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Waterford Sports Partnership acknowledged at Mayoral Reception

The Waterford Sport Partnership Team was very proud and honoured to be acknowledged by the Mayor of Waterford City and County Cllr. James Tobin at a Mayoral Reception in City Hall on Thursday 12th February 2015.

We were delighted to be joined on the night by Board members, past and present, as well as some of our great working partners and community representatives to celebrate the Pride of Place Award which we won in November 2014 for the 'Community Health – Physical Activity Cities Category'.

The Mayor said that 'Since inception in 2002, Waterford Sports Partnership has provided a leadership role for the co-ordination, development and delivery of sport and physical activity opportunities in Waterford. They achieve this through the provision of information and support, facilitation of education and training opportunities and supporting the development of programmes and events that encourage participation in physical activity particularly targeting lower participating groups such as people with a disability, women, youth at risk and older adults'.



The Waterford Sports Partnership Team and the Mayor pictured with the Pride of Place Trophy (l to r) Pauline Cunningham, Sports Development Officer; Rosarie Kealy, Sports Co-Ordinator; Karen Phelan, Communications Officer, the Mayor of Waterford City and County Cllr. James Tobin; Suzanne Baumann, Administrator; Brian O'Neill, Youth Sports Development Officer. (Missing from photo; Peter Jones and Mary Doyle)

Co-ordinator of Waterford Sports Partnership, Rosarie Kealy, said that 'the staff and Board are honoured and greatly appreciate the acknowledgement shown by the Mayor and his office to the work of Waterford Sports Partnership and the winning of the Pride of Place Award. I warmly welcome this acknowledgement on behalf of the staff and Board but also on behalf of all our partners, including local agencies, schools, NGBs, sport clubs, community organisations and volunteers that we work with and represent here in Waterford.'

Waterford Sports Partnership received €1,000 in prize money and the board and staff have put the funds to good use through the Balance Bike Bonanza - See page 3 for more information.

MEET THE WSP SPORTS DEVELOPMENT TEAM

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

Peter Jones, Sports Development Officer, is based in 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



Pauline Cunningham, Sports Development Officer and Sports Inclusion Disability Officer, We are delighted to announce that Pauline Cunningham will now be working three days a week (Wed-Fri) as our Sports Inclusion Development Officer (SIDO) with a focus on creating a number of sustainable physical activity opportunities for people with disabilities in Waterford. She will be available to discuss opportunities or challenges in participating in physical activity. Pauline, who is based at the Regional Sports Centre in Waterford, will continue to work in her Sports Development role in tandem with the SIDO position. Pauline can be contacted on (051) 849855 or pcunningham@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



WELCOME! Mary Doyle, Sports Development Officer

We are delighted to welcome Mary Doyle to the Sports Development team at WSP. Mary is a native of Co. Carlow and is very familiar with Waterford having studied Recreation and Sport Management at WIT. Mary has been working in the area of sports promotion and development for the past six years as Sports Promotion Officer in Bray, Co. Wicklow. With a general love of sports, Mary's main interests include Camogie, Gaelic Football and running. Some of the programmes she will be working on include; Bike for Life, Buntus Start and Waterford Active Schools Programme. Mary is based in the WSP City office at the RSC and can be contacted (Wed-Fri) on (051) 849619 or mdoyle@waterfordsportspartnership.ie

Waterford Public Participation Network (PPN) representatives on Board of WSP

Welcoming the new Waterford Public Participation Network (PPN) representatives to the Board of WSP

In February 2015, we sought expressions of interest from the Waterford PPN for four positions on the WSP Board, one in each of the following areas of interest in sport and physical activity:

- Disability e.g. Disability sports club, disability organisation promoting physical activity
- Sports Club e.g. coach, committee member
- Youth e.g. Youth club/organisation
- Community health/sport/physical activity e.g.. Community leisure centre, community group/organisation promoting sport/physical activity as part of its activities, etc.

There was a great response with eighteen people being nominated, ten of whom ultimately decided to put their names forward for election by the PPN membership. Thank you to all nominees for their interest in WSP and in promoting sports and physical activity in Waterford.

The election took place in March and we would like to congratulate and welcome on Board the newly elected PPN representatives:

- Disability - Elaine Dunne, Waterford Disability Network
- Sports Clubs - **Lynda O'Shea, Johnville FC**
- Youth - Jamie Moore, Waterford Comhairle na nÓg
- Community - Oliver Coffey, Comeragh Community Development Group

The four new PPN representatives were appointed as directors of Waterford Sports Partnership Ltd at the AGM on May 8th. The role of the PPN Representatives on the Board of WSP is to: bring the community perspective of the four areas of interest in sport and physical activity to the Board of WSP, represent the interests of the PPN membership in promoting sport and physical activity in Waterford and report back and liaise with the PPN in relation to sport and physical activity matters.

Thank you to Muriel Tobin and John Hawkes, Waterford PPN, for organising the nominations and elections on behalf of the PPN. For further information on this process please contact Rosarie Kealy at (058) 21190 or rkealy@waterfordsportspartnership.ie

Primary Schools

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.

IRFU Play Rugby

In April, WSP in conjunction with the IRFU, offered a Play Rugby workshop for teachers. Three schools availed of this fantastic opportunity; St. Joseph's Special School, Faithlegg N.S. and Glenbeg N.S.. John O' Neill (Munster Rugby Development Officer) delivered the training on each of the school grounds, and presented each school with an IRFU Play Rugby pack. All three schools were delighted with the training and are all looking forward to putting their new packs into use.



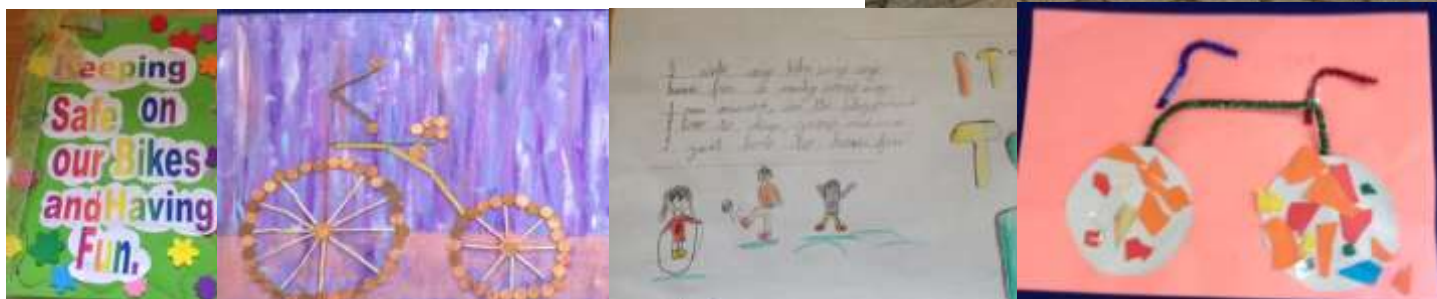
Buntús New Teacher Training

Each year WSP offers Buntús training for both new and existing teachers. The Buntús Programme works best when the resource cards are used in conjunction with the equipment and when the teacher has undergone the Buntús training. In early May, WSP delivered two support visits for teachers in Waterpark N.S. and St. Saviours N.S. Teachers were brought through both theory and practical elements of the training and then had a chance to put it into action with their class.

