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The 2009 Sean Kelly Tour of Waterford



After months of hard work & planning, the 2009 Sean Kelly Tour of Waterford, part of the An Post Cycle Series took place on Sunday 30th August, and what great day it was! In the week leading up to the Tour we all knew that it was going to be an extra special event with an unprecedented 2200 having already pre-entered for the event. On the day just over 2700 actually took part in the event with 690 cycling the Kelly Cruise, 1032 in the Kelly Legacy and 981 in the Kelly Comeragh Challenge. Many of those participating in the Kelly Cruise were under 16 years, no doubt ensuring a bright future for cycling.

THE 2009 TOUR STIRRED UP A LOT OF LOCAL INTEREST WITH AN UNPRECEDENTED 805 CYCLISTS FROM WATERFORD TAKING PART.

Cyclists came from every county in Ireland, from the UK, Europe and even the US. They came in cars, vans and camper vans, filled every hotel, B & B and hostel in the area and were powered by 7000 sandwiches, 11,000 cups of tea and coffee, 4000 bananas, 8000 Flahavans Flapjacks, 2500 litres of Tipperary Natural Mineral Water and 1250 litres of Lucozade and much more!

Well done Waterford and well done and thank you from all in Waterford Sports Partnership, Waterford County Council, County Waterford Community Forum and all of the eight cycling clubs involved in organising the event. With well over 200 volunteers from all around the County assisting with goodybag packing, registration, parking, stewarding, food stations, vehicle support and deliveries, first aid, certificates and massage there are many, many people to thank and that will be done over the coming days, weeks and months. An event like this just could not happen without that support and we acknowledge the goodwill, enthusiasm, dedication and hard work of all volunteers and representatives of all the organisations involved. Our sponsors also merit mention at this stage and the support of An Post, Failte Ireland, Flahavans, Treasury Holdings, Tipperary Natural Mineral Water and Glaxosmithkline can never be underestimated.

Waterford Sports Partnership is proud to be involved with an event such as this that epitomises the power of partnership at its best. Rosarie Kealy, Co-ordinator of Waterford Sports Partnership said after the event 'We are delighted with the success of the Sean Kelly Tour. It is now established as a 'not to be missed' event and Waterford Sports Partnership is delighted with the way that the local people in Waterford have supported the event and are particularly please to see that over 800 Waterford participants of all ages took part in this years event!'

Waterford Sports Partnership is heavily involved in all aspects of what is now a major organisational challenge but has particular responsibility for promotion of the event, volunteer recruitment, registration and food station management.

Visit www.theseankellytour.com for more photos from the day!

World Class Bowling at the Causeway Tennis Club

Thursday June 4th was a landmark day for lawn bowling in Waterford with an open day being held at the Causeway Tennis Club, delivered by former World Bowling Champion Phillis Nolan and Irish International Pat MacDonagh.

Seventeen people of different ages, backgrounds and experience attended the 'Come and Try it Day' which was a great success with Phillis Nolan stating 'it was great to see such an interest in the game of bowling here in Waterford'. The aim of this event was to introduce participants to the game of bowling and provide information and some coaching tips on the game.

Since the 4th June, bowling has really gathered momentum with over 30 people enjoying the twice-weekly sessions on Tuesdays and Thursdays from 10.30 to 12.30pm at the Causeway Tennis Club, with qualified bowling coach Brendan Heade on hand with tips and technique advice at the Tuesday sessions.

Donal McGovern, Chairman of the Causeway Tennis Club is delighted that interest in the game has gone from 'strength to strength' and the club are more than willing to offer any interested parties an introductory session. With the continued interest over the past few months, it is now hoped to establish a permanent club in Dungarvan, the first in the county, with sessions due to run in the winter on Friday, Saturday and Sunday evenings at the Causeway Tennis Club.

If you are interested in taking up this extremely sociable game and enjoying the physical benefits, please contact:

Peter Jones at **Waterford Sports Partnership** on **058 21191** or **Donal McGovern**, the **Causeway Tennis Club** on **087 9954016** or by email at **causewaytennisclub@hotmail.com**.



GO FOR LIFE National Grant Scheme

Over the past eight years grants totalling €2.5 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 for the 2009 National Grant Scheme are available from Waterford Sports Partnership and staff in both offices will be happy to give assistance in filling out the forms. Forms can also be downloaded from www.ageandopportunity.ie

The closing date for applications this year is slightly earlier than in previous years i.e. **5pm on Wednesday 30th September 2009**

Active Older People Programme - September Sports Sessions

Following on from the huge success of the Active Older People (AOP) Programme which saw 131 older adults enjoy a 90 minute weekly gym, pool and aerobics session in either The Park Hotel, Dungarvan, The Kingfisher Hotel, Waterford or Cappoquin Community Centre, Waterford Sports Partnership are now running the second phase of this programme.

