



# 'Everyone Active'

the newsletter of Waterford Sports Partnership

Issue 20

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## Waterford Healthy Cities Seminar a great success!

Over 120 representatives of organisations across the statutory, community and voluntary, business sectors, as well as City Councillors attended the Inaugural Healthy Cities Seminar on Wednesday 18<sup>th</sup> May in the Tower Hotel. The Seminar marked Waterford's designation as a World Health Organisation (WHO) Healthy City and participation in the WHO European Network of Healthy Cities.



In opening the seminar, the Mayor, Cllr. Mary Roche said, "As a WHO Healthy City we have a unique opportunity to put the quality of life of all citizens front and centre of all our business". She urged those in attendance to consider health in its broadest context – physical, mental, social, spiritual, economic and environmental – and to be open to seeing the role they had to play in making Waterford a place to enjoy living, working and playing.

Joan Devlin, representing the WHO, congratulated all involved in achieving the designation as a WHO Healthy City, and joining a select group of Cities across Europe who are committed to working to improve the health and well-being of all citizens. Joan is the Co-ordinator of Belfast Healthy Cities and she provided much food for thought with her presentation, which illustrated some of the projects undertaken since they joined the Network in 1988.

Sarah O'Brien, City Health Profile Co-ordinator with HSE and the Healthy Cities Project, said that "while life expectancy in Waterford is similar to that across Ireland – 80.3 years for women and 75.1 years for men – when we look at the causes of death and the characteristics of those dying we see that there is a clear link between health and occupational class. People in the unskilled class experience more ill-health and die sooner than those in the professional or managerial class". She added that this is caused by more than genes "it is the result of a complex interplay of factors such as education, employment, the built environment and lifestyle among others. All of these factors can be changed but to do so will require us to work together in new and innovative ways".

Addressing the Seminar, Lar Power, Director of Services with Waterford City Council and Chief Executive of the City Development Board, outlined the range of inter-sectoral work happening within the City saying that "this provided a strong foundation for our work as a Healthy City". Highlighting the central role the City Development Board has played in this he said "the Board had identified developing Waterford as a Healthy City as central to putting quality of life for all citizens at the centre of our agenda".

As a member of the European Network of Healthy Cities, Waterford has committed to developing a City Health Profile and City Health Plan. Joe Stokes, Chair of the Healthy Cities Steering Group and CEO of Waterford Area Partnership, lead agency for the Healthy Cities Project, acknowledged the support of the HSE in seconding Sarah O'Brien to co-ordinate the City Health Profile Project, which will deliver on both of these objectives. The Seminar provided the first opportunity for representatives of organisations across the City to engage in conversation about what being a healthy city can mean for Waterford. These conversations will inform both the City Health Profile and the development of the City Health Plan.

Waterford Sports Partnership continues to be a key member of the Healthy Cities Steering Committee and encourages organisations and individuals in Waterford City to get involved. Remember 'Health is everyone's business'!

**For more information on the Waterford Healthy Cities Initiative contact Catherine at 051-841740 or Colin at [waterfordhealthycities@wap.ie](mailto:waterfordhealthycities@wap.ie). You can also find more information on Waterford's Healthy City campaign at [www.waterfordhealthycities.ie](http://www.waterfordhealthycities.ie) or follow our progress on Twitter @WDHealthCity.**

## Waterford Sports Partnership - Sports Development Officers



Pauline Cunningham



Peter Jones



Jane O'Dwyer

**Pauline Cunningham** and **Peter Jones** are responsible for the development, delivery and promotion of participation in sport and physical activity for the people of Waterford. While they both work to support the work of local sports clubs and coaches with a particular focus on training and education, they also develop and support a number of targeted initiatives to promote the participation of young people, older adults, women and girls and the general public in physical activity. Pauline can be contacted on (051) 849855 or [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie) and Peter on (058) 21190 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie). **Jane O'Dwyer** is working as Walking Officer for the coming months with a focus on progressing some infrastructural projects on behalf of Waterford County Council and the Waterford County Recreational Trails Committee whilst also developing and promoting the trails section of the [www.itsafeeling.ie](http://www.itsafeeling.ie) website, putting in place standards for and a co-ordinated and quality approach to trails development in County Waterford and supporting all Waterford Sports Partnership walking related actions. Jane can be contacted at 086 1985729 or [jodwyer@waterfordsportspartnership.ie](mailto:jodwyer@waterfordsportspartnership.ie).

### Waterford Active Schools Programme Getting Active with WASP!

Pupils from eleven Waterford primary schools were busy collecting Wizzy stickers during the four week programme which ran during the month of March. Once again the pupils and their families rose to the challenge and collected a phenomenal amount of Wizzy stickers during the four week programme. For every day each child and their nominated adult completed the recommended level of physical activity the student was given a sticker for their WASP record card. There were 40 sticker spots on the record card and when each child filled their record card they received a Wizzy Certificate. The schools that took part in this 4 week programme were: Fenor N.S., Killea Boys N.S., Newtown Junior Primary School, Whitechurch N.S., Gaelscoil Philib Barun, Ballymacarbray Central School, Our Lady of Good Council G.N.S., St. Marys N.S., Gaelscoil na Deise, Kilbrien N.S., and Portlaw N.S.

Wizzy was very busy on St. Patrick's Day, featuring in both the Waterford City and Dungarvan Parades, where he got to meet lots of boys and girls who were participating in the WASP programme. Wizzy also had some time to visit the pupils from Newtown Junior Primary School and Gaelscoil na Deise who sent Wizzy letters and pictures of their school doing exercise.



**Tall Ships 2011** - The Tall Ships Race 2011 is fast approaching the City of Waterford. Thursday the 30<sup>th</sup> June – Sunday 3<sup>rd</sup> July 2011, will see a host of over 70 majestic Tall Ships and 1,500 sail trainees enter the quays of Waterford. For the people of Waterford and those travelling to this extravagant event they will see a wide variety of the most spectacular and colourful events and will be entertained right throughout this four day period.



Waterford Sports Partnership is delighted to be involved in these four extraordinary days of family entertainment. We have come on board to organise a variety of sporting events, with an Irish twist, for all crew members to participate in. WSP will offer all crew on board the ships the chance to sample some of Ireland's Gaelic Games as well as the wide variety of sports Waterford has to offer, including archery, rugby, cricket and rounders. WSP has also worked alongside Waterford GAA County Board to organise an exhibition hurling match for all the crews of the ships to see.

**This will be an unforgettable occasion and four days of incredible festival fun not to be missed!**



## Waterford Youth Walkers

Waterford Sports Partnership secured funding from Waterford Leader Partnership under the Local and Community Development Programme to develop Youth Walker groups in the County.



Our first youth walkers group, "Tra Movers", aged 12 to 18 years is based in Tramore and has been taking part in weekly walks around Tramore for a number of weeks. On Friday 8<sup>th</sup> April, this walking group took to the streets of Tramore as part of the "Tramore 4 mile" event. The "Tra Movers" meet every Thursday at 6.30pm in Forogie Tramore and are always looking for new members. If you are interested in joining this walking group please contact Monica in Forogie Tramore on 086-6015663.

The aim of this walking programme is to offer young people the opportunity to meet new people and more importantly get active in a fun and enjoyable way. We are also interested in supporting groups in the Kilmacthomas, Portlaw and Dungarvan areas.

**If you are interested in hearing more or helping to set up a youth walking group in these areas please contact Pauline Cunningham at 051 -849855/086 7837385.**

## Women on Wheels

**Ladies!! It is that time of year again so let's get the wheels in motion.**

Following the success of the 2010 Programme - Waterford Sports Partnership is running the **Women on Wheels programme** again this year.

This is an exciting opportunity for Women in Waterford - a chance to take part in a six week cycling programme, which starts with a workshop which will cover topics such as bike maintenance, bike skills and nutrition followed by six weekly training spins.

After the six week programme participants will be encouraged, and hopefully ready, to sign up for The Sean Kelly Tour - 50km Kelly Cruise on Sunday 28<sup>th</sup> August.

This programme is starting on Saturday 9<sup>th</sup> July with the Workshop from 10am to 1pm at the Regional Sports Centre, Cork Road, Waterford.

