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Launch of WSP - Five Year Strategy

Mr John Treacy, Chief Executive of the Irish Sports Council launched the Waterford Sports Partnership 2007-2011 Strategy on Saturday 18th August at Dungarvan Sports Centre.

Those present for the launch, from the many clubs, schools, older adult groups, community groups and agencies that have worked with Waterford Sports Partnership over the past five years, were welcomed by Mayor of Dungarvan Mr. Damien Geoghegan. Waterford Sports Partnership is unique in that it is the only dual Local Authority Sports Partnership in the country covering the jurisdiction of Waterford City and County. John Treacy was also joined on the podium by the Mayor of County Waterford, Mr. Billy Kyne, Deputy Mayor of Waterford City, Mr. Tom Cunningham, Mr. Sean Kelly, International Cyclist and Board Member of Waterford Sports Partnership and Mr. Ray Ryan, Chairman Waterford Sports Partnership.

In launching the strategy, John Treacy said that 'I hold Waterford Sports Partnership up as a model of good practice around the country and I am proud as a Waterford man of the way all the partners from the City and County have worked together to produce such great results over the past few years.



We have an example tomorrow of that partnership in action with Waterford Sports Partnership, Waterford County Council, local cycling clubs and many, many volunteers coming together to put on a huge event that will see young and old, male and female take on a personal challenge at their own chosen level of sporting ability'.

Ray Ryan gave a presentation on the review of the work of the Partnership in the first four years 2003-2006. A copy of the Review and it's outcomes and a copy of the Strategy can be downloaded from the WSP Website.

The work of the Partnership for the next five years will focus on four key areas -

- creating opportunities for the **Participation** of key target groups through targeted programmes
- supporting a **Quality** sporting environment for clubs, coaches and volunteers through appropriate training & development
- effective **Communications** for marketing & promotion, information provision and influencing policy and
- a focus on **Partnership Growth** to increase the strength and depth of the Partnership and its impact.

Mr. Sean Kelly, board member of Waterford Sports Partnership said 'I recognise the huge contribution the Sports Partnership makes to sports development in Waterford. In particular I acknowledge the involvement of the Partnership in the organisation of the Sean Kelly Tour of Waterford which is happening tomorrow. This will be a great day and I would like to thank the huge number of volunteers that have offered their help on the day'.

07.07.07 - SPAR Mile Challenge

Well done to the 90 people who represented the County of Waterford at this years "SPAR Mile Challenge".

This Athletics Ireland nationwide endeavour took place on 07-07-07. The event was expertly run by Waterford AC with support from Waterford Sports Partnership. It was held in Waterford's Regional Sports Centre with all weather conditions represented at some stage in the day – wind, sun, heat, rain, cold. The "challenge" was to complete a mile – 4 laps of the RSC track in the best possible time. All levels of fitness were welcome. A great day was had by all, some walked, some jogged and some ran at an impressive speed! All who took part were able to log onto the SPAR Mile Challenge website to compare their time with others of similar age and profession across Ireland.



picture by gavindowney.com

Keep an eye out for next years Mile Challenge and test your fitness against the nation!

International Football

Waterford Sports Partnership has again been a lead partner in another programme to help with the integration of foreign nationals into the Waterford community. In conjunction with Pat Kelly (FAI), Liam Fraser (Waterford United) and Kevin Mascarenhs from the Information Support Unit in Mount Sion, a festival of football took place on Sunday 15th July at Villa FC

The aim of the day was to utilise the power of sport in breaking down barriers and helping in the integration of refugees, asylum seekers and other immigrants into the Waterford community. Earlier this year Waterford Sports Partnership in conjunction with the Waterford School Boys and the Information Support Unit held a "Football Forum". This well attended event drew people from Waterfords clubs, the Gardai and Non-Irish nationals. A Football Festival involving local club members and Irish Non-Nationals was one of the initiatives developed from this consultation.



The day was a huge success with some of the local Gardai playing on the teams. The family festivities were embraced from the outset as John Delaney (CEO, FAI), with his family in attendance, introduced the day's competition. With 13 teams encompassing 78 individuals from 19 different nationalities, the day saw a feast of footballing

excellence and exotic celebrations.

Whilst the level of participation was the primary aim of the day, this didn't stop there being a competitive edge to the proceedings. The women's competition involved teams being assigned a province as a name and despite some spirited resistance, Munster couldn't stop the might of Connacht as they remained unbeaten throughout the day. The men's sides adopted a county name and after plenty of sublime football, a hard fought and vocal final between Waterford and Kerry ended with the Deise edging a thriller by a single goal which continues the impressive sets of results that the county has currently been enjoying.

