox and Michael Greaney of Dolmen ARA established a weekly activity session for their members following the training. The group has been meeting weekly since October and Timmy and Michael have been planning out a range of activities each week. WSP are delighted to see such a strong and lasting impact from participation in Active Leadership Training among the OALP leaders.

### Camán Abú Training Workshop

WSP partnered with Waterford GAA for the second installment of OALP training. Camán Abú is a recreational, non-contact version of hurling that uses a larger, softer sliotar and plastic hurls. The game was developed by the GAA as a fun and social alternative for men and women who want to be active but don't play hurling competitively. Following previous interest in the game from older adults groups, WSP and Waterford GAA decided to hold a training workshop for OALP leaders to introduce them to the sport and identify ways to adapt the game to make it suitable for older people. The half day training workshop was delivered by Eoin Breathnach of Waterford GAA and Sarah Chadwick of WSP on Tuesday 21<sup>st</sup> October. Seven leaders from four groups attended and had their input in the development of a set of guidelines for older adults Camán Abú. Adaptations included playing 5-a-side, using a smaller playing area, playing short halves with breaks and substitutions in between, keeping the game at a walking pace, keeping the hurl and the sliotar on the ground and using player zones to minimise contact. WSP were delighted to see that the leaders embraced the opportunity to learn a new sport and have their say in adapting the game to make it more accessible for older people.

### Camán Abú Blitz

Following the Camán Abú Training Workshop, participating groups borrowed the equipment, introduced the rest of their members to the game and practiced for the Blitz day on Friday 5<sup>th</sup> December when all groups were invited to come together for a friendly tournament hosted by WSP and Waterford GAA. Twenty-three older adults from Dolmen ARA and Respond were in attendance on the day to show that Waterford people can pick up a hurl at any age!

This was the first Camán Abú tournament held specifically for older people. Everyone enjoyed the opportunity to play the sport and experience the camaraderie, craic and electric sporting atmosphere on the day. Some participants were trying their hand at Hurling for the first time, others were returning to the sport having played in their youth. Waterford Sports Partnership and Waterford GAA will be aiming to continue the development of Camán Abú among older adults groups in Waterford in 2015, with a number of groups already expressing an interest in holding additional friendly tournaments in future. Well done to the leaders and all that took part.

**For more information about this programme, please contact;  
Peter Jones on (058)21191**

*"Waterford GAA was delighted to be involved with Waterford Sports Partnership for Camán Abú for Older Adults. This was our first time doing GAA for Older Adults and it was very enjoyable. Hopefully we can expand on the Camán Abú for Older Adults in 2015".*

**Eoin Breathnach, Waterford GAA & Games Development Officer**

*"I could still enjoy playing the game even though my mobility is curtailed."*  
**Noel Lanigan, Participant**

*"Camán Abú is a thoroughly enjoyable game for all ages".*  
**Aileen Stephenson, Dolmen ARA**



## National Go for Life Grant Scheme 2014

A record number of 1,023 groups of older people across Ireland are celebrating the awarding of grants to support physical activity and sport in 2014. The Go for Life Grant Scheme is a joint initiative between Age & Opportunity's Go for Life programme and the Irish Sports Council. The scheme is aimed at encouraging older people to get involved and is used by groups to buy equipment, run sports events or to try new activities. Now in its fourteenth year, it has so far awarded over €4.5million in almost 10,000 grants during its lifetime.

The scheme is awarding almost €300,000 in total with individual grants ranging from €250 to €1,500. **Twenty-five organisations and groups from Waterford** were successful in receiving funding through the scheme. In total, **€7,730** was allocated to Active Retirement Groups, ICA guilds, Day Centres, sports clubs, organisations and Family Resources Centres that are committed to providing a wide range of physical activity opportunities for older people in Waterford in 2015. This is an increase of €1,600 on the allocation for Waterford in 2013, showing the growth of older adults' physical activity within the county.

One of the Waterford groups that have been awarded a grant is Dungarvan ARA. Dungarvan ARA will be using the grant to fund the purchase of a Go for Life Games Kitbag. Support for the Go for Life Games activities grew quickly within the group throughout 2014 after their members took part in Waterford Sports Partnership's Go for Life Games League and represented Waterford at the National Event in Dublin in June 2014.

Speaking about the grant, Liz Power said "Dungarvan Active Retirement Association is delighted to receive a Go for Life Grant. We are planning to purchase our own Go for Life Games Kitbag and rent a local hall to play the games each week. We hope it will make a real and lasting difference by giving our members the opportunity to get some regular exercise and have fun."

Speaking at the announcement, John Treacy, Chief Executive of the Irish Sports Council said: *"The Irish Sports Council has made increasing participation in sport and physical activity a key strategic priority. For over fourteen years, the Council has been committed to the Go for Life Programme which aims to increase participation among older people in recreational sport activities. A record number of groups will be supported by today's announcement and I want to acknowledge the groups, clubs and our own national network of Local Sports Partnerships who provide opportunities to increase participation among older people in sport and physical activity"*.

WSP would like to congratulate all the successful applicants listed here and we look forward to seeing the benefit of this funding in 2015.



### WATERFORD GRANT RECIPIENTS

Cunnigar Pitch and Putt Club	€250
Arthritis Ireland, Waterford Branch	€250
Tramore and District ARA	€270
Ballymacarbery ICA	€270
Ballymacarbry Elders Housing Assoc Ltd	€270
Irish Wheelchair Association, Waterford	€270
Cappoquin Group ARA	€270
Kinsalebeg Community Group	€270
Cappoquin Day Care Centre	€270
Glenberg I.C.A. Guild	€270
Tramore ICA	€270
Dungarvan Care of the Aged Ltd.	€270
Dungarvan and District ARA	€300
Cill Barra Community Sports Centre	€250
Waterford Farm Family	€250
Clonea Rathgormack ICA	€250
Respond Waterford	€270
Respond Housing (New Ross)	€270
Comeragh ARA	€250
Blackwater Ladies Club	€270
St. Brigid's Family & Resource Centre	€250
Waterford Sports Partnership	€1400
Waterford Traveller CDP	€270
Tallow and District ARA	€250
Gartr Lane Arts Centre	€250
<b>TOTAL:</b>	<b>€7,730</b>

## Walk for Life Series

Waterford Sports Partnership is partnering with older adults groups in Waterford to run the Walk for Life Series in Spring 2014. There will be four walks, hosted by leaders and local older adults groups that have been taking part in the Older Adults Activity Leadership Programme.

The aim of the walks is to allow over 55's from across Waterford, both individuals and group members, the opportunity to meet and create links with others in their locality that are interested in keeping active. All over 55's are welcome, all you need is suitable walking shoes, runners are ideal, and a rain jacket just in case!