**If you are interested in taking part in this programme, please contact:**

**Pauline Cunningham on 051-849855 or [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



## WaterGirls

Waterford Sports Partnership will hold its first ever WaterGirls Programme over 3 days in June starting on Wednesday 15<sup>th</sup> June. This programme will encompass three different activities hosted by 4 clubs and facilities in Waterford City and County. Watergirls is an exciting new programme

aimed at females aged 16 years and older who have never tried these water based activities before. Participants have the option of signing up to one or more activities, with each activity costing €10 per person.

Date	Activity	Time
Wednesday 15 <sup>th</sup> June	<b>Sailing</b> Dungarvan Harbour Sailing Club	6.30-8.30pm
Saturday 18 <sup>th</sup> June	<b>Rowing</b> Cappoquin Rowing Club	10.30am-12.30pm
Saturday 18 <sup>th</sup> June	<b>Sailing</b> Waterford Harbour Sailing Club	10.30am-1pm
Wednesday 22 <sup>nd</sup> June	<b>Sea Kayaking</b> Seapaddling.com	6.30-8.00pm

**For more information on any of these fun activities please contact Pauline Cunningham on 051 - 849855/086-7837385 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**

## Women in Coaching

As part of Waterford Sports Partnership's Women in Coaching Programme, a **Ladies Football Fundamentals Coaching Course**, specifically for Women, was held in February of this year. Over 20 women took advantage of this excellent opportunity and successfully completed this course. This Women in Sport funded programme aims to support and increase the number of female coaches in Waterford. Not only was this a great chance for women to gain new coaching skills and qualifications in a supportive environment, it was also an opportunity to meet other women involved in their sport.

**For further information please contact Pauline Cunningham on (051) 849855**

# Older Adults Update and Activities for 2011

2011 has been a busy year so far with many older adults and groups taking part in Waterford Sports Partnership (WSP) programmes, Go For Life training through the PALs initiative and visits from WSP staff. Here is an overview of what's been going on and information on what's coming up for the rest of the year....

## BOWLING PROGRAMME

A six week Bowling Programme began in March and ran in four leisure centres with 10 trained tutors and 110 older adults taking part. The Bowling Programme was rounded off with 45 older adults taking part in a fun 'competition' day in Cill Barra Sports Centre on March 15<sup>th</sup>. WSP was delighted with the programme and it was great to see so many men taking part. The good news is that the centres are running further classes and a second six week block of bowling has just finished in the Butler Community Centre and Cill Barra Sports Centre. **If you are interested in bowling please see the times and phone numbers listed below and contact your nearest centre.**

Cill Barra Sports Centre (051-350800) Mon & Tue 10.30am-12pm  
Dungarvan Sports Centre (058-21324) Thurs 3 - 4pm  
Butler Community Centre (051-876907) Mon 10am -12pm.

*'It was great to see such a large number of active over 55's visit the centre each week to participate in the Bowling Programme. Everyone involved came along with an open mind to learn a new skill and meet new people. The centre really came alive when the competition took place here; it was full of 'older teenagers' from the City & County.'*  
**Sinead Brannigan, Cill Barra Sports Centre**



## Go For Life Workshops

The aim of the Go for Life Programme is to give individuals the necessary leadership skills to go back to their groups and deliver activity sessions.

*It is a pleasure to participate in these sessions! We have fun and exercise – what more could we want!*  
**Eilish Couch,  
Tramore ICA**

In 2011 Waterford Sports Partnership was restricted to delivering PALs training to a maximum of 24 individuals from all of the groups around the county. So far 22 individuals have participated in the Basic Principles and Sit Fit

workshops with further workshops for these individuals being run in October on Better Balance and Going Strong.

Go for Life ran a pilot Dance workshop which was open to all older adults and 28 individuals enjoyed the workshop on Tuesday 8<sup>th</sup> March which aimed

*'really enjoyed the Dance Workshop! Great fun!'*  
**Anna O'Neill,  
Dungarvan ARA**

to introduce the participants to different forms of traditional and international dance which could be delivered to members of their local groups. The Go for Life workshops will

continue in October for those 22 individuals already registered.

**If you are interested in attending Go for Life workshops to develop your ability to deliver activity to peers in your group please contact Peter Jones on 058 21191.**



## OLDER ADULT NETWORK

WSP has been in touch with Carlow, Kilkenny, South Tipperary and Wexford Sports Partnerships to discuss developing an Older Adult Network. Preliminary discussions have taken place and we hope that when up and running the network will be another way of increasing physical activity opportunities and social interaction for older adults in the South East. **WATCH THIS SPACE!!**

## Walking Programme

Waterford Sports Partnership has obtained funding through the Go For Life Funding Scheme for a Walking Programme. So far 45 older adults from nine groups have applied for the programme with limited places still available. Each group is made up of 5 individuals, each will receive a pedometer, walking light and hi visibility vest. Each group will receive an Irish Heart Foundation pack with one member of the group receiving Walking Leader Training which is a weekend course. The programme is scheduled to start in June and will also introduce groups to local walks in the area. Participants will also be asked to monitor the amount of steps they walk for the five week period.

**If you are interested please contact the office at 058 21191 for an Application Form.**



## Bowling in Dungarvan – Outdoor bowling opening soon!

The first outdoor bowling rink in Waterford is near to completion at the Causeway Tennis Club in Dungarvan and is due to open in June/July 2011. If you are in the area do take a look at what promises to be a fantastic new facility. The Bowling Club is open to new members and also available for group visits. **For further information, please contact :Donal McGovern at the Causeway Bowling Club on 087 9954016.**

## Games Day 2011

WSP is looking into the possibility of holding a games day for all towards the end of 2011. This games day would involve older adults being shown different forms of activities which they can partake in whilst also looking at developing leadership skills. **If you are interested in this opportunity, or have any games which you feel would work well for older adults in Waterford please contact Peter Jones on 058 21191.**

## Activity Calendar

Waterford Sports Partnership has worked with a number of local facilities and clubs to offer regular activity sessions for older adults and have compiled a 2011 activity calendar. Opportunities available include Aqua Aerobics, Bowling, Fishing, Pilates, Pitch and Putt and discounted gym membership. This calendar can be downloaded from our website at [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or contact the office for a copy.

# Waterford Sports Partnership Coaching and Development Funds

*In 2010 under its Coaching and Development Funds, Waterford Sports Partnership allocated €13,827 to 35 separate clubs and organisations funding 6 new clubs and 146 coaches. The Coaching and Development Funds are open to all sports clubs in Waterford.*

## COACHING FUND – Educating Waterford Coaches

The Coaching Fund aims to ensure that coaches of all sports clubs have the opportunity to develop themselves individually, which will then have an impact on the players and athletes whom they coach. The Coaching Fund enables any coach to attend a coaching course run by the National Governing Body and receive full funding for this. The maximum allocation for 2011 is €300 per club with a total fund of €6500 and is open until this fund has been exhausted. So far in 2011 8 clubs have received €2395 which helped to cover course costs for 95 coaches.

**DEVELOPMENT FUND -** For 2011, the Development Fund has three specific targets: (a) to fund new clubs (b) to fund a new gender section of a club and (c) to fund a new juvenile section of a club which didn't previously exist. For 2011 a fund of €3600 is in place with a maximum of €400 available per club and is open all year round until the fund has been exhausted. So far this year €1200 has been allocated to 3 new clubs to assist with essential start up costs.

*The Club Development Grant we received from Waterford Sports Partnership allowed us to purchase cones, bibs, sliothars and hurleys for under 8's and under 10's. The juvenile club is going very well at the moment and we are participating in under 12 under 10 and under 8 blitzes for the summer until the end of September.*

*In fact the club hosted a very successful under 12 Blitz on Saturday past, so the much needed funding is going to great use.*

**Libby Mc Ginn-Murphy,**  
Coach at An Ring Juvenile Camogie Club who received €400 from the Development Fund for new club start-up.

**CRITERIA & APPLICATION FORMS FOR OUR  
COACHING & DEVELOPMENT FUNDS  
CAN BE DOWNLOADED FROM THE FUNDING SECTION OF OUR WEBSITE  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)  
or contact our offices for further information on (058) 21191 or (051) 849855**

## Sports Club Development Fund

Waterford Sports Partnership identified a need to assist already established clubs in increasing their membership in the three key target areas of youth, disability and over 35's.