If your school is interested in taking part in future training in 2015 or if you require more information please contact Mary Doyle on (051) 849619 or email mduoye@waterfordsportspartnership.ie

Balance Bikes

Twenty one teachers from fourteen schools across Waterford took part in Balance Bike Teacher Training last October in the Crystal Sports and Leisure Centre. The training was written and delivered by WSP Sports Development Officer, Peter Jones. Over the last number of months, ten of the schools received the balance bikes, helmets, ramps, cones and high vis vests for a two week period at a cost of €100. Over the two weeks, teachers in the school ran cycling skills training with children in Junior and Senior infants. Feedback from the programme was excellent, with many teachers commenting that there are very few physical activity opportunities for children in Junior and Senior Infants to take part in.



Balance Bike Bonanza

In November 2014, WSP won a National Pride of Place Award for the 'Community Health - Physical Activity Cities Category'. The award included a prize fund of €1,000 and the WSP staff and Board decided to use the fund to further our objective of promoting participation in physical activity in Waterford. Where better to start than with our youngest citizens!

In a collaboration with Waterford Childcare Committee (WCC), the children and staff of the childcare services in Waterford were invited to take part. Children of the service were asked to creatively express (e.g. drawing, poem etc.) the importance of 'Being active and healthy and having fun' and staff/management were asked to complete an entry form outlining why their service should be considered for one of the prizes.

There was a great response and the five successful services are - The Little School of Montessori, Dungarvan, Growing up Together, Park Montessori and Mercy Pre-school, Waterford and Naíonra Philibaráin, Tramore. Waterford Childcare Committee and Waterford Sports Partnership were delighted with all the creative, colourful and detailed applications (some of which are featured above) and were thrilled to see how the inclusion of balance bikes would complement their existing curriculum and emphasis on physical activity.

In early June, the five childcare services will receive balance bikes and helmets and training for all staff in the use of the balance bikes. Watch this space for an update on the presentation of the equipment and the training of staff.

Waterford Go for Life Games Preparation

The Go for Life Games is an annual event organised by Go for Life, Age & Opportunity and the Irish Sports Council which is supported on the ground by Local Sports Partnerships. The aim is to provide an opportunity for enjoyable and social physical activity participation among older adults. In 2014, Waterford was one of eighteen teams taking part in the national event in Dublin.



Waterford Sports Partnership has delivered games blitzes to older adults leading up to the National Go for Life (GFL) Games which will take place in June 2015. The aim of the blitzes was to provide an opportunity for older adult groups in Waterford to meet up with other groups in a social environment. 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).

On 5th March, seventeen people from six groups took part in Go for Life Games training, facilitated by Frank Fahey, who said 'The women from Waterford would compete with any group in the country, BUT are there no men left!!!' This training day ensured that participants could lead the three events to their own local groups with a number of groups hosting friendly matches against each other.

'I enjoyed the day, it was a brilliant day. I am after meeting loads of people today and had a great laugh. Fair play to WSP for bringing us all together.'

Games Day Blitz Participant,
Catherine Chester,
Waterford Stroke Support Group

WSP were delighted that the groups engaged fully, thirty five older adults (27 ladies and eight men) took part in a Go for Life Games blitz day on Wednesday 15th April in Kilmacthomas. The blitzes are preparation for selecting a Waterford team for the National Go for Life games day in Dublin on Saturday 6th June. Particular congratulations to John Foley who managed to demonstrate his deadly aim by landing two of his lobbers discs on top of each other. Well done John.

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 Peter Jones on (058) 21191 or email: pjones@waterfordsportspartnership.ie



Multi Games Equipment and Demonstrations

Waterford Sports Partnership has a range of adapted games equipment that is suitable for all abilities including:

- Polybat (adaptation of table tennis)
- Box hockey (adaptation of hockey)
- Speed stacks (cup stacking game to improve coordination/dexterity)
- Flisk (adaptation of Frisbee)
- Lobbers (adaptation of boules)
- Scidils (adaptation of Bowling).

To arrange a group demonstration or enquire about borrowing equipment, please contact Peter Jones on (058) 21191



WSP partnership with GAA and Respond

Ninety Year Old Cissie bags four goals in Respond Indoor Hurling Tournament

Waterford Sports Partnership in partnership with Respond and Waterford GAA hosted a physical activity session for thirty older adults in Cill Barra Sports Centre on Wednesday 11th March.



Residents of Respond Housing Association from Waterford, New Ross and Wexford along with the Waterford Stroke Support Group and Kingfisher Men's Group took part in a lively indoor hurling tournament.

Thirty older adults from the Southeast region picked up their hurls and tried their hand at Camán Abú. Camán Abú is effectively a non-contact ground hurling game which is played with a modified hurley and sliotar. The underlying philosophy of Camán Abú is that Gaelic Games should be fun, enjoyable and accessible for all ages. The highlight of the day was undoubtedly ninety year old Respond resident from Wexford, Cissie Halpin scoring four goals. The participants also took part in a number of other taster games including Boccia, Flisk and Box Hockey. Due to the success of this programme we hope to run it again in the future.

'A brilliant turnout with groups from Waterford, Wexford and New Ross taking part. Camán Abú has really taken off since first introduced by WSP, it was the residents themselves that asked for this day. People of all ages have taken part with our oldest participant being 90 years of age. The social element is hugely important and the games WSP demonstrated to participants including Speed Stacks, Polybat, Fillisc, Boccia and Box Hockey all proved very popular.'

David Phelan,
Resident Support Worker,
Respond.

'With the Go for Life Games, indoor hurling and other activities who needs a pension!'

Timmy Fox,
Kingfisher Men's Group.

Leisure Centre Opportunities

Active Older People Gym Support | Park Hotel Leisure Centre, Dungarvan

Older adult's activity specialist Claire Kennedy will be available to induct and assist older people that are interested in getting started in the Park Hotel Leisure Centre gym every Tuesday between 11am-12:00pm.

Pay as you go rates from €6 per session. Please contact Claire Kennedy for more information on (058) 42902.

Active Retirement Activity Class | Kingfisher Club, Waterford

The Kingfisher Health and Fitness Club run an Active Retirement Activity Programme for Men and Women. €30 for a six week block. Please call Jacqui (086 2634061) for more information.

