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**Waterford to host the official opening event of  
National Bike Week 2012 on Saturday June 16th**



Waterford City Council, Waterford County Council and Waterford Sports Partnership were successful in their joint bid to host the official opening event of National Bike Week 2012.

Pedal Port Láirge will be an event not to be missed on Saturday June 16th as Waterford becomes a showcase for all things bike related with cycling extravaganzas in Waterford City and Dungarvan and Pedal Port Láirge Cycles from the City and Dungarvan. **SEE OVERLEAF FOR DETAILS OF OTHER BIKE WEEK EVENTS IN WATERFORD**

**For further information visit [www.pedalportlairge.ie](http://www.pedalportlairge.ie)**

**Find and like Pedal Port Lairge on FACEBOOK**

## 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** and **Peter** on **(058) 21191** or **pjones@waterfordsportspartnership.ie**.

**Jane O'Dwyer** has been working as Walking Officer with a focus on progressing some infrastructure projects and developing support resources in relation to trail development and management on behalf of Waterford County Council. Jane is currently Acting Sports Co-ordinator. **Jane** can be contacted at **058 21190** or **jodwyer@waterfordsportspartnership.ie**.



## CITY & COUNTY EVENTS



DATE & TIME	EVENT	LOCATION	DETAILS
<b>Saturday 16<sup>th</sup> June 2 to 5pm</b>	<b>Pedal Port Láirge National Opening Event of Bike Week 2012</b>	<b>RSC, Waterford and Walton Park, Abbeyside, Dungarvan</b>	<b>See <a href="http://www.pedalportlairge.ie">www.pedalportlairge.ie</a> for a full listing of events</b>
<b>Sunday 17<sup>th</sup> June 2 to 4pm</b>	<b>BMX Event</b>	People's Park, Waterford	Show off your BMX tricks, all participants will be included in a draw for a spot prize. Music, seating and light refreshments provided.
<b>Monday 18<sup>th</sup> June to Friday 22<sup>nd</sup> June</b>	<b>School Cycle Bus</b>	Dungarvan	Scoil Mhuire, Abbeyside St. Mary's National School
<b>Tuesday 19<sup>th</sup> June 6pm</b>	<b>Family Cycle</b>	RSC, Waterford	Family cycle from RSC to Tramore and back. Departing RSC at 6pm, expected finish 8:30. refreshments provided
<b>Wednesday 20<sup>th</sup> June</b>	<b>Bike to Work and School Day</b>	National Event	See <b><a href="http://www.bikeweek.ie">www.bikeweek.ie</a></b>
<b>Friday 22<sup>nd</sup> June 6 to 8pm</b>	<b>Cycle Crazy Event</b>	RSC, Waterford	Aimed at younger children. Events include balance bike fun cycles go-kart spins and races
<b>Saturday 23<sup>rd</sup> June 12 noon</b>	<b>Family Cycle</b>	City Centre Location TBC	Family cycle from City to Dunmore East and back. Departing a location yet to be agreed at 12 noon. refreshments provided
<b>Sunday 24<sup>th</sup> June 7.30am</b>	<b>Dawn Cycle</b>	Walton Park, Abbeyside, Dungarvan	35k Ring Route and 25k Clonea Route. Light breakfast afterwards in Sip n Surf Café - Juice, tea, coffee, croissants available to all participants.
<b>Sunday 24<sup>th</sup> June 12 noon</b>	<b>Fenor Family Fun Day</b>	Fenor, Co. Waterford	Family fun for all ages

**FOR FURTHER INFORMATION ON BIKE WEEK EVENTS VISIT  
[www.pedalportlairge.ie](http://www.pedalportlairge.ie) | [www.bikeweek.ie](http://www.bikeweek.ie)  
FIND AND LIKE PEDAL PORT LAIRGE ON FACEBOOK**





## Over 400 take part in 2012 Operation Transformation Walk

Over 32 walks took place nationwide on Saturday January 14th as part of a joint venture between RTE's Operation Transformation Series and the Irish Sports Council. The concept was to promote walking as the perfect exercise to 'kick start' a healthier 2012. Waterford Sports Partnership hosted this year's walk in Dungarvan. 425 enthusiastic walkers took part in either a 3k or 4.5k walk on the newly developed Dungarvan Railway Track.

It was fantastic to see such a range of participants of all ages and abilities from right across Waterford County and City. Waterford Sports Partnership was delighted to see so many families out getting active together.

The event was made extra special as World Youth Race Walking Champion Kate Veale joined the walking leaders to officially start the two routes and then joined in the fun by taking part in the 4.5k walk.

Waterford Sports Partnership would like to say a special thank you to all the Slí na Sláinte walking leaders who generously gave up their time to lead the walks, a big thanks too to all the volunteers who helped out on the day, to the Causeway Tennis Club for use of their facility and our special guest Kate Veale for taking time out of her busy schedule to be with us on the day. But most of all a big thanks and well done to everyone that took part.

**Check out our FACEBOOK page for lots more photos from the day.**





# Older Adults Update and Activities for 2012

**GROUP SESSIONS-** Waterford Sports Partnership has delivered two workshops to date in 2012 to a total of six groups and fifty one individuals. During these sessions the participants got the chance to try out a wide range of warm up and physical activity games which they could run in their own groups. Many participants were surprised at how much they enjoyed some of the games particularly box hockey and Camán Abú. **WSP has a stock of equipment that groups can borrow to enable them to vary their activities. For more information please contact the office on 058 21191.**



"Excellent day" – Mary Power, Dungarvan ARA  
 "Great fun" – Annette Whelan, Sliabh gCua Ladies Club

## Link2BActive

Waterford Sports Partnership has worked with a number of local facilities and clubs to offer discounted rates for older adults. Opportunities available include Aqua Aerobics, Bowling, Golf, Gym sessions, Nordic Walking, Pitch and Putt, Surfing and discounted gym membership.



Check out the Link2BActive section of our website  
[www.waterfordsportspartnership.ie/bactive.shtml](http://www.waterfordsportspartnership.ie/bactive.shtml)

**If you would like to become more active, or, would like to be included in the Link2BActive offering leisure opportunities for older adults, please contact Peter Jones on 058 21191 or by email at [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

## WHAT ARE SOUTH EAST PALS?

We are extremely fortunate to have fourteen Physical Activity Leaders (PALs) trained from the 2011 South East Network Programme involving Carlow, Kilkenny, South Tipperary, Wexford and Waterford. A group of these experienced PAL's - Angela O'Reilly, Denis O'Reilly and Monica O'Sullivan went on to deliver two activity sessions to Kinsalebeg Active Retirement group highlighting safe and enjoyable physical activity.

