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Waterford Sports Partnership launches new strategy

Waterford - Active People, Active Place, 2014 - 2017

John Treacy, Chief Executive of the Irish Sports Council and former world cross country champion and Olympic silver medalist was in Dungarvan on Saturday 18th January to launch Waterford Sports Partnership's new strategy: Waterford - Active People, Active Place, 2014 - 2017.

The launch took place in the Civic Offices, Dungarvan with representatives from the many target groups, clubs, agencies and communities with which Waterford Sports Partnership (WSP) works. Mayor of Dungarvan, Cllr. Teresa Wright welcomed the Mayor of County Waterford Cllr. Damien Geoghegan, Mayor of Waterford City Cllr. John Cummins, John Treacy and all the guests to the launch. In her address she paid tribute to all involved in the development of sport in Waterford including sports clubs, schools and national governing bodies. She also highlighted and acknowledged the important role WSP plays in supporting sports participation programming for many target groups, in providing education and training opportunities for coaches and volunteers and as a source of information and expertise on sports development.



Jacinta Burke, Chairperson of WSP, acknowledged the commitment to sport and physical activity shown by the sporting clubs and community organisations, the WSP Board of Directors, statutory agencies and the staff of the Partnership. She outlined that the next phase of WSP's work will focus on four strategies - Active Communities, Active Sport, Active Engagement and Active Management. She signalled the intent of WSP to continue to work in a co-ordinated and integrated way with sporting groups and local agencies.

In launching the plan, John Treacy was highly complementary of the work of WSP and all the sporting groups on the ground in Waterford stating "This strategy builds on the excellent work that the partnership has achieved over the last decade and will help to ensure that Waterford Sports Partnership grows in strength and continues to be the key agency providing opportunities for more people to become involved in sport and physical activity in the next few years and beyond." He went on to say "It is about the community groups, the sporting clubs, the Sports Partnership and all the agencies working together, and that partnership has worked extremely well in Waterford".

The launch came to a close with Sports Co-ordinator, Rosarie Kealy, thanking all those who contributed to the work of the Partnership and to the development of the strategy. Her final word of thanks was to the many sports clubs, community groups, local representatives and agencies present for their ongoing enthusiasm and commitment to the development of sport and physical activity opportunities throughout County Waterford. Following refreshments, many of those who attended the launch then joined the Operation Transformation walk which took place on the Dungarvan Railway track.

A copy of the Strategy can be downloaded at:
www.waterfordsportspartnership.ie/pdfs/strategy2014.pdf

MEET THE WSP SPORTS DEVELOPMENT TEAM

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



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



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



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



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

PROGRAMMES & EVENTS UPDATES

Commit 2B Fit Programme

The Commit 2B Fit Programme ran for 8 weeks in January 2014 with fourteen women signing up to start off the New Year on the right foot! The programme was organised by Waterford Sports Partnership and delivered by the Park Hotel Leisure Centre with funding from the Health Service Executive. Participants were recruited in partnership with Dungarvan Youth Club, the National Learning Network and Coláiste Chathail Naofa. The overall aim of the programme was to provide female participants aged 25-50 the opportunity to increase their activity, improve their confidence and adopt a healthy lifestyle by taking part in a range of leisure centre "taster" sessions at an affordable rate. The 8 week programme involved a Nutrition seminar from local Nutritionist Jess Keane, a Pilates class, a Kettle Bell class, two Gym sessions, two Swimming lessons and a focus group evaluation session. The participants completed a questionnaire and optional measurements at the start of the programme so that they could evaluate their progress in reaching their goals throughout the programme.

On completion of the 8 weeks, participants commented that the programme was very enjoyable and it was a good opportunity to gain confidence in taking part in the different activities on offer in a leisure centre setting. One participant said that the programme was "great for getting me out of the house and exercising". Each of the group said they could see themselves continuing with at least one of the activities on a regular basis. To assist participant in working towards their health and lifestyle goals, everyone that took part was offered a 20% discount on membership rates from the Park Hotel Leisure Centre. Since finishing the programme, two participants have taken out membership and are carrying on with the activities they found enjoyable during the Commit 2B Fit Programme. Good work ladies, keep it up!

Waterford Sports Partnership would like to congratulate the participants on taking part and we would also like to thank our partners in Dungarvan Youth Club, the National Learning Network and Coláiste Chathail Naofa for their support in running the programme. Additional thanks to the Park Hotel Leisure Centre for their expertise in delivering a great range of sessions for participants.



New for 2014 - Walk to Run

Earlier this year Waterford Sports Partnership received funding through the Irish Sports Council Women in Sport initiative to run an eight week WALK TO RUN programme for women in Waterford city.

Participants will take part in an eight week meet and train programme that will aim to increase their running confidence by learning the correct running techniques which will include topics such as posture and breathing control. After the eight weeks, participants will be encouraged to take part in the Cill Barra 6km fun run where they can put their new life long skill to use.

The programme will commence in the Regional Sports Centre, Cork Road, Waterford on **Monday 14th July at 7pm.**

Places are limited and must be booked in advance of the programme starting. If you are interested in taking part, please contact Pauline Cunningham on 051-849855 or by email; pcunningham@waterfordsportspartnership.ie

Active School Flag

The Active School Flag is a Department of Education and Skills (DES) initiative designed to recognise primary and post primary schools in Ireland that strive to achieve a physically educated and physically active school community by awarding them an Active School Flag (ASF). To be eligible for the ASF, schools must adhere to the DES guidelines regarding PE timetabling, teach a broad and balanced PE curriculum and promote and support the provision of activity throughout the school day. Schools are required to take a whole school approach towards evaluating and implementing improvements in each of these areas through involving students, parents, the local community and outside agencies. Schools in pursuit of the ASF are also required to organise an "Active School Week" as part of their annual school calendar.

National Active School Week took place from May 12th-16th 2014. Both schools striving to achieve the ASF and schools that are not undergoing the process were encouraged to organise a week of fun and imaginative activities for their school. The Active School Week can take place during the national dates or during a different week that suits the school so it's never too late to get your school involved! The ASF website is packed full of ideas to get schools moving!

A number of schools in Waterford have been successful in achieving the ASF so far and there are many more working towards it. Coordinator of the Active Schools Flag, Karen Cotter, visited the Waterford Education Centre on April 3rd to give a presentation to sixteen teachers representing schools that are interested in getting involved in the ASF. Waterford Sports Partnership staff members Pauline Cunningham and Sarah Chadwick were also in attendance to highlight the supportive role that WSP can provide schools that are undertaking the ASF.

WSP can provide training for teachers in a wide variety of areas that may be identified for improvement during the evaluation process such as Disability Awareness and Sports Inclusion Training and Active Leadership Training. WSP also has a range of programmes suitable for schools that are advertised at various times during the school year through update letters, our newsletters and email.

If your school is interested in organising an Active School Week or working towards the Active School Flag, visit the Active School Flag Website to download the guidelines booklet: www.activeschoolflag.ie

For queries on how WSP can provide support and assistance to schools undertaking the Active School Flag, please contact Pauline Cunningham on (051)849855, pcunningham@waterfordsportspartnership.ie or Sarah Chadwick on (058)21199, schadwick@waterfordsportspartnership.ie



Disability Awareness & Sports Inclusion Training for Primary School Teachers & Preschool Staff

On Wednesday 2nd April Waterford Sports Partnership teamed up with Irish Wheelchair Sport to run two Disability Awareness and Sports Inclusion Courses. The first course was targeted at primary school teachers (sixteen participants) and the second course was targeted at staff from childcare services (nineteen participants).

The aim of the training was to familiarise teachers and childcare staff with the benefits of inclusive games and the best methods for including individuals with a disability in their school/preschool. The course included a mixture of both theory and practical modules which covered physical and sensory disabilities and how to adapt a physical activity session to cater for all abilities. Participants were also given the opportunity to plan an inclusive session and present to the rest of the group on the day. Comments from both training sessions were very positive with one participant remarking that the "course was excellent and I now feel a lot more comfortable including children with a disability".

If you require more information or you are interested in taking part in a Disability Awareness and Sports Inclusion course please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie



An Rith 2014 is a national festival aimed at encouraging the use and the speaking of the Irish language. 1000km was run through 15 counties from the 7th - 15th March 2014 starting in Baile Bhuirne, Cork and finishing nine days later in Belfast.

Waterford Sports Partnership in conjunction with the Irish Office of Waterford County Council and Comhairle na nÓg delivered a week of activities entitled 'Action as Gaeilge' to promote the Irish language and increase physical activity in schools. Four Dungarvan schools took part in the Rith 2014 schools programme; Scoil Mhuire Abbeyside, St Mary's, St Joseph's and Scoil Gharbhain and on Saturday 8th March 70 primary school children ran a kilometre as part of the national relay run.

The schools programme began on Monday 3rd March, with 4th to 6th class teachers given exercise resources in Irish with students picking cards at random during the day and then performing the activity that was written in Irish e.g. warm up, run 500 metres etc. As part of the programme, pupils also designed a motivational poster 'As Gaeilge' with winners being awarded prizes donated by Seachtain na Gaeilge and Rith 2014.

