

IN THIS ISSUE

ARTICLE	PAGE
Waterford Men on the Move	1
Meet the WSP Sports Development Team	2
Sport Ireland	2
School Programme Update	
Primary Schools	3
Balance Bike Programme	3
Safer Cycling Programme	3
Waterford Active Schools Programme (WASP)	3
Sportshall Athletics	3
School Training/Programme Schedule	3
Older Adults Update	
Inter-County Games	4
The Games - Social Blitzes	4
Circuit Classes	4
National Grant Scheme 2015	5
Survey of Over 50's	5
Older Adults Walking Training	5
NEW! Introduction to Sea Fishing	6
Multi Games Equipment and Demonstrations	6
Leisure Centre Opportunities	6
Bowling Opportunities	6
Pitch & Putt Opportunities	6
Training, Events & Programmes	
NEW! Safeguarding 3	7
Jobseekers Community Coach Training Programme	7
Walking Leader Training	7
Link2BAActive 2016	7
Active Leadership Training	7
Waterford Men on the Move	8
Commit 2B Fit	9
2016 Sean Kelly Tour	9
NEW! Tramore Parkrun	10
Operation Transformation	11
2016 Walks	11
2016 Calendar of Training & Events	12/13
New Phone Numbers	13
Walk Waterford Autumn Series	14
Walk Waterford 2016	15
Club Development	
WSP Club Development Seminar Series 2015	16
Carrickphierish Community Campus	17
Disability Sport Update	
Balance Bike Training	18
Social Soccer	18
Multisport Programme	18
Wheelchair Hurling	19
M. Donnelly Interprovincial Wheelchair Hurling Tournament	19
IWA Boccia League	20
Swimming Programme for Children with Physical Disabilities	20
Disability Awareness Training	20
Waterford Halliwick Swim Club	20
PAN Soccer for All	20
Youth Sports Development Update	
Diversion Boxing	21
- St. Saviour's N.S.	21
- Presentation N.S.	21
Operation Motivation WYTEC	21
Tag Rugby	21
- Presentation Secondary School	21
Couch to 5k	21
Cricket	22
- St. Paul's Community College	22
Tag Rugby	22
- St. Saviour's N.S.	22
Re-engaging Programme	22
Community and Voluntary Awards	22
2015 - Social Inclusion Award	22
Tennis Programme	23
Youth Coaching Fund	23
Parent/Child Archery	23
Equipment - Free Hire	23
Coming Soon	23
Useful NGB Contacts	24
WSP Facebook & Twitter	24

WATERFORD MEN ON THE MOVE

The recently completed Men on the Move Programme was a FREE physical activity programme for adult men. The focus of the programme was to encourage men to get more active, have fun and improve their fitness levels through twice weekly activity sessions for twelve weeks.



The programme, funded by the HSE, was led by WSP in partnership with Waterford Institute of Technology who are evaluating the programme's impact. Waterford is one of eight counties taking part in this research with 720 men participating in the research programme nationwide.

The first week of December marked the culmination of twelve weeks of hard work for over ninety men taking part in three programmes in Waterford City, Dungarvan and Lismore. In September, all of the participating men were measured for weight, height, BMI and waist circumference. In the following twelve weeks, participants in the three areas participated in twice weekly sessions to see if an improvement in physical and mental health was evident. The programme also included a healthy eating seminar delivered by Anne Marie Tulley, and a Well Being seminar delivered by Tracy Nugent, both of the HSE.



'I have never done anything better. It was just brilliant and I can't believe the results.'

WSP and the men themselves were delighted with the results gained. Whilst in general there wasn't a huge drop in weight, possibly due to the need to change dietary habits or perhaps more positively due to an increase in muscle mass, overall there was a significant fall in waist circumference levels. Of particular satisfaction was the fact that the one mile test scores for the men were not only improved, but in many cases improved significantly. Men on the Move participant Jimmy Fitzgerald from Lismore said 'I have never done anything better. It was just brilliant and I can't believe the results.' Jimmy improved his test scores in all areas, losing 6 kg in weight, 8 centimetres in waist circumference and knocking 52 seconds off his one mile test time.



On Saturday 5th December, despite strong competition from hurricane Desmond, thirty one men attended a celebration event for the programme commencing at the Causeway Tennis and Bowling Club. The day consisted of a 5km walk along the Dungarvan railway track, followed by healthy refreshments and a game of walking football in the rain, which was kindly co-ordinated by the FAI. The event encapsulated everything that was positive about the programme with tutor Jay Walsh saying 'I had the best experience ever with the lads over the twelve weeks, from being anxious about starting to become fitness addicts, the lads made measurable progress in their physical, mental and all round health. Not to mention the laughs we had along the way.'

Continued on Page 8. . .

MEET THE WSP SPORTS DEVELOPMENT TEAM

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



Peter Jones, Sports Development Officer, is based in the Civic Offices in Dungarvan and in addition to leading WSP's work promoting physical activity for older adults, men and sports club coaches he also leads WSP's cycle training programme in schools and the community.

Peter can be contacted on 0761 10 2191 or pjones@waterfordsportspartnership.ie.

Pauline Cunningham, Sports Development Officer and Sports Inclusion Disability Officer, Pauline is based at the Regional Sports Centre in Waterford City and works three days a week (Wed-Fri) as WSP's Sports Inclusion Disability Officer (SIDO) with a focus on creating sustainable physical activity opportunities for people

with disabilities in Waterford. She also works as Sports Development Officer (Mon-Tues) supporting other target groups including women and sports club volunteers. **Pauline can be contacted on 0761 10 2619 or pcunningham@waterfordsportspartnership.ie.**



Brian O'Neill, Youth Sports Development Officer, is based at the Regional Sports Centre in Waterford City and works to promote the participation of young people (with a focus on youth at risk aged from 10 to 21 years) in sport and physical activity throughout Waterford City.

Brian can be contacted on 0761 10 2583 or boneill@waterfordsportspartnership.ie.

Mary Doyle, Sports Development Officer and Hub Development Officer,# is based at the Regional Sports Centre in Waterford City. Mary works three days a week on Sports Development work i.e. supporting clubs and other target groups and

leading WSP's Primary Schools programme, and two days a week developing the Carrickphierish School Community Sports Hub. **Mary can be contacted at 0761 10 2619 or mdoyle@waterfordsportspartnership.ie.**



SPORT IRELAND

sport ireland

Sport Ireland, the new Statutory Agency for sport in Ireland was established on the 1st October 2015. Sport Ireland brings together the Irish Sports Council (ISC), National Sports Campus Development Authority (NSCDA), Irish Institute of Sport and Coaching Ireland to form a new, streamlined and dynamic body to drive the future of Irish sport. The new agency retains the

broad functions of the existing agencies while significantly strengthening the area of anti doping, the protection of children and coaching. A new online portal www.sportireland.ie will house all the existing websites of the previous agencies until a new website is established in 2016.

Mr. John Treacy has been appointed Chief Executive of Sport Ireland, which will be chaired by Mr. Kieran Mulvey following his appointment on 8th October 2015. In addition to the Chairperson, 10 members who previously served on the Boards of the Irish Sports Council and the National Sports Campus Development Authority have been appointed to the Board of Sport Ireland. Members include; Mr. Bernard Allen, Mr. Seán Benton, Mr. Donal Óg Cusack, Mr. Roy Dooney, Ms. Mary Dorgan, Ms. Frances Kavanagh, Mr. John Maughan, Ms. Caroline Murphy, Mr. Patrick O'Connor and Mr. Liam Sheedy. These members will be joined by two further appointments following an advertising and selection process by the Public Appointments Service.