**To request a timetable for the Walk for Life Series, please contact Peter Jones on (058) 21191.**

## Go for Life Games Workshop and League

Waterford Sports Partnership has secured funding through the Go for Life grant scheme to run a Go for Life (GFL) Games Training Workshop in March 2015 (date and venue to be confirmed) and a Waterford GFL Games League in the lead up to the National Go for Life Games in June 2014.

Older adults groups are invited to send up to two coordinators per group to attend the workshop at a cost of €5 each. The participants will be taught how to play the three GFL Games activities (Flisk, Lobbers and Scidils) and will be trained in hosting a challenge match. The co-ordinators will then return to their groups and introduce their members to the games in preparation for a league in Spring 2015. The league will focus on enjoyable and social participation and will allow the opportunity for groups to get to know each other through activity. Six older adults groups and over 100 participants took part in the hugely successful league in 2014. WSP is hoping to expand on this further in 2015. Register your group's interest to take part now and don't miss this chance to get involved and get active!

**Places and equipment available for hire are limited and will be allocated on a first come first served basis. To register your group's interest in taking part, please contact Peter Jones on (058) 21191.**

## Active Older People Gym Programme

Waterford Sports Partnership, in conjunction with The Park Hotel Leisure Centre in Dungarvan and Go for Life recently ran an Active Older People (AOP) Gym Programme. Sixteen participants from Dungarvan ARA, Cairde na Gaeltachta and Carriglea Cairde Services took part in the eight week programme in the Park Hotel Leisure Centre that aimed to reintroduce older people to the benefits of regular physical activity. The programme originally only had space for eight participants but a second class was added due to high demand. The groups took part in a variety of aerobic and resistance based classes on a weekly basis using a range of equipment. Participants were supervised and guided in their progression throughout the programme by Claire Kennedy, Park Hotel Gym Instructor and certified Older Adult Specialist with the National Council for Exercise and Fitness. Claire designed an innovative, diverse and well tailored range of sessions to improve aerobic fitness, strength and balance as recommended by the National Physical Activity Guidelines for older people. All participants thoroughly enjoyed the programme and experienced physical, social and psychological benefits. Speaking about the programme Claire noted that "Everyone got to try various exercises from cardio to strength to balance and many more. We focussed on activities and movement relevant to older people. It was great to see everyone progress throughout the weeks". Mary Moi of Dungarvan ARA said "the programme was brilliant; I felt it did me good in terms of every aspect of my health and helped relieve my muscle and joint pain".

Waterford Sports Partnership and the Park Hotel Leisure Centre are delighted with the outcome of the AOP programme and we would like to congratulate everyone that took part. We hope to see returning participants and new participants from the local area enjoying the follow on opportunities below in 2015. It's never too late to get active!

**Please contact Peter Jones on (058)21191 if you would like more information about this programme.**

**For information on Older Adults classes in the Park Hotel Leisure Centre in 2015 (see below) please contact Claire Kennedy on (058) 42902.**

## Link2BActive

Many older adults have already benefited from the discounted rates on offer through WSP's Link2BActive scheme. This programme offers discounted rates/exercise opportunities for older adults in participating facilities.



**If your facility/group would like to be included in this programme or if you are interested in availing of the discounted rates, please call 058 21199 or click on the Link2BActive logo on [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

## Leisure Centre Opportunities

### Active Older People Class | Park Hotel Leisure Centre, Dungarvan

Following on from the success of the Active Older People Gym programme in conjunction with Waterford Sports Partnership in 2014, The Park Hotel Leisure Centre will be offering an Active Older People Class in 2015. This fun and social class aims to maintain and improve balance and muscle strength for everyday activities and incorporates seated exercise and low impact aerobic activity. Classes will run weekly from Tuesday 13<sup>th</sup> January 2015, 11am-12pm at a cost of €6 for gym members and €8 for non- members. Pre-screening and booking required, please contact Claire Kennedy on (058) 42902.

### Active Older People Gym Support | Park Hotel Leisure Centre, Dungarvan

Older adult's activity specialist Claire Kennedy will be available to induct and assist older people that are interested in getting started in the Park Hotel Leisure Centre gym every Tuesday between 10am-10:50am from Tuesday 13<sup>th</sup> January. Pay as you go rates from €6 per session. Please contact Claire Kennedy for more information on (058) 42902.

### Active Retirement Activity Class | Kingfisher Club, Waterford

The Kingfisher Health and Fitness Club run an Active Retirement Activity Programme for Men and Women. €30 for a six week block. Please call Jacqui (086 2634061) for more information.

## Multi Games Equipment and Demonstrations

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

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

**To arrange a group demonstration or enquire about borrowing equipment, please contact Peter Jones on (058) 21191**

## Bowling opportunities in Waterford

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

### Butler Community Centre | Waterford

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

### Cill Barra Sports Centre | Ballybeg | Waterford

Tuesdays 10:30-12:30pm €4 per person with instructor,  
Thursdays 10:30am-12:30pm €3 per person no instructor.

For more information please call: (051) 350800

### Causeway Tennis & Bowls Club | Dungarvan

Outdoor bowling: €4 taster session  
Annual membership €100.  
Contact James Mullen on 085 1981639 or Celia Gaffney on 087 8219218 to organise a taster session.



## Pitch & Putt opportunities in Waterford

### Regional Sports Centre Cork Road, Waterford

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

### Cunningar Pitch and Putt Club Dungarvan

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



## PROGRAMMES & EVENTS



### Walk to Run

*Calling all the Ladies of Waterford! Walk to Run is starting again this January in three locations around Waterford.*

**Learn correct running techniques and build your confidence to make running part of your daily exercise routine.**

The programme will run over eight weeks and is particularly suited to beginners, who may have never tried running before.

**Details of start dates and locations for this 8 WEEK PROGRAMME are as follows:**

Start Date	Location	Meeting Point	Time	Cost
Saturday 24 <sup>th</sup> January	Anne Valley Walk Dunhill	Meeting in the car park (with the fishing hut)	10.30am	€15pp
Monday 26 <sup>th</sup> January	Dungarvan	Meeting at the Entrance to Walton Park (Beside Bowling Green)	6.45pm	€15pp
Thursday 29 <sup>th</sup> January	Waterford City	Meeting at the AIB car park opposite WIT College	6.15pm	€15pp

**PLEASE NOTE THAT PLACES ARE LIMITED and BOOKING IS ESSENTIAL**

**For more information or to book your place, please contact Pauline Cunningham on (051) 849855**

### Strengthening links with National Governing Bodies

In WSP's 2014-2017 Strategy (Objective 2.3) we identified developing effective relationships with relevant sports national governing bodies as a key objective for the strategic period. We commenced this process in 2014 and it has proved very productive and effective. We plan to meet with further NGBs in 2015 and to continue this approach into the future.