**If your group would like to avail of a demonstration led by the southeast PAL's, please contact the office on 058 21191.**

## HSE National Lottery Grant 2012 is now open for applications.

The funding is available for small scale once off projects and activities which can include building works or equipment to promote health. Applications will only be accepted in hard copy, which should be signed and returned to the HSE offices by **5pm on Friday 1<sup>st</sup> June.**

**If you have any questions or would like an application form please contact the office or Claire McNamara directly on 051 842947 or [Claire.McNamara@hse.ie](mailto:Claire.McNamara@hse.ie)**

## UPCOMING PROGRAMMES

2012 has been a transitional period for Waterford Sport Partnership as many of our older adults groups have become self sufficient in running their own physical activity sessions. This is great news and a testament to the hard work of the groups in the last number of years, it is great to see the groups and some of their leaders assisting WSP in the delivery of physical activity to the wider population of Waterford through the South East PAL's initiative. We are always keen to assist any individuals or groups in Waterford. If you would like to add a new spring to your step, below are a few examples of programmes we will be running for older adults if we have sufficient interest.

PROGRAMME	COST	MIN NO'S	DETAILS
Link2BActive	See facilities	n/a	For a list of discounted rates for older adults please visit <a href="http://www.waterfordsportspartnership.ie/bactive.shtml">www.waterfordsportspartnership.ie/bactive.shtml</a>
Fittlesticks	€10 pp	15	Five week walking programme including Nordic Walking and different forms of walking for fitness. <i>Programme can be delivered in Dungarvan and Waterford City</i>
Physical Activity ideas for groups	Specific to group	15	Training session in a variety of activities such as Boccia, Box Hockey, Polybat, Speed Stacks etc that can be used with your groups. <i>Sessions to be delivered for multi groups on demand</i>
Pedometer Challenge	€10 pp	25	Five week programme for groups of 5 to record how many steps they can walk per week. Step counters, Hi Vis vests given to all. <i>Programme can be delivered in Waterford County and Waterford City</i>
Camán Abu	€5 pp	28	Adapted Hurling with rubber hurleys and foam sliotars which can be played indoors/outdoors at walking or jogging pace. A five week programme for teams of seven. <i>Programme can be delivered in Waterford County and Waterford City</i>

**If you are interested in any of the activities listed above or would like further information,**

# John Treacy Festival Weekend

**VILLIERSTOWN - MAY 25<sup>th</sup> to 27<sup>th</sup> 2012**

**Friday 25<sup>th</sup> May @ 8.30pm**



## Fashion Show

VILLIERSTOWN COMMUNITY CENTRE

Cheese & Wine Reception | Raffle

Admission €10

Contact Mary Landers on 087 1371500

**Saturday 26<sup>th</sup> May**

**CHILDREN'S**

## Treasure Hunt



**STARTS @2PM RUN BY FORÓIGE €1PER CHILD**

## Car Treasure Hunt

€20 per car | Starting at 3pm

**SAT NAV FOR WINNER/SPORT PRIZES**

Contact Damien Landers on 087 7998873

## Vintage Car Display



**OPEN AIR MUSIC | HOT FOOD**



## Auction | Music by Jaker

in Crúiscín Lán from 9pm

**Sunday 27<sup>th</sup> May**



**1 km | 5 km | 7.5 km**

**RUN/JOG/WALK for CONCERN**

*Join John Treacy in a fun event for all  
& help to raise funds for Concern*

Registration from 1pm - Start 2pm

**FREE EVENT - DONATIONS TO CONCERN WELCOME**

**FREE PARKING**

For more information visit

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

**Waterford**  
[www.itsafeeling.com](http://www.itsafeeling.com)



Waterford County Local Authorities  
Udarás Áitiúla Chontae Phort Láirge

**CONCERN**  
worldwide



**STREET STALLS | OPEN AIR MUSIC | HOT FOOD**

**FREE BOUNCY CASTLE CHILDREN'S ENTERTAINMENT**

**Music by Fenian Folk**  
in Crúiscín Lán Sunday Night

## Visit the stunning Dromana House & Gardens

Open 10am to 5pm Saturday & Sunday

Guided house Tours with light refreshments served each day @ 11am | 12.30pm | 2.30pm | 4 pm

Entrance to Gardens & House including festival refreshments €10 | Children under 12 €5. | Plants for sale.

**FREE BUS FROM VILLAGE**  
kindly sponsored by Déise Link

Festival jointly organised by:  
Villierstown Education & Culture Project | Villierstown Community Council  
Villierstown Church Company  
Villierstown Parents Association  
V.C.G.

For more information visit [www.itsafeeling.com](http://www.itsafeeling.com)  
or call Michael on 087-6932503



## Sean Kelly Tour of Waterford - Youth Challenge 2012

### Freewheeling to August

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 by the Irish Sports Council.



*'the youth challenge spins were a fantastic success in 2011. Numbers are hugely up on last year and there has been great enjoyment for all the kids and they have gained a great sense of achievement'.*

**Ger Wyley, Training spin leader, Dungarvan Cycling Club**

*'The training spins were very helpful and effective. I will continue to cycle in the future'*

**Molly De Paor**  
2011 County Youth Challenge Participant

*'The Sean Kelly training spins were a great introduction to cycling and were great in helping to prepare for the event. We cycled in a group of people who went at our own pace. I would definitely recommend the spins to anyone interested in the Sean Kelly'.*

**Cormac Power**  
2011 County Youth Challenge Participant

*'The youth spins really helped me get ready for the Sean Kelly Tour, it was great to be able to go training with other cyclists rather than on my own and I learned alot from the clubs that took us out. I did the 50k cycle with my dad, I found it a bit hard in places but I really enjoyed it and can't wait to do it again next year.'*

**Cian O'Keefe**  
2011 City Youth Challenge Participant

In 2011 sixty seven young cyclists from seven schools took part in the Sean Kelly Tour of Waterford Youth Challenge with the invaluable support of Comeragh Cycling Club, Dungarvan Cycling Club and Sportif Waterford Cycling Club. In 2012, Waterford Sports Partnership are committed to increasing the number of juvenile cyclists through the Youth Challenge in Waterford City and County.

**The 2012 programme -** The programme is a key stepping stone for young people 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 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 2012, access to organised training spins by local Cycling Clubs and entry to the 50km Kelly Cruise on Sunday 26<sup>th</sup> August 2012.