The primary functions of Sport Ireland include:

- to develop strategies for increasing participation in recreational sport at national and local level and to co-ordinate the implementation of those strategies by all bodies (including public authorities and bodies funded from moneys provided by the Oireachtas) involved in promoting recreational sport and providing recreational facilities;
- to encourage the promotion, development and co-ordination of, and the achievement of excellence in, competitive sport;
- to support elite athletes in achieving excellence in sport;
- to facilitate, through the promulgation of guidelines and codes of practice, standards of good conduct, fair play and the elimination of doping in sport;
- to take such action as Sport Ireland considers appropriate, including testing, to combat doping in sport;
- to plan, implement, evaluate and monitor education and information programmes for good conduct, fair play and the elimination of doping in sport;
- in its capacity as the national anti-doping organisation in the State, to direct the collection of samples, to manage the testing and test results of samples and attend hearings, as required;
- to develop, or to continue the development of, a sports campus on the site;
- to manage, operate and maintain the sports campus
- to manage, operate and maintain any other facilities as may be approved by the Minister;
- to develop and disseminate guidelines and codes of practice promoting best practice for the protection of children in sport consistent with child protection legislation;
- to develop coaches and tutors at all levels in sport and, in co-operation with sporting bodies, to ensure that quality-assured coach and tutor education programmes and qualifications are established and maintained to meet national requirements, and those qualifications are recognised, where appropriate, within the National Framework of Qualifications;
- where the Minister so directs, to arrange for research to be conducted concerning competitive sport or recreational sport;
- to disseminate information concerning competitive sport or recreational sport;
- to encourage individuals and the private sector to contribute to the development of sport;
- to furnish and equip the sports campus, referred to in paragraph above with such plant, machinery, equipment and apparatus as Sport Ireland considers appropriate; and
- to encourage and promote the use of the sports campus by persons participating in sport at professional and amateur levels, and members of the public generally.

A new strategy will be developed over the coming months following a period of consultation which will set out Sport Ireland's key objectives, outputs and related strategies.

Primary Schools

As part of our on-going support of physical activity opportunities in schools, Waterford Sports Partnership offered the following two training opportunities to primary school teachers across Waterford. **For further information on any of the following programmes, please contact Mary Doyle, Sports Development Officer on 0761 10 2619**

Balance Bike Programme

In 2015, nineteen teachers from the following eleven schools took part in our Balance Bike Training Programme; St. Mary's N.S. Touraneena; St. Mary's N.S. Grange; Scoil Naomh Gobnait, Coolnasmear; Scoil Naisiunta na Rinne; Glenbeg N.S.; Portlaw N.S.; Presentation Primary School; St. John Of Gods N.S.; St. Ursula's Primary School, Holy Family J.N.S., and St. Declan's N.S. Waterford. The teachers who attended the session were given session plans that they can use back in their schools to coach the children the Balance Bike Programme. WSP then supplied balance bikes, helmets and ramps to each school for a period of two weeks post-training. WSP



would like to thank Spokes Cycles in the City and Cycle Sports in Dungarvan for their support in collecting and delivering the bikes, helmets and ramps to the schools and keeping the bikes maintained to a safe and high standard throughout the programme. Eight schools have received the balance bikes to date, the remainder of the schools will each receive them for a two week period after Christmas. This programme has proven to be hugely popular with schools who have reported great improvement in young children's balance and coordination as a result of using the bikes.

"Ba iad na rothair cothromaíochta na rudaí ba mhó riamh a thaithin leis na naíonáin. Bhí feabhas iontach le feiscint i gcumas na bpáistí i dtréimhse an-ghairid - cinnte beimid á lorg arís. Táimid an-bhuíoch le Comhpháirtíocht Spóirt Phortláirge as iad a chur ar fáil dúinn."

Aodh Mac Craith, Priomoide, Scoil Náisiúnta na Rinne

"The children in my class got on really well with the Balance Bikes. They really enjoyed them, very versatile and very suitable for all ages."

Brian Loomam, Teacher, Portlaw N.S.

Safer Cycling Programme - Waterford Sports Partnership in conjunction with Jemma Jacob, Waterford City and County Road Safety Officer and the Road Safety Authority offered a safer cycling programme to primary schools in Waterford specifically aimed at forth class students. Twenty four schools in Waterford applied for this course and it has commenced in six schools, the remaining schools will receive their training in the new year. This course includes an introduction to the course and cycling safety delivered by Jemma Jacob and a WSP Sports Development Officer. Following this a trained tutor delivers three practical cycling safety sessions in the school, coaching essential cycling safety skills to forth class students.

Waterford Active Schools Programme (WASP)

WSP in partnership with Primary Schools in Waterford is encouraging adults to do at least 30 minutes activity and children to do at least 60 minutes activity at least five days a week. Children in participating schools will be given a record card by their teacher and when the child/adult has been active the teacher will give them their reward sticker (Featuring Wizzy the Wasp the programme mascot) to stick on their card. The aim is to earn as many stickers as possible. Each class teacher will also take part in the programme.



WSP is inviting all schools in Waterford to take part in the 2016 WASP Programme which will take place over four weeks between Monday 8th February and Friday 4th March. This has been a massive success in the past and WIZZY the WASP is looking forward to meeting all the new participants in 2016. Participating schools will be briefed on the programme and receive their school packs in the city on Wednesday 3rd February and in the county on Thursday 4th February, both at 3.30pm. **Places for this training are limited and will be allocated on a first come first served basis. To secure your school's place please call Mary Doyle on 0761 10 2619 by Friday 22nd January.**

NOW BOOKING! SportsHall Athletics

WSP in conjunction with Athletics Ireland is running SportsHall Athletics this coming April for Waterford Primary Schools. Full training will be provided by Athletics Ireland to teachers with a resource pack which will equip them with the knowledge to roll out the training to the pupils in their school. We will provide sportshall athletics equipment on loan to the participating schools for a period of six weeks each where the pupils can use appropriate equipment to learn and practice new skills and prepare for a schools Jamboree in May. Athletics Ireland and WSP will provide support to all schools and teachers coaching SportsHall Athletics throughout their six weeks coaching.

Teacher training will be on **Wednesday 6th April** after which each school and teacher will commence with their SportsHall Athletics coaching. Teachers will pick up the SportsHall Athletics equipment at the training.

Places for this training are limited and will be allocated on a first come first served basis. To secure places for your teachers requiring training please call Mary Doyle on 0761 10 2619 by Friday 29th January.

SCHOOL TRAINING/PROGRAMME SCHEDULE

ACTIVITY	MOST SUITABLE FOR	DATE/TIME/VENUE
Disability Awareness in Sport Training	All Primary School teachers	Thursday 28 th January, 2-5pm Waterford City Venue
Waterford Active Schools Programme (WASP)	All schools	Monday 8 th February – Friday 4 th March
Try Sailing Waterford	Primary and Secondary school girls are welcome to Try Sailing events in three locations in Waterford.	Saturday 2 nd April and Saturday 16 th April Dungarvan Harbour Sailing Club, Waterford Harbour Sailing Club, Waterford Motorboat and Yacht Club
Sportshall Athletics Teacher Training	3 rd and 4 th class teachers.	Wednesday 6 th April 3 – 5.30pm Waterford City Venue
Active School Week	All schools	Monday 25 th – Friday 29 th April

Inter-County Games

Well done to the twelve Waterford older adults who participated in the inaugural Carlow/Kilkenny/Waterford Games held in the Watershed, Kilkenny on Thursday 3rd December. The Inter county games follows a similar format to the National Go for Life Games that a Waterford team took part in back in June 2015, and includes games such as lobbies, filisc, skittles and bowls. There were also two stations from the successful WSP Older Adult Circuit Training included to give the participants more variety.

The aim for the three Local Sports Partnerships (LSP) is to increase physical activity for older adults through friendly competition and include a social element between the counties. The three LSP's were delighted that eighty five older adults participated in the event, some for the very first time.

The twelve older adults who travelled had taken part in three blitzes held by Waterford Sports Partnership for older adults groups in Waterford City and County between September and November. The team came from a range of groups including The Waterford Stroke Support Group, Cappoquin A.R.A, Dungarvan A.C.T, Kingfisher over 50 Group and St. Paul's Active Retirement Group.

We are delighted that due to the success of the day, Waterford Sports Partnership will host the next blitz in March and Carlow Sports Partnership will host a blitz in May.



'There was an excellent mix with social banter between all counties. Good fun was had by all. Nice vibe'.

**Michelle Grennan,
Kilkenny LSP**

The Games - Social Blitzes

Following on from the success of our social blitzes, WSP are running two games blitzes in preparation for the second Inter County Tournament on Wednesday 9th March. These will take place in Rainbow Hall, Kilmacthomas in January and February. The blitzes are for people of all abilities with the emphasis on social interaction in a mildly competitive environment.

THE GAMES - SOCIAL BLITZES

11am to 2pm

Wednesday 27th January & Wednesday 24th February

Rainbow Hall, Kilmacthomas, Co. Waterford.

€3 (inc. training, tea/coffee/sandwiches).