Older Adults Active Leadership Programme Walk

As part of Waterford Sports Partnership's Older Adult Leadership programme, five active retirement groups led three walks in Dungarvan, Waterford City and Cappoquin for a total of sixty six individuals. We were delighted with the success of the walks. One of the leaders, Nicky Sheehan from the Men's Shed commented 'Fantastic turnout which surprised me. Talking and walking made the time fly by and enabled us to walk further' and Anna O'Neill, one of the Dungarvan ARA leaders saying 'I enjoyed it immensely, it was very invigorating and it's great to get out in the open air. I didn't expect such a great turnout'. The aim of the programme was to support groups to organise their own walks on a regular basis. It is great to see that the Dungarvan and Cappoquin groups are walking regularly.



Coming soon... Circuit Training for Older Adults

WSP has secured funding to purchase equipment for an adapted older adults circuit training session. WSP will be delivering training to groups in September 2015 and the groups will then be able to borrow the equipment for use in their groups. If you or your group are interested in this, please contact Peter Jones on (058) 21191 or email pjones@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.



Pitch & Putt opportunities in Waterford

Regional Sports Centre

Cork Road, Waterford

Monday -Thursday 9am-6pm and Friday-Sunday 9am-2pm | €2.50 for over 55's
For more information please call: (051 309908):

Cunningar Pitch and Putt Club Dungarvan

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

Female Coach Development Programme

In 2005, following research by the ESRI, The Irish Sports Council launched its 'Women in Sport Initiative' to increase participation of women in sport. This report stated 1 in 5 women met the National Physical Activity Guidelines. Results from the Irish Sports Monitor for 2013 show that almost 1 in 3 women met the National Physical Activity Guidelines through sport while just one in eight women were sedentary with 43% of women regularly partaking in sport i.e. at least once a week.

In order for women to continue to increase participation in sport, it is also important to increase the number of female coaches. As a result, Waterford Sports Partnership, in conjunction with the Ladies Gaelic Football Association and Camogie Association are delivering a pilot coach development programme for women with no previous coaching experience.

The first session; **'Personal coaching skills'** was delivered on Monday 27th April in Balinameela Hall. Waterford Sports Partnership was delighted that fifteen female coaches from six clubs took part in this practical session facilitated by Peter Jones and Jason Ryan. This session focused on giving the coaches the opportunity to take part and evaluate coaching sessions as well as gaining feedback on their own coaching performance.

The second session focused on effective **'Warm Ups, Cool Down and Stretching'**. Participants will also take part in Child Welfare and Protection Safeguarding 1 Training. On completion of the programme, the coaches will receive support visits from their National Governing Body Development Officer. This will help them implement their learnings from the programme into their coaching sessions.

If this pilot is successful, it is hoped that this programme will be available to other clubs and sports in the future.

If you would like further information about this programme please contact:

Peter Jones, Sports Development Officer,
Waterford Sports Partnership on 058 21191
or email pjones@waterfordsportspartnership.ie



'really informative and fun and has enabled me to improve my coaching.'

Kayleigh Veale, Dungarvan Ladies Football Club

'This workshop was a pleasure to co-deliver. The participants were open and honest about their coaching and areas that they wanted to develop. Their willingness to take feedback on board was outstanding. Now the challenge for all that attended is to put their learnings into practice.'

Jason Ryan, Course Tutor



Bike for Life Programme

Ladies!! Waterford Sports Partnership in conjunction with Cycling Ireland is delighted to announce that we are running Bike for Life 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 the 50km Kelly Cruise. This is one of the routes on the popular Sean Kelly Tour of Waterford which takes place on Sunday 23rd August.

The programme will commence in Waterford City & Dungarvan as follows.....

**Waterford City
Dungarvan**

**Regional Sports Centre on Wednesday 1st July at 6.15pm sharp
St. Augustine's College on Thursday 2nd July at 6.15pm sharp**

COST €30 per person | PLEASE NOTE THAT PLACES ARE LIMITED and MUST BE BOOKED IN ADVANCE

If you are interested in taking part, please contact:

Pauline Cunningham on 051-849855 or Mary Doyle on 051-849619

**SIGN UP TODAY!
LADIES ONLY!**



Walk to Run Programme

Fifty six women from across Waterford recently completed a hugely successful "Walk to Run" Programme. The programme was funded by the Irish Sports Council (Women in Sport) which enabled WSP to run three eight week running programmes in Waterford City, Dunhill and Dungarvan. The Walk to Run Programme was designed to teach women correct running techniques, build their confidence and train them to complete 5km leisure runs in groups or on their own.

The Dungarvan group was the first to kick start the programme with twenty two women meeting outside the Causeway Tennis Club on Monday 26th January. Despite the cold weather, all the ladies thoroughly enjoyed the programme as Sharon Duggan (Tutor) took the ladies through their paces. After the initial eight weeks of the programme, several of the women continued for an additional three weeks and trained to take part in the Ballinroad 5km Fun Run and the Butlerstown 4 Miler.

The second group to get started was the Waterford City group, which was tutored by Sinead Brannigan. Twelve eager and enthusiastic women trained in the industrial estate for eight weeks. Similar to the Dungarvan group seven women continued with their training for an extra four weeks in the hope of completing the Butlerstown 4 Miler.

Last but not least, our group in Dunhill got up and running on Saturday 31st January. Unlike the other two groups, the Dunhill Ladies were blessed with sunshine each morning of the programme, which made it a little easier to take part. WSP teamed up with Julie Torpey from the Dunhill Health & Leisure to train and develop the ladies running techniques over the eight weeks. After the eight weeks the ladies were eager to continue for an additional four weeks and trained to run the 4.5km Anne Valley Walk.

Overall, the programmes in all three locations were very successful. A big thank you to our three tutors who worked with the ladies throughout the programme. Also, a special mention to Joanne, Suzie and Marie who supported some of the larger groups at different stages throughout the programme. Finally, huge congratulations must go to all the participants who took part in the programme and reached their goals, you should be all very proud of yourselves.

"I have really enjoyed the programme, I'm more than happy with my progress and a little surprised with how much I've enjoyed it."

Una Pemberton,
Programme Participant



Waterford Sports Partnership Club Development Seminar Series

'Sharing knowledge between sports and promoting positive change.'

The 2015 WSP Club Development Seminar Series marks a commitment from National Governing Bodies and Waterford Sports Partnership to deliver on common goals of increasing participation, coach education and safe involvement in sport.

The series aims to 'share knowledge between sports and promote positive change'. The seminars will be co-hosted by WSP and NGB's over the coming months and are open to all coaches, volunteers, parents and participants from all sports. These seminars include: Speed Development (Athletics Ireland); Warm Up, Stretching and Movement (GAA); Dealing with Challenging Behaviour (WSP/Michael Carruth); Injury Prevention and Rehabilitation (Camogie) and Club Roles and Responsibilities – A practical approach (Swim Ireland).