**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 will be led by Dungarvan Cycling Club and will begin on Tuesday 5<sup>th</sup> June @6.30pm at St Augustine's College with city spins being led by Comeragh Cycling Club and Sportif Cycling club beginning on Wednesday 6<sup>st</sup> June @6.30pm from the RSC. These are the first of six training spins run by the clubs. All training information is available on

**[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

**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 2012 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)**





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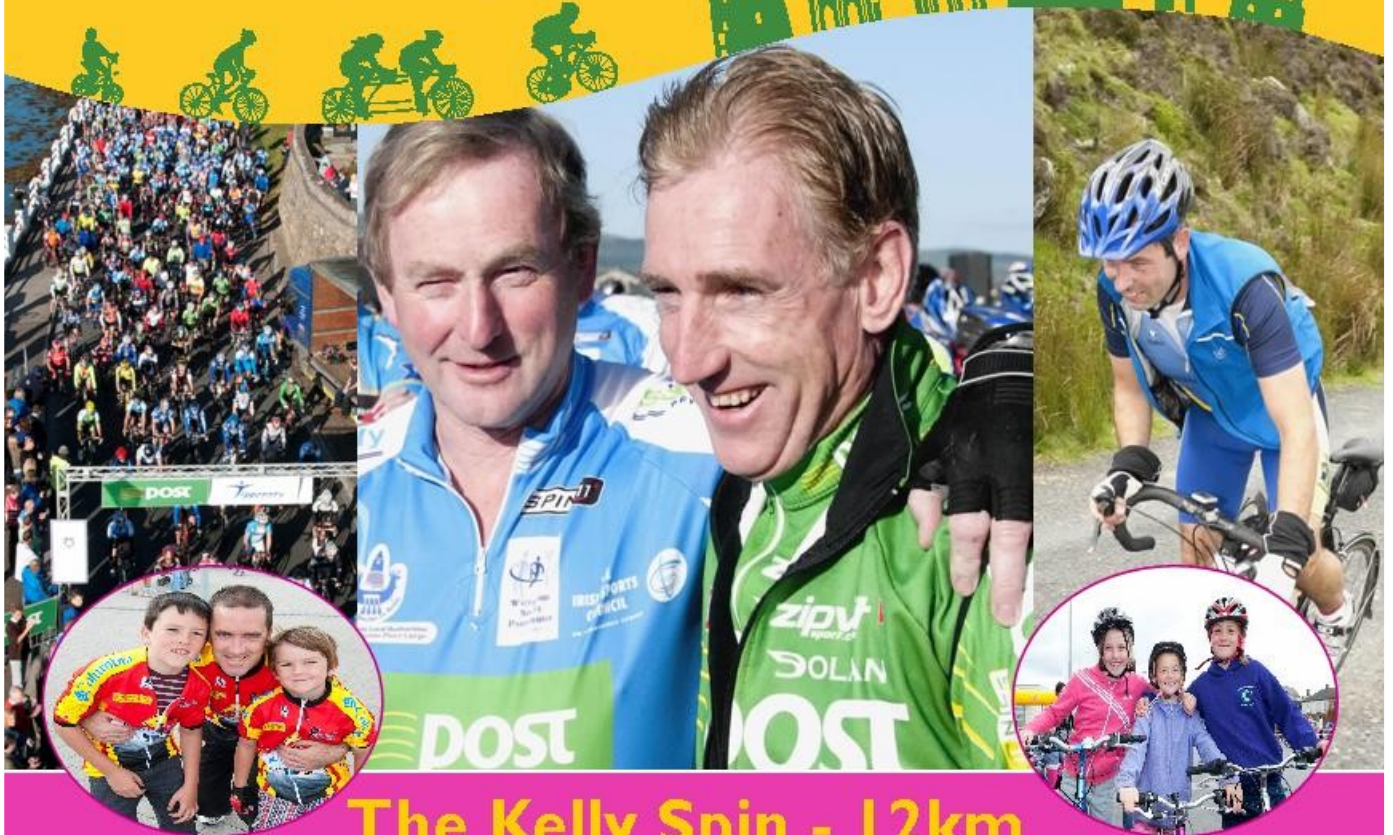
## Sunday 26th August Sean Kelly Tour of Waterford 2012

THREE ROUTES TO CHOOSE FROM....

50km Kelly Cruise

100km Kelly Heritage Route

160km Kelly Comeragh Challenge



### The Kelly Spin - 12km

Saturday 25<sup>th</sup> August 2012 @ 11.30am

Entry €2.00 | Refreshments for all

Registration on the day ONLY from 10am

at Dungarvan Shopping Centre

CYCLISTS MUST BE OVER 8 | UNDER 12'S MUST BE ACCOMPANIED BY AN ADULT

in aid of



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

+353 (0) 58 21 104

[info@theseankellytour.com](mailto:info@theseankellytour.com)



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Waterford  
[www.itsafeeling.com](http://www.itsafeeling.com)





## Mayor's Health Day 2012

Mayor's Health Day 2012 which is an event co-ordinated by the Waterford Healthy City Committee took place on Thursday May 10th. Waterford Sports Partnership in conjunction with the Waterford Institute of Technology hosted a walk. The walk consisted of two loops of the College's Slí na Sláinte 1.5km route. Local primary schools students, WIT students and staff and Waterford Sports Partnerships walking groups all turned out on the day to make another successful Mayors Health Day.



## Mountain Skills Programme

Since 2008 Waterford Sports Partnership has been working with local Walking Clubs on the 'Waterford Mountain Skills' Programme. The objective of the Programme is to work towards increasing the number of qualified Walking Leaders within Waterford's Walking Clubs.

The first step in realising this vision was to increase the number of Club members who have the Mountain Skills qualification. To support this Waterford Sports Partnership has organised subsidised courses. To date fifty five Club members have availed of this opportunity and have either successfully gained the Mountain Skills qualification or are on their way to achieving this Mountaineering Ireland certificate.

The second step in the programme is to assist those who are interested and have achieved their Mountain Skills to pursue the prestigious Mountain Leader qualification. The training and assessment concentrates on macro and micro navigation, roped and un-roped steep ground work, night navigation, party management, hazard assessment, expedition & camp craft, access and conservation knowledge. As you can appreciate this is a long term commitment and involves logging at least 60 qualifying walks. Robin Atkinson, who completed his Mountain Skills in October 2008 with Waterford Sports Partnership, passed his Mountain Leader this year. WSP are delighted and inspired by Robin's impressive accomplishment! Robin a well known character on the 'hills' is known for good company, in-depth knowledge and dedication to hill walking, logged an impressive 250 walks in the build up to the Mountain Leader assessment. Congratulations Robin your ML was well deserved!



**The Waterford Mountain Skills Programme is once again open to Club members. If you are a member of a local Walking Club and would like to complete your Mountain Skills qualification or would like to find out more talk to your Club secretary or contact Jane O' Dwyer, Waterford Sports Partnership, on 086 1985729 or [jodwyer@waterfordsportspartnership.ie](mailto:jodwyer@waterfordsportspartnership.ie)**

## Women on Wheels 2012

Ladies!! It is that time of year again so let's get the wheels in motion. Waterford Sports Partnership is running the Women on Wheels Programme for the third year running. This is an exciting opportunity for Women in Waterford - a chance to take part in a five/six week cycling programme, which offers a workshop including topics such as bike maintenance, bike skills, nutrition and six weekly training spins. After take part in their series of training spins, all participants will be encouraged to sign up for 50km Kelly Cruise which takes place on Sunday 26<sup>th</sup> August.