Once again the programme will run for six weeks with participants enjoying one activity session per week. All are advised to bring the correct attire; including soft shoes, loose clothing and a swim suit. The programme aims to make older adults more aware of the facilities and opportunities for physical activity that are available to them locally. The programme is subsidised by Waterford Sports Partnership and will cost €20 per participant. Venues & dates are as follows:

Venue	Start date	End date	Time
The Park Hotel, Dungarvan	Wed 30 th Sept	Wed 4 th Nov	11.00 - 12.30
Woodlands Hotel, Waterford	Wed 30 th Sept	Wed 4 th Nov	11.00 - 12.30
Splashworld Leisure Centre, Tramore	Thurs 1 st Oct	Thurs 5 th Nov	10.30 - 12.00

Places are limited so if you are interested in the programme, please contact Peter Jones on (058) 21191 or Jane O'Dwyer on (051) 849855.

Older Adults Activities September to December 2009

Date	Time	Programme	Venue	Contact
Tuesdays & Thursdays	10.30 - 12.30	Causeway Bowling Club	Causeway Tennis Club, Dungarvan	Donal McGovern 087 9954016
Tuesday 8 th September	TBC	Kingfisher Gym Programme WOMEN ONLY	Kingfisher Gym	Kingfisher 051 850300
Wednesday 9 th /16 th /23 rd September	5.00pm	Nordic Walking Classes	Tramore Beach	Katie Kelly 051 849757
Wednesday 9 th September	TBC	Kingfisher Gym Programme MEN ONLY	Kingfisher Gym	Kingfisher 051 850300
Thursday 10 th September	TBC	Kingfisher Gym Programme WOMEN ONLY	Kingfisher Gym	Kingfisher 051 850300
Monday 16 th to Wednesday 18 th November	-	Golden Years Festival	Tower Hotel, Waterford	Peg Teaby 051 857215 or Babs Murphy 051 878245
Tuesday 17 th November	9.30-5.30	Indoor Bowling Competition	Butlers Hall, Waterford	Peg Teaby 051 857215 or Babs Murphy 051 878245

UPCOMING PAL'S TRAINING

Monday 14th September - 10am to 3pm
Basic Principles Workshop
Rainbow Hall, Kilmacthomas

The main aims of this workshop are to; introduce participants to the Go for Life campaign; propose procedures regarding checking, screening and monitoring the wellbeing of participants before and during physical activity bouts/sessions and enable the PAL to lead a Warm up routine suitable for older people

Monday 21st September - 10am to 3pm
Stepping & Strolling Workshop
Rainbow Hall, Kilmacthomas

The main aims of this workshop are to; explore a range of activities geared to motivate older people to walk more often and enable the PAL to incorporate walking activities into activity bouts and sessions.

CONTACT FOR FURTHER INFORMATION:
Peter Jones on 058 21191

Childminders Physical Activity Pack

Waterford City and County Childcare Committees and Waterford Sports Partnership pooled expertise and resources to put together a Physical Activity Pack specifically suitable for use by Childminders and the children in their care.



The aim of the 'Childminders Physical Activity Pack' is to furnish Childminders with skills, games and equipment for children with the main emphasis on colour, tactile equipment and fun! This pack aims to develop not only physical activity skills but also develop creative, personal, social and emotional capabilities and most importantly to establish a positive attitude to activity and a healthy lifestyle. The pack valued at over €50 was complimented by training sessions held in both Waterford City and County. The Childminders were delighted with the training "it was very good, will recommend it to others, really enjoyed it!"

For further information on the Childminders Physical Activity Pack please contact: Waterford City Childcare Committee on (051) 860444 or Waterford County Childcare Committee (058) 43601

Sports Pitch Maintenance Workshop

Waterford Sports Partnership held a practical workshop on Pitch Maintenance and Management on Saturday 11th July. The aim of this workshop was to assist Clubs with their grounds keeping. Dr. Tim Butler from Sportsturf Consultancy Ireland delivered the workshop to 23 sports club members. All participants appreciated the practical hands on nature of the day and commented they felt they were able to take something of value back to their Club. Topics covered included:

- Mowing (mower types, height of cut, frequency, mulching)
- Fertiliser type, usage, rates, timing.
- Weed control.
- Rolling.
- De-compaction.
- Sanding (sand types, rates, etc)
- Goal mouth management.
- Over-seeding.
- Spiking.

Thanks to the St Paul's Soccer Club and Naomh Pól GAA club for the use of their pitches.

Circuit Training Workshop

On Wednesday 17th June, Waterford Sports Partnership held a Coaching Ireland Workshop 'Circuit Training- Development of Strength and Conditioning' in St Paul's Boxing Club.

The purpose of this Boxing focused workshop was to give relevant & up-to-date circuit training information to the local Boxers and their Coaches. Participants were given details on how to design and progressively develop a circuit training programme as well as how to facilitate and deliver sessions.

Waterford Sports Partnership would like to thank Coaching Ireland tutor, Peter Francis for running such a well structured workshop. Feedback on the course from all involved was very encouraging and positive with everyone complimenting Peter on his delivery.