In 2014, Waterford Sports Partnership met with sixteen National Governing Bodies: Athletics Ireland, Angling Council of Ireland, Badminton Ireland, Community Games, Confederation of Golf in Ireland, Cycling Ireland, FAI, GAA, Irish Amateur Boxing Association, Irish Hockey Association, Irish Orienteering Association, Irish Sailing Association, Munster Rugby, Tennis Ireland and Volleyball Ireland.

The aim of these meetings is to strengthen relationships and take a more strategic approach to our activities and to explore the possibility of partnered initiatives. As a direct result of these meetings, the following actions have been identified:

- Delivery of three coaching seminars for GAA/Ladies Football/Camogie Association to twenty four coaches.
- Specific Active Leadership courses for FAI/GAA coaches.
- Promotion and co-ordination of Sports Hall Athletics next year in conjunction with Athletics Ireland.
- Assistance with Code of Ethics delivery for Munster Rugby and Angling Council of Ireland.
- Fishing programme planned for primary schools girls in conjunction with the Angling Council of Ireland.
- Female coaching programme with the GAA/Ladies Football/Camogie Association to educate novice coaches.

A future outcome from these meetings is for Waterford Sports Partnership to coordinate a Club Development Series in conjunction with NGB's for coaches from all sports. This series is in the development phase at present but we are planning to deliver monthly seminars on some of the following topics:-

#### WSP deliver/coordinate

- Safe Talk (suicide awareness - certified)
- Disability Awareness (certified)
- Club Roles. Structures and Fundraising e.g. fundraising/ sponsorship, committee roles, role of the Club Children's Officer, club development plan, sponsorship
- Safe and effective use of social media
- Volunteer recruitment and retention with club examples
- Fundraising/writing effective grant applications with club examples

#### NGB

- Strength and Conditioning/Athlete Development
- Functional Movement
- Dealing with challenging behaviour
- Effective Player Management
- Garda Vetting
- Sports Psychology/Effective Communication
- Injury Prevention/Prehabilitation
- Concussion Awareness
- Performance analysis/Information technology in sport
- Nutrition in Sport for athletes of all ages

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

**Eoin Breathnach,  
Waterford GAA Games**

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



## Code of Ethics Training

One of our strategic goals is to promote Active Sport. One of the objectives of this goal is to 'provide high quality, relevant training and education to new and existing coaches and volunteers to facilitate participation and encourage best practice'.

The Irish Sports Council **Child Welfare and Protection Training Course** is a certified three hour course covering how to keep adults and children safe and happy within the club environment. In 2014, Waterford Sports Partnership delivered seven courses to ninety eight individuals from forty nine clubs.

National Governing Bodies are promoting this course to coaches, parents and adults involved in youth sport and in 2015 we expect an even greater demand and have currently nine courses scheduled for the year.

**Please see our Calendar of Events (Page 11) for upcoming courses. Visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) for further information and application forms or contact the office on (058) 21194 or (051) 849855.**

"the Code of Ethics training is essential for anyone involved in children's sport. I attended a course in 2011 and even the refresher course that I completed this year confirmed for me its importance."  
**Dermot Blount,**  
**Tramore Cycle Tours,**  
**Course Participant**

## Club Children's Officer Training

*The Club Children's Officer Training Workshop is currently a six hour course held over two evenings, building on the material delivered in the Basic Awareness Course.*

'having reviewed the number of participants that have completed the Code of Ethics Basic Awareness Course over the last number of years, the alarming point is only a small number of participants have progressed to the Club Children's Officer Course. It is paramount that the Children's Officer Course should be treated like other coaching courses by first attending a basic foundation course and then progressing to the next level. The point I am making is that there are **very few Children's Officers in clubs who have received the appropriate training and this culture needs to change.**'  
**George Young, Munster Ladies Football Development Officer**

This information will support the Club Children's Officer in the implementation of best practice in the club. Participants must have completed the Basic Awareness course prior to attending this workshop.

It is recommended that **all clubs should appoint a designated Children's Officer who should then attend training** for this role which is vitally important in keeping adults and children safe and happy within the club environment. Waterford Sports Partnership cannot emphasise enough to clubs the importance of this course in helping the Children's Officer deal with new legislation and the safe guarding of coaches, children and volunteers within their club.

The next **Club Children's Officer Training Course** is scheduled for **Wednesday 25<sup>th</sup> February & Wednesday 4<sup>th</sup> March from 6 to 9pm** in Ferrybank Library, Waterford.

**Please see our Calendar of Events at [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) for further information and application forms or contact the office on (058) 21194 or (051) 849855.**

## Remote Emergency Care Level 1 First Aid Course

Well done to the eight participants that successfully completed the Remote Emergency Care Level 1 First Aid Course on Saturday 15<sup>th</sup> November in the Crystal Sports & Leisure Centre with Pat Reid of First Aid for Life. The Remote Emergency Care Level 1 First Aid Course is a one-day practical course focusing on first response skills. Upon completion of the course participants are certified as basic responders for three years from the date of issue, qualified to deal with a life-threatening incident.



all traditional first aid skills but with the emphasis on the fact that it could take longer for emergency services to arrive.

**We will be hosting additional First Aid courses in Waterford City and County in 2015, please see the Calendar of Courses/Events (Page 11 ) for details. For more information, please contact: Peter Jones on (058) 21191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

The course involves plenty of hands-on practice including outdoor scenarios and is ideal for coaches, club members, volunteers, youth workers, scout leaders, summer camp leaders or any individuals interested in gaining a Level 1 qualification in first aid. Remote Emergency Care courses are designed with the great outdoors in mind. First Aid for Life instructors are serving members of mountain rescue teams and bring all of this experience to the course, creating scenarios that are based on real life emergencies and rescues. The course covers

### What the participants said...

"Pat delivers an informative practical course using various methods which kept the course engaging and interesting throughout the day"  
**Emer Enright,**  
**Abbeyside/Ballinacourty GAA Club**

"Very relaxed setting and pace of course, facilitated a good learning experience"  
**Niall Murphy,**  
**Comeragh Cycling Club**

"I'll recommend that all our leaders do this course, very informative"  
**Nicola Donnelly,**  
**Dungarvan Scout Troop Leader**

"I would encourage more to do this course, very informative and a must for everyday life"  
**Robbie Walker, Johnville FC**



## Walking Leader Training

We delivered a Walking Leader Course to fourteen participants from the Recreation Tourism Trail course at the Dunhill Multi Education Centre on Thursday 25<sup>th</sup> September. The three hour training consisted of both practical and theory work. The aim of the training was to ensure participants could lead a walk safely that would include a warm-up, cool down etc. After the training participants had the opportunity to put their new skills to good use as they led their group on a walk on the fantastic Anne Valley Walk.

**If you are interested in becoming a walking leader or setting up your own walking group please contact Pauline Cunningham on (051) 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



## NOW BOOKING!!

### Walk this Way - Waterford Walking Leader Training Course

The Irish Heart Foundation in conjunction with Waterford Sports Partnership will run a **Community Walking Leader Training Course, February 7<sup>th</sup>-8<sup>th</sup> in Rainbow Hall, Kilmacthomas, Co. Waterford.** The training is primarily aimed at those wishing to lead a local walking group or promote walking in their community or workplace. The course comprises of a *weekend of training and a follow up 4 week leader task* to try out your new walking leader skills.