**The programme will commence in Waterford City on Saturday 14<sup>th</sup> July from 10am-1pm at the Regional Sports Centre and in the County on Saturday 21<sup>st</sup> July from 10am-1pm venue TBC.**

**NEW FOR 2012!!** Waterford Sports Partnership is inviting participants from the 2010 and 2011 Women on Wheels programme to a meeting in the Regional Sports Centre on Wednesday 6<sup>th</sup> June from 6.30-7.30pm. The aim of this meeting is to determine if individuals have an interest in training to take part in 100km Kelly Heritage Route and to establish the level of cycling experience of the interested individuals.

**If you are interested in taking part in either of these programmes, please contact Pauline Cunningham on 051-849855 or [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



## OFFICIAL OPENING OF KILBARRY PARK

*Waterford Sports Partnership is delighted to have been invited by Waterford City Council to assist with the official opening of the Waterford Nature Park.*

The Park will be officially opened by the President of Ireland, Michael D. Higgins on Friday 1<sup>st</sup> of June from 4.30 to 5.30pm.

Waterford Sports Partnership is responsible for organising a range of activities with local clubs to showcase what the Nature Park can be used for.

Thank you to Waterford Athletic Club; Orienteering Ireland; Comeragh Cycling Club; Sportif Cycling Club; Waterford City Rugby Club; Gary Power (FAI Development Officer); Wildcats Basketball Club and the Waterford City Childcare Committee who have all come on board to help with the official opening of the park. This promises to be a great day!



## Waterford Sports Partnership Coaching, Development & Participation Funds

*In 2011 under its Coaching and Development Funds, Waterford Sports Partnership allocated €10,580 to twenty nine separate clubs and organisations funding eight new clubs and supporting training for 151 coaches. In 2012 the Coaching & Development Funds are both open to all sports clubs in Waterford the maximum allocation is €250 for the Coaching Fund and €300 for the Development Fund.*

**COACHING FUND** - The aims of the Coaching Fund is to ensure that coaches in sports club have the opportunity to develop their own skill 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 allocated to a club is in 2012 is €250 per annum. The maximum allocated to a club in 2012 is €250 per annum with a total fund of €4000 and is open until this fund has been exhausted. So far in 2012 four clubs have received €1080 allowing thirty four coaches to be trained on various NGB courses.

**DEVELOPMENT FUND** - The Development Fund has three specific target groups for 2012: to fund new clubs, to fund a new gender section of a club or to fund a new juvenile section of a club which didn't previously exist. In 2012 €1500 is available in the fund with a maximum of €300 available per club and is open all year round until the fund has been exhausted.

*'On behalf of Dungarvan Rugby Club, I would just like to say thanks for the €300 coaching grant from Waterford Sports Partnership. This enabled us to get another 8 coaches trained on a Munster program. Without this sort of assistance I feel it would be more difficult for us to afford the coaching programmes. Getting these coaches trained gives them the confidence to continue coaching, and therefore offer long term benefits to both the club and the children they are coaching. Thanks again and we look forward to your continued support.'*

**Trevor Doherty, Juvenile Chairperson  
Dungarvan Rugby Club  
who received €300 for the support of 8 coaches**

**SPORTS CLUB PARTICIPATION FUND** — In 2011 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 people aged over 35. The 2011 grant allocated €2500 to eight clubs which involved 928 individuals and 248 new members cumulatively for the eight clubs. St Anne's Camogie Club were successful recipients of €200 which they used to purchase equipment for the development of a new under eights team with twenty new members. The highlight for them was team playing at half time in Walsh Park for the inter county Waterford v Dublin game.

The 2012 grant has a maximum allocation of €400 per club with a total fund of €2000. Whilst this is a small scale grant, WSP are looking to assist clubs via this grant as part of a sustainable programme increasing membership for the three target groups. The closing date for receipt of applications was 4pm on Wednesday 16th May. The results will be announced shortly.

**CRITERIA & APPLICATION FORMS FOR THE COACHING & DEVELOPMENT FUNDS ARE AVAILABLE TO  
DOWNLOAD FROM THE FUNDING SECTION OF [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)  
or you can contact the office for further information on (058) 21191 or (051) 849855**

## Sports Capital Grants Workshop

The Minister of State for Tourism and Sport Michael Ring TD recently announced a €30 million fund for important sports capital projects. In order to assist local sports clubs and community groups to apply for the funding Waterford Sports Partnership hosted an Information Workshop. Ann-Marie Maher from Laois County Council facilitated the session which was attended by eighty individuals representing over fifty Clubs and community group from across Waterford City & County.

The Sports Capital Programme is the main channel of Government support for developing sports facilities and purchasing sports equipment for sports clubs and organisations across Ireland. The scheme is open to far more clubs and groups than ever before, because a strict requirement on landownership has been relaxed. In the past, all applicants had to own their land or have it on a long lease. Minister Ring has decided that these clubs can now apply for grants of up to €25,000 to upgrade facilities, clubs which own their own premises are able to apply for larger scale grants.

During the workshop attendees were taken through the application form and the guidelines, Ann-Marie was able to give clarification and answer any sports specific questions from the floor. Feedback from the participants was very positive - "very useful information and presentation"; "excellent tips for grant application" and "excellent workshop with great interaction between Ann-Marie and the audience"

**The closing date for receipt of online applications is 5pm on Friday 1<sup>st</sup> June  
to [www.sportscapitalprogramme.ie](http://www.sportscapitalprogramme.ie)  
and Department of Transport, Tourism and Sport, New Road, Killarney, Co. Kerry**

**COMING SOON!**

## **Walk Waterford Spring Series**

***Contae Phort Láirge - is leatsa é!***



*Waterford Sports Partnership was delighted to have the opportunity to showcase some of Waterford's finest walks as part of the Walk Waterford programme.*

Five walks were planned as part of the Spring Series; Dunmore East Wood Walk, Dungarvan Railway Walk, Tramore Donerale Walk, Glenshelane River Walk and Mahon Falls. Unfortunately due to extreme high winds the Mahon Falls walk was cancelled however Waterford Sports Partnership are delighted that over seventy people took part in at least one of the four walks organised.

All four walks received fantastic reviews. The Dunmore East Wood walk was noted for its accessibility and its diverse setting which included woods, sea views and thatched cottages. A large group gathered for the Dungarvan Railway walk as it is one of the most accessible walking trails in Waterford, people enjoyed the flat terrain and the even surface. The Tramore Donerale walkers were treated to fantastic weather which made the maritime themed walk even more enjoyable. And finally the Glenshelane River Walk situated in the tranquil Coillte forest near Cappoquin, was enjoyed by a number of people who 'never knew it was there' but plan to go back again this summer.

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

We plan to run the Walk Waterford programme again in the Autumn. Meanwhile if you are looking for something to do over the summer why not get your friends and family together and walk some of these scenic, tranquil and spectacular walks.



**DUNMORE EAST WOOD WALK**



**TRAMORE DONERAILE WALK**



**GLENSHELANE RIVER WALK**



**DUNGARVAN RAILWAY WALK**



## Waterford Youth Walkers – Pedometer Challenge

Waterford Sports Partnership received funding from Waterford Leader Partnership to encourage and support young people in Waterford to participate in physical activity. From this funding it was decided to engage the youth groups in taking part in a pedometer challenge.