"The Comhairle members were very happy with how the day went. Many of them had no experience working with primary school children or coaching so it was great for them to gain an insight through Rith 2014. It was also a first for many of them using the Irish language outside the classroom. Being able to communicate with the children successfully was a real confidence boost, especially for members who are in exam years." **Jamie Moore, Comhairle na nÓg coordinator**

Paddy O'Dea, teacher in Abbeyside School said the 'Active as Gaelige' programme was "A great initiative to get schools and the community involved in a healthy and cultural way. Beidh an paróiste go léir ag teacht le chéile i slí sláintiúil, le cultúr." With a Scoil Gharbhain student stating "rásfaidh mé i gcoinne an mhúinteora ar an Satharn" (I'll race the teacher on Sat- sixth class pupil).

Waterford Sports Partnership would also like to thank the fourteen volunteers from Comhairle na nÓg who delivered a pulse raising warm up to participants 'As Gaeilge'.

"It was great working with WSP to deliver the 'Action as Gaeilge' programme to the local primary schools. Kids had great fun exercising while learning the 'cúpla focal' at the same time. Míle buíochas freisin to all the teachers and children for turning up on the day to support Rith 2014 na nDéise. Ní neart go cur le chéile, mar a deir an seanfhocal." (there's strength in numbers) **Maire Seo Breathnach, Waterford County Council Irish Officer & Rith Coordinator**



River Rowers

Waterford Sports Partnership in conjunction with Cappoquin Rowing Club delivered an eight week Rowing Programme funded by the Irish Sports Council's Women in Sport Funding to thirteen TY students from Blackwater Community School.

With only two of the thirteen girls having rowed before, the aim of the programme was to develop not only rowing on the river, but also rowing technique and improving fitness levels needed for rowing. The programme was facilitated by eight coaches from Cappoquin Rowing club on Saturday mornings between 1000-1200. The girls worked on core strength via fitness circuits, technique on the rowing tank and endurance on rowing machines. This was essential in ensuring that the girls were capable of rowing as a group on the water and WSP were delighted that seven girls have joined Cappoquin Rowing Club as a result of this programme.

"All the coaching staff at the rowing club are very impressed with the attitude and energy the girls have brought to every training session. They have been open-minded and have approached every task with the dedication it takes to be a rower, it's like a breath of fresh air to see the girls enjoying themselves and motivates both the training staff and the current members to mirror the same dedication" **Paul Murphy, Cappoquin Rowing Club**

Gillian Jeffrey, TY Coordinator at Blackwater Community School said 'The River Rowers Programme in conjunction with Waterford Sports Partnership and Cappoquin Rowing Club has been a very successful venture for our Transition Year students. The programme has introduced some of our girls to rowing. They really enjoyed the six weeks and felt it did wonders for their fitness levels. Several have decided to join the club. We plan to run the programme again next year.' With participant Lydia O'Brien saying 'I loved participating in the river rowers program and learned loads. Everyone was really encouraging and welcoming and I will now join the rowing club' and Claudia Barry 'I really enjoyed it and it was fun to try a new sport'.

With such encouraging results, Waterford Sports Partnership will be running another River Rowers programme with TY students in September 2014.



PROGRAMMES & EVENTS



Buntús Start

Buntús Start is an Irish Sports Council physical activity programme for three to five year olds. It encourages the development of fundamental motor, manipulative, co-ordination and balancing skills. By introducing these important base level skills in a fun way using purposely adaptive equipment the programme encourages young children to develop a positive attitude to physical activity which will hopefully lead to lifelong involvement. Waterford Sports Partnership in conjunction with Waterford Childcare Committee (WCC) recently held Buntús Start Training (Part 1) for twenty six new and existing childcare staff from eleven services. The training was led by Máire Cooke and Jacqui De Suin from WCC. The training was enjoyed by all staff on the night and all the participants are due to attend Buntús Start (Part 2) later this month.

"a very fun and enjoyable way to learn how to bring games to your setting".

**Regina Kent,
Programme Participant**

If you or your childcare centre are interested in attending the training or require more information please contact Pauline Cunningham on 051 849855 or pcunningham@waterfordsportspartnership.ie



Active Body, Active Mind Programme for Traveller Men in Dungarvan

Waterford Sports Partnership secured funding from the Irish Sports Council to run a programme to offer physical activity opportunities for job seekers. The Active Body Active Mind (ABAM) programme aimed to introduce participants to new leisure activities and encourage them to use local facilities and join local clubs. The programme ran from February to April and was delivered in conjunction with the Community Forum and the Traveller Health Project. Six traveller men took part in physical activity sessions in Dungarvan Boxing Club, Dungarvan Rugby Club, Bioactive Gym and a sea fishing session led by St Paul's Fishing Club. In addition to these activities, participants received health screening and a talk on diet from

Hallahan's Pharmacy. The programme was successful and two of the men have subsequently joined Bioactive Gym.

If you would like further information on this programme please contact Peter Jones on 058 21191 or email

"the Food Olympics was great. The smiles on all the children's faces, it was worth all the hard work we put in. Thank you so much to Peter and WSP!"

**Gráinne Phelan
Comhairle na nÓg Member**

Comhairle na nÓg Food Olympics

Comhairle members received leadership training from Waterford Sports Partnership to deliver fun activities to increase nutrition and hydration awareness. On Saturday afternoon, Comhairle na nÓg members delivered the Food Olympics to over 100 youngsters. Jamie Moore, coordinator of Comhairle na nÓg said 'Waterford Sports Partnership and Comhairle na nÓg linked up again to run the Food Olympics as part of the Comhairle "Picnic in the Park" event. Peter Jones assisted the Comhairle in setting up the five activities for the

Olympics: Warm-ups, Fruity Treasure Hunt, Coconut Putt, Pineapple Splash and Potato Croquet. Comhairle members had over 100 young people participate in the Food Olympics and were delighted with how smoothly the event ran.

"Well done to the lads on a great effort in our boxing and circuit sessions. It's a pleasure to train people who are genuinely interested and happy to be there."

Killian Walsh, Dungarvan Boxing Club

"It's a privilege to be part of a project such as this in helping improve the lives and health of others through health screening and education on the importance of nutrition and exercise in the overall aim of maintaining optimum health for all involved."

**Audrey Hallahan, Hallahan's Pharmacy,
Dungarvan**

"Engaging young traveller men in health awareness and sporting activities is important, not only from a health point of view but also as a social inclusion initiative. Many members of the Travelling community refrain from engaging in social, sporting activities as they experience discrimination at the first point of contact and this project has been vital in breaking down those barriers and challenging stereotypes."

**Rena Coady, Social Inclusion Officer,
Waterford County Council**

"I was delighted to be involved in this programme. As someone who is passionate about all things health, helping others improve theirs it is highly rewarding. The importance of improving physical health through exercise and nutrition cannot be underestimated as there are knock on positive effects such as a sense of well-being and improved mental health."

Billy Grace, County Waterford Community Forum

IRFU Play Rugby Workshop

As part of our on-going support of physical activity opportunities in schools, Waterford Sports Partnership offers a number of training opportunities each year to primary school teachers across Waterford. Earlier this year WSP in conjunction with the IRFU delivered a new module called Play Rugby. Eight teachers from six primary schools took part in the three hour training; Gaelscoil Philib Barum, St. Annes N.S., Passage East N.S., St. Saviours N.S., Waterpark N.S. and Fews N.S.. The training was a mixture of theory and practical and provided teachers with session plans, video clips on how to play fun games, additional Play Rugby certificates for all the class and the full range of Game Cards. All schools that attended on the day received an IRFU Play Rugby Starter pack for their school.

If your school is interested in taking part in future training in 2014 or if you require more information contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie



Code of Ethics

As part of our club development work, Waterford Sports Partnership delivers up to ten Child Welfare and Protection in Sport Training Courses in a calendar year. This Irish Sports Council certified 3 hour basic awareness course covers how to keep adults and young people safe and happy within the club environment with delivery focussing on guided discussion between participants.

The 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 your sports club or organisation.



The next **Child Welfare & Protection Course** is scheduled for **Monday 26th May from 6 to 9pm** in the VEC Offices, Dungarvan Shopping Centre.

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

What Participants say...

'Excellent course and delivered with a great sense of fluency'

Michael Pettit, Dungarvan Rugby Club

'The course ensures you protect yourself on and off the pitch'

Emma Tallon, Gaultier Camogie Club

'The course is very useful for anyone starting out in coaching'

Mark Dunne, Waterpark Rugby Club

'Great course, very interactive and a bit of craic along the way'

Dan Carlton, Ardmore GAA

'Even if you think you know everything you will learn something from this course'

Rachel Dudley McEvoy, Waterford Wildcats Basketball



Club Children's Officer Training

The Club Children's Officer Workshop is a six hour course, building on the material delivered in the Basic Awareness Course. This information will support the Children's Officer in the implementation of best practice in the club. Participants must have completed the Basic Awareness course prior to attending this workshop.