**Booking essential, please contact Peter on 0761 10 2191
or email pjones@waterfordsportspartnership.ie**



CIRCUIT CLASSES

We started running Circuit Classes for older adults back in October and we are delighted that 31 older adult have taken part in the Older Adults circuit classes in the Park Hotel and Cill Barra Sports Centre to date. The circuit sessions, specifically written for older adults, focus on core strength, flexibility and balance with moderate pulse raising activities. The 15-station circuit includes stations such as single leg balances, filisc, dyna band activities, pilates/medicine ball exercises and foam rolling.

Circuit classes will continue in Dungarvan and Waterford city in 2016 as follows . . .

**Cill Barra Sports Centre:
Dungarvan Sports Centre:**

Every Monday from Monday 11th January | 9.30-11am

Every Wednesday from Wednesday 13th January | 9.30-11am

Cost: €3 per person - **BOOKING ESSENTIAL**

**For more information or to book your place, please contact
Peter Jones on 0761 10 2191 or email pjones@waterfordsportspartnership.ie**

'Fantastic! In my calendar for the next twelve months. Never thought so little could do so much'.

Ann O'Flynn

'It is gentle and energetic at the same time'.

Norma O'Meara

"Working with the older adults was the highlight of my work experience. They were all so friendly and welcoming and I learned a lot about working with that particular target group while running the circuit class."

**Lauren Walsh Kett
Student Sports
Development Officer**

National Grant Scheme 2015

Each year the National Grant Scheme for Sport and Physical Activity for Older People provides funding to assist in the implementation of locally developed well planned initiatives that are designed to increase participation in recreational sport and physical activity among older people.

WSP are delighted to announce that twenty four groups in Waterford have been allocated funding of €7,250 in total. Waterford Sports Partnership will use its grant to deliver a physical activity programme for older men. Across Ireland, over 27,000 older people will be taking part in physical activity initiatives funded by the 2015 round of grants. Go for Life Manager, Mary Harkin, is delighted with the response to this year's scheme: "At Go for Life, it is important for us that older people continue to get access to the spread of games, sports and activities to stay active and healthy. All adults, no matter what age, need 30 minutes of physical activity most days a week. The scheme ensures that, as we get older, we can keep playing sport, we can keep moving and we can stay healthy and independent."

Congratulations to all the successful applicants, we look forward to seeing the benefit of this funding in 2016.

Survey of over 50's

Irish people over 50 are now more likely to be active than inactive, according to a new survey from **Age & Opportunity's Go for Life** and **Sport Ireland**. The research, launched today by Minister Michael Ring TD, Minister of State at the Department of Transport, Tourism and Sport with Special Responsibility for Tourism and Sport, shows that there are 53% of older adults who can be classed as 'active' instead of 'low or not active'. Just over half of those are getting half-an-hour of physical activity five days a week, so they are reaching the national guidelines for adults. Age & Opportunity and Sport Ireland have been tracking the behaviours and attitudes of older people since 2006 and this has been **the first time that active older people are in the majority**, though the research has been seeing activity levels slowly rising over that time from 39% to 53%.

"From the perspective of public health it is great to see the numbers of older people meeting the National Physical Activity Guidelines. These changes are in no small part a testimony to the work of the many sporting organisations including the Local Sports Partnership who continue to direct and focus their efforts towards inactive groups. The challenge now is to maintain the good work and keep Ireland active".

John Treacy,
Chief Executive of Sport Ireland

"The research is great news," says **Go for Life** Manager Mary Harkin, speaking at the launch, "It shows the kind of impact that programmes like Go for Life are having on the lives and health of older people across the country. While the work of Go for Life continues community-by-community with our Physical Activity Leaders providing peer support to get people active, it feels like we've reached a bit of a milestone by becoming the majority".

The majority of people are becoming healthier and more active simply by increasing their walking speed and making time for a regular walk each day. Apart from walking, the most popular activities are swimming and golf among those over 50. One area that is seeing a notable rise is the popularity of cycling among older people. Since 2011, the numbers on their bikes have risen from 4% to 7%, having passed out activities like dancing and weight training. While this may be due to increases and improvements in cycle routes, to the popularity of cycling among the general population or to other factors, it is expected that there will be an increased number of older people getting up on their bikes.

"At the same time, we can't be complacent" warns Harkin "the research is clear that there are still a lot of people who feel completely excluded from sport and physical activity and that, through the Small Grant Scheme and through our other work, we are trying to empower people in their own communities to get more active and to open the door for other people to take part. What we have seen over the years is that many people want to take part but have been put off by misconceptions about sport. Go for Life shows them that it can be fun and that there's usually tea and a biscuit at the end of it."

The research, carried out by Perceptive Insight as a survey of 1,000 Irish people over 50, also found that there were inequalities present within the numbers participating. Those aged 50 to 64 were more inclined to be active than those aged 65 and over and that people from more affluent socio-economic backgrounds were more likely to be active than their less well-off neighbours. On a positive note, older women are beginning to catch up with men on participation in sport.

Older Adults Walking Training

On Wednesday 4th November, Waterford Sports Partnership delivered Walking Training to eighteen members of the Clashmore/Kinsalebeg Community group.

The Community felt that this type of training could be very beneficial after a survey of local residents carried out by Community Council identified dealing with isolation and improving the health of the community as key needs. A Walking Group was seen as one way of trying to deal with these two issues so the group approached WSP.

As a result of the programme, the group are leading weekly walks in Clashmore every Thursday at 10 am. For details phone Richard Torney on 087-6243406.

"The training was very informative, supportive and most of all sociable - would highly recommend to anyone, regardless of physical ability, gender and, (as I'm not really the youngest teenager around) most importantly age." **Kevin Jordan**



Waterford Go For Life Grant Recipients	Amount
Ardmore and Grange ICA	€250.00
Arthritis Ireland, Waterford Branch	€250.00
Ballinroad ICA	€270.00
Ballymacarbery ICA	€270.00
Cappoquin Group ARA	€270.00
Cill Barra Community Sports Centre	€260.00
Clonea Rathgormack ICA	€270.00
Deise Women's Group	€250.00
Dungarvan and District ARA	€270.00
Dungarvan Care of the Aged Ltd.	€250.00
Dunhill Sports Centre	€260.00
Glenbeg ICA	€280.00
Irish Wheelchair Association, Waterford	€260.00
Kinsalebeg/Clashmore ICA	€250.00
Minaun ICA	€250.00
Respond Housing (New Ross)	€270.00
Respond Waterford	€270.00
Sacred Heart Family Resource Centre	€260.00
Slieverue ARA	€270.00
St. Pauls and District Men's ARA	€280.00
The Pres Badminton Club	€250.00
Tramore and District ARA	€270.00
Tramore ICA	€270.00
Waterford Sports Partnership	€1,200.00
Total	€7,250.00

NEW



Introduction to Sea Fishing with St. Paul's Fishing Club

St. Paul's Fishing Club will deliver a 3-hour taster session on sea angling in 2016 (Date to be confirmed). The session which is open to men and women alike will cover casting, tackle and fishing tuition.

Date & Time: TBC
Venue: Abbeyside, Dungarvan and Passage East
Cost: €5 per person
Interested??: If interested please contact Peter on 0761 10 2191 or email: pjones@waterfordsportspartnership.ie

Please note that this activity will only go ahead if there is enough interest.

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)
- **Filisc** (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 0761 10 2191 or email pjones@waterfordsportspartnership.ie

Leisure Centre Opportunities

Active Older People Class

Park Hotel Leisure Centre, Dungarvan

This fun and social class aims to maintain and improve balance and muscle strength for everyday activities and incorporates seated exercise and low impact aerobic activity. Every Tuesday 11am-12pm From Tuesday 12th January. €6 for gym members and €8 for non- members. Pre-screening and booking required, please contact Claire Kennedy on (058)42902.

Active Older People Gym Support

Park Hotel Leisure Centre, Dungarvan

Leisure Centre Staff will be available to induct and assist older people that are interested in getting started in the Park Hotel Leisure Centre gym every Tuesday between 10-10.50am. From Tuesday 12th January. Pay as you go rates from €6 per session, membership rates available upon request. No booking necessary, for queries please contact Claire Kennedy on (058) 42902.



Active Retirement Activity Class Kingfisher Club, Waterford

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

Pay as you Go Gym Session Cill Barra Sports Centre, Waterford

Women's class every Monday 10-11am
 Men's class every Wednesday 10-11am
 €3.50 per session
 Call Sinéad Brannigan on (051) 350800 for more information.