A New Sports Club Participation Grant was advertised recently - This grant had a maximum allocation of €500 per club with a total fund of €2500. Whilst this is a small scale grant, Waterford Sports Partnership hopes this grant will assist clubs as part of a sustainable programme to increase membership for the three target groups. **Congratulations to the eight successful groups/clubs who are listed above.**

Finisk River Riders Special Olympics Association - €500  
Ballymacarbry Ladies Football Club - €400  
Waterford District Cricket Club - €300  
Abbeyside/Ballinacourty Camogie Club - €300  
Waterford City Rugby Football Club - €300  
St Anne's GAA Club - €300  
KCK Athletics Club - €200  
Dunhill/Fenor GAA Club - €200



**ONLINE ENTRY NOW OPEN**  
*for the 5th Anniversary*

**Sean Kelly Tour of Waterford**

**Saturday 27th August (10k)**

**& Sunday 28th August**

**ROUTES FOR ALL ABILITIES**

**ENTER TODAY@[www.theseankellytour.com](http://www.theseankellytour.com)**





# WATERFORD COUNTY EVENTS

18-26 June 2011  
**Bikeweek**.ie



## WEDNESDAY 22<sup>nd</sup> JUNE 2011

is NATIONAL CYCLE TO SCHOOL & WORK DAY  
Enter a free draw to win a €50 voucher  
by cycling to school or work  
Simply email your name, phone number,  
journey and how you normally travel  
to [biketoworkday@waterfordcoco.ie](mailto:biketoworkday@waterfordcoco.ie)  
by Friday 1st July 2011

Dungarvan Cycling Club - Meet & Train  
Sunday 19th June @ 9.30am  
Grattan Square, Dungarvan (over 16's only)

## The Sean Kelly Tour of Waterford Youth Challenge

Training Spin  
Tues 21<sup>st</sup> June @ 6.30pm  
John Foley's Kilrush

Bike Workshop & Training Spin  
Wednesday 22nd June @ 6.15pm  
Tramore Racecourse  
for summer spins calendars see:  
[www.theseankellytour.com](http://www.theseankellytour.com)

## Dawn Cycle | 30k Route Sunday 26<sup>th</sup> June @ 8am

Walton Park Dungarvan  
(10 years+, under 12's must be accompanied by an adult)  
FOLLOWED BY A LIGHT COMPLIMENTARY  
BREAKFAST IN SIP N' SURF CAFÉ  
FREE ENTRY | PRE-REGISTRATION ESSENTIAL  
by emailing: [biketoworkday@waterfordcoco.ie](mailto:biketoworkday@waterfordcoco.ie)

ALL ACTIVITIES

HELMETS ESSENTIAL

## SUNDAY 19th June

### FENOR FAMILY FUN CYCLE

REGISTRATION 10.30am @ FENOR CHURCH

- >> Obstacle races for small children at Fenor N.S. >>
- >> 5k /10k/20k family cycles - Start 12pm Fenor Church >>
- >> WLR FM Blastercaster 2 to 5pm >>
- >> Monster BBQ - Bouncy Castles - Live Entertainment @ Fenor GAA Club from 2pm >> **ALL WELCOME!!**

## SUPER SATURDAY!

Sat 25th June - 2 to 4pm  
ST. AUGUSTINE'S COLLEGE, DUNGARVAN

### FUN PARENT & CHILD CHALLENGE @2pm

- >> 4 to 7 year olds >> bring your own bike >>
- safe cycling skills >> obstacle course >> fun bike races

### BIKE TREASURE HUNT @2pm

- >> for children over 8 >>

### CYCLE MAINTENANCE

- >> Local bike mechanics will be on hand to offer bike maintenance tips and advice
- BRING YOUR BIKE ALONG FOR A HEALTH CHECK

### 10k FAMILY CYCLE @3pm

- (Recommended for over 7's  
- children under 12 must be accompanied by an adult)
- 10k from St. Augustine's College along the railway track and back via the Gold Coast
- SPOT PRIZES >> BUTLERS ICE CREAM FOR ALL PARTICIPANTS

**CONTACT:** JOHNNY BRUNNOCK on (058) 21104 or PETER JONES on (058) 21190 for more information  
or VISIT [www.waterfordcoco.ie/www.bikeweek.ie](http://www.waterfordcoco.ie/www.bikeweek.ie)





# WATERFORD CITY EVENTS

18-26 June 2011  
**Bikeweek**.ie

Waterford City Council is proud to host a range of activities for cyclists young and old, and for the first time Cycle Training with bicycles provided for use. Please feel free to come along and enjoy some of these events. Refreshments and spot prizes will be provided at all events.



**ALL ACTIVITIES  
ARE FREE!**

**HELMETS  
RECOMMENDED**

## CYCLE TRAINING DAY

**Saturday 18th June 12 to 3pm**  
**Regional Sports Centre, Cork Road, Waterford**

- >> 2 – 6 year olds can cycle in comfort on the 'Road Layout': roundabouts, junctions and twisty roads >>
- Lots of fun for the little ones >>
- >> Sign up for cycle training with helpful trained personnel to guide and build your confidence >>
- (a limited number of bicycles will be provided - first come basis).
- >> Bring along your own bike to test your new skills and maybe cycle home with added confidence >>

## Safe Cycling Festival

**Friday 24th June**  
**10 am to 1pm**

**Regional Sports Centre,  
Cork Road, Waterford**

For girls and boys in 6<sup>th</sup> class in schools that have already received cycling training.

**INVITATION ONLY EVENT!**

## SPIN TO TRAMORE 20k

**Tuesday 21st June @ 6 to 8pm (approx)**

- >> Meet at the Regional Sports Centre, Cork Road >>
- >> Cycle to Tramore & back >>
- >> Refreshments on the Prom in Tramore >>
- (Participants should be over 8 - under 14 's must be accompanied by an adult)

## Sunday City Spin 15k

**Sunday 26th June**  
**@ 12 noon**

**The People's Park**

- >> Using cycle path on outer ring road
- >> Rest stop for refreshments >>

(Participants should be over 8 - under 14 's must be accompanied by an adult)

## COMERAGH FAMILY FUN DAY

**Saturday 25th June 12 to 3pm**

**Regional Sports Centre,  
Cork Road, Waterford**

- >> bring your own bikes & trikes >> fun races >>
- >> obstacle course >> lots of fun on two wheels >>
- >> Mock 'Road Layout' for 2 to 7 year olds >>
- >> **MUSIC >> REFRESHMENTS >>**

**CONTACT: PAUL CLEARY on (051) 849508 or PAULINE CUNNINGHAM on (051) 849855 for more information or VISIT [www.bikeweek.ie](http://www.bikeweek.ie)**



smartertravel >>>



# WSP TRAINING COURSES

## Active Communities Workshop

Over 18's - NO FEE

Waterford Sports Partnership in partnership with St. Bridget's Family Resource Centre and the HSE Health Promotion Unit will be running a **2.5 hour Active Communities Workshop on Tuesday 21<sup>st</sup> June in St. Bridget's from 6.30 to 9pm.**

*The aim of this workshop is to support communities in designing, planning and implementing a community physical activity day. If you are part of a residents association, community action group or CDP and are interested in or are currently running a family fun day each year then this workshop is for you.*

**Please contact Vicki on 086 0201219 for more information.**

## First Aid Course - REC1 (Rescue Emergency Care 1)

Over 16's - €45 pp

Waterford Sports Partnership runs REC1 First Aid Courses throughout the year.

*Rescue Emergency Care is a nationally recognised First Aid Training scheme. This is a 1-day First Aid course designed to introduce a systematic way of first aid for managing casualties/injuries covering: How to treat an unconscious casualty, Bleeding wounds, Broken limbs and C.P.R.*

The next **First Aid Course** is scheduled for **Saturday 15th October from 9 to 5pm** in the county.

Please visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) for further information and an application form or contact the office on (058) 21194 or (051) 849855.

## First Aid Course - REC2 (Rescue Emergency Care 2)

Over 16's - €75 pp

Waterford Sports Partnership is looking for interested applicants for a REC 2 course in Waterford in 2011.