The pedometer challenge started for the month of May with four groups signing up to this four week programme. Well done to the Midway Marching Mad Yokes, Tramovers, The Wild Ones and Gracedieu Groovers who are all competing to win the challenge.

Each group will be invited to take part in the John Treacy 5k Walk in Villierstown on Sunday May 27th where the winning group, who completed the most steps as part of the Challenge, will be presented with the Pedometer Challenge trophy and Slí na Sláinte certificate for their efforts. A big thanks must go to the youth workers for working with us in running this programme, keep up the good work!



## Waterford Walkers

The 'Waterford Walkers' programme which is funded through the Irish Sports Council Women in Sport Funding was designed to increase the number of women only walking groups and motivate and maintain women in walking.

To date we have five groups up and running, Ballybeg/Cill Barra Walkie Talkies, Waterpark Wigglers, Joints in Motion, Tramore Striders and the Pink Ladies.

Congratulations to the Walkie Talkies on being the first group to receive their Slí na Sláinte Silver Certificate, keep up the good work ladies. All groups will be invited to take part in the John Treacy 5k Walk in Villierstown on Sunday 27<sup>th</sup> May.

**If you are interested in setting up your own walking group or would like to join any of the existing groups please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**

## Women in Coaching

As part of Waterford Sports Partnership's Women in Coaching Programme, a FAI Kick Start 1 coaching course specifically for Women was held this year. Twelve women took advantage of this opportunity and successfully completed the course. This Women in Sport funded programme aims to support and increase the number of female coaches in Waterford. Not only was this was a great chance for women to gain new coaching skills and qualifications in a supportive environment, it was also an opportunity to meet other women involved in their sport.

**For more information on women in coaching courses please contact:  
Pauline Cunningham on (051) 849855  
[pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)**



## FAI & Badminton Teacher Training

***Buntús programmes are exciting programmes developed to support teachers in introducing young people to sport and physical activity. WSP invited new teachers to take part in FAI and Badminton Buntús teacher training earlier this year. These two programmes gave these new teachers the necessary skills and confidence to return to their schools and teach these two sports.***

The Badminton training took place early February and was tutored by local club man Martin Walsh. Teachers from Christ Church N.S., Waterpark N.S., Garrenbane N.S., Gaelscoil Phortlaige, St. Mary's Primary School, Knockanore N.S. and Ballymacarberry N.S. were all in attendance on the day.

The FAI Soccer training took place in March and was tutored by FAI Sports Development Officer Gary Power. Garranbaun N.S., Waterpark N.S., Gaelscoil Phortlaige, Waterford Educate Together, Knockanore N.S., and Ballyduff Lower N.S. and Ballymacarberry N.S. were all in attendance on the day. A big thank you to Ballyduff Lower N.S. for the use of their hall on the day.



## Discounted Sports Opportunities For All

*Waterford Sports Partnership has again secured funding from the Irish Sports Council to run the Link2BActive initiative to offer discounted exercise opportunities to the people of Waterford. This programme aims to introduce people to new leisure activities and utilise local clubs and facilities to make sport more accessible.*



Link2BActive was run as a pilot programme in 2010 by Waterford Sports Partnership in conjunction with leisure facilities and sports clubs in Waterford City and County who offered discounted rates specifically for job seekers. A web page was created listing all of the facilities/clubs involved in the programme and was accessed via the WSP website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie). Keen to ensure that affordable physical activity is available to a wider audience in Waterford, Waterford Sports Partnership decided to expand this programme to cater for five target groups as follows:

- **YOUTH** aged 13-17 (in conjunction with Waterford/Dungarvan Youth Information Service)
- **PEOPLE WITH A DISABILITY**
- **JOB SEEKERS**
- Adults aged **50 YEARS+**
- Discounted rates for the **GENERAL PUBLIC**

Since the Link2BActive launch in January 2012, thirteen facilities are now involved in the Link2BActive programme. In the first four months of 2012, Link2BActive facilities received 823 visits from 178 separate members.

### Link2BActive Open Days

Waterford Sports Partnership hosted open days in seven of the participating Link2BActive facilities in the month of April, forty two individuals across all four target groups attended the taster sessions. This number is particularly pleasing as all of the people who attended had not previously visited the facility through the Link2BActive Programme.

**Butler Community Centre** - On Thursday 12<sup>th</sup> April twenty six youths enjoyed a multi sports taster session which included Badminton, Basketball, and Soccer. Brian O'Neill, Youth Sports Development Officer with WSP said 'The young people tried all three sports and for ten young people, it was their first time trying Spikeball-a modified version of Volleyball. All ten enjoyed this new activity and all concerned requested to play more Spikeball games in the near future. A lot of the individuals and youth groups that attended were not aware of the discounted rate of €20/hour for pitch and hall hire and stated they would look to utilise this opportunity again in the future.'

**Cappoquin Community Centre** - Cappoquin Community Centre is a designated Link2BActive facility offering discounts for older adults, people with a disability and job seekers. These offers include discounted gym inductions and gym use (€5pp), hall hire (€3pp) and indoor bowling sessions (€3pp) every Monday from 3 to 6pm. During the programme, a number of older adults have been using the gym facilities as part of their personal exercise regime.

The photo (opposite) shows some of the older adults from Cappoquin Active Retirement Group taking advantage of these discounted prices using the gym equipment after a gym induction by the centres gym instructor. For further information, please contact Cathy McGrath on (058) 52746



Visit [www.waterfordsportspartnership.ie/bactive.shtml](http://www.waterfordsportspartnership.ie/bactive.shtml) for details on all thirteen facility Link2BActive offers



## Waterford City of Learning March 27<sup>th</sup> to 29<sup>th</sup> Learn to Play Boules

As part of the inaugural Waterford City of Learning project lead by the City of Waterford VEC, Waterford Sports Partnership hosted a 'learn to play boules' session on the boules pitches in the Peoples Park. 42 people came along on the day, a fantastic turnout across all generations.

Boules is an easy, enjoyable game suitable for young and old. The boules pitches are right beside the Park Café and are available for use, you can bring your own boules set or borrow the set from the Park Café. All instructions on how to play are posted at the pitch.



## Disability Activities Update

### PAN Disability Soccer Club

Waterford Sports Partnership are delighted to be involved in developing Waterford's first PAN Disability Football for All Club in association with the FAI (Gary Power – Sports Development Officer) and specifically Tramore AFC. The PAN Club was set up to cater for both boys and girls between the ages of 6-16 years with all types of disabilities.



The Club started in late March with seven participants taking part. The PAN Club runs every Friday evening in Tramore AFC from 5-6pm where the participants get excellent training by head coach Tommy Griffin.

A special mention must be given to Tramore AFC who have been running these sessions along with the help of some local volunteers. Well done to all in Tramore AFC, keep up the good work.

