

IN THIS ISSUE

National Launch of Network of Local Sports Partnerships

Sports Inclusion Disability Officer

Disability
—'Come & Try It Day'

Sportsability Forum

Well Girl Programme

Mountain Skills Programme

WRAP Teen Gym

September Seminar Series

Fishstart

The 2008 Sean Kelly Tour of Waterford

Go for Life Update

Waterford Active Schools Programme - WASP

Volleyball News in Waterford

Calendar of Events

Coaching Corner

Minister launches National Network of Local Sports Partnerships

Last week saw the official launch of the National Network of Local Sports Partnerships. 33 Partnerships have been established to provide national coverage. Speaking at the launch in The Royal Hospital Kilmainham, The Minister for Arts, Sport and Tourism, Mr Seamus Brennan TD, said;

"The Sports Partnerships are making a major contribution to the sport sector in Ireland and the completion of the national network must be warmly welcomed. Their essential work is in increasing participation amongst those sectors of society that are under represented in sport. It will make a major contribution to the health and welfare of individuals, communities and the nation".



Pictured here at the National Launch of the Network of Local Sports Partnerships are (from l to r): Peter Jones, Sports Development Officer, Waterford Sports Partnership; Minister for Arts, Sport and Tourism, Mr Seamus Brennan TD; John Treacy, CEO, Irish Sports Council and Jane O'Dwyer, Sports Development Officer, Waterford Sports Partnership

John Treacy, Chief Executive, Irish Sports Council: *"Today is a proud day for the Council as our vision of a National Network of Sports Partnerships is finally realised. The Partnerships have been endorsed in every analysis of their work. They are new agencies that are making a significant impact on sport and will continue to grow in influence and impact over the coming years. In particular I want to highlight the role of the Sports Co-ordinators, a talented group of professionals who have brought a new dynamic to sports development in Ireland"*

Since the establishment of Waterford Sports Partnership in 2003 we have worked with all the agencies involved in sport in the area and have been able to give help and assistance to the different sports active in our community. This has improved the quality and quantity of opportunities for physical activity available in Waterford and now we hope to push on and continue to grow sport throughout the region.

Sports Inclusion Disability Officer

Waterford Sports Partnership recently appointed Katie Kelly to the newly created position of Sports Inclusion Development Officer (SIDO) from funding secured from Pobal under the Dormant accounts Fund. Katie's overriding goal will involve increasing participation levels of individuals with a disability in sport and physical activity. Katie will be responsible for the development, delivery and monitoring of sport and physical activity programmes for individuals with a disability. Furthermore, any work undertaken will support the work programme of Waterford Sports Partnership.

In the next two years Katie will be working on a number of core objectives in order to increase the participation levels of individuals with a disability in sport and physical activity. This will be achieved through, developing activities and programmes, providing information and increasing awareness and addressing training and education needs.

We wish Katie all the very best in this new and challenging role. If you are interested in getting involved in sport and physical activity and would like to talk to Katie please contact her on (051) 849757 or email; kkelly@waterfordsportspartnership.ie or visit the new 'Disability' section on our website.



Introducing Katie Kelly - Waterford Sports Partnership's new Sports Inclusion Development Officer.



Disability - 'Come & Try It Day'

Waterford Sports Partnership recently held a 'Come and Try it Day' for young people with a disability. The day was described by one participant as "A very enjoyable day. It was good to try new activities". The 'Come & Try It Day' was held at Abbey Community College, Ferrybank. The event was attended by 16 young people with a disability, their family, individuals interested in adapted physical activity and representatives from the National Governing Bodies of Sport.



The 'Come and Try it Day' showcased three different activities. The day started with a very successful adapted soccer session which was run by Gary Power, FAI Football Development Officer - Waterford City and Nick Harrison, FAI 'Football for All' development officer for Munster. This was followed by an adapted GAA, hurling session which was run by Eoin Breathnach, GAA Development Officer Munster. The young people got to show off their hurling skills and learn some new skills along the way. The final activity of the day began with an amazing demonstration of Tandem Cycling by Denis Toomey of Cycling Ireland and Seamus Kelly. This was followed by a demonstration and an opportunity to try out Hand Cycling; this was supported by the Comeragh Cycling Club who kindly volunteered to help out with the hand cycling activity. Treo Phort Láirge also kindly donated three varying sized children's bikes for use on the day from their bicycle maintenance programme.