*The REC 2 course is a two day sports first aid course and covers most of the situations which can arise at the scene of an accident or emergency. This includes vital signs, accident procedure, injury management, first aid kits, common medical, emergencies, casualty handling, multiple casualties & prioritisation (Triage), drowning, resuscitation & CPR.*

**Please contact the office on (058) 21194 or (051) 849855 if interested.**

## Active Leadership Training

Over 18's - €25 pp

*'The content, delivery and participation of everyone was excellent. I enjoyed the course thoroughly'.*

**Billy Phelan,  
Waterpark RFC .**

*'The course was very enjoyable and challenging and I thoroughly enjoyed it. Thank you'.*

**Liam Moore,  
Waterford City RFC**

*'I didn't know what to expect from the course and was pleasantly surprised. I learned to communicate more effectively with different age groups and develop my team work'.*

**Youth Group Leader**

*Active Leadership is an Irish Sports Council certified course which aims to develop the leadership skills of **youth group leaders** and **sports club coaches**. The course is a 10 hour practical course over 2 days and assists participants in applying knowledge gained in planning and organising safe and enjoyable physical activity sessions. On the course, participants are given a resource booklet with games and activities with the assessment involving everybody having to plan and deliver a warm up, main activity and cool down. This course would be perfect for young or novice coaches and youth/community group leaders who are looking for further ideas and assistance on their communication skills to groups in delivering an enjoyable physical activity session.*

Waterford Sport Partnership will deliver this course at a subsidised rate to a minimum of 12 participants from interested sports clubs, youth groups and community groups.

**If you or your club would be interested in participating in an Active Leadership Course, please contact Peter Jones on 058 21191. To find out more about Active Leadership or other Waterford Sports Partnership Courses, please visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

## Child Welfare and Protection Course (Code of Ethics)

Over 18's - €10 pp

*The Child Welfare and Protection in Sport Training Course is a 3 hour basic awareness course, covering how to keep adults and young people safe and happy within the club environment. This course is open to sports leaders, coaches, parents, children's officers and other adults involved in the organisation of sport for young people. This course will help to create and maintain a safe and fun environment for young people within the sports club or organisation. As well as undertaking child protection training, all governing bodies of sports, sports clubs and related organisations should adopt child protection policies and procedures as outlined in the Code of Ethics and Good Practice for Children's Sport.*

The next **Child Welfare & Protection Course** is scheduled for **Monday 27th June from 6.30 to 9.30pm** in Waterford City. Please visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) for further information and an application form or contact the office on (058) 21194 or (051) 849855

## COACHING DEVELOPMENT

### – New Course for Coaches

Waterford Sports Partnership' ran a pilot session of the 'Prepare to Coach' course with the PLC students of Colaiste Cathal Naofa on Tuesday 12<sup>th</sup> April. This first pilot of three is key to developing the course to ensure that it has the maximum influence on all of those who attend. The aim of the course is to support coaches by providing them with sample generic practices which can be used for all sports and developing questioning and motivation techniques in all facets of the coaching remit whilst specifically looking at giving feedback on coaching performances.

Feedback from the four hour practical course has been positive. Declan O'Leary, Head of Coaching Services with Coaching Ireland observed the first pilot course and has also been involved in the course development said 'Waterford Sports Partnership, in conjunction with Coaching Ireland, is in the process of developing a Continued Professional Development (CPD) opportunity for local sports coaches, which will complement the training these coaches get on National Governing Body coach education courses. The CPD opportunity will allow these coaches to practice and get further feedback on their developing coaching skills. These include the ability to plan, organise, provide demonstrations, positioning and communications, observation, analysis and providing feedback. The coach who can apply these skills well will offer significant support to the children and participants they will coach.'

The course is a four hour practical session which includes video examples and will be delivered by three tutors for generic coaching skills in all sports. Each coach on the course will have their coaching observed and evaluated. Participants will also receive a coaching handbook, planning, evaluating and match day sheets and a DVD containing demonstrations of twelve generic practices that can be used in all sports. **What next?** - Two further pilot courses will be delivered for a maximum of 24 participants per course. We are looking for 24 people who have a level 1 NGB course qualification and 24 people who have a level 2 or higher NGB qualification in their chosen sport. **If you are interested in attending this course or require any further information, please contact Peter Jones on 058 21191.**

*The most important information for any coach is using the information that is in front of them as a coaching session develops and reacting accordingly.*

*'I learned a lot of useful information that will help me in coaching children'*  
**Gemma Cliffe,**  
Pilot Course Participant

*The Course helped me to think more about my whole session and if I see something isn't working, to stop and how to involve the players by asking them what went wrong and why?.'*  
**Stephen Lonergan,**  
Pilot Course Participant

## Exercise opportunities for Waterford!

Waterford Sports Partnership has secured funding from the Irish Sports Council to continue running the Link2BActive programme which was launched in 2010 offering discounted exercise opportunities to people in Waterford. We plan to expand the Programme in 2011 by adding new leisure activities to the Programme and linking with the current clubs and facilities to make sport and physical activity more accessible.

### Clubs and Facilities - we need you!!

Following the successful 2010 pilot Link2BActive Programme which targeted job seekers in Waterford, Waterford Sports Partnership (WSP) is expanding the Link2BActive programme to involve more target groups. We are keen to work with clubs and facilities within Waterford in providing discounted leisure and sporting rates for Job Seekers, Youth (aged 13-17), People with a Disability and Older Adults (aged over 50). We also wish to promote any 'good value' rates from leisure centres, clubs or facilities that are open to the general population inclusive of the four target groups.

In these challenging economic times it is important to provide affordable means for people to exercise and maintain healthy lifestyles whilst simultaneously making people aware of the exercise opportunities available to them locally. For the 2011 Link2BActive programme, clubs/facilities do not have to offer rates for all of the target groups.

### Facilities that take part in the Link2BActive Programme may see some of these benefits:

- Potentially increasing the amount of members/users of a sports clubs/facility
- Increased awareness locally of the club/facility
- Potential new long term members to the facility/club
- Free promotion for the club/facility through the Link2BActive Programme

### Waterford Sports Partnership will provide the following assistance for any club/facility who is involved in the programme:

- Provide facility/clubs with a Staff/Volunteer Information handout about the programme.
- Update and manage the Link2BActive website with your facility/club information
- Promote the programme and facilities involved in the local media and via WSP newsletter and other promotional channels
- Provide each facility with posters, member sign in sheet, daily sign in sheet and membership cards if needed.
- Cover the costs for printing, website maintenance and WSP advertising.
- Coordinate all programme related meetings.

Check out [www.waterfordsportspartnership.ie/bactive.shtml](http://www.waterfordsportspartnership.ie/bactive.shtml) to see the 2010 list of facilities



**If your facility or club is interested in the programme or would like further information, please contact Peter Jones on 058 21191 or Pauline Cunningham on 051 849855.**

## John Treacy Festival Weekend 2011 A GREAT SUCCESS!

Villierstown was buzzing with excitement on the weekend of 14<sup>th</sup>/15<sup>th</sup> May as the long anticipated John Treacy Festival Weekend got underway. The weather was kind to almost all of the events in the packed programme and the sun even made an appearance on Sunday afternoon when over 350 runners and walkers made their way to the start line for the John Treacy 1k and 5k Fun Runs.



County Mayor Cllr. Paddy O'Callaghan got proceedings underway and 50 participants of all ages made the 1k event a great success. It was wonderful to see so many children and families involved. After completing the village 1k loop, finishers received a highly prized certificate, lollipop and water -all richly deserved. Well over 300 runners and walkers went to the line for the 5k event. The field was again made up of all ages and fitness levels, visitors and local people-all in the company of the great John Treacy. In fact, John was one of the few to complete both distances as he took part in the 1k only minutes before clocking a great time in the 5k event!

West Waterford AC made a very special presentation of honorary lifetime membership of the club to John just prior to the 5k event. James Veale of West Waterford AC said how inspiring it had been to watch John's achievements over the course of his career which included World Cross Country Championship gold medals as well as an Olympic Marathon

Silver Medal. John was thrilled with this honour bestowed on him by the club and he wore his new West Waterford colours with pride during the 5k event.

Participants in the Fun Run, which was a free event, kindly donated to John's nominated charity Concern Worldwide who had raised €2,100 by the close of proceedings on the afternoon and that total is sure to grow over the coming days and weeks.

Speaking after the event Rosarie Kealy of Waterford Sports Partnership said ' This was a great day of activity, family and community coming together at their best. Villierstown and the people of Waterford are proud of the achievements of John Treacy and it was fitting to celebrate these achievements in the most inclusive way by making this an event suitable for all the family. This is in line with what John is working to achieve across the country in his role as Chief Executive of the Irish Sports Council. We plan to build on this next year and look forward to getting more people out and active in 2012.'