The next **Club Children's Officer Course** is scheduled for **Monday 6th & Monday 13th October from 6 to 9pm** in Waterford City.

Please visit our website www.waterfordsportspartnership.ie for further information and an application form or contact the office on (058) 21194

Garda Vetting

In our 2013 Autumn Newsletter, we outlined the imminent changes to Garda Vetting procedure for clubs and organisations. Clubs/organisations will be affected in a number of ways, for example all volunteers/coaches must be vetted **before** volunteering or becoming involved with your club/organisation and the club cannot ask parents to collect other children unless they are Garda Vetted. We have written a Garda Vetting help sheet to assist and educate clubs around Garda Vetting and this is available on our website at <http://waterfordsportspartnership.blogspot.ie/2013/09/garda-vetting-for-sports-clubs.html>

If you have any queries in relation to the above please contact Peter Jones on (058) 21191 or Pauline Cunningham on (051) 849855.



Active Leadership

PLAN | ORGANISE | LEAD TRAINING COURSE

Would you like to learn how to plan, organise and lead better activity sessions for youth groups, young people, individuals with a disability, summer camps etc..?

The Irish Sports Council **Active Leadership Award** is designed to provide you with the skills to be a trained, knowledgeable and enthusiastic community based physical activity leader in your sports club, community group, workplace or school.

Active Leadership Course

Thursday 29th May >> 9.30am to 4pm

Friday 30th May >> 9.30am to 2pm

**Crystal Sports Centre,
Cork Road, Waterford**

BOOKING ESSENTIAL

Download an application form at www.waterfordsportspartnership.ie or contact Pauline Cunningham on (051) 849855 to book your place.

**Over 18's only
Fee €25 pp**

Waterford Go for Life Games Leagues

This year Waterford Sports Partnership recruited three county based older adults groups and three city based older adults groups to take part in a pilot league from March-May 2014 leading up to the Go for Life (GFL) Games in June 2014. Groups registered their interest following a workshop held in October 2013.

The aim of the league was to provide an opportunity for older adult groups in Waterford to meet up with other groups locally and play the GFL indoor bowling activities in the lead up to the GFL Games in summer 2014. The GFL Games is a yearly event in which teams of 12-15 players from counties across Ireland take part in a tournament to celebrate and promote fun and social physical activity participation among older adults. The three GFL Games activities are Lobbers (an adaptation of boules/petanque), Flisk (an adaptation of Frisbee) and Scidil (an adaptation of ten pin bowling). The Waterford team had great success at the GFL Games in 2013 with our Lobbers team winning their event overall and the group as a whole thoroughly enjoying the friendly and fun atmosphere on the day.

County Groups that took part were Cappoquin Active Retirement, Dungarvan Active Retirement and Carriglea Cairde Services. City groups that took part were Waterford Stroke Support Services, Respond Housing Services and the Kingfisher Men's Gym Programme. Each group had one home and one away match to organise and attend with up to nine players from their group. The interest and enthusiasm from participants was evident, with the overall attendance across the three county matches and three city matches at 105! The groups really enjoyed meeting up to play the games and commented that it was brilliant exercise and good fun. The league matches were a great success and it was fantastic to see the groups taking the initiative to organise challenges, introducing new people to the games and having a bit of fun getting to know each other through activity!

Twenty-eight players from the three county and three city teams came together for the Waterford GFL Games League Final on Thursday 15th May in Rainbow Hall, Kilmacthomas. A great day was had by all playing the games and the groups even made plans to organise friendly games in future during their weekly meetings, that's what we like to hear! Speaking about the league, Monica O' Sullivan said it was "very enjoyable and a great way to meet other teams in our area". The teams travelling to Dublin will be finalised in advance of the National event in Dublin City University on Saturday 7th June. Well done to all groups that took part and thank you for your enthusiasm and dedication. WSP would like to wish the teams that end up competing in the national event the best of luck, we have no doubt that you will do your county proud!

If you or your active retirement group, ICA, or older adults group would be interested in learning more about the Go for Life Games activities, please contact Sarah Chadwick on (058) 21199 or schadwick@waterfordsportspartnership.ie



Summer Walking

WSP are putting out a call for Active Retirement groups, ICA's or older adults groups to register their interest in leading a walk in their local area throughout June/July 2014. Many groups organise a weekly walk as part of their range of activities already so if you would like to extend the invitation out to members of other groups and individuals over 55 to come along on a walk of your choice please let us know!

Contact Sarah Chadwick on (058)21199 to register your interest in leading a walk.



Link2BActive

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

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

1st Annual Marigold Festival

A Celebration of Healthy and Active Ageing

Waterford Sports Partnership was delighted to deliver a presentation and activity demonstration at the 1st Annual Marigold Festival: A Celebration of Healthy and Active Ageing, in the Tower Hotel in Waterford on Tuesday 13th May. Attendees learned about how WSP get the active retired moving with our programmes, activities and training during our presentation and then tried their hand at some of the Go for Life Games bowling activities!

If you or your group would like more information about the physical activity opportunities on offer in Waterford for older adults groups and over 55's, please contact Sarah Chadwick on (058)21199 or schadwick@waterfordsportspartnership.ie

Bowling opportunities in Waterford

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

Butler Community Centre | Waterford

Mondays 10-12pm €5 per person

For more information please call: (051) 876907

Cill Barra Sports Centre | Ballybeg | Waterford

Tuesdays 10:30-12:30pm €4 per person with instructor,

Thursdays 10:30am-12:30pm €3 per person no instructor.

For more information please call: (051) 350800

Causeway Tennis & Bowls Club | Dungarvan

Outdoor bowling: €4 taster session | Annual membership €100.

Contact James Mullen on 085 1981639 or Celia Gaffney on 087 8219218 to organise a taster session.

FREE CITY PUBLIC EVENTS



14TH - 22ND JUNE
Bikeweek.ie



Waterford
City & County Council

For more information please visit www.bikeweek.ie

SUNDAY
2.00PM-4.00PM
SKATEPARK
PEOPLE'S PARK
PARK ROAD

15 JUNE

BMX "JAM" IN THE PARK

Witness the best of local BMX and scooter talent Waterford has to offer.

CONTACT:
BRIAN O'NEILL
T. 051 849583

TUESDAY
5.15PM-6.00PM
REGIONAL
SPORTS
CENTRE

17 JUNE

BIKE MAINTENANCE

Covering topics such as puncture repair, tyre pressure, correct sizing and position of saddle.

CONTACT:
PAULINE CUNNINGHAM
T. 051 849855

TUESDAY
6.00PM-8.30PM
REGIONAL
SPORTS
CENTRE

17 JUNE

FAMILY CYCLE TO TRAMORE & BACK

Family spin to Tramore and back. Refreshments served at half way point. Prizes on the night. Participants MUST BE aged 10 years plus and confident on the road.

CONTACT:
PAULINE CUNNINGHAM
T. 051 849855

WEDNESDAY
1.00PM
BISHOP'S PALACE
ON THE MALL
(OPPOSITE WATERFORD
CRYSTAL BUILDING)

18 JUNE

LUNCHTIME CYCLE

25 minute leisure cycle. Bikes, helmets and light refreshments provided on the day.

CONTACT:
PAULINE CUNNINGHAM
T. 051 849855

WEDNESDAY
11.30 & 3.30PM
BISHOP'S PALACE
ON THE MALL
(OPPOSITE WATERFORD
CRYSTAL BUILDING)

18 JUNE

HISTORY TOURS

Light hearted tour of the history of Waterford City. Bikes and Helmets provided.

CONTACT:
PAULINE CUNNINGHAM
T. 051 849855

FRIDAY
9.30AM-2.00PM
REGIONAL
SPORTS
CENTRE

20 JUNE

SAFE CYCLING FESTIVAL

Fun games and activities for Primary School children who have taken part in safe cycling skills throughout the term year.

CONTACT:
PAULINE CUNNINGHAM
T. 051 849855

SATURDAY
12.00PM-2.00PM
KILBARRY
NATURE PARK

21 JUNE

PEDAL IN THE PARK

Fun games, skills and drill for children and families.

CONTACT:
PAULINE CUNNINGHAM
T. 051 849855



2014

THE FOLLOWING SCHOOLS AND PRE-SCHOOLS ARE RUNNING THEIR OWN EVENTS TO CELEBRATE NATIONAL BIKE WEEK 2014

- PRESENTATION PRIMARY SCHOOL • CHRIST CHURCH N.S.
- ST. JOHN OF GODS N.S. • ST. SAVIOUR'S N.S.
- WATERFORD EDUCATE TOGETHER
- SCOIL LORCAIN N.S. • GLOR NA MARA PRIMARY SCHOOL



FREE COUNTY PUBLIC EVENTS



14TH - 22ND JUNE
Bikeweek.ie

Waterford
City & County Council

GoDungarvan smarter travel >>>

For more information please visit www.bikeweek.ie

THURSDAY
4.00PM-7.00PM

FUSION CENTRE, DUNGARVAN
(BESIDE DUNGARVAN SPORTS CENTRE)

12
JUNE

GEAR UP FOR BIKE WEEK

Bring your bike along for a free bike check. Puncture Repair. Learn how to maintain your bike yourself.