The 'Come and Try it Day' was an opportunity for young people with a disability to try out new activities and to express what physical activity opportunities they would like to try or take up in the near future. For, Katie Kelly, the recently appointed Sports Inclusion Disability Officer with Waterford Sports Partnership it was a fantastic opportunity to meet up with young people with a disability and their families and find out what sports or activities they wish to take part in and what can potentially be developed in the Waterford Region.



Some feedback from the participants included: "Great Idea and hopefully a regular session will come out of it", "It was a great day and we had fun" and "All of it was useful, gave the children a feel of the sports'.

If you are interested in finding out more about disability sport or adapting physical activity for people with a disability, please contact; Katie Kelly, Sports Inclusion Disability Officer, Waterford Sports Partnership, Ph: (051) 849757 or email: kkelly@waterfordsportspartnership.ie

SPORTSABILITY FORUM

Waterford Sports Partnership will hold it's first Sportsability Forum on Thursday 22nd May.

The aim of this Sportsability Forum is to discuss how to facilitate the increase of people with disabilities involved in sport or physical activity. The forum will be comprised of representatives from varying settings, for example; people with a disability, disability services, established disability sports group, representative from parents of children with a disability and other organisations with a disability remit.

For further information please contact Katie Kelly on (051) 949757



Well Girl Programme

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



What has happened since the Festival?

With 88 girls from 4 schools enjoying the Well Girl Festival in December 2007, the Well Girl Programme has continued to gather pace. After the festival the girls completed questionnaires, the information was collated to find the three most popular activities. Aerobics, Hip Hop, Self Defence and Boxing were the activities chosen and each school has since hosted 3 of these activities in 4 week blocks.



The County

Coláiste Chathail Naofa is currently in their third and final activity block of Hip Hop having completed Self Defence and Boxing. The programme has been well received by the girls saying 'I enjoyed learning how to punch and kick properly' and 'using the pads for boxing was great fun'. PE teacher Caroline Ryan commented that 'the programme has made a valuable contribution to the promotion of physical activity in the school and worked well alongside our PE and co-curricular programmes'.



At Meanscoil San Nicolas the girls started off with blocks of Boxing and Self Defence, they really enjoyed both activities and described the boxing with comments such as 'I liked using the gloves and the one on one combat the best' and on the Self Defence module 'it made me more aware of how to protect myself and my skills improved every session'. The girls were so enthused by the Boxing that four of them have joined Dungarvan Boxing Club. The girls are currently enjoying their final activity -Hip Hop.

The City

Presentation School have currently participated in Aerobics and Hip Hop and are in the process of completing their Self Defence block. The girls who have participated in the programme found themselves enjoying aerobics and couldn't believe how tired they were after this session.



St Paul's has seen regular attendance from girls within the school which has seen 2 girls join Self Defence classes within the city. Comments from the girls have included 'the programme has been brilliant and I wouldn't change a thing' to 'I have loved doing all of these activities which I've never had a chance to do before'.

The Next Stage . . .

To conclude the Well Girl Programme every girl who completed the programme and the four schools will receive copies of the Well Girl Newsletter. Waterford Sports Partnership will evaluate the programme after collating all the feedback from each of the activity blocks for each school as well as conducting individual meetings with schools. Judging from the feedback from the girls who participated, the programme was a great success. WSP will look at ways of developing the programme for the future.



**For further information of the Well Girl Programme -
Please contact Peter Jones on (058)21191
or
pjones@waterfordsportspartnership.ie**



Waterford's Walking Clubs & The Mountain Skills Programme

Following consultation with local Walking Clubs and other experienced Walkers, Waterford Sports Partnership developed the Mountain Skills (MS) Programme. This resulted in all 5 of Waterford's Walking Clubs taking part in the programme: Ballyduff Upper Walking Club, Comeragh Mountaineering Club, Dungarvan Hillwalking Club, Kilmacthomas Walking Club and the Nire Valley Bogtrotters. 32 people were nominated by their Walking Club to undertake Waterford Sports Partnerships Mountain Skills Programme.