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
 For more information please call: (051) 350800

Causeway Tennis & Bowls Club | Dungarvan

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



Pitch & Putt Opportunities in Waterford

Regional Sports Centre Cork Road, Waterford

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

Cunningar Pitch and Putt Club Dungarvan

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

NEW - Safeguarding 3 – Designated Liaisons Person (DLP) Workshop

In June 2015, Sport Ireland changed the structure of **Child Welfare & Protection (Code of Ethics) Workshops for Clubs** as outlined below:-

Safeguarding 1 – Child Welfare & Protection Basic Awareness Course (3hrs)

Safeguarding 2 – Club Children's Officer Workshop (3hrs)

Safeguarding 3 – Designated Liaison Person Workshop (3hrs)

All Coaches, Children's Officers and Designated Liaison Persons (DLP) must first complete the 3 hour Child Welfare & Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. Once participants have completed this course, participants can then attend Safeguarding 2 Club Children's Officer workshop and/or the Safeguarding 3 Designated Liaison Person Workshop.

Waterford Sports Partnership will be delivering our first **Safeguarding 3 Workshop** on **Monday 18th April** in the **Regional Sports Centre, Waterford**. This workshop is essential for any person within a club who is the designated liaison person. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency and/or An Garda Síochána. It is recommended that this person is a senior club person. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

See page 12 & 13 for a full listing of all of our courses and events. For further information on Child Welfare & Protection Training contact Peter Jones on 0761 10 2191 or by email at pjones@waterfordsportspartnership.ie

CALLING ALL JOBSEEKERS!

Are you interested in becoming a Weightlifting and Barbell Instructor and Athletics Coach and receiving other valuable sports coaching and training?

If so, you may be interested in our new

Community Coach Training Programme

Are you currently unemployed and interested in developing skills that will support you to pursue employment or further education in the sports area? This is a fantastic opportunity for jobseekers to train to become Weightlifting and Barbell Instructors, Athletics Coaches and receive quality training for sport coaches as well as learning new skills to enhance your chance of gaining employment in the sports area!

Waterford Sports Partnership is pleased to announce that we will be running a 'Community Coach Training Course' for jobseekers in County Waterford starting in February 2016. The course will take place 2-3 days a week over 14 weeks. Participants will have the opportunity to gain a host of sports related qualifications, as well as attending classroom based modules in career planning. The course will also contain a work placement module. Numbers on the course will be restricted to 12 and short listing may apply.

To register your interest or for further information please contact:

Mary Doyle, Waterford Sports Partnership, Tel. 0761 10 2619; email mdoyle@waterfordsportspartnership.ie

This course is being facilitated by Waterford Sports Partnership and funded at national level by Sport Ireland through Dormant Accounts.

Walking Leader Training

On Thursday 8th October Waterford Sports Partnership delivered a Walking Leader Course to twelve participants from the Recreation Tourism Trail course at the Dunhill Multi Education Centre. The three hour training consisted of practical and theory work. The aim of the training was to ensure participants could lead a walk safely including a warm-up, cool down etc. Following the training participants had the opportunity to put their new skills to good use as they volunteered to lead one walk each as part of our Walk Waterford Series.

If you are interested in becoming a walking leader or setting up your own walking group, please contact Pauline Cunningham on 0761 10 2682 or email; pcunningham@waterfordsportspartnership.ie

Link2BActive 2016

Waterford Sports Partnership secured funding from Sport Ireland to run the Link2BActive initiative in 2010. The Link2BActive programme offers discounted exercise opportunities to the people of Waterford. This programme aims to introduce people to new leisure activities and utilise local clubs and facilities to make sport more accessible.

Waterford Sports Partnership (WSP) have teamed up with Park Hotel (Dungarvan), Kingfisher Club (Waterford) and Crystal Sports and Leisure Centre (Waterford) to offer a variety of physical activity opportunities to the target groups listed below :-

- Youth aged 13-17
- People with a disability
- Job Seekers
- Adults 50+



A limited number of FREE PASSES are available for individuals who have engaged with WSP for various exercise opportunities including: a gym induction, gym session, fitness class or swimming session.

If you are interested in learning more about the initiative or taking part, please contact Peter Jones (older adults/county job seekers) on 0761 10 2191, Pauline Cunningham (people with a disability/city job seekers) on 0761 10 2682 or Brian O'Neill (youth/city job seekers) on 0761 10 2583.

Active Leadership Training

Since January 2015, we ran three very successful Active Leadership courses catering for 55 participants from six organisations in Waterford City and County. 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.

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

WATERFORD MEN ON THE MOVE cont'd from front cover

Men on the Move tutor, Daniel Ryan said, 'working with the Men on the Move initiative has been an excellent experience from start to finish. It aims to tackle areas of men's physical and mental well being, which I feel often get overlooked. I'm delighted to be a part of it and to see the huge improvements the men have made over the twelve weeks.'



This is why the course was equally important not just physically but psychologically also. On the nights of the talks or questionnaires, these guys were open and honest and to be honest, I was surprised but so pleased for them, that they could open up and feel comfortable. It was a hugely successful 12 weeks and I know the guys loved it. We were lucky to have such a great group of lads and I look forward to seeing them again!



THE FUTURE

Waterford Sports Partnership has applied for funding for an eight week Men on the Move programme in April 2016. We are keen to hear from any men who are inactive and who would be interested in participating in this programme. If you are interested in a future programme or want further information, please contact **Peter Jones on 0761 10 2191 or pjones@waterfordsportspartnership.ie**.



Barry O'Connor, Men on the Move tutor for Waterford City said 'It's been an amazing 12 weeks and a programme I am very proud and happy to have been a part of, seeing the lads improve each week has been brilliant to watch. Each week they improved and grew in fitness and in confidence. The banter was great and they certainly weren't shy in dishing it out to me! Many of the lads said to me they looked forward to coming, one in particular said it regularly put him in a good mood after a hard stressful day at work on many occasions!'



WSP is delighted that there is great interest to continue the programme for six weeks commencing early January in all three areas. As part of the research project with WIT, these men will be tested again in March and September 2016 to monitor any further changes to physical, mental and social well being. We expect the results will provide valuable information that will positively impact on men's health into the future.



TRAINING, EVENTS & PROGRAMMES



Commit 2B Fit

Well done to the nine ladies who took part in the six week Commit 2B Fit Programme in Autumn 2015. The programme was organised by Waterford Sports Partnership with funding from the Health Service Executive. The overall aim of the programme was to provide female participants aged 25-50 with the opportunity to increase their activity, improve their confidence and adopt a healthy lifestyle by taking part in a range of leisure centre "taster" sessions at an affordable rate.

The ladies really enjoyed learning new exercises and the instruction on the correct use of gym equipment. These sessions were instructed by trainer Niall Devereux who gave the ladies an introduction to the gym and different fitness classes and left them with fitness programmes and the confidence and knowledge to join a gym and keep going with their own fitness. The six weeks finished up on the 6th of November with a Nutrition Talk from Anne-Marie Tully.

Waterford Sports Partnership would like to thank all the ladies who completed the programme with such enthusiasm and also to Niall Devereux, fitness trainer; Anne-Marie Tully of the HSE and Crystal Sports & Leisure Centre for the use of their gym and facility.

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

"Well worth attending, opened up the world of the gym for me and less scary now!"
Deirdre Lindy,

"Excellent exercise" **Niamh McLoughlin,**





Ireland's ultimate leisure cycling event!

The Sean Kelly Tour of Waterford 2016

Saturday 20th August

12k Kelly Spin

Sunday 21st August

50k Kelly Cruise
100k Kelly Heritage Route
160k Kelly Comeragh Challenge



www.theseankellytour.com

Like Us On **facebook** 

NEW FOR 2016... GET UP... GET OUT...GET RUNNING!