All of the action was not restricted to the Fun Run. In fact this was only part of a much wider festival which included two treasure hunts, an auction (with a signed senior Waterford hurling jersey-kindly sponsored by Ger Wyley Sport), live music and dance including Ballyduff Senior and Junior Dancers and Céilí Band, Michael Ryan School of Dance and the Mad Hatter amongst others on the outdoor stage, a hog roast and face painting by Foroige. Another highlight of the weekend was a visit to Dromana House and Gardens made accessible by a shuttle Bus, kindly sponsored by Deise Link . There were many stands with local produce for sale as well which really added to the day.



Festivals such as this do not just happen and the weekend's events were a credit to the hard work of many people including the staff and volunteers from Waterford County Council, Waterford Sports Partnership and West Waterford AC. All of the Villierstown volunteers and the three very enthusiastic hardworking committees, Villierstown Community Council, Villierstown Church Company and Villierstown Education and Church Project deserve huge acknowledgement for their part in this weekend. Many thanks to Halfords who sponsored a number of prizes for Saturday's Car Treasure Hunts as well as the prize of a bike for Sunday's main raffle prize.

A final word of thanks must go to the great John Treacy himself.

Few communities or counties are fortunate enough to have a former world champion or Olympic silver medallist in their midst. The fact that John gives of his time and himself so freely shows the true mark of the man and with John's support and that of his family, The John Treacy Festival is sure to go from strength to strength in the coming years.

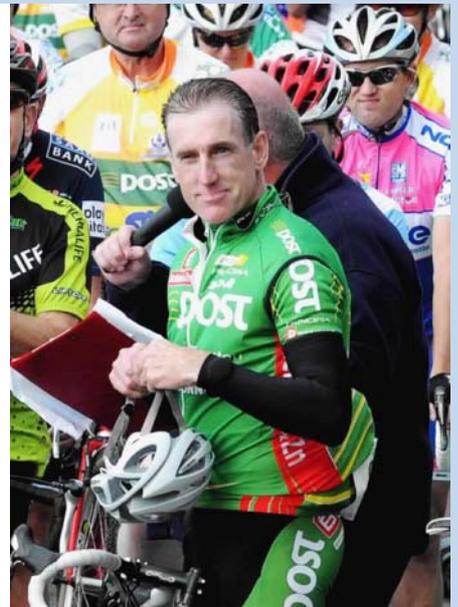
**FOR MORE INFORMATION visit [www.itsafeeling.com](http://www.itsafeeling.com)**

## The Sean Kelly Tour of Waterford Youth Challenge 2011

*The Sean Kelly Tour of Waterford Youth Challenge is a programme which aims to increase the number of young people cycling in Waterford. The programme is a Waterford Sports Partnership initiative and is supported through funding from the Irish Sports Council.*

With the continued success of The Sean Kelly Tour of Waterford, now in its fifth year, Waterford Sports Partnership is committed to increasing the number of juvenile cyclists through the Sean Kelly Tour of Waterford Youth Challenge 2011.

The programme is a key stepping stone for young cyclists to learn about safe cycling and get experience of cycling on the road and in a group whilst also giving everyone an opportunity to train effectively for the event under the guidance of experienced cyclists. This programme could not happen without the continued support of the cycling coaches and club members from the Comeragh Cycling Club, Dungarvan Cycling Club and Sportif Waterford Cycling Club who run the training spins each year.



'The Sean Kelly Youth Challenge was a brilliant experience and at the start I thought I would never be able to do 50km. However the training spins brought a real sense of camaraderie where we were matched to our own levels which really helped. The day itself was brilliant and I would recommend the Sean Kelly Youth Challenge to anyone.'

**April Duff,**  
2010 Youth Challenge participant

The Youth Challenge Programme is open to all youngsters aged between 12-18 at a cost of €10. This entry fee gives participants Cycling Ireland membership for 2011, access to organised training spins by local Cycling Clubs, a Sean Kelly Tour of Waterford Water Bottle and also entry to the 50km Kelly Cruise on Sunday 28<sup>th</sup> August 2011.

**TRAINING SPINS** are an essential part of the Youth Challenge Programme. They help the young participants to build up stamina for completing one of the Sean Kelly Tour routes, but more importantly gain experience of cycling safely in a big group.

Training spins in the County are being led by Dungarvan Cycling Club and began on Tuesday 24<sup>th</sup> May. This was the first of seven training spins run by the club and all training information is available on [www.theseankellytour.com](http://www.theseankellytour.com). There are also Sunday morning training spins for those participants that are over 16 every Sunday at 9.30am from Grattan Square.

Training spins in the City will be led by Comeragh Cycling Club and Sportif Cycling Club beginning on Wednesday 1<sup>st</sup> June at 6.30pm from the Regional Sports Centre (RSC) Cork Road.

**If you are aged between 12-18 and are attending secondary school and would be interested in the Youth Challenge Programme — please contact Peter Jones on 058 21191 or Pauline Cunningham on 051 849855.**

Participants need to provide a completed application form, completed Cycling Ireland Insurance application form, copy of birth cert/passport and €10 at the first training spin they attend to join the 2011 Sean Kelly Tour of Waterford Youth Challenge. This information is available on [www.theseankellytour.com](http://www.theseankellytour.com) and [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)



MINNIES  
*League*



## Walking Leader Training Fun, Fitness and Friends

Waterford Sports Partnership is hosting two Walking Leader Training courses in 2011. Walking Leader Training is primarily aimed at people wishing to lead a social walking group or promote walking in their community or workplace. It covers advice on different walking techniques, assistance with planning, delivering and evaluating walks including essential safety information.

The training being run in June is a 10 hour course which will be delivered over four Thursday evenings (9<sup>th</sup>/16<sup>th</sup>/23<sup>rd</sup>/30<sup>th</sup> June) from 6.30 to 9pm in Rainbow Hall, Kilmacthomas. Participants will be supported to develop and lead a four week walking programme in their community following the course.

A weekend Walking Leader Training Course will be held from September 16<sup>th</sup> to 18<sup>th</sup> in Waterford City.

If you are interested in this course please contact the office for more information on (051) 849855 or (058) 21191



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

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



## ARE YOU MALE? OVER 33? & INTERESTED IN RECREATIONAL SOCCER?

A 6-a side soccer league for over 33 men in conjunction with leisure leagues is being run in Dungarvan AFC and will also be run in Waterford City.

If you are interested please contact:  
Vinnie Coonan on 087 1261459

## CITY OFFICE MOVING SOON!

Our Waterford City office will soon be moving to a new location at the **Regional Sports Centre, Cork Road, Waterford.**

The main phone number remains the same (051) 051 849855.

PLEASE FEEL FREE TO CONTACT THE OFFICE



Waterford Sports Partnership now has a Facebook Page with updates, upcoming events, news and more...

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

## NGB CONTACTS



**Athletics Ireland**  
CONTACT: Jacqui Freyne  
Tel: 087 2629950  
[Jacqui@athleticsireland.ie](mailto:Jacqui@athleticsireland.ie)  
[www.athleticsireland.ie](http://www.athleticsireland.ie)



**Badminton Ireland**  
CONTACT: Wayne Doyle  
087 6871929  
[wayne.doyle@badminton.ie](mailto:wayne.doyle@badminton.ie)



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



**Cumann Camógaíochta na nGael  
Camogie Association**  
CONTACT: Deirdre Murphy  
087 641 5485  
[Deirdre@camogie.ie](mailto:Deirdre@camogie.ie)



**Cumann Lúthcleas Gael**  
CONTACT: Eoin Breathnach  
087 9219345  
[eoin.breathnach@games.gaa.ie](mailto:eoin.breathnach@games.gaa.ie)



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



**Irish Rugby Football Union**  
CONTACT: John O'Neill  
086 8207752  
[johnoneill@munsterrugby.ie](mailto:johnoneill@munsterrugby.ie)



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



**Volleyball Association of Ireland**  
CONTACT: Ciara Buckley  
086 8173990  
[south@volleyballireland.com](mailto:south@volleyballireland.com)  
[www.volleyballireland.com](http://www.volleyballireland.com)



**Cricket Ireland**  
CONTACT: James Doran  
086 8169667  
[jimdoran@irishcricket.org](mailto:jimdoran@irishcricket.org)  
[www.irishcricket.org](http://www.irishcricket.org)

## ANYONE FOR TENNIS?



Would you be interested in starting up a new tennis club in Waterford City with the help of Waterford Sports Partnership?