After an energetic day, the festival finished with exotic food for everyone as families from a kaleidoscope of backgrounds concluded the physical aspect of the day.

Volleyball

Come rain or shine !!!

Invented in the USA in 1895 by the YMCA for relaxation and recreation for businessmen - Volleyball is now taking Waterford by storm!

Beach Volleyball - As part of the Women in Sport initiative in association with WSP and Volleyball Ireland, a six day beach volleyball awareness and coaching clinic was run from 18-22 June on Tramore beach. Despite the weathers best efforts, 49 participants attended the week long coaching sessions gaining valuable insight into the basic skill levels needed for the game. Girls between 12-17 enjoyed being active during the summer holidays as they learnt beach volleyball Irish style during some severe gales and rain. The scheme was a huge success and will hopefully act as a spring board for developing the sport within the locality. A further programme is already planned for next year that should see more people enjoy the benefits of this skilful sport.

Volleyball smashes into the County and the City

If you have ever wanted to try a new sport that is fast and furious but relies more on your wits and skill levels than your athletic prowess then Volleyball could be the sport for you. At present Volleyball is being played and coached within the city and the county through a joint liaison with Volleyball Ireland and Waterford Sports Partnership in conjunction with NPAR (National Action Plan Against Racism)

Volleyball in the **County** currently takes place two evenings a week at Dungarvan Sports Centre. Tuesday (20.00 - 21.30) sees a competitive group of volleyball players meet at the centre where even from a spectators viewpoint it is a joy to watch the speed and accuracy of the game played to a high level. On Wednesday (20.30 - 22.00) there is recreational session which is aimed at beginners where coaching will be given to all those who attend.

ALL ARE WELCOME TO BOTH SESSIONS

In the **City** Volleyball is up and running at the Waterford Crystal Sports Centre currently on a Monday Evening (18.00 - 19.00). Again, anyone who is interested in playing is more than welcome.

If you would like to find out more please call Peter on (058)21191



Meet Peter Jones
Your WSP **Go For Life**
Contact - (058) 21191

PAL's Workshops - 3 more workshops will be held in Waterford as part of Waterford Sports Partnership and Go for Life's commitment to supporting Physical Activity Leaders.

The 3 workshops are Stepping & Strolling, Rolling and Bowling and PALs Skills and will take place in Rainbow Hall, Kilmacthomas on 3 Consecutive Mondays from the 1st October.

To date, Waterford Sports Partnership has held 20 Go for Life workshops with for over 600 participants.

Short Mat Bowling Competition - After the success of last years bowling event, this event will be running this year on Tuesday 20th November in Butlers Hall, Waterford City between 10-5.30. The team involves 4 players and the day will be run as a tournament involving groups from different counties with prizes for the teams placed in the top three with refreshments available. We are looking for two teams from Waterford to participate in this and if you have an interest please contact Peter.

National Grant Scheme - Since 2001 3067 grants totalling €1.93 million nationally have been distributed to local clubs and organisations and this money has been used by older people to purchase equipment and to take part in activity programmes. Any local group seeking to provide increased opportunities for older people to participate in sport and physical activity may apply for a grant. Grants range from €500 - €2,500 and are typically used by groups to purchase equipment or to allow members to try out a new sporting activity. Application Forms will be available from Go for Life and Waterford Sports Partnership from early September and staff in both offices will be happy to give assistance in filling out the forms before the closing date in mid-October.

Activity Mornings in Dungarvan - Thursday morning activity mornings will be recommencing in October and will take place in Dungarvan Sports Centre. If you are interested in taking part in activities such as short mat bowling, six and nine pins, kurling, bocca and potcha, frisbie and many more, please contact Peter at the Sports Partnership on (058) 21191. These mornings form a key role for older adult groups in the area to meet, socialise and share experiences.

Buntús Start 2007

Waterford City and County Childcare Committees, Waterford Sports Partnership and the HSE selected 20 pre-schools in the county of Waterford to receive the Buntús Start programme for 2007.

Buntús Start is a physical activity programme for children of 2-5years. Each pre-school is given a 'Start' bag with equipment specifically designed for 2-5 year olds, resource cards to help plan activity sessions and all teachers in the pre-school undertake 6hrs of training given by Buntús Start tutors.