Concussion Awareness Seminar

The series began on Monday 9th March with fifty seven people from twenty one clubs representing thirteen different sports attending a Concussion Awareness Seminar delivered by Shane Mooney on behalf of Munster Rugby and the IRFU. The interactive seminar included information relating to Concussion Recognition Management and Return to Play protocols. All information from the evening, including posters and videos for clubs, is available to view at <http://waterfordsportspartnership.blogspot.ie/search/label/Concussion>

Over the next few months, WSP in conjunction with Athletics Ireland, GAA, Camogie Association, Irish Amateur Boxing Association and Swim Ireland are delivering the seminars listed below open to coaches, players, administrators and parents from all sports clubs.

For more information or to BOOK YOUR PLACE TODAY!
please contact Peter Jones on
(058) 21191 or email pjones@waterfordsportspartnership.ie

'Munster Rugby are delighted to co-host the first seminar in the WSP Club Development Seminar Series. Strong links have been forged recently between WSP and Munster Rugby. It is great that all sports can benefit from the expertise of other NGB's. We are pleased with the excellent feedback from representatives of all sports who attended the Concussion Awareness Seminar'.

Damon Ulrich,
Community Rugby Manager,
Munster Rugby

'a very informative evening presented in a way that was easy to follow and understand'.

Martina Coonan, Dungarvan Rugby Club

'absolutely fantastic knowledge on concussion and how to recognise the symptoms'.

Derek Lyons, Dungarvan GAA

'Any knowledge on concussion awareness is of the utmost importance in all sports and can only benefit coaches in providing safe and effective player welfare'.

Gary Power, FAI, Development Officer



SEMINAR	Date & Time	Facilitator	Who should Attend?	Venue	Places	Cost
Speed Development (certified by Athletics Ireland)	Mon 8th June 6.30 to 9.30pm	Brid Golden, Athletics Ireland Tutor	Coaches Players	Regional Sports Centre, Waterford	40	€5
Warm Up, Stretching & Movement (certified by GAA)	Mon 6th July 6.30 to 9.30pm	Pat Flanagan, GAA Tutor	Coaches Players	Ballygunner GAA Club	50	€10
Dealing with Challenging Behaviour (certified by IABA)	Mon 21st Sept 7 to 9pm	Michael Carruth, IABA Development Officer & Brian O'Neill, WSP Youth Sports Development Officer	Coaches Volunteers Parents	Regional Sports Centre, Waterford	50	€5
Injury Prevention / Rehabilitation (certified by Camogie Association)	Mon 5th Oct 6.30 to 9.30pm	Ross Corbett, Camogie Association, Regional Co-ordinator for Munster	Coaches Players	Coláiste Chathail Naofa, Dungarvan	40	€5
Club Roles & Responsibilities 'A Practical Approach'	Mon 2nd Nov 6.30 to 9.30pm	Cathal Geraghty, Swim Ireland, Munster Regional Club Support Officer	Administrators	The Park Hotel Dungarvan	75	FREE

Sports Capital Grants 2015

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. On 10th March 2015, Minister of State for Tourism and Sport **Michael Ring announced €40 million worth of funding for the** development of sports facilities and the purchasing of sports equipment for sports clubs, voluntary and community groups, national governing bodies of sport and local authorities.



WSP were pleased to have assisted many of the forty Waterford clubs/organisations who applied for funding by the Friday 24th April deadline. We hope that 2015 will see an increase in the 2014 funding where twenty four Waterford groups/clubs were allocated **€733,625. Waterford Sports Partnership applied for an equipment grant towards Sports Hall Athletics equipment and, should we be successful, plan to develop a schools programme to encourage the use of that equipment and larger scale Sports Hall athletics equipment based in Dungarvan Sports Centre and the Kingfisher Leisure Centre.**

Rosarie Kealy, Co-ordinator of Waterford Sports Partnership said 'We would advise sports clubs to start preparing now for the next round of Sports Capital funding which could be as early as this time next year. Announcements do not happen regularly and often give only 5-6 weeks notice to closing date. We are available to guide clubs in what needs to be done so that they are best prepared. Getting evidence of legal title and planning permission takes time, not to mention fundraising for up to 15% of the total cost. The online process is greatly streamlined but it is relatively easy to get disqualified on a technicality. We invite clubs who are thinking of a capital development or an equipment application to contact us in the coming weeks for support and assistance in planning what needs to be done now to submit a strong application for the next round. We wish all Waterford clubs and organisations **the best with their 2015 applications.'**

If you require any further information, please contact Peter Jones, Sports Development Officer on 058 21191.

IMPORTANT!

Child Welfare & Protection Training Information for ALL Clubs

The Irish Sports Council has recently changed the structure of the Child Welfare & Protection (Code of Ethics) Training Programme for Clubs.



The details of the three stages of training are outlined here as follows:

1. **Safeguarding 1 - Basic Awareness Workshop in Child Welfare & Protection**
– a must for anyone working with children!

All Coaches, Club Children's Officers and Designated Liaison Persons must first complete the 3 hour Child Welfare & Protection Basic Awareness Workshop. This workshop educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

The old six hour Children's Officer Training Course has been replaced by two separate three hour courses as follows:

2. **Safeguarding 2 - Club Children's Officer (CCO) Workshop**
– a must for all Club Children's Officers

A Club Children's Officer should be child centered in focus and have as the primary aim the establishment of a child centered ethos within the club. S/he is the link between the children and the adults in the club. S/he also takes responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and Sports Leaders. A person appointed to the Club Children's Officer position in a club must have completed the Child Welfare & Protection Basic Awareness Workshop and should complete the NEW Club Children's Officer 3 hour workshop. This workshop will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the club. Participants will also receive a Club Children's Officer Action Planning document as part of the training.

3. **Safeguarding 3 - Designated Liaison Person (DLP) Workshop**

The third part of the ISC Child Welfare & Protection Training Programme is the Designated Liaison Person workshop. This workshop is currently under review and will be available to clubs later this year.

Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI. It is recommended that this person is a senior club person. However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as Designated Liaison Person once the club/organisation is clear about the responsibilities of each role. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

A person appointed to the Designated Liaison Person position in a club must have completed the Basic Awareness Workshop in Child Welfare & Protection and should complete the NEW Designated Liaison Person 3 hour workshop. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.

If you require any further information, please contact Peter Jones, Sports Development Officer on 058 21191.