Irish Heart Foundation, HSE Health Promotion, the Irish Sports Council and Waterford Sports Partnership are subsidising the course and there is a nominal fee of €25 which will cover your training, materials and two lunches. The course will run on Saturday February 7<sup>th</sup>, 9am-5pm and Sunday February 8<sup>th</sup>, 9am-2.30pm. During the weekend you will gain a greater understanding of the health benefits of walking, learn to develop and lead a local walking session for mixed fitness levels, receive advice on starting a new walking group or promoting an existing group and gain a greater understanding of posture, technique, stretching and safety issues for a successful walk. Set yourself on the path to success and keep your New Year's resolutions on track.

**For more information on the course or to register please contact Tara Curran, [tcurran@irishheart.ie](mailto:tcurran@irishheart.ie) or [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie) or download an application form from [www.irishheart.ie/sli](http://www.irishheart.ie/sli)**



## Active Leadership Training

We ran three hugely successful Active Leadership courses since September 2014 with students from Coláiste Chathail Naofa in Dungarvan, Older Adults Groups and students from the FAI ETB course. Active Leadership training aims to equip participants with the necessary knowledge and skills to plan, organise and lead the delivery of a safe activity session. The course is a mixture of theory and practical work. The theory element includes safety and emergency plans, communication, and planning of activities. The practical element includes planning a session and delivering it to the group, participants then receive feedback from the tutors on this element as part of their assessment.

Our next Active Leadership Course will take place on **Thursday 19<sup>th</sup> February from 9.30am – 4pm and Friday 20<sup>th</sup> February from 9.30am – 3.30pm in Colaiste Cathail Naofa Dungarvan.** If you are interested in taking part or require more information please contact **Pauline Cunningham on (051) 849855** or email **[pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**

## Female Coach Development Programme

In 2005, following research by the ESRI, The Irish Sports Council launched its "Women in Sport Initiative" to increase participation of women in sport. This report stated 1 in 5 women met the National Physical Activity Guidelines. Results from the Irish Sports Monitor for 2013 show that almost 1 in 3 women met the National Physical Activity Guidelines through sport while just one in eight women were sedentary with 43% of women regularly partaking in sport i.e. at least once a week.

In order for women to continue to increase participation in sport, it is also important to increase the amount of female coaches.

As a result, Waterford Sports Partnership, in conjunction with the GAA, Ladies Gaelic Football Association and Camogie Association will deliver a pilot thirteen week coach development programme aimed at women with no previous coaching experience.

The coaching programme will commence in March 2015 for eighteen female coaches from six Waterford County clubs which have already been selected by the GAA, Ladies Gaelic Football Association and Camogie Association.

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

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



**NEW FOR 2015**

**Female Coach Development Programme**

**Ladies, do you want to learn the skills to deliver better coaching sessions?**

Waterford Sports Partnership, in conjunction with Waterford GAA Games and Development, the Ladies Gaelic Football Association and the Camogie Association will deliver a pilot twelve week coach development programme for women with limited or no coaching experience.

**There are limited places available for this FREE Programme! Don't delay - sign up TODAY!**

The Schedule for the Programme is as follows.....

DATE	ACTIVITY	TIME	VENUE
Monday 16 <sup>th</sup> March	Active Leadership Training - Part 1	6.30-9.30pm	St. Oliver's GAA Club Ballinacorney
Monday 30 <sup>th</sup> March	Active Leadership Training - Part 2	6.30-9.30pm	St. Oliver's GAA Club Ballinacorney
Monday 13 <sup>th</sup> April	Active Leadership Training - Part 3	6.30-9.30pm	St. Oliver's GAA Club Ballinacorney
Monday 27 <sup>th</sup> April	Prepare to Coach Workshop 1 - Personal Coaching Skills	6.30-9.30pm	St. Oliver's GAA Club Ballinacorney
Monday 11 <sup>th</sup> May	Prepare to Coach Workshop 2 - Warm Up/Cool Down	6.30-9.30pm	St. Oliver's GAA Club Ballinacorney
Monday 25 <sup>th</sup> May	Child Welfare & Protection Training Course	6 to 9pm	Leavelle's Hotel Dungarvan
Monday 8 <sup>th</sup> June	Programme Feedback & Evaluation	6.30-9.30pm	St. Oliver's GAA Club Ballinacorney

All coaches will receive support visits post programme from their National Governing Body Development Officer. This will assist coaches in implementing what they have learned from the programme into their coaching sessions.

To book your place please contact your NSG Development Officer as follows:  
**GAA** | Eoin Breathnach 087 521945 | [eoin.breathnach.gaa@waterfordgaa.ie](mailto:eoin.breathnach.gaa@waterfordgaa.ie)  
**Ladies Gaelic Football** | George Young 086 0671548 | [georgeyoung@ladiesgaa.ie](mailto:georgeyoung@ladiesgaa.ie)  
**Camogie** | Sean Fleming 087 7474874 | [development@camogie.ie](mailto:development@camogie.ie)

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





Waterford Sports Partnership - Supporting Activity and Sport for All

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## Prepare to Coach Workshops

Waterford Sports Partnership delivered three 'Prepare to Coach' workshops to twenty four coaches from fifteen clubs in November at the Ballygunnar GAA Arena. The workshops were run in partnership with the Camogie Association, Ladies Gaelic Football Association and Waterford GAA Coaching & Games Development and were delivered by Peter Jones, Waterford Sports Partnership and Jason Ryan, Kildare Senior Football Manager.

The three workshops aimed to progressively increase coaches confidence and skills through observing and taking part in coaching sessions. The workshops also covered the four key areas needed for player development; developing core skills off both sides, communication, movement on and off the ball and developing decision makers.

The practical workshops gave coaches the opportunity to receive constructive feedback on their own coaching delivery. Participants were also given a coaching booklet, DVD and planning, observation, evaluation and match day observation templates. Jason Ryan who co-delivered the workshops said 'I believe that coaching can be like a fine wine in that with appropriate conditions quality can improve. The 'Prepare to Coach' workshops provides these conditions for coaches to practice their coaching skills and receive feedback from their fellow coaches. Many other workshops provide an opportunity for coaches to improve the knowledge of their specific sport or activity but few concentrate on the actual skills of coaching. The workshop demonstrates how these skills are generic and may be used in all coaching contexts.'

The first workshop, 'Personal Coaching Skills' gave coaches the opportunity to participate in activity sessions delivered by Peter Jones and Jason Ryan. Participants gave feedback on the nine key areas for coaches as outlined in the coaching evaluation documents before delivering their own coaching sessions. This workshop highlighted the importance of positioning, vocal tone, content and session flow as well as a coaches use of feedback.