It is planned to support further roll out of the Buntús Start programme to other pre-schools in Waterford city and county in 2008



Buntús tutors Jane O'Dwyer and Fiona Power with children from Tigh Sugradh Play Group, Clonea Lower, Dungarvan

Older Adults Sports Festival 2007

Many hands make light work!

Following on from the success of the 2006 Older Adults Festival in Faithlegg, Waterford Sports Partnership held their third Sports Festival for older adults in the Park Hotel, Dungarvan on Monday 14th May. With the sun shining over the delightful surroundings of Dungarvan bay, it was a spring in their step that all 53 participants from 18 different groups greeted the days activities.

The two biggest events of the day occurred when Kay Muldoon and Margaret Wetz received their certificates for completing all 8 leadership workshops, and also when our 'famous five' (Peg Teaby, Bridget Whelan, Marie Walsh, Mary Shannahan and Bernie Murphy) acted as assistants throughout the day to the Go For Life tutors. The credit reserved for these five vibrant ladies is huge and it is such leadership and energy that makes the Go For Life Programme such a success for the 44 groups in the City and County who are currently taking part in the programme.

Frank Fahey and Margaret O'Keefe from Go For Life led the day with notable assistance from Pat Kiely and Danny McGrath from Dungarvan Sports Centre. The smooth running of the day was a testament to the leaders professionalism and the participants zest for activity as they enjoyed nordic walking, marbles, line dancing, kurling, 6 pin bowling, chair bowling and parachute games.

The nordic walking in particular had participants marvelling at the benefits these simple poles provided to posture and ease of walking and we look forward to seeing these used frequently around the city and county.



Representatives from the following groups participated in the festival: Ardmore/Grange ICA; Assisi House; Ballymacarbry ICA; Clonea Power ICA; Comeragh ARA; Deise ARA; Dolmen ARA; Dungarvan CDP; Dungarvan Probus; Waterford IFA; Knockboy ICA; Le Cheile Probus; Probus Waterford; St. Josephs Hospital; Coiste na Seanóirí; Tramore ARA; Tramore ICA and Waterford ARA.

OLDER ADULTS Inter Club Activities

If you are interested in linking up with other clubs in your area to hold or partake in either a challenge evening or in an activity specific tournament, please contact the office on (058) 21191.

WSP Funding Opportunities

Waterford Sports Partnership currently operates two grant schemes to assist with coaching and developing clubs. The grants provide an opportunity for clubs to apply for up to 500 Euro a year. For both these funds clubs must have attended a Code of Ethics course and have a club constitution in place.

Coaching Fund

The Coaching Fund focuses on developing quality coaching resources in Waterford and on encouraging all coaches/volunteers to undertake appropriate education and training.

The grant covers registration costs (not traveling cost) to any NGB recognised qualification for any member from a club/organisation. This does not include any courses run by WSP as these are already heavily subsidised.

The Development Fund

This fund aims to encourage the set up of new clubs and assist existing clubs. Priority will be given to minority sports, low participation groups and the target groups identified in the Waterford Sports Partnership strategy.

The development fund is available for two different groups. New clubs are eligible for a 500Euro grant to assist with set up costs including equipment, first aid, insurance and affiliation costs. Existing clubs can gain funding when they are looking to broaden their participation base.

To date in 2007 Waterford Sports Partnership allocated the following funds for clubs. 6 clubs received Coaching Grants totalling 2930 euro which enabled 35 coaches to gain recognised qualification, to enhance their coaching abilities. 5 organisations received Development Grants totaling 2500 euro which included helping to set up 2 new clubs.

Further Information, Criteria and Application Forms for the Coaching Fund & for Development Fund are available on our website www.waterfordsportspartnership.ie or by contacting the office.

Sports Inclusion Development Officer Funding Secured

Waterford Sports Partnership has secured funding of €130,000 for the employment of a Sports Inclusion Development Officer (SIDO) under the Dormant Accounts Fund. This follows a comprehensive application submitted in late 2006. The SIDO, who will be employed later this year, will be actively involved on the ground in the development and implementation of projects to increase the participation of people with disabilities in sport and physical activities. This will really make a difference to supporting participation of people with a disability in Waterford City & County.

The Dormant Accounts Fund, is allocating over €2m for the employment of 19 Sports Disability Officers nationwide for an initial 2 year period. The presence of this network will have a huge impact on participation in this area over the coming years.

WASP

Waterford Active Schools Programme

Wizzing its way to a school near you.....

The WASP programme is quite literally buzzing its way back into schools all over the city and county in the forthcoming months. After the successful pilot programme in 7 schools that aimed to increase awareness of families about the importance of being active, we are now looking at make the programme bigger and better.