FREE

CITY & COUNTY PUBLIC EVENTS



Comhairle Cathrach
& Contae Phort Láirge
Waterford
City & County Council



Bikeweek.ie

13th–21st June 2015

smarter travel >>>
Dungarvan

<p>SATURDAY 2.00pm–4.00pm Kilbarry Nature Park</p> <p>13 JUNE</p> <p>PEDAL IN THE PARK</p> <p>Fun games, skills and drills for children and families.</p> <p>CONTACT: PAULINE CUNNINGHAM T. 051 849855</p>	<p>SUNDAY 2.00pm–4.00pm Skatepark People's Park Park Road</p> <p>14 JUNE</p> <p>BMX "JAM" IN THE PARK</p> <p>Witness the best of local BMX and scooter talent Waterford has to offer.</p> <p>CONTACT: BRIAN O'NEILL T. 051 849853</p>	<p>TUESDAY 6.45pm–9.00pm Fusion Centre, Dungarvan (Beside Dungarvan Sports Centre)</p> <p>16 JUNE</p> <p>NO NAME CLUB CYCLE & BEACH FUN</p> <p>No Name Club Cycle to Clonea Strand from Fusion Centre for beach fun and games and cycle back (15k) All welcome!</p> <p>CONTACT: JOHN DONOVAN T. 087 2782825</p>	<p>WEDNESDAY 1.30pm–2.30pm Walton Park, Abbeyside (Near Bowling Green)</p> <p>17 JUNE</p> <p>LUNCH TIME CYCLE</p> <p>8k cycle followed by light lunch at Euroroute Cuisine Restaurant. Free event but pre-registration essential by Monday 15th June. see www.waterfordcouncil.ie for details</p> <p>CONTACT: JOHNNY BRUNNOCK T. 058 21496</p>
<p>WEDNESDAY 1.00pm Bishop's Palace on the Mall (opposite Waterford Crystal Building)</p> <p>17 JUNE</p> <p>LUNCHTIME CYCLE</p> <p>25 minute leisure cycle. Bikes, helmets and light refreshments provided on the day.</p> <p>CONTACT: PAULINE CUNNINGHAM T. 051 849855</p>	<p>WEDNESDAY 5.15pm–6.00pm Regional Sports Centre</p> <p>17 JUNE</p> <p>BIKE MAINTENANCE</p> <p>Covering topics such as puncture repair, tyre pressure, correct sizing and position of saddle.</p> <p>CONTACT: PAULINE CUNNINGHAM T. 051 849855</p>	<p>WEDNESDAY 6.00pm–8.30pm Regional Sports Centre</p> <p>17 JUNE</p> <p>FAMILY CYCLE TO TRAMORE & BACK</p> <p>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.</p> <p>CONTACT: PAULINE CUNNINGHAM T. 051 849855</p>	<p>SATURDAY from 4.00pm Ardsallagh Cross Roads (on L2009 near Youghal Bridge)</p> <p>20 JUNE</p> <p>ARDSALLAGH MIDSUMMER BIKE RIDE & BBQ</p> <p>Celebrate Bike Week with a bike ride to Ferrypoint followed by a BBQ, Music, Bouncy Castle, Boules and Childrens' games. Meet at Ardsallagh Crossroads at 4.00pm for the Bike Ride. BBQ and games start at 5.00pm.</p> <p>CONTACT: RICHARD TORNEY T. 087 6243406</p>
<p>SATURDAY 6.30pm–9.30pm Dungarvan Rugby Club (Ballyvandle)</p> <p>20 JUNE</p> <p>MIDSUMMER BEACH TAG FOR BIKE WEEK</p> <p>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</p> <p>CONTACT: MOSSIE KEITH T. 087 6617950</p>	<p>SUNDAY 7.30AM Walton Park, Abbeyside (near Bowling Green)</p> <p>21 JUNE</p> <p>DAWN CYCLE</p> <p>15k and 25k Cycle followed by light breakfast. Free event but pre-registration essential by Thursday 18th June. see www.waterfordcouncil.ie for details</p> <p>CONTACT: JOHNNY BRUNNOCK T. 058 21496</p>	<p>SUNDAY 2.00pm Park Rangers Soccer Club</p> <p>21 JUNE</p> <p>FAITHLEGG FAMILY CYCLE</p> <p>5k and 15k Family Cycle including Faithlegg, Passage East and Woodstown. Family Picnic at finish in Faithlegg.</p> <p>CONTACT: SUSAN JACOB T. 086 2786529</p>	<p>SUNDAY 11.00am Fenor Church Car Park REGISTRATION FROM 11.00AM, CYCLE AT 12.00 NOON</p> <p>21 JUNE</p> <p>FENOR FAMILY CYCLE 2015</p> <p>Kiddies Cycle Skills; 10k and 15k cycles. Followed by Family Fun Day and Fenor's Fittest Family!</p> <p>CONTACT: JOHN HAYES T. 086 1013924</p>

DON'T FORGET YOUR HELMET !!

THE FOLLOWING SCHOOLS, PRE-SCHOOLS AND COMMUNITY GROUPS ARE RUNNING THEIR OWN EVENTS TO CELEBRATE NATIONAL BIKE WEEK 2015

Cheekpoint & Faithlegg Development Group • Clonea Power N.S. • Faithlegg N.S. • Fenor Play Park • Ferrypoint N.S. • Gaelscoil Philip Barun • Garranbane N.S. • Glór na Mara Kilmacthomas P.S. • Knockmahon N.S. • Le Chéile • St. Mary's Primary School, Dungarvan • Mount Sion Integration & Support Unit • No Limits Community Group (Adult Education Centre) Our Lady of Mercy N.S., Stradbally • Portlaw N.S. • Rathgormack N.S. • Scallywags, Lismore • Seaford N.S. • St. John of God School, Waterford • St. Joseph's, BNS, Dungarvan St. Mary's N.S., Ballygunner • Tramore Education Centre • Waterford Autism Social & Sports Action • Waterford Childcare Centre • Waterpark N.S.

2015 Calendar of Training & Events

Date	Course/Event	Time	Cost	Venue
June 2015				
Monday 8 th June	WSP Seminar Series Speed Development (Certified by Athletics Ireland)	6.30 to 9.30pm	€5	Regional Sports Centre, Cork Road, Waterford
Saturday 13 th June	Remote Emergency Care First Aid Course	9am to 5pm	€45	Regional Sports Centre, Cork Road, Waterford
Saturday 13 th June - Sunday 21 st June	National Bike Week 2015	VARIOUS	FREE	See Previous Page for a full listing of Public Events in Waterford
Sunday 28 th June - Saturday 4 th July	National Recreation Week	VARIOUS	TBC	See www.waterfordsportspartnership.ie for more information
Monday 29 th June	Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	ETB Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
July 2015				
Sunday 5 th July	National Play Day			
Monday 6 th July	WSP Seminar Series Warm up, Stretching & Movement	6.30 to 9.30pm	€10	Ballygunner GAA Club
August 2015				
Saturday 22 nd & Sunday 23 rd August	The Sean Kelly Tour of Waterford	Various	Various	Dungarvan, Co. Waterford For more information visit www.theseankellytour.com
September 2015				
Monday 21 st September	WSP Seminar Series Dealing with Challenging Behaviour (Certified by IABA)	7 to 9pm	€5pp	Regional Sports Centre, Cork Road, Waterford
Monday 28 th September	Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
October 2015				
Monday 5 th October	WSP Seminar Series Injury Prevention/ Rehabilitation	6.30 to 9.30pm	€5pp	Coláiste Chathail Naofa, Youghal Rd., Dungarvan
Saturday 17 th October	Remote Emergency Care First Aid Course	9am to 5pm	€45	The Park Hotel, Dungarvan
Monday 19 th October	Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	ETB Offices, Dungarvan Shopping Centre, Dungarvan, Co Waterford
November 2015				
Monday 2 nd November	WSP Seminar Series Clubs Roles & Responsibilities - A Practical Approach	6.30 to 9.30pm	FREE	The Park Hotel, Dungarvan
Monday 23 rd November	Child Welfare & Protection Awareness Workshop	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