The second workshop, 'Warm Up, Stretching and Cool Down', looked to give coaches ideas on suitable types of activities. These included ball related practices, team games, core exercises, activities with ladders and functional movement. Peter Jones and Jason Ryan again delivered this practical session for participants before individuals coached a six minute session, receiving constructive feedback from both the tutors and their peers.

The final workshop 'Games for Understanding' aimed to recap coaching skills covered in the first two sessions and develop coaches ability to question players and develop decision makers.

Waterford Sports Partnership was delighted with the feedback received from participants and the partnership with three National Governing Bodies for this pilot coaching initiative.

*"very comprehensive course that feeds the coaches with the enthusiasm it's delivered with".*

**Clare O'Halloran,  
Abbeyside/Ballinacourty GAA**

*'well planned, engaging course delivered in a professional manner with plenty of ideas to improve every coach which will benefit me next year.'*

**Joe Murray,  
Comeragh Rangers Ladies Football**

*"The course was extremely practical and relevant for anybody aspiring to keep abreast of modern coaching techniques. Focus was always kept on preparation, pace of the session and using the tools of the sport where possible. The coaching approach demonstrated was adaptable to all sports and ages. I would highly recommend the workshops to all Camogie and other sports coaches seeking to build on their existing capabilities, at whatever level they may be."*

**Sean Fleming, Development Officer,  
Camogie Association**

*"Waterford Coaching & Games Development was delighted to partner with WSP, Camogie & Ladies Football for these workshops. Feedback from participants was very positive with all three workshops giving coaches, beginner & experienced good information. The coaching booklet is an excellent resource & can be easily used in all coaching sessions."*

**Eoin Breathnach, Waterford GAA Games  
Development Manager**

*"At times I felt like a fish out of water with some of the experienced coaches on the course but thoroughly enjoyed it. I learned lots and look forward to doing some of the games with the girls when we go back training"*

**Martina Jones, Gaultier Camogie Club**





# 2015 Calendar of Training & Events

Date	Course/Event	Time	Cost	Venue
<b>January 2015</b>				
Saturday 17 <sup>th</sup> January	<b>Operation Transformation City &amp; County Walks</b>	10am Registration 9.30am	FREE	Causeway Tennis Club, Abbeyside & Regional Sports Centre, Waterford
Monday 26 <sup>th</sup> January	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
<b>February 2015</b>				
Saturday 7 <sup>th</sup> & Sunday 8 <sup>th</sup>	<b>Irish Heart Foundation Walking Leader Training</b>	Saturday 9am to 5pm Sunday 9am to 2.30pm	€25	Rainbow Hall, Kilmacthomas, Co. Waterford
Thursday 19 <sup>th</sup> & Friday 20 <sup>th</sup> February	<b>Active Leadership Training</b>	9.30am – 4pm 9.30am - 3.30pm	€25	Colaiste Cathal Naofa, Dungarvan, Co. Waterford
Monday 23 <sup>rd</sup> February	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	€15	ETB Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
Wednesday 25 <sup>th</sup> February	<b>Children's Officer Training PART I</b>	6.30 to 9.30pm	€30	Ferrybank Library, Waterford
Saturday 28 <sup>th</sup> February	<b>Disability Inclusion Training</b>	9am to 5pm	€45	Crystal Sports Centre, Waterford
<b>March 2015</b>				
Wednesday 4 <sup>th</sup> March	<b>Children's Officer Training PART II</b>	6.30 to 9.30pm	€30	Ferrybank Library, Waterford
Saturday 21 <sup>st</sup> March	<b>Remote Emergency Care</b>	9am to 5pm	€50	The Park Hotel, Dungarvan
Monday 23 <sup>rd</sup> March	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
<b>April 2015</b>				
Monday 27 <sup>th</sup> April	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	€15	ETB Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
<b>May 2015</b>				
Monday 25 <sup>th</sup> May	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
<b>June 2015</b>				
Saturday 13 <sup>th</sup> June	<b>Remote Emergency Care</b>	9am to 5pm	€50	Regional Sports Centre, Cork Road, Waterford
Monday 29 <sup>th</sup> June	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	€15	ETB Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
<b>August 2015</b>				
Saturday 22 <sup>nd</sup> & Sunday 23 <sup>rd</sup> August	<b>The Sean Kelly Tour of Waterford</b>	Various	Various	Dungarvan, Co. Waterford
<b>September 2015</b>				
Monday 28 <sup>th</sup> September	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
<b>October 2015</b>				
Saturday 17 <sup>th</sup> October	<b>Remote Emergency Care</b>	9am to 5pm	€50	The Park Hotel, Dungarvan
Monday 19 <sup>th</sup> October	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	€15	ETB Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
<b>November 2015</b>				
Monday 23 <sup>rd</sup> November	<b>Child Welfare &amp; Protection Awareness Course</b>	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford



# OPERATION TRANSFORMATION 2015

**Waterford City Walk** 



THE IRISH SPORTS COUNCIL AND WATERFORD SPORTS PARTNERSHIP HAVE TEAMED UP WITH OPERATION TRANSFORMATION TO PROMOTE HEALTHY LIVING IN 2015

## JOIN US ON

- » **SATURDAY 17th JANUARY at 10am**
- » Registration at 9.30am at the Regional Sports Centre
- » **Walk to the Kilbarry Nature Park**

We will be joined on the day by **Waterford's Ger Condon**, who made the final 19 for this year's Operation Transformation, and leaders from Sacred Heart / Erin's Own Operation Transformation Groups.

**KICK  
START  
YOUR  
TRANSFORMATION**

**FREE  
EVENT  
ALL  
WELCOME**



**WALK  
DISTANCES  
4K WALK  
WITH 6K  
OPTION**



Further information from:  
**PAULINE CUNNINGHAM**  
**051 849855**

E: [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



# OPERATION TRANSFORMATION 2015

**Dungarvan Walk** 



THE IRISH SPORTS COUNCIL'S NATIONAL NETWORK OF LOCAL SPORTS PARTNERSHIPS HAVE TEAMED UP WITH OPERATION TRANSFORMATION TO PROMOTE HEALTHY LIVING IN 2015

## JOIN WATERFORD SPORTS PARTNERSHIP AND GO DUNGARVAN FOR THE DUNGARVAN WALK

- » The Causeway Tennis Club, Abbeyside, Dungarvan
- » **Saturday 17th January at 10.00am**
- » Registration from 9.30am
- » **WALK ON THE DUNGARVAN RAILWAY TRACK**

**KICK  
START  
YOUR  
TRANSFORMATION**

**FREE  
EVENT  
ALL  
WELCOME**



**WATERFORD  
SPORTS  
PARTNERSHIP**  
An Irish Sports Council Initiative

**GO** *smartertravel >>>*  
**Dungarvan**

**THE  
IRISH SPORTS  
COUNCIL**  
AN CHOMHAIRLE SPÓIRT



**WALK  
DISTANCES**

**3K  
5K  
7.5K**



Further information from:

**SARAH CHADWICK 058 21199**

E: [schadwick@waterfordsportspartnership.ie](mailto:schadwick@waterfordsportspartnership.ie)



### Social Soccer League for Adults with a Disability

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

In 2014, participants were invited as special guests to the U19 Ireland v Switzerland game at the RSC where they were presented with their certificates of attendance for 2014. A huge thank you must go to the FAI Sports Development Officers, Gary Power and Michael Looby and the students from the FAI ETB Course who ran the sessions each month. The students created an enthusiastic, fun and friendly environment and worked excellently with all participants. The students coaching noticed a considerable increase in the participant's confidence and skill level since they started earlier this year. Well done to all involved. Keep up the good work.