Please contact:  
Pauline Cunningham on (051) 849855  
or Vicki Langan on (051) 849583  
or email:  
[info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie)

# Youth Sports Development Update



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

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

Since January the YSDO has been working with Community Youth Projects, Clubs, Sport Development Officers, Residents and Community Volunteers in supporting the involvement of young people in sport and physical activity. Here is some up to date news on youth programmes happening in Waterford City...

## 2011 Soccer Launch with FAI of The Goal to Work Programme, Twilight 5 Late Evening Soccer and Waterford Street Soccer

Waterford Sports Partnership in partnership with the FAI and FAS developed and recruited 17 young men 12-24yrs for a 16 week Goal to Work Course in late 2010. This course continued into 2011 with the participants taking part in the FAS Core Employment modules and FAI coaching courses. The course was officially launched at the RSC by Mayor of Waterford City, Cllr. Mary Roche and FAI Chief Executive, John Delaney.

On the same evening the late night soccer programme Twilight 5 and the Waterford Street Soccer League for 2011 were also launched with managers from community

facilities, community volunteers and participants attending the event. Waterford Sports Partnership would like to wish Waterford Street Soccer success in 2011 and will continue to support the roll out of this initiative.



## Late night Soccer in Ballybeg

is continuing in Cill Barra Sports Hall on a Friday night

from 9 to 10pm run by the AXIS Weekend Project. This indoor soccer is for young people looking to stay active and have something to do at the weekend. **If you want to get involved please contact Jenny at the Ballybeg Community Resource Centre on 086 6093132 for more details.**



## Pat Doyle Memorial Shield 2011

This annual event took place on Sunday 8<sup>th</sup> May on the De La Salle Astro Turf pitches. Over 120 young people took part in the event and there were lots of parents, team managers and volunteers there to support and organise the youngsters. Teams from **Avondale, Ferrybank, Crystal Court, Richardson's Meadow, Farmleigh, Grace Dieu, Belvidere Manor and Farronshaneen Youth** enjoyed a fun and active day. The Blitz saw U7-U10, U11-13 and three U14-16yrs teams compete. All the areas had a number of games and at the end Richardson's Meadow had a clean sweep winning all three of their age groups and taking the shield for 2011.

This event was organized by Waterford Sports Partnership and Gary Power FAI Development Officer. The Pat Doyle Memorial marks the beginning of the Street Soccer League and gave all the communities an opportunity to get to know one another and spot the teams that they might need to watch out for during the summer league. Well done to the new communities who attended, Farmleigh for winning their games, Avondale for reaching the semi-finals in both age groups and Richardson's Meadow for taking the shield. It should make for a very good Street Soccer League for 2011.



## St. Patrick's Day Parade

Well Done to the Waterford Street Soccer teams that turned out to walk in the St. Patrick's Day Parade: St. Herblain Park Girls Team, Richardson's Meadow, Crystal Court and Ferrybank. The day stayed fine and all the young people represented the Street Soccer very well.

# Youth Sports Development Update

## Fitness For Girls

The YSDO supported the Ballybeg Community Youth Project in facilitating a Fitness for Girls Programme with the Deise Dollies group. These young women age between 14 and 16 took part in a seven week programme in February and March 2011.

The aim of the programme was to offer young girls the opportunity to try new sports and leisure activities, teach them the importance of leading a healthy lifestyle, healthy eating and self care. The idea in offering a variety of activities was to show the girls what is on offer in their community and guide them to continue accessing these services following the programme.

The programme activities included dance, circuit training and yoga in a local gym, swimming at a local pool and walking in their community. The group finished with a discussion on healthy eating and they cooked a meal for the YSDO to sample. Feedback from the girls was very positive. One of the participants said 'This was a brilliant programme and we really loved doing all the activities, we had fun and never thought exercising could be that easy'. The girls have signed up to participate in local charity walks for 2011 and four of the girls signed up for the surfing programme with Waterford Sport Partnership.



## Waterford Youth Team Challenge

Waterford Youth Alliance in partnership with Waterford Sports Partnership planned and coordinated the annual Youth Team Challenge event that took place over the Easter Break. The event was held in the Butler Community Centre, St. John's Park on a very sunny day and started with the younger age in the morning and the older ages in the afternoon with over 55 young people taking part overall. The aim of the event was to offer young people involved in the Waterford youth projects the opportunity to meet up and enjoy some new activities. The chosen activities were Spikeball; facilitated by Ciara Buckley from Volleyball Ireland, Boccia; facilitated by Vicki the YSDO and penguin football and obstacle courses run by the youth leaders that have completed Active Leadership Training through Waterford Sports Partnership.

A number of young people received spot prizes for showing team spirit or good participation and all the young people received a small goody bag sponsored by Waterford Sports Partnership and Waterford Youth Alliance. In the afternoon the groups took part in the games and received points for participation, team effort, communication and understanding of the game. The winning team on the day was Ballybeg, so well done to them. All the groups had a good day and also received a certificate and a MB game from Hasbro donated by the Waterford City Council Neighbourhood Officer. The Waterford Youth Team Challenge was a great success and a good day was had by all. The young people were introduced to new games with the Spikeball and Boccia and are interested in taking part in these games in the future.

***Well Done! to all the Young people that took part and the Waterford Youth Alliance committee for***



## City Surfers

Waterford Sports Partnership received funding from the HSE to support youth access to surfing. Waterford Sports Partnership sourced and purchased 8 surf boards and pairs of booties, funded a surfing coach for 4 lessons and transport costs for this programme which was launched on the 19th April. The 8 places were filled with 3 young men and 5 young women from Waterford city. Manor St. John Youth Services have offered to store the boards and will have access to them all year round while other youth groups can simply contact Maria in Manor St. John to take the boards out on loan for a couple of hours per week. Simple pay €50 deposit when taking the boards and on safe return of the equipment get your deposit back. MSJ Youth Service has also offered to transport your group at a discounted rate to and from Tramore along with the boards. Just make that call and book your boards, time and transport.



The surfing programme was very successful and all that attended enjoyed the 4 weeks of surfing in the sun and rain, wind and cold. No matter what the weather surfing is fun. If any group is interested please do contact Vicki Langan, Waterford Sports Partnership on (051) 849583 or Maria Begadon in Manor St. John Youth Service on 087 2198515.

# Youth Sports Development Update

## Spikeball for All

Over the past two months youth leaders and volunteers have been training to learn a new skill to bring back to young people in their communities. Five youth groups from Waterford City signed up to the Spikeball Programme with Waterford Sports Partnership and Volleyball Ireland and received their training and a bag of equipment. The groups are now going to attend an evening workshop to meet with the other groups. The leaders will be given a chance to show their learned skills, assist the development officer and coach their teams to play some games at the workshop.



Later in the year Waterford Sports Partnership will once again, in partnership with Volleyball Ireland, open up the opportunity for more community volunteers and youth groups to avail of this training and equipment, so watch out for the application on our Facebook Page and Website. Waterford Sports Partnership has purchased a net to support the groups running Spikeball and it is available from our office on request.

## Re-engaging Programme

So far this year the Youth Sports Development Officer has received eight referrals of young people looking to re-engage in sports and/or physical activity. Receipt of the Referral Form enables the YSDO to make contact with the young people 15-23yrs that wish to once again or for the first time get involved in a local club to participate in the sport or simply volunteer. Of the eight referrals this year, seven have now moved to re-engaging into various activities from athletics to soccer to horse riding.

**The Referral Form is available in the Youth Section of our website or contact Vicki on 086 0201219 to request one.**

### COMING SOON!

**2nd City Surfers Programme**  
– Summer 2011

**License to Pedal  
Safe Cycling Programme**  
May/June 2011

**Spikeball Coaching & Blitz**

**Waterford Street Soccer League**  
– Starts June 2011

**Sean Kelly Tour of Waterford  
Youth Challenge**  
– Starts June 2011

**Teen Scene and 3K Fun Run**  
– August 2011

### ... GET IN TOUCH ...

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

## Health, Well Being & Recreation Programme

*This programme was designed with youth at risk in mind and addresses teen issues such as bullying, self esteem, relationships and positive mental health.*

Waterford Sports Partnership, working in partnership with Children's Group Link, funded and has sourced the tutors for the programmes' recreation activities. The YSDO made contact with sport services within Waterford City, The Yoga Studio Tycor, Waterford Martial Arts Club and Cill Barra Fitness Instructors. These services provided yoga, self defence, circuit training, exercise to music and martial arts.