TRAINING, EVENTS & PROGRAMMES



Foundation in Cycling Coaching Award

Sixteen people are now newly qualified cycling coaches as a result of attending a Foundation in Cycling Coaching Award. This one day course, facilitated by Cycling Ireland, took place in Colaiste Chathail Naofa, Dungarvan. The course was aimed at people new to coaching and those wishing to start on the cycling coaching ladder.

All the basics of cycling coaching were covered, providing participants with a good introduction to the principles of coaching and training. The day consisted of **both theory and practical elements of coaching, including 'hands on'** coaching. Waterford Sports Partnership would like to thank Kieron Selley from Cycling Ireland for delivering an excellent course and to Colaiste Chathail Naofa for the use of their excellent facilities. Well done to all those who took part.

Bike for Life Leaders Training

The Bike for Life Leaders Training Course was delivered on the 9th of May to fourteen people from around Waterford to develop Bike for Life Leaders for **this summer's Bike for Life Programme. The participants were given in-depth** details of the Bike for Life Programme and what is expected of leaders. There were two elements to this course: the first was theory which included how to run a successful programme which is both safe and enjoyable for all participants.

This included lesson plans, route planning, safety and marketing the programme. The second element was a practical session outside, planning and delivering sample sessions to the group. This gave all prospective leaders a chance to practice coaching with feedback from the tutor.

The participants thoroughly enjoyed the course. A special thanks again to Cycling Ireland and Kieron Selley for delivering an enjoyable and interactive course and also to Coláiste Chathail Naofa for the use of their facilities.



Active Leadership Training

We ran two hugely successful Active Leadership courses since January 2015 with students from Youthreach (Sports & Recreation Group), participants from Carriglea Cairde Services, Waterford GAA, Lismore Heritage Centre and The Park Hotel. Active Leadership training aims to equip participants with the necessary knowledge and skills to plan, organise and lead the delivery of a safe activity session. The course is a mixture of theory and practical work. The theory element includes safety and emergency plans, communication and planning of activities. The practical element includes planning a session and delivering it to the group, participants then receive feedback from the tutors on this element as part of their assessment. If you are interested in taking part in one of our courses or require more information please contact: Pauline Cunningham on (051) 849855 or email pcunningham@waterfordsportspartnership.ie



Congratulations to the representatives from seventeen clubs who took part in the Safeguarding 2 – **Club Children's Officer Training** in May. Rosie Donnelly from St Anne's GAA Club said "Course was thought provoking and awareness raising around how much we can do in a simple way to help make our club a very child friendly environment."

If you are interested in attending the next Safeguarding 2 – **Club Children's Officer Course**, please email pjones@waterfordsportspartnership.ie

NOW BOOKING!

Safeguarding 1 - Basic Awareness Workshop in Child Welfare & Protection

Monday 29th June | 6 to 9pm | ETB/VEC Offices, Dungarvan Shopping Centre
€15 per person | Limited Spaces Available

For further information please contact:

Peter Jones, Sports Development Officer, Waterford Sports Partnership
Phone: (058) 21191 | pjones@waterfordsportspartnership.ie



Mayor's Health Week Launch

Twenty seven pupils from Waterpark N.S. and their teachers joined Mayor Lola O' Sullivan (Metropolitan District), members of the Healthy Waterford Committee and An Garda Síochána on a wet and windy Friday morning in May to officially launch Mayor's Health Week. The group cycled from the school up along the Quayside on the newly developed cycle lanes. The aim of the launch was to highlight the cycle lanes to road users and make them aware of cyclists on our roads.



Mayor's Health Week

- Kilbarry Nature Park Walk

Waterford Sports Partnership was delighted to see such a great turnout for the Family Walk in Kilbarry Nature Park for Mayor's Health Week.

On Saturday morning 16th May, families from around Waterford joined Mayor Cllr. Lola O'Sullivan and guests Elsa and Olaf, characters from the popular movie 'Frozen' for a fun walk. The Park is situated on the Tramore Road near Supervalu and the car park entrance is via the Kingfisher Club. Saturday brought lovely dry weather and special guests Elsa and Olaf were a big hit with the younger generation. Waterford Childcare Committee Nature Park Guides were handed out to all who attended. There are many features and highlights in this fully accessible amenity including; viewing points, picnic areas, distance markers and biodiversity information boards.

Wizzy the WASP visits St. Joseph's School

Wizzy the WASP, the mascot for the Waterford Active Schools Programme (WASP), paid a visit to a very excited St. Joseph's Special School on Thursday 14th May to reward all the students who had completed the programme. Wizzy had great fun meeting all the students and he congratulated them on being active and presented them with their certificates and badges.

The WASP programme encourages adults to do at least 30 minutes activity and children to do at least 60 minutes activity at least five days a week. The children are given a record card by their teacher and when the child/adult has been active the teacher gives them their Wizzy reward sticker to stick on their card. The aim is to earn as many Wizzy stickers as possible. Each class teacher also takes part in the programme. The pupils of St. Joseph's Special School were delighted to welcome Wizzy the WASP. Mayor Cllr. Lola O'Sullivan was also present promoting healthy eating and exercise for Mayor's Health Week. To find out more about the WASP Programme, please contact; Mary Doyle, Sports Development Officer, on (051) 849619 or email mduoye@waterfordsportspartnership.ie.



SIGN UP TODAY!

MEN ON THE MOVE

Are you 30+, male and living in the Dungarvan, Waterford or Lismore area?

Do you want to feel fitter, lose weight, have fun, have more energy and meet new people?

Would you like to take part in a structured physical activity programme under the supervision of a qualified fitness leader?

Waterford Sports Partnership is running the Men on the Move Programme, starting in September. This FREE programme will consist of two group physical activity sessions a week for 12 weeks.

PLACES ARE LIMITED

If you are interested, please contact Peter Jones on 058 21191 or email: pjones@waterfordsportspartnership.ie

Disability Inclusion Training

On Friday 28th 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 twelve 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 and 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



Multisport Programme

Over 40 participants attended Waterford Sports Partnership's new Multisport programme in January, March and May this year. The multisport programme was run in partnership with Cill Barra Sports Centre, who delivered a variety of activities that included box hockey, soccer, basketball, boccia, table tennis, speed stacks and lots, lots more. Organisations were encouraged to bring along their service users regardless of differing levels of ability as there was something for everyone on offer.