The aim of the programme is to work towards increasing the number of qualified Walking Leaders within the clubs of Waterford. The first step in realising this vision is to increase the number of Club members who have the MCI Mountain Skills qualification. To support this Waterford Sports Partnership has subsidised a programme of courses for applicants nominated by their Walking Club. The Mountain Skills Programme involves participants completing Mountain Skills 1, Mountain Skills 2 and the Mountain Skills Assessment. For some participants who have a high level of experience or have previously completed MS1 and MS2 it is only necessary for them to complete their Mountain Skills Assessment. For these participants Waterford Sports Partnership aim to support and motivate them to successfully complete the assessment.

At this point the programme participants are working on completing the MS1 & MS2 courses run by local Mountain Leaders Donal Bray and Maureen O'Brien. Over the summer months participants will be logging walks to meet MCI requirements. All those involved are showing great enthusiasm for the programme and are enjoying the training. In October they will be undertaking the Mountain Skills Assessment which takes 2 days and includes night navigation!

WRAP Teen Gym & the 2008 Sean Kelly Tour of Waterford

The WRAP Teen Gym & WRAP Teen Cycle Team is a joint venture between Waterford Sports Partnership, Foroige, Deise Link and the Sean Kelly Tour 2008. The programme received funding from the Dormant Accounts Awards Scheme.

The WRAP Teen Gym Programme

The WRAP (Waterford Rural Action Programme) Teen Gym involved 30 female members of the Foroige clubs in Ballyduff, Cappoquin, Lismore and Tallow completing a six week programme. The girls participated in a weekly one hour gym session which involved fitness testing, aerobics and gym induction. This girls used local gym facilities in Cappoquin Rowing Club and Lismore Community Centre under the supervision of a qualified NCEF instructor. A carbon copy of this programme is currently being delivered to the boys in the four clubs and started on Wednesday 23rd April and will also run for six weeks.



The WRAP Teen Cycle Team

During the roll out of the Teen Gym for the boys, plans for the WRAP Teen Sean Kelly team are well advanced. With the unparalleled success of last years inaugural event which saw over 900 cyclists take to the roads of Waterford, WSP and the Sean Kelly Tour are keen to attract more Waterford participants to the event and more younger cyclists. Johnny Brunnock (Sean Kelly Tour), with assistance from Jerry Geary and Rory Wyely from Cycling Ireland delivered a Sean Kelly tour presentation to members, leaders and parents of the four Foroige youth groups in Blackwater Community School, Lismore. This talk included a background on the event as well as suggested training routes. The local cycling clubs have come on board to lead training spins for the Foroige Youth Group members and it is hoped that a team of 30 cyclists will take part in the Sean Kelly Tour so, look out for them on August 24th.



Waterford Sports Partnership presents September Seminar Series!!!!

**Coming in
September
2008**

Following the success of last years Coaching for Success Conference, Waterford Sports Partnership will be holding four separate coaching seminars to be held on weekday evenings in September 2008.

Each of the four sessions will have one practical and one theory element. The evenings will be specifically directed towards Individual Sports, Team sports, Racket Sports and a Generic evening for all. Provisional topics to be covered at the seminars will be; Warm Up Activities, Diet, Sports Psychology; Team Related Drills, Injury Prevention, Game Evaluation, Testing for Improvement, Session Flow and Players Health.

For further information on the September Seminar Series please contact Peter Jones at Waterford Sports Partnership on (058) 21191

GO FOR LIFE Waterford Sports Partnership Physical Activity Leader's (PAL's) Support Programme

With 68 older adult groups and 190 individuals receiving PAL's training since the inception of the Go For Life programme, activity within Older Adults groups within Waterford has seen immense progress. Waterford Sports Partnership has now developed the PAL's Support Programme with the assistance of the Go for Life Grant Scheme.



This programme has been offered to all Go For Life grant applicants from 2006 and will involve individual visits from a Go For Life tutor. The aim is to provide more group centred assistance to support existing PAL's in the delivery of activity sessions to their peers. The programme aims to enhance existing PAL's confidence in delivery as well as assisting groups to utilise equipment previously purchased from Go For Life.