The programme started in October 2010 in Children's Group Link, Military Road with sixteen participants and finished in February 2011 with eight young people completing the programme. The referrals will take place over the summer for a second programme that will commence in September 2011.

**For information on the programme contact Vera in Children's Group Link on 051 855036. Referrals are kindly accepted. Waterford Sports Partnership will support the second programmes in 2011 and will also take names of any young person 11-14yrs interested in taking part.**

## UPCOMING TRAINING

**ACTIVE LEADERSHIP TRAINING** is a very useful course run by Waterford Sports Partnership for group leaders who want to plan, organise and lead the delivery of a safe activity session. Check out the full course overview on page 5 and if you are interested in doing an **Active Leadership** course please contact Vicki Langan, Youth Sports Development Officer.

### DEALING WITH DIFFICULT BEHAVIOUR

(Using Restorative Practices)

This one day Workshop will be offered to anyone working with youth in a sport/activity setting. Please watch out on our Facebook page and website for the date and application form. This workshop will take place in June 2011 at a cost of €5 per person.

Vicki Langan, Youth Sports Development Officer,  
Waterford Sports Partnership, City Hall, The Mall, Waterford.  
Phone: 051 849583/0860201219  
or e-mail: [vlangan@waterfordsportspartnership.ie](mailto:vlangan@waterfordsportspartnership.ie)

# Disability Sport Update



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

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

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

## Golf For All Programme

January to March 2011

Participants attended the golfing skills programme in the Tramore Driving Range and Williamstown Golf Course.

The 'Golf For All' programme was set up by Katie Kelly, Sports Inclusion Disability Officer, Waterford Sports Partnership, tutored by Ian St John PGA Professional ([www.ianstjohnsgolf.com](http://www.ianstjohnsgolf.com)) and funded by The Irish Sports Council. The programme was designed to teach adults with a disability some of the basic and more advanced (depending on ability levels) skills needed to play golf.

The first seven weeks of the programme were held in the Tramore Driving Range to perfect the swing of each participant. The tutor, Ian St John, used the VI Video Coaching Golf System to record and analyse the stance, the grip and the complete swing of each individual taking part. From this analysis each participant had the opportunity to change many of their bad golfing habits and/or incorrect techniques.

Following the seven weeks in the driving range and a stretch in the evening, the participants moved onto Williamstown Golf Course. There, the participants learned putting and golfing techniques and played a number of holes on a golf course. Again, the participants' stroke and technique were analysed by Ian St John to correct any of their techniques and improve their golfing skills. All the participants who took part learned a lot from the programme and will continue using their learned skills. Paddy O'Neill thought that the "Course was excellent!", Eoin Fitzgerald thought it was a "good 10 weeks, I learned a lot".

Many thanks to the 'Golf For All' tutor Ian St John for designing the programme for people with a disability and for being so patient and thoughtful in his tutoring manner. Thanks also to Tramore Driving Range and to Williamstown Municipal Golf Course for being so accessible with their facilities in meeting the needs of the individuals attending the programme.

The second 'Golf For All' programme started on Tuesday the 3<sup>rd</sup> of May at 6p.m. This programme will be held over 10 weeks at a cost of €8 per person per week.



**If you are interested in finding out more about the 'Golf For All' programme or disability sporting opportunities in Waterford, please contact Katie Kelly, Sports Inclusion Disability Officer, Waterford Sports Partnership on (051) 849757 or email: [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie)**

Katie Kelly, Sports Inclusion Disability Officer,  
Waterford Sports Partnership, City Hall, The Mall, Waterford.  
Phone: 051 849757  
e-mail: [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie)

# Disability Sport Update

## **Tae Kwon Do** for Children with Special Needs

The Tae Kwon Do programme for children with special needs was designed to include children with an Autism Spectrum Disorder, DCD, Dyspraxia, Motor Co-ordination Difficulties or ambulant Cerebral Palsy.

This class was intended as a four week programme, twice weekly (Monday and Wednesday evenings from 6-7 p.m.) to build the motor skills, co-ordination skills and social skills of the children up to a level where they could be streamlined into a mainstream class based setting. The class was initially proposed to start prior to Christmas, but due to the perilous road conditions and spate of bad weather, was postponed by a number of weeks.

Ambrose Murphy was the main instructor involved in the design and implementation of this programme.

Whilst the numbers attending the session was relatively low, the results have been outstanding and vitally important for the children who attended. Three of the five children who started the programme have moved onto the mainstream classes. One of the children dropped out of the programme and another child had to stop participating for medical reasons. Of the children who continued, all are progressing on a par with their non-disabled peers.

The feedback being received from the Tae-Kwon-Do Special Needs Class is very positive indeed in both areas of physical and learning development. The repetitive nature of the classes, although challenging, lends itself to special needs requirements as changes to their routine happens slowly and discreetly. When the participants move to the mainstream classes where they are on a level par this sees their confidence levels and comfort with their surroundings increase dramatically aided by the repetitive nature of their training.

*As well as the children with special needs increasing their physical well being and learning to focus on tasks in hand, the mainstream kids are also benefiting by learning to help, understand and appreciate the difficulties that some people have which in turn teaches them respect and empathy for others regardless of their special need. This results in the children with special needs feeling a valued part of the club, somewhere where they can contribute in a positive, helpful and inclusive environment.*

This programme highlighted how, with some patience, consideration and planning, children with a disability can be included in a mainstream club setting and is a model that could be replicated elsewhere.

**For more information on physical activity or sports programmes for children with a disability please contact:**

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



*'Personally I am delighted with the progress of the course and the improvements in the participant's social skills. All in all it seems to be a win win situation.'*

**Ambrose Murphy,  
Tae Kwon Do Instructor,  
Waterford Tae Kwon Do Club.**

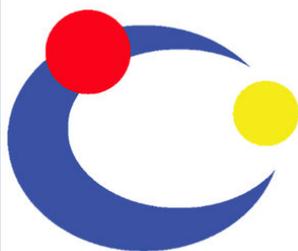


## **Treasure Hunt** for children with a physical disability

The treasure hunt was held on Thursday the 28<sup>th</sup> of April in the People's Park Waterford for children with a physical disability. The participants had to collect butterflies around the park in a similar fashion to orienteering. The butterflies were ranging in colour and planted in various areas around the vicinity of the People's Park. In order to win a prize each of the participants had to collect all six butterflies. The butterflies themselves were attached to sticks for easy grip and collection. The targets were then placed close to pathways throughout the People's Park to allow children who were wheelchair users or with limited mobility the opportunity to collect all targets without requiring too much assistance. Thankfully, the sun was beaming down on all of Waterford that particular Thursday and the children were in their element racing around the park collecting their targets to win a prize! This was a great way to get parents used to a beautiful, fun and free local amenity and to give children an opportunity to try an orienteering type event.

**For more information on physical activity or sports programmes for children with a disability please contact: Katie Kelly, Sports Inclusion Disability Officer on (051) 849757 or email: [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie)**

# Disability Sport Update



## National APA Conference and Official Opening of the CARA APA Centre Ltd.

The 4th National APA Conference and the official opening of the CARA APA Centre Ltd. was held in the IT Tralee buildings in Tralee, Co. Kerry on the 6<sup>th</sup> and 7<sup>th</sup> of May 2011.

As part of one of the parallel sessions Sports Inclusion Disability Officers Katie Kelly and Phena O'Connor (Dún Laoghaire-Rathdown Sports Partnership) were asked to present on the SIDO programme and specifically local opportunities. Katie Kelly discussed some of the more successful programmes in Waterford since the inception of the SIDO programme in 2008 such as the Munster Boccia League, Fishing for All, Tae Kwon Do for children with special needs etc.

For more information on the National APA Conference and the official opening of the CARA APA Centre Ltd. see the following link to the website: [www.caraapacentre.ie](http://www.caraapacentre.ie)



## Multi Activities Programme for children with special needs aged (3-6 yrs)

*The Multi-Activities Programme for children with Special Needs was set up in Kilmacthomas, Co. Waterford. The programme is funded by Waterford Leader Partnership Ltd. under the Local and Community Development Programme.*

The 16 week programme involves children between the ages of 3-6 years with Special Needs and a helper/parent per child. The children can learn how to develop motor and social skills through physical activity and games. This is extremely beneficial for children with special needs prior to participating in mainstream school and club physical activities.