Our next Multisport will run in September, dates and times to be confirmed. If you require more information please contact Pauline on 051 849855 or email pcunningham@waterfordsportspartnership.ie



Social Soccer

On the last Thursday of every month from 1-2pm the FAI and Waterford Sports Partnership runs Social Soccer for adults with a disability in Waterford. The Social Soccer is made up of various disability groups from right across the County who come together each month to take part in soccer. With the assistance of the FAI ETB students two sections are run, an indoor section for a lower level of ability and an outdoor section for higher level ability participants.

Our next event will take place on Thursday 25th June in Kingfisher from 1-2pm and costs €2pp. If you require more information please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie

Waterford Boccia League for Adults with a Disability

Waterford Sports Partnership in a joint venture with Cill Barra Sports Centre has sustained the regular running of the bimonthly Boccia League. The league ran in February and April from 10.45am-12.30pm in Cill Barra Sports Centre with over 30 participants in attendance. Participants had the opportunity to play in the league or take part as a trained referee. WSP would like to thank all the groups; Rehab Care, Brothers of Charity, St. Otterans and Carriglea Cairde Services for supporting this programme. Our next blitz takes place on Wednesday 10th June from 10.45am- 12.30pm.

If you or your group would like to take part in the Boccia League please contact Sinead Brannigan in Cill Barra Sports Centre on 051 350800.



Wheelchair Basketball

Throughout the month of February, Waterford Sports Partnership piloted a Wheelchair Basketball Programme. The Programme was aimed at athletes with a disability and able bodied athletes aged 15- 21years. Although numbers were low (four participants), they all thoroughly enjoyed the programme and were disappointed that more participants did not come along and give it a go. The programme was tutored by Dave O'Keefe who put participants through their paces each evening, incorporating skills and physical fitness and finished each session with a fun game. Well done to all that got

CONGRATULATIONS!

CARA National Inclusion Award for Park Rangers AFC

Well done to Park Rangers AFC who won the 2015 Sports Club section of the CARA National Inclusion Awards. The CARA National Inclusion Awards recognise organisations and people who contribute to the inclusion of people with disabilities in Sport and Physical Activity. The purpose of the awards is to highlight and acknowledge best practice in relation to the inclusion of people with disabilities in sport and physical activity.

Park Rangers AFC recently set up their own PAN Football for All Club for boys and girls with a disability. The club runs its training sessions on Saturday mornings from 12-1pm and caters for all ability levels.

If you are interested in taking part or would like more information please call Mary on 085 1034072



PAN Soccer for All

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

Tramore AFC - Friday evenings 5 to 6pm

Park Rangers - Saturdays 12-1pm

Come along and give it a go, ALL WELCOME!

Toddler Travel & Family Fun

As Part of the West Waterford Festival of Food fringe events, Waterford Sports Partnership teamed up with Go Dungarvan and Waterford Childcare Committee on Saturday 11th April to host the 'Toddler Travel and Family Fun' event in Walton Park. Participants got to take part in road safety, balance bike and fun travel activities for the two to five year old age group and their parents. Fifty children and forty supporting adults took part in activities to encourage safe family participation for walking and cycling using balance bikes. A big thanks to the Waterford Comhairle na nÓg volunteers for their help on the day.



Primary School Cycle Training

Waterford Sports Partnership, on behalf of Go Dungarvan, has developed a progressive four tier cycling skills training programme in schools for 4-18 year olds. This progression aims to teach fundamental cycling skills starting with balance, progressing to braking, signalling and pedalling. The cycling skills training also gives cyclists the necessary skills and experience to cycle safely on roads to use cycling as a safe form of active transport.

During the month of March, in mixed weather conditions, 137 fourth class students from Scoil Mhuire, Abbeyside; St. Joseph's, St. Mary's and Scoil Gharbháin took part in Level Three cycle training. The cycle training was delivered by PLC students from Coláiste Chathail Naofa who were trained as Cycle Training Tutors earlier in the year

In May 2015, 106 fifth and sixth class students from Scoil Mhuire, Abbeyside and St. Joseph's primary school took part in Level Four cycle training. This cycle skills' training focused on road awareness for students in the surrounding areas of their school to encourage them to use cycling as a form of active transport. By the end of June, 119 5th and 6th class students in St. Mary's and Scoil Gharbháin will also have received this training.

In total, 517 students will have completed part of the Go Dungarvan cycling skills training during the academic year.

WHAT THE STUDENTS SAID!

- 'Awesome'
- 'Fun and good for learning'
- 'Very good instructors'
- 'Good learning for when you want to cycle by yourself on the road''
- 'Aw no, its over'
- 'Wish we could do it again next week'
- 'It was so much fun'
- 'Best PE lessons ever'
- 'Love being able to cycle during school with my friends'
- 'cycling training was great and I'm so happy that I got to cycle past my house'
- 'I learned to indicate properly and use roundabouts. It was great fun'
- 'it was very fun and enjoyable'
- 'I learned to use my gears and how they can help me on the road.'
- 'I'm learning how to cycle safely, and my parents are happy about that'



WHAT THE TEACHERS SAID!

- 'It was fantastic to watch the children's cycling skills improve over the three weeks, they have learned and put into practice new cycling skills which are also essential life skills. Excellent training sessions, with excellent coaches'
- Aoife Coward, 4th Class Teacher, St Joseph's B.N.S.
- 'The girls really enjoyed the training and improved throughout the session. One of the girls in the class was nervous before training but went out on cycle paths which was a huge step forward. The training delivery was excellent and everyone had fun.'
- Kieran Curran, 4th Class Teacher, St Mary's G.N.S.
- 'Well organised training that gives children the skills and confidence to cycle safely in their local area.'
- Ruardhi De Paor, Principal, Scoil Mhuire, Abbeyside.

WIT Active Travel Behavioural Change Workshop

In March 2015, forty six Exercise and Health students in WIT received an interactive lecture from Go Dungarvan as part of their third year behavioural change module. The lecture was delivered by Peter Jones, Waterford Sports Partnership (WSP) and focused on how to implement behavioural change. The lecture covered the steps needed to implement sustainable behavioural change using local infrastructure, WSP target groups and WIT as examples.

The Workshop also had a specific emphasis on the impact of cycling skills training on the use of cycling as a form of active transport. This highlighted research findings from Go Dungarvan Cycling Training delivery to 631 (470 primary, 171 secondary) school aged children for pre, immediate post, post one, six and twelve months. This research provided some positive results and has helped to shape the development of the current Go Dungarvan four tiered cycling skills training model. Some of the findings below led to lively discussions from students regarding implementation of behavioural change.