Older Adult Workshops

The Older Adult workshops will recommence for all groups from October 2008.

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

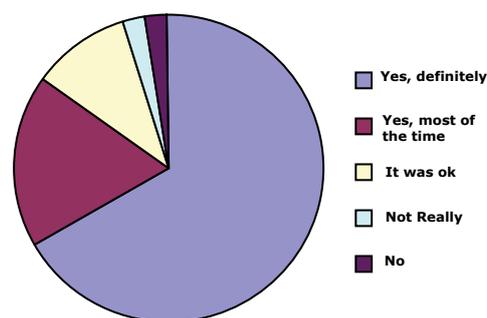
WASP Waterford Active Schools Programme

In early 2007 Waterford Sports Partnership designed and successfully piloted a 4 week physical activity initiative called the Waterford Active Schools Programme (WASP). WASP aims to increase awareness of the importance of being physically active and to encourage families to make activity a natural part of daily living. It encourages children to do at least 60 minutes and adults 30 minutes of daily exercise as per the guidelines set by The Irish Heart Foundation. With the help of funding from the HSE Waterford Sports Partnership developed resources to support and develop WASP. Each child is given a record card and once they and their nominated adult completes their daily exercise quota the child's teacher gives them their Wizzy stickers. Wizzy the Wasp is the programme mascot.

Research

In September of last year a WASP research project partly funded by the Irish Sports Council was carried out in conjunction with WIT to evaluate the programme. The aim of the research was to assess if the programme resulted in an increase in physical activity levels and to identify if there was a change in attitudes towards physical activity because of the programme. Surveys were completed by the 4th class children and their nominated parent in each of the 18 participating Waterford Schools. In order to examine the programmes effect questionnaires were completed at 3 different stages; 1 week before the programme, immediately after the programme was completed, and 4 weeks after the programme was completed. A small subsample of 4 schools were also followed up 12 weeks after WASP was completed.

Did you Enjoy the WASP Programme?



Overall, the research findings were very positive. For a more detailed account of the research and its findings a published report will be available in the summer on Waterford Sports Partnership website www.waterfordsportspartnership.ie.

As a result of these findings Waterford Sports Partnership has established an advisory group. The group's main task is to develop and maintain the momentum for physical activity that has been achieved through WASP. It is planned that the improved programme will be offered to all Waterford schools in the next school calendar year.

NEW INITIATIVE



FISHSTART

Reeling in the Youngsters !!!

Fishstart is an initiative which is aimed at increasing the awareness of fishing as a recreational activity for young girls.

Fish Start for youngsters is a programme which is being delivered to National School students from Ballyduff in 4th, 5th and 6th class and aims to utilise the natural surroundings and introduce fishing as a sport and as a way of relaxing. The programme is being delivered by Waterford Sports Partnership in conjunction with Glenda Powell, Emerald World Masters Fly Casting Champion and one of the highest qualified fly casting instructors in the World. The programme is supported by funding from the Irish Sports Council Women in Sport initiative.

Programme Overview

The programme is not just about learning how to fish, in addition to learning about casting techniques, different types of fish and river safety, the girls will be educated about nature. During the programme the girls will have a chance to see Otters, Little Egrets, Kingfishers and become aware of the different species of abundant fly life which lives in the river.

'Come & Try It Day'

On April 1st, 50 Ballyduff National School students and teachers were given a presentation on fishing covering water safety, pollution and information about how the river works. The highlights of the presentation were the looks of amazement on pupil's faces as they passed between them a frozen real life salmon and trout. On Saturday 5th April 19 girls and 7 boys attended a Come and Try it Day which involved a talk at Blackwater Lodge, followed by a group practice and BBQ by the riverside. Comments from participants on the day included; 'it was great to have a go at casting', 'it was so tranquil & relaxing by the river'.



A Lesson in Casting!

What happened next?

Saturday 19th April saw 15 young girls experience the first of eight sessions which will culminate in a trip to Ballyhass Trout Fishery near Mallow on June 28th. This first session included a talk on water safety and how to fit a life jacket correctly. This session also included rod assembly, knot tying and the girls had the chance to see a fly being made by a Fly Tier. Later they went to the school field to learn about the basic Overhead Cast and then to the river where they watched two trout being caught and released. In the next 7 sessions the girls will continue to learn a lot more about the natural habitat that surrounds them and hopefully will feel the joy of catching one of nature's creatures.