CONTACT:
JOHNNY BRUNNOCK
T. 058 21496

SUNDAY
2.00PM

PARK RANGERS SOCCER CLUB

15
JUNE

FAITHLEGG FAMILY CYCLE

5k and 15k Family Cycle including Faithlegg, Passage East and Woodstown. Family Picnic at finish in Faithlegg.

CONTACT:
SUSAN JACOB
T. 086 2786529

WEDNESDAY
1.00PM-2.00PM

WALTON PARK, ABBEYSIDE
(NEAR BOWLING GREEN)

18
JUNE

LUNCH TIME CYCLE

6k cycle followed by BBQ in The Tannery Garden. Free event but pre-registration essential by Monday 16th June.

CONTACT:
JOHNNY BRUNNOCK
T. 058 21496

WEDNESDAY
6.45PM-9.00PM

FUSION CENTRE, DUNGARVAN
(BESIDE DUNGARVAN SPORTS CENTRE)

18
JUNE

NO NAME CLUB CYCLE & BEACH FUN

No Name Club Cycle to Clonea Strand from Fusion Centre for beach fun and games and cycle back (15k) All welcome!

CONTACT:
JOHN DONOVAN
T. 087 2782825

SATURDAY
3.00PM-6.00PM

ARDSALLAGH CROSS ROADS ON L2009
(NEAR YOUGHAL BRIDGE)

21
JUNE

ARDSALLAGH MIDSUMMER BIKE RIDE & BBQ

16k (10 mile) return leisure cycle from Ardsallagh Cross Roads to Ferrypoint followed by a community BBQ. All welcome. Children must be accompanied by an adult. Helmets compulsory.

CONTACT:
RICHARD TORNEY
T. 087 6243406

SATURDAY
6.30PM-9.30PM

DUNGARVAN RUGBY CLUB, BALLYRANDLE

21
JUNE

MIDSUMMER BEACH TAG FOR BIKE WEEK

Dungarvan Rugby Club will cycle from the Club to Clonea Strand. Adult Tag Competition on the beach and cycle back to the Club for a BBQ and a Prize Ceremony. Any adult interested should contact the Club prior to the event

CONTACT:
DARAGH CONNOLLY
T. 087 8323882

SUNDAY
7.30AM

WALTON PARK, ABBEYSIDE
(NEAR BOWLING GREEN)

22
JUNE

DAWN CYCLE

15k and 25k Cycle followed by light breakfast. Free event but pre-registration essential by Thursday 19th June.

CONTACT:
JOHNNY BRUNNOCK
T. 058 21496

SUNDAY
11.00AM

FENOR CHURCH CAR PARK
REGISTRATION FROM 11.00AM, CYCLE AT 12.00 NOON

22
JUNE

FENOR FAMILY CYCLE 2014

Children's Cycle Skills Challenge; 5k, 10k and 20k road cycles. Family Fun Day and BBQ.

CONTACT:
JOHN HAYES
T. 086 1013924

THE FOLLOWING SCHOOLS AND PRE-SCHOOLS ARE RUNNING THEIR OWN EVENTS TO CELEBRATE NATIONAL BIKE WEEK 2014

- AGLISH N.S. • KILMACHTHOMAS PRIMARY SCHOOL • KNOCKMAHON N.S.
- OUR LADY OF MERCY N.S. STRADBALLY • RATHGORMACK N.S. • CLONEA POWER N.S. • PORTLAW N.S.
- BUNSCOIL GLEANN SIDHEÁIN (CAPPOQUIN N.S.) • GLÓR NA MARA N.S. TRAMORE
- ST. MICHAELS N.S. BALLYDUFF UPPER • FAITHLEGG N.S. • GAELScoil PHILIP BARÚN, TRAMORE
- SCALLYWAGS COMMUNITY CHILDCARE CENTRE, LISMORE • TRAMORE EDUCATION CENTRE
- CO. WATERFORD COMMUNITY CHILDCARE FACILITY, DUNGARVAN • ST. MARY'S N.S. • SCOIL GHARBHAIN

2014



Sean Kelly Tour of Waterford 2014



Ireland's ultimate leisure cycling event!

The Sean Kelly Tour of Waterford 2014

Saturday 23rd August

12k Kelly Spin

Sunday 24th August

50k Kelly Cruise

100k Kelly Heritage Route

160k Kelly Comeragh Challenge



Enter today @ www.theseankellytour.com

Bike for Life Programme 2014

Ladies!! Waterford Sports Partnership in conjunction with Cycling Ireland are delighted to announce that we are running the Bike for Life Programme again this summer.

Bike for Life is an exciting eight week programme run by women for Waterford women who want to participate more in regular physical activity. This is a fun and easy way to meet like minded women of all ages whilst getting back on your bike and getting fit and healthy for the summer.

The programme will provide a safe environment for the participants to increase cycling confidence, meet and train, get fit and make new friends along the way. The eight week cycling programme will include topics such as bike maintenance, bike skills, cycle nutrition and seven weekly training spins.



After taking part in training spins, all participants will be encouraged to sign up for 50km Kelly Cruise. This is one of the routes on the popular Sean Kelly Tour of Waterford which takes place on Sunday 24th August at 9.45am.

The Programme will commence in the Regional Sports Centre, Cork Road, Waterford on Wednesday 2nd July at 6.15pm sharp. Places are limited and must be booked in advance of the Programme starting.

If you are interested in taking part, please contact Pauline Cunningham on 051-849855 or by email; pcunningham@waterfordsportspartnership.ie

The Sean Kelly Tour Youth Challenge 2014

Are you aged between 12-18? Fancy a challenge this summer? Want to get fit? Want to be part of one of the biggest mass participation events in Ireland in 2014?

Waterford Sports Partnership in conjunction with Dungarvan Cycling Club has delivered the Sean Kelly Tour Youth Challenge in Waterford County schools since 2008. The aim of the youth challenge is to increase the participation of young people in the Sean Kelly Tour of Waterford and provide training for novice cyclists. Waterford Sports Partnership's long term aim is to create a pathway for young people to continue cycling all year round and not just specifically for the Sean Kelly Tour.

With the formation of the Dungarvan Cycling Club Juvenile Section there is now an option for young people, irrespective of cycling ability, to train and improve their cycling skills at their own pace. In 2014, Dungarvan Cycling club are going to run weekly training spins focussing on preparing cyclists for the Sean Kelly Tour. The first training spin will cover basic cycling skills and road awareness on Thursday 29th May @ 6pm in St. Augustine's College. Training spins will then take place every Thursday @ 6pm meeting at the Park Hotel.

These training spins will teach young riders safe cycling skills and help them gain road experience whilst also giving them an opportunity to train effectively for the event under the guidance of experienced cyclists. Cyclists will also take part in a weekly time trial on a 5km loop of Dungarvan which will prepare them, if they wish, for the 50k Kelly Cruise or 100k Kelly Heritage routes on Sunday 24th August.

The subsidised cost of the programme will be €15 per participant which gives membership to Dungarvan Cycling Club and Cycling Ireland insurance for 2014. Those who have participated in more than 75% of the training spins by the end of July will also be offered a discounted rate for entry in the Sean Kelly Tour. Former Olympic cyclist Robert Power, chairperson of Dungarvan Cycling Club's Juvenile Section who will be leading the training spins said "Dungarvan Cycling Club is delighted to be part of the Sean Kelly Youth Challenge venture as we try to bring confidence and bike handling skills to young cyclists. This is important so they can get out and enjoy the fantastic sport of cycling and help to grow the juvenile section of Dungarvan Cycling Club".

HOW TO ENTER? - If you are aged between 12 and 18 then you are eligible to take part in the Sean Kelly Tour Youth Challenge. To register, please download the Cycling Ireland Parental Consent and Dungarvan Cycling Club Membership Forms from our website www.waterfordsportspartnership.ie and bring these completed forms, along with a copy of your birth certificate and €15 to your first training spin.

For further information please contact Peter Jones (058) 21191 or Sarah Chadwick (058) 21199.



Bike for Life for Teenage Girls

Waterford Sports Partnership has successfully secured funding through Get Ireland Active to run a Bike for Life programme for beginner level teenage girls from 4th-6th year in Waterford County.

Bike for Life is a Cycling Ireland programme that aims to make cycling more accessible and teach riders the skills and techniques necessary to cycle confidently. The Bike for Life programmes that we ran previously in 2013 with adult females were a great success, so we decided that a girl only Bike for Life programme would be ideal to encourage more teenage girls to get involved in cycling and take part in the Sean Kelly Tour in 2014.