TRAMORE

parkrun



EVERY SATURDAY

STARTS SATURDAY 2nd JANUARY @ 9.30am

FREE | 5K TIMED WALK or RUN
FOR ALL AGES & ABILITIES

Children under 11's must be accompanied by an adult

Meet at the Old Lifeguard Hut, Tramore Prom

REGISTER NOW! @ www.parkrun.ie/tramore/

from beginners to Olympians...
parkrun is for everyone



FIND
Tramore parkrun Waterford
on Facebook



ADVANCE REGISTRATION ESSENTIAL
@ www.parkrun.ie/tramore/



sport ireland



RTÉ

sport ireland



Sponsored by
safe food

Operation Transformation Waterford Walks

The Sport Ireland National Network of Local Sports Partnerships have teamed up with Operation Transformation once again this year to promote healthy living in 2016

KICK START YOUR TRANSFORMATION!

by joining Waterford Sports Partnership for one of the Waterford Walks

10am Saturday January 9th 2016

Dungarvan Railway Track Walk

Registration from 9.30am
@ the Causeway Tennis Club,
Abbeyside, Dungarvan

WALK STARTS @ 10am
3.5km /5km walk

**FOR MORE INFORMATION
PLEASE CONTACT:
Peter Jones on 0761 10 2191**

Kilbarry Nature Park Walk

Registration from 9.30am
@ the Regional Sports Centre,
Cork Road, Waterford

WALK STARTS @ 10am
4km /6km walk

**FOR MORE INFORMATION
PLEASE CONTACT:
Mary Doyle on 0761 10 2619**



**WATERFORD
SPORTS
PARTNERSHIP**

FREE EVENTS | ALL WELCOME!

Waterford Sports Partnership - Supporting Activity and Sport for All!

Like Us On
facebook

2016 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
January 2016				
Saturday 9 th January	Operation Transformation Dungarvan Railway Track Walk 3.5km/5km	10am	Free	Registration from 9.30am @ the Causeway Tennis Club, Abbeyside, Dungarvan.
Saturday 9 th January	Operation Transformation Kilbarry Nature Park Walk 3km/5km	10am	Free	Registration from 9.30am @ the Regional Sports Centre, Cork Road, Waterford
Saturday 16 th January	NEW! Parkrun Tramore	9.30am	Free	Pre-registration essential @ www.parkrun.ie/tramore/
Monday 25 th January	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
February 2016				
Monday 22 nd February	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	The Park Hotel, Dungarvan
March 2016				
Monday 7 th March	Safeguarding 2 - Club Children's Officer Training	6 to 9pm	€15	The Park Hotel, Dungarvan
Saturday 12 th March	Remote Emergency Care First Aid Course	9 to 5pm	€45	The Park Hotel, Dungarvan
Monday 14 th March	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
April 2016				
Monday 18 th April	Safeguarding 3 - Designated Liaison Persons Workshop	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
Monday 25 th April	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Dungarvan Enterprise Centre, Main Street, Dungarvan, Co. Waterford
May 2016				
Monday 23 rd May	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
June 2016				
Saturday 11 th June	Remote Emergency Care First Aid Course	9 to 5pm	€45	Regional Sports Centre, Cork Road, Waterford
Saturday 11 th June to Sunday 19 th June	National Bike Week 2016	Various	Free	See www.bikeweek.ie for more details
Monday 27 th June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Dungarvan Enterprise Centre, Main Street, Dungarvan, Co. Waterford

CALENDAR OF TRAINING & EVENTS 2016

Date	Course/Event	Time	Cost	Venue
August 2016				
Saturday 20 th & Sunday 21 st August	Sean Kelly Tour of Waterford	See www.theseankellytour.com for further information Registration will open in February 2016		
September 2016				
Monday 26 th September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
October 2016				
Monday 17 th October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Dungarvan Enterprise Centre, Main Street, Dungarvan, Co. Waterford
Saturday 22 nd October	Remote Emergeny Care First Aid Course	9 to 5pm	€45	The Park Hotel, Dungarvan
November 2016				
Monday 7 th November	Safeguarding 2 - Club Children's Officer Training	6 to 9pm	€15	Dungarvan Enterprise Centre, Main Street, Dungarvan, Co. Waterford

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

www.waterfordsportspartnership.ie

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

THERE ARE LOTS OF OTHER TRAINING OPPORTUNITIES LISTED IN THIS PUBLICATION AS FOLLOWS....

For Primary Schools Training - SEE PAGE 3 | For Older Adults Training - SEE PAGE 4 to 6
For Walk Waterford - SEE PAGE 15 | For Disability Training - See PAGE 18 to 20

**OUR PHONE
NUMBERS ARE
CHANGING**



PLEASE TAKE NOTE OF OUR NEW NUMBERS

DUNGARVAN BASED STAFF

Rosarie Kealy	0761 10 2190
Peter Jones	0761 10 2191
Karen Phelan	0761 10 2192
Suzanne Baumann	0761 10 2194
Michael McGrath	0761 10 2199

CITY BASED STAFF

Pauline Cunningham	0761 10 2682
Brian O'Neill	0761 10 2583
Mary Doyle	0761 10 2619

Walk Waterford - Autumn Series

Waterford Sports Partnership was delighted to have the opportunity to showcase some of Waterford's finest walks as part of the Walk Waterford Autumn Series. Five walks were planned as part of the Autumn Series; Anne Valley (Dunhill), Dungarvan Railway Track, Colligan Wood, Tramore Doneraile and Dunmore East Wooded Walk. All five walks had a fantastic attendance with over 130 participants taking part in at least one of the five walks.

The Autumn Series kicked off on Sunday 11th October with the newly developed Anne Valley Walk in Dunhill. Over 50 walkers undertook this lovely flat 4.4km walk which follows the Anne Valley River which flows through the Anne Valley and meanders past many beautiful ponds to reach Dunhill Castle 2.4km from the starting point. Participants enjoyed all Dunhill had to offer as some sat and relaxed to enjoy the peace of the valley.



The second walk in the series took place on Sunday 18th October along the popular Dungarvan Railway Track. Eighteen walkers strolled along this the old Railway Track which is mostly off road and is predominately flat making it perfect for all levels and abilities. Twenty five leisure walkers joined us for our third walk in the magnificent Colligan Woods Walk at the foothills of the Comeragh Mountains. Participants were spoilt for choice as they had an opportunity to try either a leisurely 3.5km walk or a 6km walk for those who were looking for a bit of a challenge.

On Sunday 1st November our fourth walk took place along the Sli na Slainte Tramore Doneraile with over thirty walkers taking on the toughest walk of the series. Despite climbing all the steps and hills, this walk was definitely worth the wait as it showcased all Tramore Bay had to offer with spectacular views on the day. Last but not least was the beautiful Dunmore East Wooded Walk. Despite the wet and windy weather five brave and enthusiastic leisure walkers took part in our final walk of the series on Sunday 8th November in Dunmore East Wooded Walk.

A special thank you to all the volunteers from Dunhill Multi Education Trails Development Group that assisted Waterford Sports Partnership with the leading of each of the walks, your support and commitment contributed immensely to the success of the programme.



Walk Waterford is back again for 2016!

Walk Waterford is back, with five walks which will give people a chance to get out and get active whilst enjoying the beautiful Waterford countryside. The series of walks are suitable for families and leisure walkers, all you need is suitable walking shoes (runners are ideal) and a rain jacket just in case. Children under 16 must be accompanied by an adult .

Date	Name of Walk	Meeting Time & Place	Trail Details	Highlights	Getting There
Sunday 17th January	Mahon Falls	Time: 2pm Mahon Falls Car Park	Distance: 2.4km Duration: 40 minutes there and back. This is an easy walk which is mostly flat with one steep section near the falls.	<ul style="list-style-type: none"> - The magnificent Mahon Falls - One of the most accessible routes in the Comeragh Mountains. - Amazing view over Dungarvan Bay and Beyond 	The falls may be reached by turning west off the R676 (Dungarvan/ Carrick-on-Suir road) at Mahon Bridge. Take a right turn immediately by a shop following the signs for 'Comeragh Drive'. Continue on for about 1 ½ km turn right and travel inwards having the Mahon river on your right. There is parking on your left close by the pathway to the falls.
Sunday 24th January	The Towers (Ballysaggart)	Time: 2pm The car park at the towers	Distance: 2km looped route (optional 4km) Duration: 30 mins This is an interesting easy looped trail that will excite young and old. The loop follows a steady climb up to the gates and returns down a steep decline back to the car park.	<ul style="list-style-type: none"> - The impressive gothic gates built by Arthur Kiely Usher. - What a walk through a diverse range of tree species. - Picnic tables half way round, perfect for a break. 	Take the R666 Lismore/Ballyduff/ Fermoy road sign posted off the bridge at Lismore Castle. Continue for 3.5km to the Towers car park
Sunday 31st January	Kilbarry Nature Park	Time: 2pm Kingfisher Club Car Park, Tramore Road	Distance: 1.8km + optional additional 1.8km Duration: 1 hour There is a choice of walks and interesting features in this fantastic nature park. Come along and see what it has to offer.	<ul style="list-style-type: none"> - 50 acres of public park and nature reserve - Plenty of spots for picnics if you fancy a snack afterwards - A jewel in the middle of the city 	The entrance to the Waterford Nature Park is through the entrance to the Kingfisher Club which is on the old Tramore Road (R675), on the right after Supervalu
Sunday 7th February	Glenshelane (Cappoquin)	Time: 2pm Car park at the woods.	Distance: 2km (optional 3.5km route) Duration: 45 mins (1 hour 15 mins) There is a something here for everyone, giving walkers a great variety of choice from short strolls to long distance walks.	<ul style="list-style-type: none"> - Long wooded glen that runs either side of the Glenshelane River - Tranquil woodland section 	From Cappoquin travel the Clogheen/Mellary Road R669 for a distance of 1km until you come to a grotto, veer right and the car park entrance is a short distance after crossing Bealick Bridge.
Sunday 14th February	The Dunes (Tramore)	Time: 2pm At the car park opposite the Majestic Hotel	Distance: 5km Duration: 1 hour There and back. This is an easy walk which starts by the Majestic Hotel takes in Tramore's lake, the prom and the start of the Dunes. It includes some gravel, shingle and sand paths.	<ul style="list-style-type: none"> - Views of some of the highest sand dunes in Ireland. - Rare seaside flora and fauna - Views over Tramore bay and town 	The car park opposite the Majestic Hotel is on the main road into Tramore.