Variable	Pre Training	Post Training	12 months Post Training%
Do you own a bike?	80%	87%	87%
Do you Cycle to school?	52%	58%	73%
Did you cycle to school in past 7 days?	5.7%	15.7%	12.2%
Do you feel confident on a big road?	41%	55%	61%

Results shown below are percentages for all 631 participants - pre, post and 12 months post cycling training.

Part of the research looked at how cycling skills training affected children's attitudes towards cycling. The table below highlights some of the findings showing the positive impacts of cycling training. Of particular interest was the impact of cycling skills training on parental perception of safety where confidence levels improved immediately post training but returned to their original levels twelve months post training. This suggests that frequent training is required to increase and maintain parental confidence levels.

QUESTION INTERVENTION	Pre Training	Post Training	12 months Post Training
I will cycle in any weather	48%	54%	53%
I feel safe cycling to school	64%	69%	72%
Grown ups don't want me to cycle	38%	31%	38%
Traffic makes me afraid of cycling	33%	23%	20%
Cycle lanes make me feel safer	78%	75%	63%



Self Defence Classes- WYTEC Girls

Seven girls from WYTEC took part in a 4 week Self-Defence programme, covering topics of personal safety and self defense for women. The girls were shown techniques that would improve their timing, reflexes, spatial awareness and surroundings. The girls were also taken through a number of scenarios and what options they should take should they find themselves in **vulnerable situations**. Thanks to John from Pat Rockett's Karate & Kickboxing Academy for delivering an excellent programme.



Life Skills and Recreation Programme

- Northern Suburbs CYP

Northern Suburbs Community Youth Project recently collaborated with Waterford Sports Partnership on a Life Skills & Recreation Programme. This programme combined Youth Work with Sports Development. Eight boys (10-12 yrs) engaged in topics such as Listening Skills, Coping Skills, Healthy Eating, Peer Pressure and Smoking/Alcohol Awareness. These topics were followed by activities including: Dodgeball, Rounders, Boxing, Pitch & Putt and Muay Thai. Such was the success of this programme that the boys expressed interest in participating in further separate programmes.

Martial Art Fitness-WYTEC Boys

Eight boys from WYTEC took part in a four week Martial Art Fitness programme. This activity was facilitated by Pat Rockett's Karate Academy in Waterford Crystal Sports & Leisure Centre. The boys were shown the techniques and skills involved in Martial Arts and also exercises that only require their own body weight. Martial Arts is a great activity that challenges the body as well as the mind.

For further information contact Brian O' Neill, Youth Sports Development Officer on (051) 849583/086 0201219



'Brick by Brick' Ballybeg Appeal

The Student Council from St. Paul's Community College requested assistance from Waterford Sports Partnership in organising a sponsored Stationary cycle to raise fund. Students and teachers for St. Paul's cycled the distance equivalent from Malin Head to Mizen Head. Even our own Sport Development Officers Brian, Pauline and Mary got stuck in on the day. Well done to St. Paul's Student Council for organizing a great event.

Dodgeball Ballybeg Boys & Girls

Waterford Sports Partnership continues to support and assist the Ballybeg Special Youth project with physical activity programmes. The project is still finding its feet due to lack of equipment and resources. Brian implemented two Dodgeball Programmes recently for the boys & girls groups which concluded with a number of fun, activity games. Special thanks to Cill Barra Sports Centre for the use of their excellent facilities.



Walking Programme - Northern Suburbs CYP

Well done to the young girls group who took part in a four week Walking Programme during January and February. Although the weather was challenging at times, we still had the committed few who persevered. Walking is a great exercise for people of all abilities and fitness levels. It doesn't require Gym membership or Venue hire- just the open road! Why not start up a Walking programme in your group? Contact: Brian O'Neill, Youth Sports Development Officer on (051) 849583/086 0201219 or email: boneill@waterfordssportspartnership.ie

YOUTH SPORTS DEVELOPMENT UPDATE

Swim Programme- SWAY Project

Eight members from the SWAY Project took part in a beginner Swim Programme that took place in the Crystal Sports & Leisure Centre. Each member received five lessons. Such were the improvements made after the lessons that the participants are now attending a public swim hour on a weekly basis, as they wish to improve their swimming even more. Well done lads. A great achievement! Special thanks to Paul for facilitating an excellent swim programme.



Irish Street Soccer League

During April, 10 players (2 teams) represented Waterford in the Irish Street Soccer League finals that recently took place in Dublin. Since early February, the lads got together every Friday afternoon in Ozier Park to prepare for this tournament through rain, hail and sunshine. Twenty four teams from all over Ireland took part, with the Minister for Youth & Children's Affairs James Reilly and FAI CEO John Delaney amongst those in attendance. By all accounts, both Waterford teams gave a very good performance, with one team reaching the semi-final. Congratulations to Adam Caulfield who took home the Waterford 'Player of the Year' Award. Both Adam and Dale Sheridan received a call up for trials to represent Ireland in the World Cup Street League which take place in Chile in October.

Special thanks to TREO's project worker, Danny Murphy for motivating and encouraging the lads each week, Terence O'Neill, Manager of McGuire House and to Villa Football Club for the use of their facilities.

Basketball Coaching Course

Congratulations to the 14 participants who completed the Introduction to Basketball Coaching Course. This was an 8 hour course, certified by Coaching Ireland, which took place over two days. Thirteen of the participants were under 18 years of age. The course covered a number of modules ranging from basic health and safety to the basic fundamentals of the game such as ball handling, passing, defense, shooting and team offense & defense. Special thanks to Waterpark College for the use of their Sports Hall and to Michael Evans for facilitating the course. Well done guys!



Waterford Sports Partnership donating First Aid kits to St. Saviour's GAA Club & Saviour's Crystal Boxing Club as part of the 'Brick by Brick' campaign. A great community spirit is alive and well in Ballybeg with both clubs continuing to provide activities for the young people in the community.



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

Boxing Programmes in Development

Our Youth Sports Development Officer, Brian O'Neill, recently met up with Olympic gold medalist- Michael Carruth. Brian visited the home of Irish Boxing, the National Stadium to observe the work the Community Boxing Development Officers do with the Start Box Programme. The Start Box Programme targets young people in Primary Schools and introduces them to the Sport of Boxing, through a fun and safe environment. Waterford Sports Partnership is currently looking at the possibility of collaborating with the I.A.B.A. with the view of implementing the Start Box Programme to Primary Schools in Waterford City & County.

If you would like more information on the Start Box Programme, please contact: Brian O'Neill, Youth Sports Development Officer, Waterford Sports Partnership on (051) 849583



Coming soon . . .

Youth Dodgeball
Anyone for Tennis?
Pitch & Putt

Tag Rugby for Girls
Basketball
Diversion Boxing

TY Soccer Coaching
Life Skills Recreation Programme
Athletics

USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
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