The Sean Kelly Tour of Waterford Sunday August 24th 2008

The 2008 Sean Kelly Tour of Waterford was officially launched in March and entries are already coming in thick and fast for this years event.

*The Tour will take place on **Sunday August 24th**. Last years inaugural event was a huge success with over 900 cyclists participating on the day.*

This year it is hoped that there will be over 1500 cyclists involved. There are three routes to choose from; the 50km Kelly Cruise (Dungarvan to Lismore), The 100km Kelly Legacy & The 160km Kelly Comeragh Challenge.

So, come on, why not get involved, you can cycle one of the routes or you could volunteer to help out on the day, there are plenty of jobs for everyone. Visit www.theseankellytour.com for more information or call **(058) 21104**.



If, you're planning on getting out on the bike and you'd like a bit of help training, there are some useful training schedules on the website. The local cycling clubs involved in organising the Tour will also be holding **Sean Kelly Training Spins** for anyone who wants to come along and train with the experts. The spins are due to commence at the end of May. **Details will be advertised shortly in the local press.**

Volleyball News in Waterford

Waterford Sports Partnership and the Volleyball Association of Ireland have been working closely in the development of Volleyball in Waterford over the past year. Some new clubs have started up in Waterford City and Dungarvan since last summer as a result of initiatives under the NPAR programme and also the Women in Sport Beach Volleyball programme run in Tramore.

There are now three adult Volleyball Clubs based in Waterford, two in Waterford City and one in Dungarvan.

Made in Europe based in the city were recently crowned league champions in the Cork Mixed Volleyball League (pictured here).



Deise Tigers another city club also participated in this league and came 8th overall.

Made in Europe and Dungarvan are joining forces in the upcoming VAI National Championships and are hoping for more success there.

All of the clubs are actively seeking new members, the clubs training times are as follows:

- Dungarvan Club** - Dungarvan Sports Centre
Tuesdays 7.30 - 9.30pm
- Made in Europe** - Waterford Crystal Sports Centre
Mondays 6 - 7pm
Wednesdays 9 - 11pm
- Deise Tigers** - Presentation Secondary School
Thursdays 9 - 10pm

Tramore Beach Volleyball Programme 2008

The Tramore Beach Volleyball Participation programme is funded under the Irish Sports Council 'Women in Sport' initiative. This programme provides opportunities for teenage girls and adult women to receive coaching and play Beach Volleyball on Tramore beach.



Programme dates:

The programme will be run over 6 dates between June 21st and July 6th on Tramore beach.

- Afternoon sessions: 12-16 year old girls
- Evening sessions: Over 16/Adults

Participants must pre-register for the programme, further details and registration forms are available from WSP.

SpikeBall:

Pupils from Gaelscoil Philib Barun in Tramore (pictured below) recently represented Waterford in the Primary Schools National SpikeBall Championships.

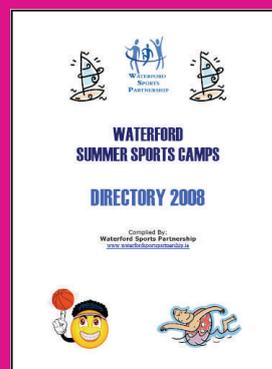


The SpikeBall schools programme continues to be very successful with many Primary and Post Primary schools in Waterford participating in the programme. Further SpikeBall Teacher Seminars will be available in Waterford in October for any schools interested in getting involved.

For further information on Volleyball In Waterford please contact Ciara Buckley of the Volleyball Association on 086 8173990 or WSP on (058) 21191



NOW AVAILABLE!! Summer Sports Camp Directory 2008



contact the office or visit our website to download a copy...