So come along bring your family and friends, County Waterford is yours to discover or rediscover!
To find out more please contact, Pauline Cunningham, Sports Development Officer,
Waterford Sports Partnership on 0761 10 2682 /086 7837385

Waterford Sports Partnership Club Development Seminar Series 2015

Sharing knowledge between sports and promoting positive change

The 2015 Club Development Seminar Series marks a commitment from National Governing Bodies and Waterford Sports Partnership to deliver on common goals of increasing participation, coach education and safe involvement in sport. The WSP Club Development Seminar Series aimed to 'share knowledge between sports and promote positive change'. WSP delivered six seminars as part of the series in 2015 in conjunction with NGB's: Concussion Awareness (IRFU), Speed Development (AI), Warm Up, Stretching and Movement (GAA), Dealing with Challenging Behaviour, Injury Prevention/Prehabilitation (Camogie) and Club Roles and Responsibilities (Swim Ireland). The seminars were open to coaches, volunteers, parents and participants from all sports. 171 representatives from fifty seven clubs attended the 2015 seminar series.

Injury Prevention and Prehabilitation

in partnership with Camogie Association

On Monday 5th October, twenty people from thirteen clubs representing five sports attended the Injury Prevention and Prehabilitation seminar delivered by Ross Corbett on behalf of the Camogie Association. The seminar focused on simple strength and conditioning exercises for all ages that can be incorporated into all coaches training sessions.

'Very informative and interesting workshop. Will apply to training sessions and can use for 4 years old to adults'

**Olivia Butler,
St. Pat's Ladies Football Club.**

"best €5 spent this year".

Michael McLoughlin, Dungarvan GAA Club.



Club Roles and Responsibilities Workshop

in partnership with Swim Ireland

On Tuesday 8th December, fourteen people from eleven clubs representing nine sports attended the Club Roles and Responsibilities Workshop. The workshop, held at the Park Hotel was delivered by Cathal Geraghty from Swim Ireland. The interactive workshop gave participants the necessary information to run a club efficiently, focusing on the role of the Club Committee, short term and long term planning and covered child welfare requirements including Garda Vetting and safe volunteer recruitment and retention.

Waterford Sports Partnership will be running a similar series of workshops in 2016 to continue to develop the knowledge of coaches in all sports.

For further information, please contact Peter Jones on 0761 10 2191 or pjones@waterfordsportspartnership.ie.

'the workshop was 'comprehensive and well presented, there was information for all clubs'.

Shirley Moore, Waterford Hockey Club

'Well done to Waterford Sports Partnership and Peter Jones for organising the 2015 seminars to support the volunteers working with the local sports clubs in Waterford. It was a great turnout with a diverse group of sports clubs, the engagement in the workshop and interaction between the volunteers was amazing. In a workshop such as this a lot of the learning is already actually in the room so it was great to see so many clubs sharing their experience of how they manage their club on a daily basis. As a facilitator I definitely learned a lot from the volunteers gaining a few new ideas and strategies that I will be sharing with my swimming clubs in the Munster region. I hope the volunteers got the same benefit that I got from the workshop.'

Cathal Geraghty, Swim Ireland.

Carrickphierish Community Campus

The two primary schools, Gaelscoil na nDéise and Waterford Educate Together, opened their new schools in the Carrickphierish Community Campus in September 2015. Waterford City and County Council will open the community sports hall and community library during 2016. The sportshall will be available for school use during school hours and for Council/community use in the evenings and weekends.



Carrickphierish Community Sports Hub

During 2015, Waterford Sports Partnership, with the support of Waterford City & County Council, Gaelscoil na nDéise and Waterford Educate Together, was successful in attracting funding from Dormant Accounts, in association with Sport Ireland, to help develop a Community Sports Hub at the Carrickphierish Community Campus.

So what is a Community Sports Hub?

Our objective is to create a hub of sports activity for the local community, including the two schools resident in the Campus, which will centre around the new sports hall. The intention is to promote, attract and develop sustained usage of the new facility and local participation in community sports and physical activity by:

- providing equipment, participation programmes and come and try it opportunities
- training local leaders and volunteers and
- supporting local club development.

Plans for the development of the community sports hub are underway and the sports hall will be opening in 2016 so watch this space!

The following activities will be available at the Carrickphierish Community Campus Sports Hall - Hurling/ Camogie, Soccer, Basketball, Multisport Activities and Parent and Toddler Group Activities.

As we are at planning stages new ideas are very welcome !

To discuss ideas or for more information regarding the Community Sports Hub, please contact Mary Doyle on mduoye@waterfordssportspartnership.ie or 0761 10 2619 or email the Carrickphierish Community Campus at carrickphierishcampus@waterfordcouncil.ie

CARRICKPHIERISH - WHAT'S ON?



CARRICKPHIERISH Operation Transformation MEET & WALK GROUP

KICK START YOUR TRANSFORMATION!
by joining the Carrickphierish OT Meet & Walk Group

STARTING
Tuesday 12th January @ 7pm
& every Tuesday for eight weeks
MEET AT
Carrickphierish Community Campus
for a 3km to 5km walk



FREE | ALL WELCOME!

FOR MORE INFORMATION OR TO BOOK YOUR PLACE PLEASE CONTACT:
Mary Doyle on 0761 10 2619 or email mduoye@waterfordssportspartnership.ie



Comhairle Cathrach
& Contae Phort Láirge
Waterford
City & County Council



WATERFORD
SPORTS
PARTNERSHIP

sport ireland

Waterford Sports Partnership - Supporting Activity and Sport for All!

FIND
Carrickphierish Community Campus
on Facebook



ciste na
gcuntas diomhaoin
the dormant
accounts fund

Why not come along to the CARRICKPHIERISH COMMUNITY CAMPUS OPEN DAY

to have a look at the campus including the two schools,
sports hall and community room?

SAVE THE DATE!
SATURDAY 27th FEBRUARY
ALL WELCOME

more information coming soon...



FIND
Carrickphierish Community Campus
on Facebook

Balance Bike Training

In November 2015, twenty three teachers from St. John's and St. Joseph's Special Schools took part in Balance Bike Training. The training, led by Pauline Cunningham and Peter Jones of Waterford Sports Partnership, was a great success and included practical demonstrations, session plans, videos and a demonstration on 'how to fit' a cycling helmet properly. We also gave the group ideas on how to enable children to learn balance and steering skills in a fun and safe environment. All the teachers received a series of lessons plans to deliver to their class after the training, in addition to the use of bikes, helmets and ramps.

If you require more information or your school would like to get involved in Balance Bike Training please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie



Social Soccer

On the last Thursday of every month from 1-2pm the FAI and Waterford Sports Partnership runs Social Soccer for adults with PAN 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 play soccer. With the assistance of the FAI ETB students two sections are run, an indoor section for participants of low level ability and an outdoor section for higher level ability participants.



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 improvement in the participants' confidence and skill level since they started earlier this year.