Twelve girls from four schools (Ard Scoil na nDeise, Colaiste Chathail Naofa, St. Augustine's College and Meanscoil san Nioclas) will take part in the programme which starts on July 2nd, and runs for 8 weeks leading up to the goal of completing the 50km Kelly Cruise. Participants will take part in one weekly training spin each week comprising of a skills practice which will cover a variety of topics including preparing for a ride, road safety awareness, bike handling, bike maintenance and nutrition. The group will then head out on a ride to put these skills into practice, with the distance increasing each week so the group can build up to the 50km distance slowly. The spins will be led by trained Bike for Life Leaders, a number of whom took part in the ladies Bike for Life programme in 2013, so the girls will be able to increase their skills and confidence in a safe and supportive environment. Best of luck to the girls taking part; check out our next newsletter to find out how they get on with the programme!

For more information about the Bike for Life Programme for Teenage Girls, please contact Sarah Chadwick on 05821199 or schadwick@waterfordsportspartnership.ie

Walk Waterford – Spring Series 2014

During February and March, Waterford Sports Partnership showcased some of Waterford's finest walks as part of the Walk Waterford Spring Series. Five walks were planned as follows; Waterford Kilbarry Nature Park, Cliff Walk Ardmore, Anne Valley Walk Dunhill, Colligan Wood and Dunmore East Wooded Walk. We are delighted that sixty nine people took part in at least one of the five walks organised. All five walks received fantastic reviews.



The Spring Series kicked off on Sunday 9th February with the well known Kilbarry Nature Park. Thirty four leisure walkers explored the fully accessible amenity where they enjoyed an invigorating sixty minutes of activity as they explored the different trails, views and biodiversity information boards in the park.

WSP hosted the second walk in the Walk Waterford Spring series on Sunday 16th February in Ardmore along the beautiful Cliff Walk. Fifty enthusiastic walkers joined WSP staff and volunteers as they discovered all the Cliff Walk has to offer. There was a welcome break from the recent bad weather and all the walkers enjoyed the breezy but dry conditions and an opportunity to get out and about again. While it was a little wet underfoot in places, the walkers came well prepared and made it around the 5km loop comfortably while enjoying spectacular views.

Despite the wet and windy weather thirteen keen leisure walkers took part in our third walk of the series on Sunday 23rd February on the newly developed Anne Valley Walk in Dunhill. This walk is a lovely flat 4km walk which follows the Anne Valley River which flows through the Anne Valley and meanders past many beautiful ponds to reach Dunhill Castle 2km from the starting point. After reaching the half way point some of the participants were keen to see what else Dunhill had to offer and continued their walk all the way to Annewstown Beach.



Colligan Wood was our fourth walk and despite the very wet conditions fifteen participants attended this walk. This beautiful Coillte forest is at the foothills of the Comeragh Mountains near Dungarvan. These woods boast a variety of walks and



also an ideal picnic spot by the Colligan river which participants experienced on the day. Last but not least was the beautiful Dunmore East Wooded Walk.

On Sunday 9th March the sun shone down on the eleven participants as they explored the Wooded Walk. Participants enjoyed the 3km easy loop walk and the beautiful local scenery that Dunmore East had to offer.

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 months why not get your friends and family together and walk some of these scenic, tranquil and spectacular walks.

If you would like more information on any of these walks please contact Pauline Cunningham, Sports Development Officer, Waterford Sports Partnership on 051 849855 / 086 7837385 or pcunningham@waterfordsportspartnership.ie



Walking Leader Training

On Sunday 2nd February Waterford Sports Partnership held Walking Leader Training for ten participants in Rainbow Hall Kilmacthomas. The three hour training consisted of both practical and theoretical work. The aim of the training was to ensure participants could lead a walk safely that would include a warm up cool down etc. After the training participants had the opportunity to put their new skills to good use and volunteered to lead walks as part of the Walk Waterford Spring Series.

If you are interested in becoming a walking leader or would like some more information, please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie

2014 Calendar of Training/Events

| Date | Course/Event | Time | Cost | Venue |
|--|--|--|------|---|
| May 2014 | | | | |
| Monday 26 th May | Child Welfare & Protection Awareness Course | 6 to 9pm | €15 | VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford |
| Thursday 29th & Friday 30th May | Active Leadership Training | 9.30 to 4pm 9.30 to 2pm | €25 | Crystal Sports Centre, Cork Road, Waterford |
| June 2014 | | | | |
| Monday 2 nd to Sunday 8 th June | National Recreation Week- Various Events | Various events throughout Waterford City & County See pages 14 & 15 | | |
| Saturday 14 th to Sunday 22 nd June | National Bike Week 2014 - Various Events | Various events throughout Waterford City & County See pages 8 & 9 or www.bikeweek.ie | | |
| July 2014 | | | | |
| Sunday 6 th July | National Play Day - Family and Teenage Fun Day: Lots of fun activities for all the family including; soccer, Camán Abú, children and parent relay races, balance bike training, family pilates session, tag rugby, martial arts, volleyball. | 12 to 2pm | FREE | Walton Park, Dungarvan |
| August 2014 | | | | |
| Friday 15 th & Saturday 16 th August | Active Leadership Training | 6 to 9.30pm 9am to 5pm | €25 | City Venue TBC |
| Saturday 23 rd & Sunday 24 th August | Sean Kelly Tour of Waterford 2014 | SEE www.theseankellytour.com FOR MORE DETAILS | | |
| September 2014 | | | | |
| Monday 15 th September | Child Welfare & Protection Awareness Course | 6 to 9pm | €15 | Regional Sports Centre, Cork Road, Waterford |
| October 2014 | | | | |
| Monday 13 th October | Child Welfare & Protection Awareness Course | 6 to 9pm | €15 | VEC Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford |
| November 2014 | | | | |
| Monday 17 th November | Child Welfare & Protection Awareness Course | 6 to 9pm | €15 | Regional Sports Centre, Cork Road, Waterford |

Further information on courses and application forms can be downloaded from our website
www.waterfordsportspartnership.ie
 Please feel free to contact the office on 058 21194/051 849855
 to request an application form or further information

Mayor's Health Week 2014

Waterford Sports Partnership in conjunction with the Waterford Healthy City Committee ran a number of events as part of Mayor's Health Week 2014.

On Wednesday 30th May, eighty eight students from Waterpark N.S. joined us in the People's Park for a game of boules. Despite the bad weather conditions the students and teachers thoroughly enjoyed the session and were delighted to hear that boules are now available in the Park Lodge Café to hire (free of charge).

Our second event took place in the Kilbarry Nature Park on Saturday 3rd of May. Over thirty participants attended the lovely flat 1.8km fully accessible walk. Participants were spoilt for choice as the park has various highlights such as amazing viewing points, picnic areas, distance markers and biodiversity information boards just to name a few.



Boules are now available to hire (free of charge) in the Park Lodge Café in the People's Park

Monday 2nd June | 12 to 1pm

SWIMMING

for Children with a
Physical Disability

**Unique
Aquatics & Fitness**

Killure Training Centre
Killure Manor
Waterford

Free swimming session for a child with a physical disability and their parent/guardian in a hydrotherapy pool. Fully accessible facility with hoist available for pool.

Advance booking essential. Please contact: Sarah Flynn on (051) 364342

Tuesday 3rd June | 3 to 5pm

**FAMILY SWIM
SESSION**

Kingfisher Club
Tramore Road, Waterford

Discounted Family Swim Session
2 adults & 2 children - €10 per family

Wednesday 4th June | 6.30 to 8pm

**FREE
Come & Try it!
ARCHERY**

**Na Laoch Dall
Archery Club**
Unit 43
Waterford Business Park
Cork Road, Waterford

Free session with Na Laoch Dall Archery Club who have members as young as six years of age.

Advance booking essential as numbers are limited. Please contact: Pauline Cunningham on (051) 849855

Thursday 5th June | 11.30am to 12.30pm

**Story Telling
for Children**

Ardkeen Library
Ardkeen Stores
Waterford

Have some fun at the library and listen to some fun stories. **Advance booking essential numbers limited. Please contact: Laura Hutchinson on (051) 849755**

Friday 6th June | 11am to 1pm

**Play
in the Park**

People's Park
(Beside the Park Lodge Café)

Waterford Childcare Committee will host fun and enjoyable physical activity games in the People's Park for children aged 0-5 years. They will focus on encouraging learning and development through play in a safe environment using Burtús Games and equipment.

Friday 6th June | 4 to 6pm

**FREE
Come & Try it!
PITCH & PUTT**

**Regional Sports
Centre**
Cork Road, Waterford

Come & Try Pitch & Putt Session.
Golf club and ball hire available on the day.



National Recreation Week 2014 - June 2nd to 8th 2014



WATERFORD COUNTY EVENTS

Waterford
City & County Council

Monday 2nd June | 3 to 5pm

FAMILY SWIM SESSIONS

Park Hotel, Dungarvan
Clonea Strand Hotel, Dungarvan
Splashworld, Tramore

Discounted Family Swim Session
2 adults & 2 children - €10 per family
Booking Essential:
Park Hotel (058) 42899; Clonea Strand (058) 45555;
Splashworld (051) 386001
Places available for 20 families at each centre.