The children who attend Pre School will also benefit from this programme as many of the learning outcomes will be reinforced on a regular basis. The sessions take place weekly, one hour per week and are lead by an experienced, qualified tutor. Kilmacthomas has been chosen as the optimal venue due to its proximity to both Dungarvan and Waterford.

**There are still places available on this course for children with Special Needs so please do not hesitate to contact Katie Kelly for more information on participating in this programme. Contact: Katie Kelly, Sports Inclusion Disability Officer on (051) 849757 or email: [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie)**



Comhpháirtíocht Leader Waterford Leader  
Phort Láirge Partnership



### ... GET IN TOUCH ...

If you or someone you know is interested in participating or becoming involved in a specific disability activity programme or have their own ideas about a new activity then please contact Katie Kelly (details below) and she will assist you in any way she can.

Katie Kelly, Sports Inclusion Disability Officer,  
Waterford Sports Partnership, City Hall, The Mall, Waterford.  
Phone: 051 849757 or e-mail: [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie)

# Disability Sport - Upcoming Activities

ACTIVITY	DAY	TIME	VENUE	COST	CONTACT
<b>NEW!!!!</b> Golf for adults with a physical or sensory disability	Started Tuesday 3 <sup>rd</sup> May	6pm	5 weeks Tramore Pitch & Putt 5 weeks Williamstown Golf Course	€8	Katie: 051 849757
<b>NEW!!!!</b> Cycling programmes	Contact SIDO	Various			Katie: 051 849757
<b>NEW!!!!</b> Multi Activities for children with Special Needs/Disability (ages 3-6 yrs)	Thursdays	4 to 5pm	Rainbow Hall, Kilmacthomas	€5 per session	Katie: 051 849757
<b>NEW!!!!</b> Outdoor Bowls/Petanque – Fortnightly	Mondays (Starting 6 <sup>th</sup> June)	11.30am to 1pm	Peoples Park, Waterford	€2 per person	Katie: 051 849757
Walking for All	Wednesdays	2 to 3pm	Peoples Park, Waterford	FREE	Katie: 051 849757
Special Olympics	Contact Susan McGill	Various	Various	Various	Susan McGill: 087 2938321
Social Soccer league for adults with an intellectual disability  (Monthly) - Now including a wheelchair soccer session	Last Thursday in every month	1 to 2pm	Butler Community Centre, Johns Park, Waterford	€2 per person	Katie: 051 849757
Ferrybank Soccer for children with special needs	Thursdays	5 to 6pm	Kilmacow Sports Hall, Kilmacow	Contact Rosalind	Rosalind: 086 8957620
Dancing for adults with an intellectual disability in Dungarvan - (Carriglea Cairde Services)	Various			€40 for 8 weeks	Tanya Cliff: 087 7479526
Activities for children with an Autism Spectrum Disorder  Swimming, Bowling, Horse Riding, Surfing, Yoga, Other	Contact WASSA	Contact WASSA	Various	Contact WASSA	WASSA: 086 6637055
Yoga for adults with an intellectual disability	Thursday	11.15 to 12.15	Alphazone Yoga Studio, Cleaboy Business Park, Cleaboy, Waterford	€40 for 8 weeks	Adrienne: 086 8359863
Indoor Bowls for All	Contact Cill Barra to confirm				Cill Barra Sports Centre 051 350800
Special Olympics Club Dungarvan (8 -16yrs)	Tuesdays	5 to 6pm	Kilrush Park AFC, Dungarvan, Co. Waterford	€3	Fiona: 087 2774607
Cycling for adults with a vision impairment	Arranged with Cycling Club			Sinead Power -Comeragh Cycling Club 051-358163 or 087-2680088	
Yoga for adults with Multiple Sclerosis	Thursdays	10 to 11am	Alphazone Yoga Studio, Cleaboy Business Park, Waterford	€40 for 8 weeks	Katie: 051 849757
<b>COMING SOON</b>					
Fishing programmes for adults with a disability	TBA		Waterford District and Coarse Angling Club/ Brothers of Charity Services		Katie: 051 849757
Gym programme for adults with MS	TBA		TBA		Katie: 051 849757
Parent and Toddler Swimming Lessons – Down Syndrome	Organised through Down Syndrome Ireland				Kingfisher Club: 051 850300

# Waterford Sports Partnership 2011 Calendar of Upcoming Courses and Events

Date	Course/Event	Time	Venue
<b>JUNE 2011</b>			
June Onwards	6 a-side Men's Soccer League for over 33's	TBC	Dungarvan United Waterford City Venue TBC (please contact Vinnie Coonan on 0871261479)
Thursday 9 <sup>th</sup> /16 <sup>th</sup> /23 <sup>rd</sup> & 30 <sup>th</sup> June	Slí na Sláinte Walking Leader Training - 4 Week Programme	6.30 - 9.00pm	Rainbow Hall, Kilmacthomas
Wednesday 15 <sup>th</sup> June	WaterGirls - Sailing	6.30 - 8.30pm	Dungarvan Harbour Sailing Club
Saturday June 18 <sup>th</sup> to Sunday June 26 <sup>th</sup>	National Bike Week 2011	VARIOUS	VARIOUS
Saturday 18 <sup>th</sup> June	WaterGirls - Rowing	10.30am-12.30pm	Cappoquin Rowing Club
Saturday 18 <sup>th</sup> June	WaterGirls - Sailing	10.30am-1pm	Waterford Harbour Sailing Club
Tuesday 21 <sup>st</sup> June	Active Communities Workshop	6.30 - 9.00pm	St. Bridget's Family Resource Centre
Wednesday 22 <sup>nd</sup> June	WaterGirls - Sea Kayaking	6.30 - 8.00pm	Copper Coast Area
Monday 27 <sup>th</sup> June	Child Welfare & Protection Awareness Course	6.30 - 9.30pm	Waterford Regional Sports Centre (RSC)
<b>JULY 2011</b>			
Friday 8 <sup>th</sup> & Saturday 9 <sup>th</sup> July	Active Leadership – Leadership Skills	Friday 6 - 9pm Saturday 10 - 5pm	Villierstown Village Hall
Saturday 9 <sup>th</sup> July	Women on Wheels Programme Workshop	10am	Waterford Regional Sports Centre (RSC)
<b>AUGUST 2011</b>			
Saturday 27 <sup>th</sup> August	The Sean Kelly Tour of Waterford - Kelly Ten	11.30am	Dungarvan
Sunday 28 <sup>th</sup> August	The Sean Kelly Tour of Waterford	8.30am	Dungarvan
<b>SEPTEMBER 2011</b>			
Friday 16 <sup>th</sup> , Saturday 17 <sup>th</sup> , & Sunday 18 <sup>th</sup> September	Slí na Sláinte Walking Leader Training	Fri 7 – 9pm, Sat 9 - 5pm Sun 9 – 2pm	Waterford Crystal Sports Centre
Monday 26 <sup>th</sup> September	Child Welfare & Protection Awareness Course	6.30 - 9.30pm	City Hall, Waterford City
<b>OCTOBER 2011</b>			
Monday 10 <sup>th</sup> October	Go For Life PALs – Better Balance	9.30am – 3pm	Rainbow Hall, Kilmacthomas
Saturday 15 <sup>th</sup> October	First Aid - REC1	9am – 5pm	TBC, County
Monday 17 <sup>th</sup> October	Go For Life PALs – Going Strong	9.30am – 3pm	Rainbow Hall, Kilmacthomas
<b>NOVEMBER 2011</b>			
Monday 14 <sup>th</sup> November	Child Welfare & Protection Awareness Course	6.30 - 9.30pm	VEC, Dungarvan
Monday 21 <sup>st</sup> November	South East Older Adults Leadership Day	9am - 5pm	Kilkenny
<b>ACTIVE LEADERSHIP TRAINING FIRST AID (REC1 or REC2) TRAINING CHILDREN'S OFFICER TRAINING</b>		<b>If interested please contact the office on 058-21191/051-849855</b>	



**WATERFORD SPORTS PARTNERSHIP**  
Civic Offices, Dungarvan,  
Co. Waterford.  
(058) 21194  
[info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie)  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)



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**Waterford Sports Partnership - Supporting Activity and Sport for All!**