Date	Time/Venue/Cost
Thursday 28 th January	1 – 2pm Kingfisher Club Tramore Road Waterford €2 per person
Thursday 25 th February	
Thursday 31 st March	
Thursday 28 th April	
Thursday 26 th May	

We are keen to get some new and old groups back involved for 2016 to ensure we have another enjoyable year. **Check out the calendar above for upcoming dates... If you require more information or your organisation would like to get involved in Social Soccer please contact Pauline Cunningham on 076 110 2682 or email pcunningham@waterfordsportspartnership.ie**

Multisport Programme

From September to December, Waterford Sports Partnership in association with Cill Barra Sports Centre, ran a Multi Sport Programme for adults with a disability. This was a very popular programme with attendance ranging from 30-60 participants each month. Staff from Cill Barra Sports Centre delivered a variety of activities that included box hockey, soccer, basketball, boccia, table tennis, speed stacks, parachute and lots, lots more. Organisations were encouraged to bring along all service users, regardless of ability, as there was something on offer for everyone.

A special thank you to all staff and participants who brought their groups each month and helped with the running of the programme.



Wheelchair Hurling

Waterford Sports Partnership, in association with Waterford GAA Coaching and Games Development, ran their first Wheelchair Hurling Programme over six weeks from Thursday 17th September. The aim of the programme was to introduce Wheelchair Hurling to athletes with and without a disability and form a county team. Despite the low numbers, spirits were high amongst participants as they were keen to learn how to play this new game. Each week participants were put through their paces as they learned a variety of skills such as, manoeuvring the wheelchair, ball control and basic stick work. This all sounds very doable but the challenge was combining all three skills together, which the participants mastered over the six weeks.

We were delighted to be visited during the programme by inter county camogie (Jennie Simpson) and hurling (Pauric Mahony) stars, who came along to give the game a try and showcased some of the trophies they had won over the last twelve months. Following the programme, two participants were given the opportunity to take part in the M Donnelly Wheelchair Hurling Tournament which was hosted in Waterford.

Well done those who took part in the programme, to Waterford GAA Coaching and Games Development for their excellent coaching and to IWA Sport who kindly gave us the use of wheelchairs for the programme.



M. Donnelly Interprovincial Wheelchair Hurling Tournament

Waterford Sports Partnership, in association with Waterford GAA Coaching & Games Development and the GAA, were delighted to host the final round of the M. Donnelly Interprovincial Wheelchair Hurling Tournament on Saturday 7th November in St. Mary's primary school, Ballygunner.

The tournament started at 11am with a cracker of a game between Munster and Ulster. The atmosphere in the hall was electric, with supporters on their feet, it was amazing to watch. This was always going to be an interesting game as Ulster entered the competition at the top of the table with Munster hot on their heels. This game ended in Munster's favour on a score line of 10 -3. This result meant that the competition had opened up and Ulster now had to guarantee they won all remaining games.

Next up Leinster took on Connacht in another great game, which saw Connacht come out on top. There were some fantastic battles and demonstrations of skill from players from all four provinces on the day. Those that came to watch the event were amazed at the skill, intensity and determination that the players showcased. As the tournament continued throughout the day, Ulster showed their skill and proved why they were current leaders of the competition. After their poor start they dug deep and came out winners on the day. To give players a break between fixtures, an exhibition game between Waterford Hurlers and Waterford Camogie took place. A special thanks to all the players who came along to take part, it was much appreciated.

A special mention must go to all the volunteers, to Cillian Fitzgerald from St. Mary's Ballygunner and to all those that helped with the tea, coffee and refreshments on the day, without your help the day would have not been the success it was.



IWA Boccia League

Waterford Sports Partnership teamed up with the Irish Wheelchair Association (Waterford) to run a South East Boccia League on Tuesday 17th November in Cill Barra Sports Centre. Prior to the start of the League, WSP SIDO (Pauline Cunningham) visited IWA Waterford to show participants how to play the game. Following this, an invitation and rule book was sent to all IWA organisations in the South East Region. On the day, eighteen participants from Waterford and Wexford came along to take part in what was a very competitive event. Waterford came out on top as overall winners, however, Wexford did claim the best shot of the day. A special thank you to all the helpers of IWA (Waterford & Wexford) who helped out with refereeing games and providing and serving refreshments to the participants. Thanks also to IWA Waterford who supplied all the medals and trophies on the day. Last but not least thank you to Cill Barra Sports Centre for facilitating this event and we are looking forward to next year already!! **If you are interested in taking part in our IWA Boccia League please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie**

Swimming Programme for Children with Physical Disabilities

Waterford Sports Partnership has just finished running an exciting new swimming programme for children with a physical disability.

The programme ran over four weeks in Unique Aquatics and four participants ranging from 5-16 years took part. The programme was run by Sarah Flynn and three excellent volunteers who worked on a one to one basis with the children. The aim of the programme was to introduce children to the water (some for the first time) and give them water confidence to learn to swim. Children learned some basic movements and enjoyed some fun games and activities. Participants now have the opportunity to join the local Halliwick Club that runs on Monday evenings from 5-6pm in Waterford Crystal Sports Centre.

If you require more information or you would like to get involved in Swimming please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie



IT'S BACK! Waterford Halliwick Club

is back up and running from
Monday 18th January
in the **Crystal Sports Centre** from **5-6pm**
and costs as little as €8 per week.

The club is open for all ages and
caters for multi disabilities.

**If you are interested in getting involved
or require more information
contact Sarah on 083 1376847**

Disability Awareness Training

CARA APA Centre, in partnership
with all Local Sports Partnerships,
has just launched its new Disability
Awareness in Sport Workshop.



Adapted Physical Activity Centre
AN IRISH SPORTS COUNCIL / IT TRALEE INITIATIVE

This workshop runs over two hours
and is designed to build awareness around people with disabilities
participating in community sport and physical activity. The workshop
is aimed at individuals with an interest in increasing their awareness
of sport and physical activity for people with disabilities. On
completion, all participants will receive a Sport Ireland and CARA
endorsed certificate of attendance. This is an interactive workshop
and will cover topics such as perceptions, understanding disability,
communication, inclusion and readiness as well as local programmes
for people with disabilities.

**We are running a workshop in Waterford on Thursday 28th
January for Primary School Teachers. If you or your group is
interested in taking part in a similar workshop please contact
Pauline Cunningham on 0761 10 2682 or email
pcunningham@waterfordsportspartnership.ie**

PAN Soccer for All

Waterford has two PAN Football for All clubs who run training sessions on a regular basis;

Tramore AFC - Friday evenings 5 to 6pm

Contact Tommy Griffin on 083 1252813

Park Rangers - Saturdays 12-1pm

Contact Mary Condon on 085 1034072

Come along and give it a go, ALL WELCOME!



Diversion Boxing - St. Saviour's National School

St. Saviour's National School in Ballybeg took part in two separate Boxing programmes for 5th and 6th class pupils. These four week programmes were facilitated by Saviour's Crystal Boxing Club. The aim of the programme was to increase physical fitness amongst the students, as well as teaching the students the skills of Boxing. The programme included a lot of fun, physical activity games such as the use of footwork on the ladders, running with the medicine ball and tag in the boxing ring. Waterford Sports Partnership would like to thank Saviour's Crystal Boxing Club for the use of their fantastic facilities (and for giving the students 2 free training passes each) and also the School Completion programme for their help in supporting this activity.



Diversion Boxing - Presentation National School

Well done to the students from the two 4th Classes at Presentation National School who took part in a four week Boxing Fitness Programme facilitated by St. Paul's Boxing Club. The first two sessions took place in the school hall and the second two took place in the Boxing Club. For most of the girls, it would have been the first time that they would have entered a boxing club. The girls were shown how to shadow box, hit the punch bags, hit the pads and more enjoyably, hit the coach! Special thanks to St. Paul's Boxing club for delivering an excellent, fun programme. St. Paul's also gave each student two free training passes so the girls can go down and try out a training session at the club. Who knows, maybe one of these girls will be the next Katie Taylor!



Operation Motivation – WYTEC

Trainees from WYTEC took part in Operation Motivation - a four week programme that involves different activities that caters for all levels of fitness and requires little skill. Activities included were Yoga, Aerobics, Boxing and a Gym induction. The main aim of this programme was to highlight that exercise doesn't have to be competitive, skillful or team based. Yoga seemed to be the most popular; as the trainees requested a Yoga programme to be implemented in the New Year.



Tag Rugby

- Presentation Secondary School

A five week Tag Rugby programme was implemented for girls from Presentation Secondary School. The girls were introduced to the basic skills of Tag Rugby such as running, catching and passing. Great to see such improvement over the five weeks and hopefully we will see some of the girls in the Tag Rugby League next summer!