Calendar of Upcoming Courses and Events 2008

Date	Course/Event	Time	Venue
Thursday 22nd May	Sportsability Forum	15.00	TBC
Thursday 22nd May (& five Thursdays thereafter)	Assistant Swim Teachers Course for teaching people with a disability	17.00 - 21.00	Splashworld, Tramore
Fri 6th, Sat 7th & Sun 8th June	Sli na Slainte Walking Leader Training	All Day	Carlingford, Co. Louth
Sat 14th & Sun 15th June	REC 2 - First Aid Course	09.30 - 17.00	Dungarvan GAA Club
Monday 16th June	Child Welfare & Protection Training FULL	18.00 - 22.00	City Hall, Waterford
Sat 21st June to Sun 6th July (6 separate dates TBC)	Women in Sport—Beach Volleyball: (for Girls Age 12 to 17 & Female Adults)	TBC	Tramore Beach
Sat 28th & Sun 29th June	REC 3 - First Aid Course	09.30 - 17.00	Waterford Crystal Sports Centre, Cork Road, Waterford
Sunday 24th August	The Sean Kelly Tour 2008	Start 08.30	Dungarvan

COACHING CORNER 2008



Football Association of Ireland

Youth Cert (Level 1)

Ferrybank AFC

Friday 18th, Saturday 19th,
Sunday 20th July **and**
Friday 8th, Saturday 9th,
Sunday 10th August

CONTACT: Gary Power
Tel: 086 3883850
Email: gary.power@fai.com



Athletics Ireland

For Information on upcoming courses

CONTACT: Jacqui Freyne
Tel: 087 2629950
or Jacqui@athleticsireland.ie
or visit www.athleticsireland.ie



Badminton Ireland

For Information on upcoming courses

CONTACT: Wayne Doyle
Tel: 087 6871929
Email: wayne.doyle@badminton.ie

Volleyball Association of Ireland

For Information on upcoming courses

CONTACT: Ciara Buckley
Tel: 086 8173990
Email: south@volleyballireland.com

The VAI Beach Volleyball Circuit will commence in May and will be running throughout the summer at various locations nationally. Details available at www.beachvolleyballireland.com



Irish Rugby Football Union

Foundation Coaching Course

Castle Island RFC
Saturday 26th & Sunday 27th April

Level 1 Coaching Course

University of Limerick
Friday 16th, Saturday 17th & Sunday 18th May

Colaiste Stiofan Naofa, Cork
Friday 22nd, Saturday 23rd & Sunday 24th August

For Information on upcoming courses

CONTACT: Munster Rugby Coaching & Development Office
developmentoffice@munsterrugby.ie
(021) 4323693



Basketball Ireland

BASKETBALL SUMMER CAMP

The Basketball Ireland Summer Camp delivers five days of enjoyment and FUNDamentals for one week.

VENUE: Cill Barra, Waterford
DATES: Mon 30th June to Fri 4th July
TIMES: Primary School - 10am to 1pm
Secondary School - 1.30pm to 4.30pm
COST: €60 Primary
(per person) €75.00 Secondary

CLOSING DATE MON 23rd JUNE

For further details or application form please

CONTACT: Dermot Howlin
South East Regional Development Officer
Tel: 086 8112868
dhowlin@basketballireland.ie
or visit www.basketballireland.ie



GAA

Waterford County Board Meeting

Lawlors Hotel, Dungarvan
Tuesday 13th May - 9pm

Referee Development Programme

Lawlors Hotel, Dungarvan
Saturday 24th May 9.30 to 14.30
Sunday 25th May 9.30 to 14.30

Munster Referee Seminar

Mallow, Cork
Saturday 17th May

For further information on upcoming courses

CONTACT: Eoin Breathnach
Tel: 087 9219345
eoin.breathnach@games.gaa.ie



Ladies Gaelic Football Association

Level 6, Cusack Stand,
Croke Park, Dublin 3

CONTACT: Paula Prunty
Tel: (01) 8363156 Fax: (01) 8363111
Email: paula@ladiesgaelic.ie



Cumann Camógaíochta na nGael

Camogie Association
Croke Park, Dublin 3

CONTACT: Deirdre Murphy
Tel: 087 64715485 Email: Deirdre@camogie.ie

CALLING ALL SPORTS

To advertise your coaching courses in the next issue of our Newsletter or on our website please contact the WSP office.

CONTACT US

Civic Offices,
Dungarvan, Co. Waterford
Tel: (058) 21192
Fax: (058) 23110

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



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

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

CONTACT US