Tuesday 3rd June | 4.30 to 8pm

FREE Come & try it! Pitch & Putt

Cunnigar Pitch & Putt
Dungarvan, Co. Waterford

FREE taster session and entry to course including club and ball hire for school children aged 10 and upwards.

Wednesday 4th June | 6 to 7pm

FREE Come & try it! Road Bowling

Fenor Road Bowling Club
Fenor, Co. Waterford

FREE Come & Try It Road Bowling session for children aged 12 years and upwards delivered by Fenor Road Bowling Club.
Please contact Liam Power on 089 4382043

Thursday 5th June | 6 to 7pm

FREE Pilates for Secondary School Girls

Pilates Lifestyle
Dungarvan, Co. Waterford

FREE one hour Introduction to Pilates for secondary school girls.
Advanced booking essential as places are limited: please contact Caroline Anderson on 087 2153132

Friday 6th June | 3.30 to 4.30pm (u10's) / 4.30 to 5.30 (u14's)

FREE Introduction to Tennis for children

Lismore Tennis Club
Lismore, Co. Waterford

One hour Introduction to Tennis for children.
Advanced booking essential as places are limited: please contact Patricia O'Neill on 086 6095599

Saturday 7th June | 10am to 12pm

FREE Rowing for teenagers

Cappoquin Rowing Club
Cappoquin, Co. Waterford

A two hour introduction to rowing session for children aged 12 and upwards.
Advanced booking is essential as places are limited: please contact : Paul Murphy on 086 8328719.

Saturday 7th June | 12 to 1pm

FREE Introduction to Surfing

T-Bay Surf Club
Tramore, Co. Waterford

One hour introduction to surfing for children aged 10-18.
Advanced booking essential as places are limited: please contact: Martin Cullinane on 051 391297

Rehab Care Gym Programme

Waterford Sports Partnership recently supported Rehab Care in running a twelve week gym programme for five participants. The programme was tutored by Niall Devereux a local fitness instructor and consisted of a variety of activities such as cardiovascular, resistance and conditioning training and also incorporated a huge element of healthy eating. Each participant received a step counter and each day of the programme participants filled in a log book to keep a record of how many steps they had clocked up each day.

The programme was a great success with the group losing a combination of six stone. All participants really enjoyed the programme and on the final day they were very emotional from the dramatic weight loss they had achieved, as they did not believe they were capable of losing so much. Well done to all participants involved, keep up the good work.



Special Schools Soccer

Following training last year, Waterford Sports Partnership in conjunction with the FAI, ran three soccer blitzes for the three special schools in Waterford; St. Martin's Special School, St. Joseph's Special School and St. John's Special School.

The aim of the blitzes was to give the participants a chance to showcase their recently learned new skills and play in both competitive and non competitive games. The blitzes alternated between Waterford City and Dungarvan with huge numbers in attendance. All three days were extremely enjoyable and all participants had a fantastic time.

A huge thank you must go to the interns from the FAI who ran the three blitzes and to the teachers who got involved from the schools. They created an enthusiastic, fun and friendly environment and worked excellently with all participants. Well done to all involved, keep up the good work.



Disability Inclusion Training

On Friday 7th February Waterford Sports Partnership in partnership with the CARA APA Centre ran a Disability Inclusion Training course in the Crystal Sports & Leisure Centre.

This six hour introduction course was tutored by Catriona Corr and attended by fifteen eager and enthusiastic participants. The course gave participants ideas and inspiration to adapt their sessions to make them more accessible for participants with a disability. The course also covered topics such as terminology, barriers to participation, offers guidance, gives an introduction to disability sports and ways of adapting activities to make them inclusive.

If you are interested in attending Disability Inclusion Training or would like more information please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie

New for 2014

Gym programme for Women with MS

Waterford Sports Partnership in conjunction with the Clonea Hotel & Leisure Centre is running a six week gym programme for women with MS. It is a known fact that exercise is a safe and effective intervention that improves a number of physiological, functional and psychological factors in individuals with MS. The programme will start on Tuesday 3rd June at 10am in Clonea Hotel & Leisure Centre.

Places are limited and must be booked in advance of the programme starting.

If you are interested in taking part, please contact Pauline Cunningham on 051-849855 or by email; pcunningham@waterfordsportspartnership.ie

Calendar of Disability Events

| DATE | COURSE/EVENT | TIME | VENUE | COST | FURTHER INFORMATION |
|---------------------------------|--|-----------------|---|----------------------------------|---|
| Every Thursday | Tae Kwon Do for Children with a disability | 5 to 6pm | St Augustine's College Sports Hall, Dungarvan | €25 membership €2 per session | Contact: Luke Laffan on 087 7668548 |
| Every Friday | PAN Soccer for children (6 – 16 years) | 5 to 6pm | Tramore AFC, Tramore | €2 | Contact: Pauline Cunningham on (051) 849855 |
| Thursday 29 th May | Social Soccer for Adults | 1 to 2pm | Kingfisher Club | €2 pp | Contact: Gary Power on 086 3883850 |
| Tuesday 3 rd June | Gym Programme for Women with MS | 10am | Clonea Hotel & Leisure Centre, Dungarvan | €30 per person | Contact: Pauline Cunningham on (051) 849855 |
| Wednesday 11 th June | Waterford Boccia League | 10.45am-12.45pm | Cill Barra Sports Centre | €2 per person | Contact: Sinead on (051) 350800 |
| Thursday 26 th June | Social Soccer for Adults | 1 to 2pm | Kingfisher Club | €2 per person | Contact: Gary Power on 086 3883850 |

Useful Contacts

| SPORT | CONTACT NAME | TELEPHONE | EMAIL |
|--|------------------|----------------------------|--|
| Blind Sport | Sarah McLoughlin | 085 8500193 | office@visionsports.ie |
| Cerebral Palsy Sport Ireland | Rosemary Ryan | 083 1772097 | rosemary@cpsi.ie |
| Downs Syndrome Waterford Branch | | 087 6057069 | info@dsiwaterford.ie |
| Irish Wheelchair Association | Paul Ryan | 087 1371333 021 4350283 | paul.ryan@iwa.ie |
| Powerchair Football | Donal Byrne | 087 4117911 | donal.byrne@cheshire.ie |
| Special Olympics | | 021 4977192 | munster@specialolympics.ie |
| Waterford Autism Sports and Social Action (WASSA) | Anthony Doheny | 086 6637055 | contact@wassa.ie |

OPERATION TRANSFORMATION WALK 2014

RTE's Operation Transformation teamed up once again with the Irish Sports Council and Local Sports Partnerships by organising a number of special Operation Transformation National Walks which took place in 42 locations all around Ireland on Saturday 18th January. Over 300 people took part in the Waterford walk on the old Dungarvan Railway Track led by CEO of the Irish Sports Council, John Treacy and Operation Transformation's expert dietician, Aoife Hearne.

RTE's Operation Transformation camera crew were present to catch all the action and excitement on the day and participants didn't let the wet and windy weather stop them from coming out to show their enthusiasm! Our MC, Tom Keith, kept the crowd informed before the walk and they enjoyed a lively warm-up led by Waterford Sports Partnership staff member, Peter Jones. Operation Transformation's Aoife Hearne and John Treacy also motivated the crowd before heading off.

Participants had the option of a 3km, 5km or 7.5km walk with the majority of participants stepping up to the challenge of the longest route. Along the way, participants were kept motivated by distance markers, motivational signs and our cheerful volunteer stewards. On arriving back to the Tennis Club, participants were treated to a well deserved healthy snack to refuel after their walk! Recipe cards were provided by Operation Transformation sponsors Eurospar, Get Ireland Walking provided Walking Challenge cards and participants were given additional information about upcoming events and programmes being run by Waterford Sports Partnership.

Following the walk John Treacy said *'We encourage people that are not walking on a regular basis to do so and to invest in their own health and well-being. Walking is one of the most accessible and flexible types of activity – it's free and there's a variety of walking options out there'*. This comment and the positive feedback from all those that took part highlights the importance of events like Operation Transformation for encouraging people of all ages to get out and get active.

Waterford Sports Partnership would like to congratulate all those that came out to take part and to thank the Irish Sports Council and Go Dungarvan Smarter Travel for their kind sponsorship of the event. We would also like to thank the Dungarvan Red Cross and all of our volunteers for their help and support on the day. Waterford Sports Partnership Co-ordinator Rosarie Kealy said *'Without the help of our supporters and volunteers many of our events wouldn't happen so thank you to one and all for your role in making the Waterford walk a great success and enjoyed by all those who participated.'*

Why not try one of the many other walks at a location near you? - The Irish Sports Council National Trails Unit has over 650 trails registered to help keep you walking throughout the year. Visit the www.irishsportsCouncil.ie for further information. Check out Get Ireland Walking Website at www.getirelandwalking.ie, for helpful walking tips and details of how to find or register a walking group.