Couch to 5k

After taking part in Operation Motivation (Teenage Girls Fitness Programme), the girls from the Inner City CYP and Northern Suburbs CYP began a programme to prepare them to complete a 5K Fun Run.

The girls focus was to take part in the Great Pink 5k Run in the Phoenix Park in Dublin in August. A total of four young people and two adults completed the Great Pink 5k Run. Well done to all who took part as it would have been the first time that any of them had completed a 5k Run.



Cricket - St. Paul's Community College

Seventeen students from St. Paul's Community College took part in a four week Cricket programme, facilitated by Jim Doran - Munster Cricket Development Officer. Over the four weeks the students were shown how to bat, bowl, field and catch correctly and even got to test their batting skills against the Bowling machine! Cricket is a great sport for boys and girls alike and it was great to see some of the foreign exchange students getting involved too. Cricket is now on going as an after school activity in St. Paul's. Won't be long now until we will have St. Paul's Community College's first ever Cricket team!



Tag Rugby - St. Saviour's National School

Twenty nine Students from St. Saviour's National School took part in a four week Tag Rugby Programme, facilitated by Waterford City Rugby Club. As well as playing a number of fun games, the programme covered the basic skills of handling, passing, and catching the Rugby ball correctly. The programme also included the rules of Tag Rugby. St. Saviour's recently received the prestigious Active Schools Flag Award, so it's great to see them linking in with local clubs within the community. Thanks must go to Waterford City Rugby Club, not only for delivering an excellent fun programme, but for providing each young person with two free training passes to attend training sessions on Sunday mornings.



Re-engaging programme

Five young people have re-engaged in physical activity since September. Two of these are girls who have joined St. Paul's Boxing Club and one has attained Gym Membership. Well done guys. Keep up the training!

Community and Voluntary

Awards 2015 - Social Inclusion Award

Over 16 Community Groups entered the 2015 Waterford Community & Voluntary Social Inclusion Award. The judges certainly had their hands full in picking a winner, such was the competition amongst the nominees. Based on working with a number of target groups in the City, St. Paul's Boxing Club were chosen the overall winners. Well done to all the coaches involved.



YOUTH SPORTS DEVELOPMENT UPDATE

Tennis Programme

We have just completed a six week Tennis Programme for 1st year girls in partnership with Presentation Girls Secondary School Completion Programme. The overall aim was to have fun, get some exercise and learn how to play tennis. Availing of Waterford Sports Partnership equipment, the 30 minute sessions were facilitated during lunch hour by School Completion volunteers. The girls were shown correct racket grip techniques, forehand shot, net skills, hitting volleys, working up a rally and footwork drills moving from side to side and back and forth. The main focus was on the eye and ball co-ordination, watching the ball and not the person. The girls are eager for this activity to continue after Christmas and some even enquired about a school Tennis team! Thanks to Eimear and Rita for facilitating an excellent, fun programme. The girls certainly learned a lot over the six weeks.



Parent /Child Archery Programme

Na Laoch Dall Archery Club recently hosted a 5 week Parent/Child Archery Programme. Under the guidance of fully qualified and experienced coaches, the participants were given an introduction to safety on the range, description of equipment and its components, technique on 'drawing' and 'shooting' the bow, shooting form and mental aspects of shooting. The skills developed amongst both parent and young person over the 5 weeks is something to be commended.

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

For further details on Archery in Waterford, please contact Thomas on 086-8224912.



YOUTH COACHING FUND

Funding is now available for **young people** in **Waterford City** who wish to get involved in coaching. Participants must be over 16 years of age and their club must be affiliated to a National Governing Body of Sport (NGB).

For further information contact:
Brian O' Neill, Youth Sports Development Officer on 0761 10 2583 or 086 0201219
or email boneill@waterfordsportspartnership.ie

Congratulations to Zach Dunphy pictured here on completing his Level One Basketball Coaching Course. Zach is a playing member of Vikings Basketball Club in Waterford City and also coaches the U-12's Girls Basketball team. Zach availed of the Youth Coaching Fund set up by Brian O' Neill which supports club volunteers in gaining a coaching accreditation that will permit them to coach underage teams.



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 . . .

Cardio Tennis

Get Up and Walk

Athletics

FAI KickStart Coaching

Zumba Dancing

Tag Ruby

Yoga

Safe Cycling Workshop

USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
Athletics Ireland	Colin Byrne	087 0632326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
Association of Irish Powerchair Football	Donal Byrne	087 4117911	donal.byrne@cheshire.ie	
Badminton Ireland	Ben Caldwell	01 8393028	bcaldwell@badmintonireland.com	www.badmintonireland.ie
Basketball Ireland	Trudy Kennedy	087 9615217	trudykennedy@hotmail.com	www.basketballireland.ie
Camogie Association	Ross Corbett	087 6415485	ross@camogie.ie	www.camogie.ie
Confederation of Golf in Ireland	Jennifer Hickey	087 6644189 01 502070	jennifer@cgigolf.org	www.cgigolf.ie
Cricket Ireland	James Doran	086 8169667	jim.doran@cricketireland.ie	www.cricketireland.ie
Cycling Ireland	Rachel Ormrod Heather Boyle	086 7802937 086 0211146	rachel@cyclingireland.ie heather@cyllingireland.ie	www.cyclingireland.ie
Down Syndrome Waterford		087 6057069	info@dsiwaterford.ie	www.dsiwaterford.ie
Football Association of Ireland	Gary Power Michael Looby	086 3883850 087 0508623	gary.power@fai.ie michael.looby@fai.ie	www.fai.ie
Gymnastics Ireland	Sarah Lowe	01 6251125	sarah@gymnasticsireland.com	www.gymnasticsireland.ie
Gaelic Athletic Association	Eoin Breathnach	087 9219345	eoin.breathnach@games.gaa.ie	www.gaa.ie
Irish Amateur Boxing Association	Vincent Foley	01 4533371	vincent@iaba.ie	www.iaba.ie
Irish Road Bowling Association	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
Irish Rugby Football Union	John O'Neill Amanda Greensmith	086 8207752 086 0218320	johnoneill@munsterrugby.ie amandagreensmith@munsterrugby.ie	www.irfu.ie www.munsterrugby.ie
Irish Sailing Association	Sarah Louise Rossiter	087 9390488	sl.rossiter@sailing.ie	www.sailing.ie
Irish Squash	Paul Nugent	01 6251145	info@irishsquash.com	www.irishsquash.com
Irish Water Safety	Colin Kehoe	051 849731	ckehoe@waterfordcouncil.ie	www.iws.ie
Irish Wheelchair Association	Paul Ryan Nicky Hamill	087 1371333 01 8186400	paul.ryan@iwa.ie nicky.hamill@iwa.ie	www.iwa.ie
Ladies Gaelic Football	Mary Halvey Ciara Dunphy	087 2520550 086 2486708	secretary@munsterladiesgaelic.ie dunphyciara21@live.ie	www.ladiesgaelic.ie
Olympic Handball		01 625 1165	ioha@olympichandball.org	www.olympichandball.org
Orienteering Ireland	Andrew Cox	087 2229677 051 860232	development@orienteering.ie	www.orienteering.ie waterfordorienteers.blogspot.com
Rowing Ireland	Pat McInerney	087 9695093	pat.mcinerney@rowingireland.ie	www.rowingireland.ie
Special Olympics	Susan McGill	087 2938321	susanmcgill@waterford.brothersofcharity.ie	www.specialolympics.ie
Swim Ireland	Cathal Geraghty	086 0619452	mso@swimireland.ie	www.swimireland.ie
Tennis Ireland	Conor O'Callaghan	087 6882286	timunsterdo@gmail.com	www.tennisireland.ie www.munstertennis.com
Triathlon Ireland	Anna Crooks	085 8397816	anna@triathlonireland.com	www.triathlonireland.com
Vision Sports Ireland	Sarah McLaughlin	085 8500193	office@visionsports.ie	www.visionsports.ie
Volleyball Association of Ireland	Ciara Buckley	086 7906870	south@volleyballireland.com	www.volleyballireland.ie
Waterford Autism Social and Sport Action (WASSA)	Elaine Sheridan	087 6798411	contact@wassa.ie	www.wassa.ie



WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford | 0761 10 2194
Regional Sports Centre, Cork Road, Waterford | 0761 10 2619
info@waterfordsportspartnership.ie | www.waterfordsportspartnership.ie