**Tramore AFC are looking for new members to join the PAN Disability Football for all club. If your child is interested in joining please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportpartnership.ie](mailto:pcunningham@waterfordsportpartnership.ie)**

### Social Soccer League for Adults with a disability



On the last Thursday of every month from 1 to 2pm the FAI with the support of Waterford Sports Partnership run the 'Football For All Social Soccer' at the Kingfisher Club in Waterford. On Friday 9th March the group was invited to the RSC to be presented with their certificates of attendance for 2011. The group were presented with their certificates by Cllr. John Halligan before the Waterford United game where they got a great reception from the match spectators. Some of the participants were lucky enough to meet Waterford United Soccer Player David Breen.

**If your organisation would like to take part in this monthly activity, please contact Gary Power, FAI Development Officer on 086 3883850 or [gary.power@fai.ie](mailto:gary.power@fai.ie)**



### Golf for Adults with disability

Waterford Sports Partnership is running an eight week golf tutorial for adults with a disability.

The sessions are hosted by Ian St John PGA Professional ([www.ianstjohnsgolf.com](http://www.ianstjohnsgolf.com)) who is using the V1 Video Coaching Golf Session. This programme consists of five weeks at Tramore Driving Range and three weeks at Williamstown Golf Course. There are five keen golfers taking part in this programme who are all enjoying this fantastic opportunity.

### Waterford Boccia Training, League & Blitz

Waterford Sports Partnership was delighted to run its first ever Boccia training session for Leisure Centres and Disability Organisations in Waterford. The training was held in the Kingfisher Club on Wednesday the 7<sup>th</sup> March and was tutored by Frank Fahey from Go For Life. The day was a success and all the participants were impressed with the training they received. Well done to the staff from Kingfisher Club, Woodland Health and Leisure Centre, Cill Barra Sports Centre, Clonea Health and Leisure Centre, The Park Hotel and St. Otterans who all took part in the training.

Following this training, disability organisations were then invited to take part in Boccia for four weeks at one of the trained leisure centres. The four disability organisations that availed of this fantastic opportunity were St. Otterans, Brother of Charity, Carriglea Services and the Irish Wheelchair Association.

Due to the success of the training it was decided to host a Boccia Blitz for those organisations who took part in the Boccia Programme. The blitz was held in the Kingfisher Club with over 40 participants in attendance on the day. The Irish Wheelchair Association were the overall winners of the blitz with St. Otterans coming in second. WSP received great feedback from both staff and participants, with St. Otterans saying that "Both clients and staff have deemed the Boccia initiative a great success! Clients themselves said that they 'loved it', 'It was great', and 'When can we do it again?'". After this positive feedback we plan to host a Boccia Blitz once a month where participants from all disability organisations can take part.



**The next blitz will be held on Wednesday 13<sup>th</sup> June in Cill Barra Sports Centre from 11am to 1pm. If your organisation would like to attend this blitz please contact Pauline Cunningham on 051 849855 or email [pcunningham@waterfordsportpartnership.ie](mailto:pcunningham@waterfordsportpartnership.ie)**

# WSP TRAINING COURSES

## 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 17th September from 6.15 to 9.30pm** in the VEC Offices, Dungarvan Shopping Centre. 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

## Children's Officer Training

Over 18's - €10 pp

*Applicants for the Children's Officer Training Course must have previously completed a Child Welfare and Protection Awareness Course. This 6 hour course (run over two 3 hour sessions) is aimed at Club Children's Officers to help them to carry out the function of their role in the club. It goes into further detail of material delivered in the Basic Awareness Course (Child Welfare & Protection in Sport Course). This information will support the Club Children's Officer in the implementation of Best Practice in the club.*

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

## Active Leadership Training

Over 18's - €25 pp

*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 delivers this course at a subsidised rate to a minimum of 12 participants from interested sports clubs, youth groups and community groups.

The next **Active Leadership Course** is scheduled for **Friday June 22<sup>nd</sup> from 6 to 9pm & Saturday June 23<sup>rd</sup> from 9am to 5pm** in Cill Barra Sports Centre, Ballybeg, Waterford. 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 - 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.*

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

## 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 2012. *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.*



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## NGB CONTACTS



**Athletics Ireland**

**CONTACT: Jacqui Freyne**

Tel: 087 2629950



**Badminton Ireland**

**CONTACT: Brenda Barry**

087 6412760



**Basketball Ireland**

**CONTACT:**

(01) 4590211

[www.basketballireland.ie](http://www.basketballireland.ie)



**Cumann Camógaíochta na nGael**

**Camogie Association**

**CONTACT: Deirdre Murphy**

087 641 5485



**Cumann Lúthcleas Gael**

**CONTACT: Eoin Breathnach**

087 9219345



**Football Association of Ireland**

**CONTACT: Gary Power**

086 3883850

[gary.power@fai.ie](mailto:gary.power@fai.ie)



**Irish Rugby Football Union**

**CONTACT: John O'Neill**

086 8207752



**Ladies Gaelic Football Association**

**CONTACT: William Harmon**

Tel: (01) 8363156

Fax: (01) 8363111



**Irish Olympic Handball Association**

**CONTACT: Lisa Regan**



**Volleyball Association of Ireland**

**CONTACT: Ciara Buckley**

086 8173990

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**Cricket Ireland**

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[www.irishcricket.org](http://www.irishcricket.org)

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# Youth Sports Development Update



## Brian O'Neill - Youth Sports Development Officer (YSDO)

Brian is working with young people aged from 10 to 21 years throughout Waterford City, offering them opportunities to participate in sport and active recreation. A variety of programmes have been run in all areas of the city and new programmes are constantly being developed & implemented. Brian would love to hear from organisations, associations and agencies that work/volunteer with young people. The following pages give an update on some of the programmes and events that have been happening over the last few months.

### BOXING

Seven Boys aged from 16 to 18 years from the SWAY Project, St. John's Park participated in this six week Boxing program, in St. Paul's Boxing Club, Lisduggan, Waterford.

Under the guidance of experienced local boxing coach Seamus Cowman, the young adults improved their fitness, refined their boxing skills and discovered a love for a different sport. Training consisted of a warm up, shadow boxing, core fitness, pad work, bag work, skipping, strength and conditioning, followed by a warm down. Seamus kept the training varied, intensive and most importantly, enjoyable.

Five of the young adults expressed an interest in continuing training with the Club. St. Paul's Boxing Club has a number of fully qualified coaches and offer a range of fitness program for both young people and adults.

**For more information please contact Brian O'Neill, Youth Sports Development Officer on (051) 849855 or [boneill@waterfordsportpartnership.ie](mailto:boneill@waterfordsportpartnership.ie)**



### Health, Fitness & Well-Being

This programme commenced in November 2011 and was completed in February 2012 by members from Children's Group Link, Waterford City. The Health, Well-being and Recreation Programme offers teenagers aged 12-15 years the opportunity to receive information and discuss topics such as: Sexual Health, Relationships, Separation and Bereavement, Positive Mental Health, Substance Misuse, Diet & Nutrition.