For the new programme we have received applications from 32 schools wishing to take advantage of the physical and social benefits that Wizzy the WASP will bring.

The next programme will see many exciting developments with WIT using WASP for research purposes, heralding an exciting time for the development of activity levels for the families of Waterford. With Teacher posters, idea posters and a WASP webpage all in the pipeline, hundreds of people should be as busy as bees around the city and county leading to a happier and healthier county.

Programme Mascot





The Sean Kelly Tour - A Wonderful Success!

Sunday morning August 19th saw over 900 cyclists gathered at Dungarvan Sports Centre for the start of the inaugural Sean Kelly Tour of Waterford. Back in April this year Waterford Sports Partnership came on board with Waterford County Council and local cycling clubs to organise this prestigious event. WSP played a major role from the outset and took on the challenge of marketing the event, website development, PR and volunteer recruitment.

From a WSP viewpoint this event offered an opportunity for young and old, fit and not so fit to participate in physical activity at their own chosen level be it 45km, 100km or 160km. WSP's objectives in being involved in this event were to promote cycling as a flexible form of activity that people in Waterford can take on for a lifetime whether as a recreational cyclist or as a member of a local club. It is hoped the event will lift the profile of cycling for the ordinary man and introduce the benefits of taking on such a personal physical challenge.

Event organiser, Richie Walsh, of Waterford County Council was fulsome in his praise of all those who helped to make the event such a wonderful success. In particular, he acknowledged the exceptional role which Waterford Sports Partnership played in both the organisational and promotional projects. "Rosarie, Karen and the Sports Partnership team are unbeatable when it comes to creative ideas, organisational ability and just genuine hard work", said Richie. He also enthused about the contribution which all the cycling clubs in Dungarvan, Waterford City, Carrick-on-Suir, Clonmel and Youghal made to ensure these were safe but challenging courses.



www.theseankellytour.com



Pat O'Shea
Kerry Football
Coach

WSP Coaching Conference 2007!!

*Ever wondered how to incorporate fitness into your sessions?
Would you like to gain a greater insight into how to motivate your players?
Are you concerned about your players diet and injuries?
Want an insight into basic injuries and strapping?*

If so read on

Building on from the success of the 'Coaching for Success Conference' held at Clonea Strand Hotel in November 2006, WSP are pleased to announce another Coaching for Success Conference to be held in WIT on Saturday 3rd November 2007 from 9-5pm.

After assessing the feedback from the 2006 event, we decided to make the 2007 event more practical, this years conference will focus on SAQ, ball related warm ups, incorporating fitness into sessions and developing coaching for an individual/team. Facilitators on the day will include; Jim Kilty, Pat Flanagan and Pat O'Shea. The Conference will also cover important theoretical areas including; Sports Psychology, Sports Nutrition, An Introduction to Weight Training and Basic Injury Assessment and Strapping.

The programme for the day is designed to ensure that all coaches irrespective of the age, gender, ability and sport will benefit from the day. This is the first conference of its type held by WSP and promises to be a thoroughly enjoyable and educational day.

Further details and applications forms will be available from the Sports Partnership Offices shortly and on the WSP Website www.waterfordsportspartnership.ie

Kilmacthomas Club Revival

Kilmacthomas Badminton Club was a recipient of a Club Development Grant from Waterford sports Partnership in 2005. This funding helped the club to kickstart its revival. The club was restarted in September 2005 after a 20 year break.

The Club plays in Rainbow Hall Kilmacthomas and has a growing membership of approx 30 adults & 30 juveniles. The juveniles play home and away fixtures with Lismore and Boladon and play fun tournaments. The club also competes in the county juvenile championships where they won 11 county titles this year. The Club's Juvenile officer is Mr. Brown, who runs the club with the emphasis on fun and participation.

The adult club players participate in the Waterford League and expect to have 6 teams playing in the men's and ladies leagues this season. Members range in ages from 16-60 and are roughly 50% male & 50% female.

Kilmacthomas Badminton Club recently won the regional 'Club of the Year' at Badminton Ireland's awards in Dublin, fighting off strong opposition from all over Munster and clubs from Kilkenny and Wexford. The club has strong social scene with regular nights out. The highlight of the new season should be a trip to Birmingham for the All England Championships in March.

The Club also holds an Annual Table Quiz to raise funds every February and this gets great support from locals and other Badminton clubs. The new season starts on Friday 24th August. All new members are very welcome, especially beginners. Contact Martin Walsh on 087 2604521 for more information.