# DATES FOR THE DIARY

### SOCIAL SOCCER 2015

Kingfisher Club | 1 to 2pm | €2 per person

Thursday 29<sup>th</sup> January | Thursday 26<sup>th</sup> February

Thursday 26<sup>th</sup> March | Thursday 30<sup>th</sup> April

Thursday 28<sup>th</sup> May | Thursday 25<sup>th</sup> June

### Open the Door Gym Programme

Ten participants (7 males & 3 females) from St. Otteran's Alternative Treatment Unit took part in an eight week gym and fitness programme. The programme ran in the Crystal Sports and Leisure Centre and was tutored by Niall Devereux. Niall put the participants through their paces teaching participants how to use both cardiovascular and weights machines. He also gave participants a brief talk on healthy eating options to ensure they were getting the most out of the eight weeks. Participants really enjoyed the programme and are hoping to continue their new hobby into the 2015 year. Well done everyone!!

### NEW for 2015

### Wheelchair Basketball Programme

Exciting news for 2015 -Wheelchair basketball is coming to Waterford for four weeks starting on Thursday 5<sup>th</sup> February.

Waterford Sports Partnership is inviting all **disabled and non disabled athletes** to come along and give it a go. Paul Ryan (IWA Sport Development Officer) and Dave O' Keeffe (Basketball Coach) will be on hand to teach the basic skills needed to play wheelchair basketball.

The programme will run in **Cill Barra Sports Centre** starting on **Thursday 5<sup>th</sup> February** from **6pm – 7pm** for males and females aged 16 to 25 years and will cost **€20pp** for the four weeks.

**If you require more information, please contact;**  
**Pauline Cunningham on 051 849855 or**  
**email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



## Waterford Boccia League for Adults with a Disability

The Waterford Boccia League has gone from strength to strength in the last year with new participants joining each month. Waterford Sports Partnership in a joint venture with Cill Barra Sports Centre have sustained the regular running of the monthly Boccia League. The league ran once a month from 10.45am-1pm in Cill Barra Sports Centre. Participants had the opportunity to play in the league or take part as a trained referee.

WSP would like to thank all the groups; Rehab Care, Brothers of Charity, St. Otteran's and Carriglea Cairde Services for supporting this programme. For 2015, the Boccia League will run every second month with all details outlined below.

To book your place please contact Sinead in Cill Barra on 051 350800.

## DATES FOR THE DIARY

### BOCCIA LEAGUE 2015

Cill Barra Sports Centre | €2 per person

Wednesday 11 <sup>th</sup> February	10.45am to 12.30pm
Wednesday 15 <sup>th</sup> April	10.45am to 12.30pm
Wednesday 10 <sup>th</sup> June	10.45am to 1pm

## Cycling for Adults with an Intellectual Disability

Over the months of July and August 2014, through funding received from the Irish Sports Council, Waterford Sports Partnership ran an eight week cycle skills programme for adults with an intellectual disability. Seven very eager and enthusiastic participants took part in the programme from Brothers of Charity (Tory Service), three of whom had never cycled before. The programme was designed to teach the participants basic bike skills (balancing, gearing, breaking, rules of the road, etc.) and improve their confidence and competence whilst cycling. Each training session included a combination of different activities that focused on one of the main skills. Paul Westwood and staff from WSP ran the programme and could see a huge improvement in the participants' ability from start to finish.

A big thank you must go to Donal Jacob who supplied bikes to some of the participants over the eight weeks. Well done everyone keep the wheels in motion.



## NEW for 2015 Multi Sport Programme

Waterford Sports Partnership is delighted to offer participants the opportunity to take part in a new Multi Sport Programme for 2015. The programme will run in partnership with Cill Barra Sports Centre on a bi-monthly basis starting in January at a cost of €2pp. Participants will have the opportunity to try a variety of activities that will include hockey, soccer, basketball, boules, table tennis, target games and lots, lots more. Organisations are encouraged to bring along their service users regardless of ability as there is something for everyone here.

If you require more information, please contact Pauline on 051 849855 or [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## DATES FOR THE DIARY

### MULTI SPORT PROGRAMME 2015

Cill Barra Sports Centre | €2 per person

Wednesday 14 <sup>th</sup> January	10.45am to 12.30pm
Wednesday 18 <sup>th</sup> March	10.45am to 12.30pm
Wednesday 13 <sup>th</sup> May	10.45am to 1pm

## COMING in 2015 - Wheelchair Hurling

In recent months, WSP secured funding from the HSE to run a Wheelchair Hurling Programme here in Waterford. The programme will run in April in partnership with Waterford GAA and all details will be finalised soon.

For more information please contact Pauline on 051 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



## GP Exercise Referral Programme

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

Ten Dungarvan GP's are registered for the programme which allows these doctors to refer patients that will benefit from increased physical activity to a highly trained coordinator in the Park Hotel or Clonea Leisure Centre. The participant meets with their coordinator and takes part in a twelve week personalised gym programme with progress consultations at regular intervals.

Go Dungarvan has adapted the programme to encourage participants to walk and cycle for transport alongside their gym programme. The participant receives a step counter and a fridge magnet exercise tracker so that they can record their steps and feel motivated to increase their daily activity. On completion of the programme, the coordinator sends the GP a report and the Participant is encouraged to advance their exercise routine with discounted gym membership rates on offer.

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

**If you are interested in the GP Exercise Referral Programme, follow John's lead and talk to your GP about your suitability to take part today! Highly trained co-ordinators in the Clonea Strand Hotel Leisure Centre and the Park Hotel Leisure Centre are ready and waiting to help you get active! Please contact Sarah Chadwick on (058)21199 with any queries.**

## John's Story

John Whelan, a 55-year old factory worker from Abbeyside, has recently been referred to the GP Exercise Referral Programme in the Park Hotel Leisure Centre.

John was looking to manage a health condition called Polymyalgia which was causing arthritis in his muscles and was leaving him feeling weak, stiff, in pain and exhausted. The symptoms were so bad at times that John couldn't even bend his knees or raise his arms. He had tried numerous avenues and still felt as though he had not found the solution to give him relief from his condition.