For further Information, please contact Sarah Chadwick on 058 21199 or Pauline Cunningham at 051 849855.



GO DUNGARVAN - SMARTER TRAVEL UPDATE

Waterford Sports Partnership (WSP) is working on behalf of the Go Dungarvan Smarter Travel initiative to develop and deliver behavioural change programmes to schools, community and workplaces in Dungarvan.

Toddler Travel & Family Fun

Waterford Sports Partnership in conjunction with the Waterford Childcare Committee and Comhairle na nÓg delivered fun activities at the 'Toddler Travel and Family Fun' event at the West Waterford Festival of Food on behalf of Go Dungarvan.

Over 100 parents and toddlers took part in activities to encourage safe family participation for walking and cycling using balance bikes.



'It was a very useful and worthwhile session and our son really enjoyed himself, thanks again' John Ahearne, Parent

'The Toddler Travel and Family Fun Event worked out brilliantly. The weather was favourable, the activities were great fun, the parents and children were fantastic at practicing the four road safety themes of holding hands, stopping, looking & listening and setting a good example while having fun on the balance bikes.'

Jacqui De Suin, Waterford Childcare Committee



GP Exercise Referral Scheme

Fifty individuals have signed up to the GP Exercise Referral Programme since April 2013, Ten Dungarvan GP's are registered with the Programme. Waterford Sports Partnership is coordinating the programme in Dungarvan with funding from Go Dungarvan.

The GP Exercise Referral Programme (GPERP) in Dungarvan allows GP's to refer patients that will benefit from increased physical activity to a specifically trained coordinator in the Park Hotel or Clonea Leisure Centre. The participant meets with their coordinator and takes part in a twelve week personalised gym programme with progress consultations at regular intervals. In Dungarvan, Go Dungarvan has adapted the programme to encourage participants to walk and cycle for transport alongside their gym programme. The participant receives a step counter and a fridge magnet exercise tracker so that they can record their steps and feel motivated to increase their daily activity. On completion of the programme, the coordinator sends the GP a report and the participant is encouraged to advance their exercise routine with discounted gym membership rates on offer.

Feedback from participants that have taken part so far has been very positive. GP's involved in the programme have also praised the programme and commented that their patients have found it very worthwhile and rewarding in terms of fitness, health and quality of life gains.

In 2014, Go Dungarvan will be giving GPERP participants the opportunity to take part in Walking Workshops and Cycling Training sessions to increase skills, confidence and knowledge of the facilities for walking and cycling in Dungarvan.

If you are interested in the GP Exercise Referral Programme, talk to your GP about your suitability to take part. Coordinators in the Clonea Leisure Centre and the Park Hotel are ready and waiting to help you get active! Please contact Sarah Chadwick on (058)21199 with any queries.



Cycling Tutor Training TRAIN THE TRAINERS...

On Thursday 3rd April 2014, Waterford Sports Partnership on behalf of Go Dungarvan delivered tutor training to 13 post leaving certificate students from Coláiste Chathail Naofa.

This training provided the PLC students with the skills to deliver a two hour cycle skills training session to groups in the future on behalf of Go Dungarvan. The two hour session will be aimed at adults, community groups and will also be delivered as a taster session for secondary school children. The session will involve a simple skills test, balance, signalling and road awareness practices followed by a guided cycle on cycle paths and on the road. Simon O'Hara, one of the PLC students who attended the training said 'Quality coaching plus quality training equals safe and confident cyclists and this training will help us achieve this'.



THEN THE TRAINERS TRAIN....

Comhairle na nÓg Cycle Training

The trained cycle tutors from Coláiste Chathail Naofa got a chance to put their new skills into action when they piloted the two hour cycle training with sixteen Comhairle na nÓg members on Tuesday 22nd April. This pilot two hour training session focused on basic cycle skills and how to take roundabout and T Junctions in a controlled environment.

'feedback from Comhairle members has been very positive.

Many of them own bikes but have not used them for various reasons. This training session has taught many of them how to be safe on roads around town, how to be aware of traffic and how to use roundabouts. Comhairle members felt more confident in themselves as a result of the training and have challenged themselves to use biking as a mode of transport to get to and from local Comhairle meetings and events. The trainers on the day were also very professional and had a good understanding on how to work with young people'.

Jamie Moore, Comhairle na nÓg Coordinator



Schools Cycle Training

In May and June 345 primary and secondary school students will receive cycle skills training through the two new Cycle Training Courses being delivered by Waterford Sports Partnership on behalf of Go Dungarvan.

On Tuesday 13th May, second year students from Ard Scoil Na nDeise, CBS and St. Augustine's College received two hour cycle skills training. On the 9th, 11th and 13th June, 270 students from Scoil Mhuire, St Mary's, Scoil Gharbhain, St Josephs, Holy Cross and Glór na Mara schools will receive 3 x 90 minute cycle training sessions. This training is aimed at older primary school children and includes a pre and post training skills tests, road awareness, skills training and progressive guided cycles on cycle paths, cycle lanes and the road.

Park and Stride at Ard Scoil na nDéise

Waterford Sports Partnership, on behalf of Go Dungarvan recently delivered walking training and a Park and Stride intervention to first year students from Ard Scoil na nDéise.

On Friday 21st March the first year students received a forty five minute walking training session which focussed on different types of walking, how to wear your school bag safely when walking, how to use a step counter and a walk with school bags to the location of the nearest park and stride points.

Eight 'Cairde' (5th year students) were also involved in the training and acted as monitors for the Park and Stride intervention. The weeklong Park and Stride competition between the two first year classes began on Monday 24th March. Points were awarded to students for Parking and Striding from three locations, namely Scanlon's Yard (1 point), the 'Lookout' (2 points) and the Youghal Road (3 points). Each day, eight girls from each class were also given a step counter and they were awarded 1 point for every 1000 steps they clocked up. Points were also awarded to students who walked or cycled to school.

The results of the week were extremely encouraging, there was an increase in the girls awareness of parking and striding and less congestion outside the school due to the pilot exclusion zone.

We would like to thank Ard Scoil na nDéise for their assistance in this pilot programme and particularly the eight fifth year 'Cairde' girls: Lauren Mulvihill, Maeve Organ, Mckensie Daly, Taylor Murray, Megan Walsh, Laura Duggan, Sinead McCarthy and Aisling Tobin who ensured the programme ran smoothly. This template will now be used to deliver future programmes with first year students in September 2014.

What the teachers said!

"It's much safer outside the school"
Laura Harty

'Pupils took to the challenge and improved as the week went on despite the weather. There was great camaraderie between the 5th year Cairde girls and the first years and we will definitely look to run the programme again'.

Emilie Pickering, Head of Year

What the students said!

'Everyone seemed to enjoy it and it encouraged the first years to walk more' Lauren Mulvihill, Fifth Year Student

'More girls made an effort to walk so they could gain more points'
Mckensie Daly, Fifth Year Student



Go School Smart - Walking Challenge

The Go School Smart Walking Challenge was rolled out from May 12th-16th in St. Mary's N.S., Scoil Gharbhain, St. Joseph's Primary School, Scoil Mhuire Abbeyside and St. John's with twenty-nine classes from 1st-6th class taking part.

The Challenge coincided with the Green Schools "National Walk to School Week" and the Active School Flag's "Active School Week" and aimed to encourage those that live within 2km with access to a safe route to walk or cycle to school. Those living further away were encouraged to choose other sustainable transport modes including park n' stride, carpooling and using the school bus.

Classes were given a **Travel Tracker** to keep track of how they travelled to school throughout the week, with the highest points awarded for walking. Participants were encouraged to make an extra special effort on Wednesday 14th May, **National WOW day** (Walk on Wednesday) so that they could help contribute to the national target of 20,000 children walking to school! Sixth class took part in an additional Step Count Challenge throughout the week involving use of pedometers throughout the school day to raise awareness of their step count. Students in St. John's took also part in a Walking Activity Challenge to encourage classes to incorporate short activity sessions into their day.

We were very impressed with the efforts of all students, teachers and parents that took part in the Challenge, keep up the good work everyone!

School Travel Tracker
How do our class travel to/from school?
Let's count the number travelling by each form of transport!

Teacher Name: _____ Class _____
Number in Class: _____ Week _____ to _____

Smarter Travel Score to beat from last week:

| | Weather | Walk | Cycle | Bus | Carpool | Park n' Stride | Car |
|-------------|---------|------|-------|-----|---------|----------------|-----|
| Monday | | | | | | | |
| Tuesday | | | | | | | |
| Wednesday | | | | | | | |
| Thursday | | | | | | | |
| Friday | | | | | | | |
| Total Score | | | | | | | |

Total Smarter Travel Score this week: _____

GoDungarvan

Traveller Swim Programme

Seventeen young Traveller men recently took part in an eight week Swim Programme in Crystal Leisure Centre. This programme was part of an overall water safety programme for members of the Traveller Youth Support Project.