**CHECK OUT THE BACK PAGE for a
CALENDAR OF UPCOMING COURSES AND EVENTS
for Autumn/Winter 2007**

Calendar of Upcoming Courses and Events 2007

Date	Course/Event	Time	Venue
Saturday 22nd September	Introduction to Volleyball	All day	Dungarvan Sports Centre
Fri 21st & Sat 22nd & Sun 23rd September	FAI Women's Kickstart 2	Fri 19.00 - 22.00 Sat 10.00 - 17.00 Sun 10.00 - 17.00	Cill Barra Sports Centre, Ballybeg, Waterford
Fri 21st - Sun 23rd Sept	Sli na Slainte Walking Leader Training	All Day	Ennistymon, Co. Clare
Thursday 27th September	Child Welfare & Protection Training	18.00 - 22.00	Civic Offices, Dungarvan
Sunday 30th September	World Heart Day	All Day	www.irishheart.ie
Monday 1st October	Go for Life Workshop - Stepping & Strolling	10.00 - 15.30	Rainbow Hall, Kilmacthomas
Sat 6th & Sun 7th October	REC 2 - First Aid Course	09.30 - 16.30	Waterford Crystal Sports Centre, Cork Road, Waterford
Monday 8th October	Go for Life Workshop - Rolling & Bowling	10.00 - 15.30	Waterford Crystal Sports Centre, Cork Road, Waterford
Saturday 13th October	Children's Officer Training	10.00 - 17.00	City Hall, Waterford
Monday 15th October	Go for Life Workshop - PALs Skills	10.00 - 15.30	Rainbow Hall, Kilmacthomas
Saturday 3rd November	Coaching for Success Conference	09.00 - 17.30	W.I.T. Cork Road, Waterford
Tuesday 6th November	Buntús - New Teacher Training	13.00 - 16.00	Butler Community Centre, Waterford
Thursday 8th November	Buntús - New Teacher Training	12.30 - 15.30	Dungarvan Sports Centre
Monday 12th November	Child Welfare & Protection Training	18.00 - 22.00	City Hall, Waterford
Saturday 17th & Sunday 18th November	REC 2 - First Aid Course	09.30 - 16.30	Dungarvan GAA Club
Fri 23rd & Sat 24th November	Active Leadership	Fri 18.00 - 22.00 Sat 10.00 - 17.00	TBA
Wednesday 5th December	International Day of the Volunteer	All Day	
Fri 9th - Sun 11th Nov	Sli na Slainte Walking Leader Training	All Day	Rosslare, Co. wexford

COACHING CORNER



Football Association of Ireland

Kickstart 1
Carrick United Football Club
Carrick-on-Suir

Fri 9th Nov - 19.00 - 22.00
Sat 10th Nov - 10.00 - 16.00

CONTACT:
Darren Murray 087 6378742
or darrenmurray@fai.ie

Senior Intro
Blackwater Community School,
Lismore

Fri 21st Sept - 18.45 - 22.00
Sat 22nd Sept - 09.30 - 17.30
Sun 29th Sept - 09.30 - 17.30

Kickstart 2
Blackwater Community School,
Lismore

Fri 5th Oct - 18.30 - 22.00
Sat 6th Oct - 09.30 - 17.00
Sun 7th Oct - 09.30 - 17.00

CONTACT:
Michael Looby 087 050 8623
michael.looby@fai.ie



Irish Rugby Football Union

For Information on upcoming courses

CONTACT:
(021) 4323693



Badminton Union of Ireland

For Information on upcoming courses

CONTACT:
Wayne Doyle 087 0508623



Athletics Ireland

For Information on upcoming courses

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



GAA

For Information on upcoming courses

CONTACT:
Eoin Breathnach 087 9219345



Ladies Gaelic Football Association

Level 6, Cusack Stand,
Croke Park, Dublin 3

CONTACT: Diane
Tel: (01) 8363156 Fax: (01) 8363111
Email: diane@ladiesgaelic.ie



Basketball Ireland

Level 1 Coaching Course
September 14th - 16th
O'Loughlin Gaels, Kilkenny

Table Officials Course
Thursday October 11th
18.00 - 22.00
Mercy Secondary School
O'Loughlin Gaels, Kilkenny

CONTACT: Dermot Howlin
South East Regional Development Officer
on 086/8112868 or email
dhowlin@basketballireland.ie

CALLING ALL SPORTS

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

CONTACT US

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

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