As part of the programme, participants were given the opportunity to sample healthy recreation and sports options including exercise to music, martial arts, self-defence, laughter yoga, snag golf, hockey, soccer and other sports. Thirteen young people availed of this nine week programme with attendance remaining very high. Local Coaches and Tutors from Waterford Martial Arts, The Yoga Centre, FAI and the First Tee of Ireland were sourced so that the young people could access their services if they so wish.

Waterford Sports Partnership would like to congratulate all the young people that took part, as committing to a nine week program is no easy feat! The program concluded with a presentation night with the young people receiving official certification for the Deputy Mayor Councillor Gary Wise.

**Young people interested in participating in the programme should contact Vera Potoraca on (051) 855036 or [vera@childrensgrouplink.ie](mailto:vera@childrensgrouplink.ie)**





# Youth Sports Development Update

## Tackling Transition

Tackling Transition is a joint initiative between Waterford Sports Partnership, the FAI and the School Completion Programme.

Sixteen Transition year students from St. Paul's Community College completed an FAI Kickstart Level 1 Coaching course over one day. The next stage of this programme was to give the TY students an opportunity to put their coaching skills into practice. This was achieved when the TY students hosted 25 sixth class students from St. Paul's Primary school for four coaching sessions. The majority of the sixth class students will probably attend St. Paul's Community College and it is envisaged that the TY students will make themselves available for support or assistance for the newly inducted students.



**If your school is interested in running a similar program, please contact Brian O Neill, Youth Sports Development Officer on (051) 849583 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**



## One Wall Handball

On Saturday 4th February, a Foundation Level One Wall Handball Coaching Course took place in Waterpark College, Park Rd, Waterford.

The aim of this course was to equip individuals with the basic skills to coach juveniles in the fast growing sport of Handball. A total of ten people took part in this one day course facilitated by Richard Willbough, a full time GAA Tutor. The course explored in detail topics such as warm-up, safety in the court/sports hall, drills to improve skills, basic strokes of Handball, defensive positioning and effective Handball doubles. The course was very interactive all the participants really enjoyed it.

Thanks to Waterpark College for the use of their sports hall and to all those who attended on the day.

**For any more information on One Wall Handball, please contact: Brian O Neill Youth Sports Development Officer Phone: (051) 849583 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**

## 3-on-3 Basketball

A 3-on-3 Basketball Blitz took place on Saturday, 28th April in St. Paul's Community College.

Twenty five boys and six girls ranging from 13 to 15 years of age took part. This Blitz was aimed at young people who don't normally play Basketball. The young people were from Manor St. John, Northern Suburbs, Inner City Youth Projects, St. Paul's Community College, Mount Sion and Presentation Schools.



This event ran very smoothly and the young people really enjoyed themselves. Nine teams took part with three/four people on each team. Each game lasted for seven minutes and each team played over five games. A DJ played music whilst the games were in play.

Another 3-on-3 event is planned for the coming months.

**For further information regarding 3-on-3 or club Basketball please contact : Brian O'Neill, Youth Sports Development Officer on (051) 849 583 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**

## Spikeball

Spikeball is a modified version of Volleyball. The main differences between SpikeBall and 6-side volleyball are:

**The 2nd touch must be a "catch and throw"**  
Four a side game instead of six aside  
Team must rotate after 3 successful tosses/serves  
Automatic substitution every time the team rotates  
Team must have 3 touches

Teams from North Suburbs Community Youth Project, Manor St. John Youth Service & Inner City Community Youth Project all took part in a mini Blitz in April.

WSP plans to stage a number of Blitz's over the coming months and would like to increase the number of teams.

**If you are interested in joining, or entering a team, please contact:**  
**Brian O Neill on (051) 849 583 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**

# Youth Sports Development Update

## FITNESS FOR GIRLS

**Boxercise** - Nine girls from Ballybeg Community Youth Project took part in a six week Boxercise program. The girls were coached by the very experienced Bart Simpson of St. Saviours Boxing Club in their local community in Ballybeg. Such was the keen interest shown by the girls, they requested to train twice a week, and Bart was only too happy to accommodate. After the 8 weeks are completed, the girls plan to take part in a 12 hour marathon training session. All proceeds made from this event will be raised for Ballybeg Community Youth Project. Now that's dedication!

St. Saviours Boxing Club offers Boxercise programmes for groups of young people 12-17yrs - male & female. The Boxing Club will collect the Youth group in their area, run a one hour Boxercise session and return the group for the excellent rate of €5 per person. The minimum number in a group is 8 and the maximum is 15. The Boxing Club is manned by qualified coaches, a child protection officer and first aiders and has a variety of equipment for use.

**If you have a group interested in availing of this great offer please contact Bart Simpson, St. Saviour's Boxing Club, Ballybeg on 085 1660175**



**Dance Yoga** - Dance Yoga is Yoga to music. This concept was introduced by Karla Kelly, of House of Yoga, as a means of making Yoga more appealing to young people. Eight young girls (12-15yrs) from Manor St. John Young Project participated in a six week programme, which also incorporated laughter Yoga. Attendance remained high throughout the four weeks which is a credit to all the young girls who took part.



## Mayor launches Waterford Youth Card

The Waterford Youth Card is a joint initiative between Waterford Sports Partnership, Comhairle na nOg and Waterford Youth Information Centre. The Youth Card will enable young people between the ages of 13-17 to avail of discounts in a number of leisure facilities, sports clubs, shops, cafes and local businesses.

The Youth Card was officially launched by the Mayor of Waterford Cllr. Pat Hayes. Representatives from Waterford Sports Partnership, Comhairle na nOg, Waterford Youth Information Centre, Children's Group Link, Foroige and a large group of young people attended the launch. The Mayor praised the young people for their efforts and the role they play in society and highlighted the impact young people make within their community. The launch was concluded with light refreshments and an opportunity for the young people present to register and obtain their Youth Card.

**The Youth Card, which is free of charge, is available at the Waterford Youth Information Centre, For further information please contact; Bernard Hackett, Coordinator on (051) 877328 or Brian O'Neill, Youth Sports Development Officer, Waterford Sports Partnership on (051) 849583.**



## Hip Hop Dance Workshop

On the weekend of 3<sup>rd</sup> & 4<sup>th</sup> March a Hip Hop Dance workshop was held at the Kingfisher Leisure Centre, Waterford. This workshop was hosted by Waterford Sports Partnership in conjunction with Pure Fitness Studios.

Thirteen people attended this course and all received a NVQ level 2 award, enabling them to teach Hip Hop classes. Participants on this course were taught how to screen class members, conduct a safe warm-up, prepare lesson plans, incorporate dance moves into a dance routine, identify beats and take a class cool down.

All participants thoroughly enjoyed this weekend event. Waterford Sports Partnership would particularly like to thank to Cherie Brammeld, the Dance Instructor who made the course very enjoyable and entertaining throughout and also to Kingfisher Leisure Centre for the use of their fabulous facilities. The only complaint from the participants was that the weekend went by too fast!!!