The boys took direction and instruction very well from the Lifeguards and Swimming Instructors. Great improvements were made over the eight weeks, whether it was on swimming technique or confidence in the water.

Waterford Sports Partnership would also like to thank the Community Gardai for awarding medals and certificates to the young Travellers at their Training Centre. Well done Guys!



Diversion Boxing - St. Saviour's Primary School

This programme has now become a regular activity as St. Saviour's Primary School now incorporates this activity into their PE Curriculum.

Whilst it is a Boxing Programme that includes the skills and techniques of Boxing, it also covers how to use the fitness equipment (Stationary Bike, Rowing machine, Sit up Bench, etc) safely and correctly. The coaches also incorporated fun activity games that included a medicine ball, tag in the Ring and the use of fitness ladders.

Waterford Sports Partnership would like to thank the ever tireless Bartie Simpson and 'Rocky' for providing an excellent activity programme.



School Completion Programme Taster Sessions

Three schools from the School Completion Programme Homework Club took part in sporting activity taster sessions - Mount Sion, De La Salle and Scoil Lorcáin Primary Schools. The following activities were chosen so that all young people could be included, regardless of skill or ability; Boxing Fitness, Dodgeball, Tag Rugby and Athletics.

Two sessions were provided for each activity - a total of eight sessions for each school. Each session was once a week and lasted for forty five minutes. Whilst a small number of students would have previously engaged in these activities, over 80% would have tried these activities for the first time, with Dodgeball being a firm favourite amongst the three schools.

Waterford Sports Partnership would like to thank School Completion for their assistance in implementing this programme and look forward to developing future programmes.



Re-engaging Programme

Lee Ryan, a member from the TREO project availing of the Re-engaging Programme- a Waterford Sports Partnership Initiative. The Re-engaging Programme assists young people and young adults in getting back into physical activity. Lee required assistance in attaining gym membership from Crystal Sports & Leisure Centre. Good luck with your training programme Lee.

For further information on the Re-engaging programme contact Brian O'Neill, Youth Sports Development Officer on (051) 849583 or boneill@waterfordsportspartnership.ie

EQUIPMENT FREE HIRE

Waterford Sports Partnership has a range of sports equipment such as surf boards, volleyball, soccer packs, basketball, rugby packs and pitch & putt clubs available for hire, free of charge. For more information contact Brian O'Neill on 086 0201219 or boneill@waterfordsportspartnership.ie.

Diversion Boxing-WYTEC

WYTEC, a Community Youth Training & Education Centre for early school leavers (16-25 yrs old) and young unemployed people took part in a 4 week Boxing programme. Six girls were put through their paces by shadow boxing, rounds on the bags, pad work and circuit training. Well done girls. Hope to see some of you at the Female only training hour in St. Paul's Boxing Club on Thursdays!

Female Only Boxing

Female students from St. Paul's Community College and Presentation Secondary School took part separately in a four week Boxing programme. Both schools are only minutes walk from St. Paul's Boxing Club. The main age was the 12-14 yr age bracket with four 17 year olds joining in. Special thanks must go to Boxing coach Seamus Cowman for providing a high intensity, enjoyable training programme. St. Paul's Boxing club has now established a Female only training hour from 4.45pm-6pm on Thursdays.

For further information, contact Brian O'Neill Youth Sports Development Officer on (051) 849583 or boneill@waterfordsportspartnership.ie

Dodgeball League for Youth Groups

Waterford Sports Partnership in conjunction with Waterford Dodgeball Club held the first ever Dodgeball Youth League for Youth Groups in Waterford City. Ten Teams from Manor St. John, Children's Group Link, SHY Project, Northern Suburbs CYP, Ballybeg CYP and the BALL project entered the league. Teams were categorised into two sections U-12 & U-15 for both boys and girls.

Games took place in Manor St. John, Children's Group Link and the Butler Community Centre in St. John's Park, with the focus on participation as opposed to winning and coming first. All teams seemed to rise to the occasion as there was no shortage of competitive spirit. Waterford Sports Partnership would like to thank Waterford Dodgeball Club for refereeing some very competitive games, Manor St. John & Children's Group Link for the use of their venues and more importantly, the young people for attending. Waterford Dodgeball Club intend on recruiting young people to play Dodgeball as they wish to establish a youth section within the club.

For further information on Youth Dodgeball, please contact Brian O'Neill, Youth Sports Development Officer on (051) 849583 or boneill@waterfordsportspartnership.ie



Activity Taster Sessions

Two groups (1 boys & 1 girls) from Northern Suburbs CYP took part in two Boxing tasters sessions. Both groups thoroughly enjoyed the sessions, as it gave them an opportunity to try a new skill in an environment they are comfortable in and to meet the Boxing coach in a closed, private setting. **If you are unsure if your group would commit to an activity programme, why not avail of some one-off taster sessions? Contact Brian O'Neill, Youth Sports Development Officer on (051) 849583 or boneill@waterfordsportspartnership.ie to find out more.**

Mayor's Health Week

Na Laoch Dall Archery was one of the clubs selected for a Mayoral visit as part of Mayor's Health week. The visit was highlighted by a surprise presentation of two club jerseys, to the Mayor John Cummins and to Brian O'Neill of Waterford Sport Partnership. The visit concluded with the Mayor receiving one to one lessons on how to shoot the Bow and practicing on a range of targets.

Waterford Sports Partnership would like to thank Na Laoch Dall Archery for hosting a very friendly, warm reception for both the Mayor and Brian.

Well done guys. The place was looking great!



Coming soon ...

Guidance through Golf
On Target Archery
Diversion Boxing

3 on 3 Basketball
Zumba Dance
Street Soccer

Dodgeball
BMX 'Jam' in the Park
Anyone for Tennis?

USEFUL NGB CONTACTS

| NGB | CONTACT | PHONE | EMAIL | WEBSITE |
|----------------------------------|--|----------------------------|--|---|
| Athletics Ireland | Paul McNamara | 087 2693675 | paul@athelticsireland.ie | www.athleticsireland.ie |
| Badminton Ireland | Richard Vaughan | 01 8393028 | info@badmintonireland.com | www.badmintonireland.com |
| Basketball Ireland | | 01 4590211 | info@basketballireland.ie | www.basketballireland.ie |
| Irish Amateur Boxing Association | | 01 4533371 | iaba@eircom.net | www.iaba.ie |
| Cumann Camógaíochta na nGael | Ross Corbett | 087 6415485 | ross@camogie.ie | www.camogie.ie |
| Cricket Ireland | James Doran | 086 8169667 | jim.doran@cricketireland.ie | www.cricketireland.ie |
| Cycling Ireland | Rachel Ormrod Heather Boyle | 086 7802937 086 0211146 | rachel@cyclingireland.ie heather@cyclingireland.ie | www.cyclingireland.ie |
| Gymnastics Ireland | Sarah Lowe | 01 6251125 | sarah@gymnasticsireland.com | www.gymnasticsireland.com |
| Cumann Lúthcleas Gael | Eoin Breathnach | 087 9219345 | eoin.breathnach.gda.waterford@gaa.ie | www.gaa.ie |
| Irish Water Safety | Colin Kehoe (City) Mary O'Brien (County) | 091 564400 | info@iws.ie ckehoe@waterfordcouncil.ie mobrien@waterfordcouncil.ie | www.iws.ie |
| Ladies Gaelic Football | Peter Jordan | 087 2442966 | peterjordan5@hotmail.com | www.ladiesgaelic.ie |
| Olympic Handball | Colin Brosnan | 01 6251165 | ioha@olympichandball.org | www.olympichandball.org |
| Orienteering - Waterford | Andrew Cox | 087 2229677 | development@orienteering.ie wato2@eircom.net | www.orienteering.ie |
| Irish Road Bowling | Susan Greene | | info@irishroadbowling.ie | www.irishroadbowling.ie |
| Irish Rugby Football Union | John O'Neill (Men) Amanda Greensmith (Ladies) | 086 8207752 086 0218320 | johnoneill@munsterrugby.ie amandagreensmith@munsterrugby.ie | www.munsterrugby.ie |
| Football Association of Ireland | Gary Power Michael Looby | 086 3883850 087 0508623 | gary.power@fai.ie michael.looby@fai.ie | www.fai.ie |
| Tennis Ireland | Conor O'Callaghan | 087 6882286 | info@tennisireland.ie copc1@hotmail.com | www.tennisireland.ie www.munstertennis.com |
| Swim Ireland | Cathal Geraghty | 086 0619452 | mso@swimireland.ie | www.swimireland.ie |
| Triathlon Ireland | Scott Graham | 086 3687548 | scott@triathlonireland.com | www.triathlonireland.com |
| Volleyball Ireland | Aidan Kavanagh Ciara Buckley | 086 8173990 | sportsdev@volleyballireland.com south@volleyballireland.com | www.volleyballireland.com |



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

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

WATERFORD SPORTS PARTNERSHIP

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