When John heard about the GP Exercise Referral Programme through his wife, he decided he would talk to his GP about his suitability to take part. Dr. Nyhan was happy to refer John in conjunction with his current treatment and he attended his first consultation with Claire Kennedy in the Park Hotel Leisure Centre to get started. John was anxious at first as he had never been a gym user previously, but he soon felt at ease as Claire designed a strength training programme specifically tailored to him and ensured that he progressed at a rate that would alleviate and not exacerbate his symptoms.

Five weeks into the programme, John reports that he is feeling fitter, stronger, more full of energy and happier in himself than he has in years. Before he started the programme John would come home from work, have his dinner and go straight to bed due to his exhaustion and pain but now he is able to go to the gym after work and even go out for a walk with his dogs afterwards. He has found the step counter provided by Go Dungarvan useful for motivation and walks to the Railway Track or Clonea beach regularly from his house. John feels that he is committed to his new active lifestyle and says that he will definitely keep it up after he finishes the twelve week programme. Summing up his experience of the programme John said "I have found the programme very beneficial as the exercise was tailored to suit my needs, after a few weeks I have noticed a big improvement in my health and fitness."

Go Dungarvan and Waterford Sports Partnership would like to congratulate John for his success in the programme so far and commend him for sharing his story to motivate others.

## CBS Transition Year Active Travel Module

Go Dungarvan are delivering a Smarter Travel module to TY students in the CBS, Dungarvan. This module focuses on climate change, the environment, bike maintenance and route planning to and from school. On Wednesday 5<sup>th</sup> and 19<sup>th</sup> November, Waterford Sports Partnership delivered Active Travel Workshops to forty eight Transition Year students.

The first session focussed on the benefits of physical activity and how walking/cycling can have a positive impact on exercise levels and general health. The second session focussed on walking, covering different types of walking for health, posture, how to use a step counter and how to carry your school bag safely. The students thoroughly enjoyed the workshops and there was great energy while taking part.

Following the walking workshop, the TY students were split into small groups and completed a week long Active Travel Challenge. Students earned points for walking/cycling/park and striding to school and also additional points were awarded to those who travelled greater distances.





### Beep Beep Day 2014

Beep Beep Day is a national Road Safety Authority (RSA) initiative to celebrate Road Safety Week and raise awareness of road safety among preschool children in a fun and interactive way. Waterford Sports Partnership recently partnered with Waterford Childcare Committee, Go Dungarvan and An Garda Síochána to deliver Beep Beep Day activities to childcare services in Dungarvan. Three childcare services took part in the two day event on Tuesday 21<sup>st</sup> October and Wednesday 22<sup>nd</sup> October including forty children, ten staff members and thirteen parents and guardians from Tina's Playschool, The Little School of Montessori and Sesame Pre-school.

The children had the opportunity to walk to the event in Walton Park in their high visibility vests while practicing the four road safety themes: stopping, looking listening, holding hands and setting a good example. The children had been learning about road safety in school from the RSA's Simon and Friends road safety resource so they were excited to put their skills into action!

Upon arriving at the park the children were given a road safety talk by Garda Aiden McCarthy, had the chance to ride balance bikes with Go Dungarvan and played road safety games with WSP. The two day event was thoroughly enjoyed by all involved and WSP were delighted to work in partnership to promote the road safety message to our youngest generation of walkers and cyclists!



### Cycling Skills Training

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

WSP, on behalf of Go Dungarvan, coordinates cycle tutor and skills training for delivery to school and community groups. Since October 2014, 179 students from seven classes and five schools have received Go Dungarvan Cycle Skills training. This training has been delivered by twenty two Post Leaving Certificate (PLC) Sports, Exercise & Coaching students from Coláiste Chathail Naofa. These PLC students received cycle tutor training on 23rd September to deliver the Level Two Go Dungarvan Cycling Training.

On Friday 24th October, twenty four first year students from Coláiste Chathail Naofa received training. Students were taught pedalling, balance, cornering and braking skills in small groups in addition to safety checks. Tutors went through the 'M' check of the bike making sure all parts were in working order, the importance of no loose clothing and helmets fitting tightly. First year students have access to twenty eight Go Dungarvan bicycles and use these bikes for PE and other classes so the training is vitally important for safe active travel.

In November and December 2014, 155 second class students from Scoil Mhuire, Abbeyside; St. Mary's; Scoil Gharbháin and St. Joseph's Primary Schools took part in five weeks of Go Dungarvan Level Two Cycle Skills Training. These sessions were delivered by fourteen Post Leaving Certificate (PLC) Sports, Exercise & Coaching students from Coláiste Chathail Naofa and included four practical sessions and one classroom based session looking at rules of the road and cycle safety. The students covered; balance, braking, pedalling and cornering.

The programme has been extremely successful and Go Dungarvan are delighted that nine children who could not cycle before training, are now able to cycle on their own. Cycle tutor Shane Dee said 'I think it's brilliant; I enjoy it as much as the children'. In Scoil Mhuire, Abbeyside one student said 'I love it, my balance is getting better and that will help me in soccer as I want to play for Ireland like Robbie Keane'





### Boxercise - Presentation Secondary School

In partnership with their School Completion Programme, Boxercise was offered to 1<sup>st</sup> year girls as part of a lunch-time club activity. This took place over three weeks in the Sports Hall. Although numbers were small for this activity, the girls that participated gave it their all. The girls learned how to shadow box, work the pads and improved their overall fitness.



### Basketball-Mount Sion

Well done to the U-19 men's Basketball team from Mount Sion Secondary School who beat Colaiste Cois Siuire (Mooncoin) in the U-19 Development League 26-20. Following an initiative with Waterford Sports Partnership, Basketball is now an extra-curricular activity in the school. Thanks to Kingfisher Leisure Centre for hosting the first home match of the season. Good luck with the next match guys!

### Basketball Programme Youthreach

Congratulations to the twelve students from the Youthreach Sports & Recreation course who completed a ten week Basketball Skills Course. Skills included dribbling, passing, shooting, rebounding, pivoting, individual defence & offense, and team defence & Offense. Great improvements were achieved over a number of weeks. Thanks to Vikings Basketball Club for facilitating an excellent programme.

### Athletics - St. Saviour's National School

Twenty Seven students (12 boys & 15 girls) from 5<sup>th</sup> class took part in a 6 week Athletic Programme delivered by Jacinta Power from Waterford A.C.

The programme covered a number of events such as correct running technique & posture, improved balance, baton replay, soft javelin, shot putt, small hurdles and triple jump. All sessions begin with an appropriate warm up, explaining what muscle groups they were stretching, why they were doing it and how to stretch safely and correctly. On the last week of the programme, over 20 students took part in an evening training session with Waterford Athletic Club in the RSC. Well done guys!