# Youth Sports Development Update

## FAI Easter Camp

Over the Easter break, the FAI with the assistance of Brian O'Neill, Youth Sports Development Officer, held a 3 day Soccer camp in St. Saviours Soccer Club. Over 60 young people attended this camp, focusing on the basics skills such as passing, dribbling, shooting and defending. The FAI & Waterford Sports Partnership would like to thank St. Saviours Soccer club for the use of their facilities.

**For further information on soccer development in Waterford please contact:  
Michael Looby on 087 0508623**

## NEW FOR 2012 - Learn to Surf

***Learning to Surf has now never been easier for Youth groups/organisations!***

In an initiative to make surfing more accessible Waterford Sports Partnership can provide surf boards to Youth groups free of charge. WSP have partnered with T-Bay Surf club who store the boards and will provide wet suits, surfing lessons and hot showers at very reasonable rates.

**For further information please contact  
Martin Cullinane, T Bay Surf & Eco Centre  
on 083-4075761 or Brian O'Neill on (051) 849583.**

## Re-engaging Programme

This Programme is to support the re-engagement of young people 15-21yrs back into sport/physical activity. They can do this through participating socially, competitively, as a volunteer in the club or maybe through sourcing coaching qualifications and becoming a coach within their chosen sport/activity. For further information on this programme please contact Brian O'Neill

A referral form can be downloaded at:

**<http://www.waterfordsportspartnership.ie/pdfs/youthreferralform.pdf>  
or contact Brian O'Neill, Youth Sports Development Officer on (051) 849583 or  
boneill@waterfordsportspartnership.ie**

## St. Paul's Youth Club - Muay Thai

A number of students from St. Paul's Youth Club began a six week fitness program in Muay Thai.

Muay Thai is a martial art that originates from Thailand, an aerobic fitness programme and a useful form of self-defence. The exercises associated with Muay Thai greatly help in building up stamina/fitness levels, toning the body and are very effective for maintaining a healthy bodyweight. It was great to see the numbers increase as this program progressed.

**For further information on Muay Thai classes contact  
John Walsh: 087 6852521 at Waterford Muay Thai,  
Lacken Rd, Waterford.**

## Waterford Street Soccer League - Get your community involved!

We would like to encourage more communities to participate in the Waterford Street Soccer and join the growing number of young people enjoying football and having fun in their own communities. All you need is 7 young players between or 10-12yrs & 13-14yrs and two adult volunteers in your area to enter the Street Soccer League for 2012. Registration forms are now available for the **Pat Doyle Memorial Blitz**, due to take place in late **May 2012**.

**Please contact: Gary Power, FAI Development Officer on 086 3883850 or  
Brian O'Neill, Youth Sports Development Officer on (051) 849 583 for information.**

## TRAINING

Check out our website for a full listing of upcoming courses & events

**[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**

For more information please contact:  
**Brian O'Neill (051) 849583**

## COMING IN 2012!

**Orienteering Instructors Course**  
June 2012

**Guidance through Golf**  
June 2012

**City Surfers Programme**  
Summer 2012

**BMX Events**  
June 2012

**Beach Spikeball**  
July 2012

**Youth Tag Rugby**  
July 2012

**On Target Archery**  
August 2012

**One Wall Handball**  
August 2012

**Sean Kelly Tour of Waterford 13k Cycle**  
August 2012

# Waterford Sports Partnership

## 2012 Calendar of Upcoming Courses and Events

Date	Course/Event	Time	Venue
<b>MAY 2012</b>			
Friday 18 <sup>th</sup> , Saturday 19 <sup>th</sup> & Sunday 20 <sup>th</sup> May	Slí na Sláinte Walking leader Training	Fri 7-9pm, Sat 9am – 5pm, Sun 9am – 2pm	Sligo
Sunday 27 <sup>th</sup> May	John Treacy 1/5/7.5km Fun Walk/Run	Registration 1pm	Villierstown, Co. Waterford
<b>JUNE 2012</b>			
Saturday 16 <sup>th</sup> June	Pedal Port Lairge National Bike Week Official Opening Event	ALL DAY	Walton Park, Dungarvan Regional Sports Centre, Waterford <b>SEE FURTHER INFORMATION VISIT www.pedalportlairge.ie</b>
Friday 22 <sup>nd</sup> & Saturday 23 <sup>rd</sup> June	Active Leadership Course <i>for Youth leaders, Volunteers and Sports Coaches</i>	Fri 6 to 9pm Sat 9am to 5pm	Cill Barra Sports Centre Ballybeg, Waterford
<b>AUGUST 2012</b>			
Sat 25 <sup>th</sup> & Sun 26 <sup>th</sup> August	The Sean Kelly Tour of Waterford 13/50/100/160km	Various	Dungarvan
<b>SEPTEMBER 2012</b>			
Monday 17 <sup>th</sup> September	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	VEC, Second Floor, Dungarvan Shopping Centre, Dungarvan
<b>OCTOBER 2012</b>			
Monday 8 <sup>th</sup> October	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	Regional Sports Centre, Waterford
<b>NOVEMBER 2012</b>			
Monday 5 <sup>th</sup> November	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	VEC, Second Floor, Dungarvan Shopping Centre, Dungarvan
Monday 26 <sup>th</sup> November	Child Welfare & Protection Awareness Course	6.15 - 9.30pm	RSC, Waterford
<b>DISABILITY AWARENESS TRAINING</b> <b>ACTIVE LEADERSHIP TRAINING</b> <b>FIRST AID (REC 1 or REC 2) TRAINING</b> <b>CHILDRENS OFFICER TRAINING</b>		<b>IF INTERESTED PLEASE CONTACT THE OFFICE</b> <b>ON 058 21191 / 051 849855</b>	

### Mercyhurst Students enjoy Rugby & Hurling Taster Sessions!



During their stay in Dungarvan fourteen of the visiting students from Mercyhurst University enjoyed a rugby taster session at Dungarvan RFC. Peter Jones (WSP), Mossie Keith (Dungarvan RFC) and Teresa Keith (Dungarvan RFC) put the students through their paces covering basic handling skills, passing, tag rugby, rucking and tackling. The session was great fun and the students were very keen to link in with Dungarvan RFC and make rugby a more regular activity during their visit. Special thanks to Amber Stillwell from Mercyhurst for organising her troops.



Waterford Sports Partnership in conjunction with Dungarvan GAA Club delivered a hurling taster session to 10 the visiting Mercyhurst students. Derek Lyons who led the session from Dungarvan GAA said 'The lads took to the hurling "like duck's to water". A great group to work with (except for the two "blow in's" from Abbotside) and I wish them all a safe journey back home next week across the Atlantic Ocean to the "Land of Opportunity, Go n-éirí an bóthar leat go léir!! (Good luck to you all).'

#### WATERFORD SPORTS PARTNERSHIP

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