### Athletics - St. Paul's National School

Sixteen boys from 4<sup>th</sup> class took part in a 6 week athletic programme delivered by Jacinta Power from Waterford AC. A similar programme that was delivered to St. Saviour's National School, the programme was delivered mostly indoors, due to the bad weather. Skills covered were warm ups, correct running technique baton replay, soft javelin and small hurdles, with the javelin proving most popular with the students.



### Operation Motivation

#### - Northern Suburbs CYP

Seven young people from Northern Suburbs CYP took part in a six week Operation Motivation Programme Activities included were Walking, Boxercise, Step Aerobics, Hip-Hop Dancing. The girls realised that exercise does not have to be competitive and that it can be an enjoyable experience. So much so, that the girls have committed to starting a Walking group in the New Year. Well done girls!



### Activity Day - Ballybeg Special Youth Project

Eleven young boys and girls from the Ballybeg Special Youth Project took part in an activity day in Cill Barra Sports Centre. Activities were Basketball, Soccer, In-door Hockey and Dodgeball. It was great to see such enthusiasm amongst the young people throughout the day as they all got stuck in. Thanks to the staff in Cill Barra Sports Centre and the volunteers from Ballybeg Special Youth Project for helping the event run so smoothly.

## YOUTH SPORTS DEVELOPMENT UPDATE

### Late Night Soccer

In collaboration with the FAI, a five week Late Night Soccer League commenced in November. Over 50 participants made up eight teams from Larchville, Hennessey's Road, Gracedieu, Ballybricken, Riverstown, Lisduggan, Kilcohan and St. John's Park all took part, hosted by Kingfisher Fitness Club. All the games were played hard but fair throughout the five weeks. Lisduggan and Hennessey's road contested the final, with Hennessey's road winning the Cup in a very competitive final. Well done lads.

A special mention of thanks to Heaton's for sponsoring this initiative and to Kingfisher Leisure Club for hosting this event and to all the referees that officiated.



### Gym Education Programme

#### - WYTEC Girls

Eight girls from WYTEC took part in a 5 week programme gym education programme, facilitated by Niall Devereux of Niall Devereux Fitness. The programme was designed to educate older girls on how to use Gym equipment correctly & safely. It also included what exercises are required for each body part. Niall taught the girls how to use each machine correctly such as treadmills, steppers, rowing machines and weight machines. Niall also designed individual gym programmes for each girl, so that they can continue with their gym visits when the programme finished. Well done girls. Keep up the gym visits.

#### Gym Education Programme - WYTEC Boys

Eleven boys from WYTEC Community Youth Training & Education Centre completed a 5 week Gym Education Programme with Niall Devereux from Niall Devereux Fitness. The boys were shown how to use all the Gym machines correctly and safely including Treadmills, Stairmaster, Rowing machines, Weight machines and Free Weights. Niall concluded the programme by preparing each of the boys their own, individualized gym programme, so they can continue with their gym visits. Thanks to Waterford Crystal Sports & Leisure Centre for the use of their excellent gym facilities and to Niall for facilitating the programme.

### Operation Motivation - Manor St. John

Fifteen young people from Manor St. John Youth Services took part in an eight week programme called Operation Motivation. Activities included were a short Fitness Test, Walking, Rugby Fitness, Boxercise, Yoga, Step Aerobics, Hip-Hop Dancing and Ice Skating during Winter. The objective of this programme was to highlight that exercise does not have to be competitive and team based. Exercise can be an enjoyable, fun experience that includes their friends.

Manor St. John also included classroom work with Operation Motivation. Topics included benefits of Exercise, Food & Nutrition, Healthy Eating and Re-Hydration. All the participants were instructed to keep a log of each activity and to document their experience regarding each exercise. Well done to the boys & girls for completing the full eight weeks!



### Diversion Boxing - St. Saviour's National School

Sixteen 6<sup>th</sup> class students participated in a four week Boxing Programme, facilitated by Saviour's Crystal Boxing Club. This programme has now become a regular activity as St. Saviour's Primary School now incorporates this activity into their PE Curriculum. Whilst it is a Boxing programme that included the skills and techniques of Boxing, it also covered how to use the fitness equipment (stationary bike, rowing machine, reclined sit-up bench, etc.) safely and correctly. The coaches also incorporated fun activity games that included the Medicine Ball, Tag in the Ring and the use of Fitness Ladders. Waterford Sports Partnership would like to thank 'Rocky' and the coaches from Saviour's Crystal Boxing Club for providing this activity. No doubt we will see a future Olympian over the coming years.

## EQUIPMENT - FREE HIRE

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

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

Coming soon . . .

Youth Dodgeball  
Anyone for Tennis?  
Pitch & Putt  
Tag Rugby for Girls

Basketball  
Diversion Boxing  
TY Soccer Coaching  
TY Basketball Coaching

Life Skills Recreation  
Programme  
Athletics



# USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
<b>Athletics Ireland</b>	Colin Byrne	087 0632326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
<b>Association of Irish Powerchair Football</b>	Donal Byrne	087 4117911	donal.byrne@cheshire.ie	
<b>Badminton Ireland</b>	Ben Caldwell	01 8393028	bcaldwell@badmintonireland.com	www.badmintonireland.ie
<b>Basketball Ireland</b>		01 4590211	info@basketballireland.ie	www.basketballireland.ie
<b>Camogie Association</b>	Sean Fleming	087 7474874	developmentofficer.waterford.camogie@gaa.ie	www.camogie.ie
<b>Cerebral Palsy Sport Ireland</b>	Rosemary Ryan	083 1772097	rosemary@cpsi.ie	www.cpsi.ie
<b>Community Games</b>	Aine O'Sullivan	086 8367192	aosullivan@communitygames.ie	www.communitgames.ie
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<b>Gymnastics Ireland</b>	Sarah Lowe	01 6251125	sarah@gymnasticsireland.com	www.gymnasticsireland.ie
<b>Gaelic Athletic Association</b>	Eoin Breathnach	087 9219345	eoin.breathnach@games.gaa.ie	www.gaa.ie
<b>Irish Amateur Boxing Association</b>		01 4533371	info@iaba.ie	www.iaba.ie
<b>Irish Road Bowling Association</b>	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
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<b>Irish Sailing Association</b>	Gail MacAllister	086 221 4724	gail.macallister@sailing.ie	www.sailing.ie
<b>Irish Water Safety</b>	Colin Kehoe	051 849731	ckehoe@waterfordcouncil.ie	www.iws.ie
<b>Irish Wheelchair Association</b>	Paul Ryan Nicky Hamill	087 1371333 01 8186400	info@iwasport.com	www.iwa.ie
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<b>Waterford Autism Social and Sport Action (WASSA)</b>	Elaine Sheridan	087 6798411	contact@wassa.ie	www.wassa.ie



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

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

## WATERFORD SPORTS PARTNERSHIP

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