Fun Fever Summer Camp

Waterford Sports Partnership in conjunction with RAPID organised a multi-activity summer camp in Waterford City for 40 Children. The 'Fun Fever Summer Camp' ran from 6th to 10th of July.

The purpose of the summer camp was to give children between the ages of 8-12 in the Ballybeg, Larchville and Lisduggan areas a chance to try out and to establish links with different sports and physical activities. These included Soccer, GAA, Hip Hop, Tag Rugby, Athletics, Boxing, Basketball and much more. A highlight for many of the children was the trip to Ballyscanlon for orienteering and team building exercises. There were t-shirts and spot prizes as well - however some enjoyed the mud more than the prizes!

Conor Phelan, Sports Club Development Officer, Waterford Sports Partnership and organiser of 'Fun Fever', would like to thank the Waterford Schools Completion Programme, Manor St John Youth Services, the St Paul's Sports Clubs, the Sports Development Officers and all the volunteers that helped organise the activities and made the week one to remember.



Safe Cycling Programme

Sixteen local Primary Schools took part in the Waterford Safe Cycling Schools Programme this year. A total of 788 pupils graduated from the safe cycling training held in May, June and July.

This initiative was developed by Jemma Jacob, Road Safety Officer. Waterford City Council; Anthony Walsh Road Safety Officer, Waterford County Council and Waterford Sports Partnership. It targeted 4th, 5th and 6th class pupils from Waterford Primary Schools. The full days training was conducted by the 'Safer Cycling Initiative' company, who have worked in a number of schools across the country. All of their tutors were fully qualified with years of cycling experience and were also able to conduct the training in Irish if requested!

The pupils were from: Aglis NS; Bunscoil Gleann Sidheáin; Fenor NS; Gaelscoil na nDeise; Glór na Mara Primary School; Knockmahon NS; Newtown Junior School; Newtown NS; Liosmór Mochuda NS; Our Lady of Good Counsel; St Josephs NS; St John of God NS; St Stephen's Del La Salle; Scoil Mhuire, Abbeyside; Scoil Mhuire, Butlerstown; Scoil Mhuire, Tallow.

On Wednesday 18th June Waterford's first Safe-Cycling Challenge took place in the Regional Sports Centre. The Challenge was the concluding part of the Waterford Safe-Cycling Schools Programme. Each school was invited to nominate 'teams' to represent their school. Events included a slow cycle race and balancing and bike control competitions.

All equipment, bikes and helmets were provided; the children only needed their cycling nerve and skill! 72 pupils took part at the event, which coincided with National Bike Week. The organisers, the pupils and their teachers really enjoyed the day, trophies and goodie bag's were taken home by all.



Waterford Sports Partnership is currently developing a Secondary School Safe Cycling Programme, which will include training not only on the practical side of cycling but also bike maintenance.

We hope to pilot this new initiative in October.

For more information on either the Primary School or Secondary School Programmes please contact Jane O'Dwyer on (051) 849 855 or jodwyer@waterfordsportspartnership.ie

Girls hooked by local habitat

Fish Start is an initiative which aims to increase the awareness of and participation in fishing as a recreational activity for young girls. The Programme is a joint venture between Waterford Sports Partnership and Glenda Powell of Blackwater Lodge. The Programme is supported through the Irish Sports Council's Women in Sport Scheme, funded by the Health Service Executive,

The 2009 Fish Start Programme continued to build on last years programme with 36 young girls and 10 teachers from Whitechurch, Tallow, Aglis, Ballyduff and Villierstown National Schools enjoying an 8 week programme on fishing and the biodiversity of the Blackwater River. The programme was facilitated by Glenda Powell, Emerald World Masters Fly Casting Champion and one of the most highly qualified fly casting instructors in the world. Having this resource and level of expertise in Waterford as well as the fantastic natural resource of the Blackwater River offers huge opportunities for the growth of fishing as a sport and as a recreational activity.

The original concept for Fish Start was developed due to the lack of juvenile members in local fishing clubs, particularly females. The programme is not just about learning how to fish, the participants also learned about casting techniques, different types of fish and river safety and were educated about nature. During the programme the girls had a chance to see Otters, Little Egrets and

Kingfishers and become aware of the different species of abundant fly life which lives in the river. As part of learning about the biodiversity of the local river, the girls also learnt about giant hogweed, freshwater pearl muscle, chinese mitten crab, himalyan balsam, japanese knotweed and the grey squirrel.

The programme aims to increase the number of young girls fishing regularly with established local clubs. Waterford Sports Partnership is delighted with the progress of the Programme and Tallow, Cappoquin and Ballyduff angling clubs are currently in the process of forming juvenile clubs and offering opportunities for youngsters to avail of quality fishing tuition in the locality.



Girls from the Fish Start Programme at the Birr Castle Demense with Lord and Lady Ross and Genda Powell of Blackwater Lodge.

The programme has been a huge success; over the summer ten of the girls who completed the programme delivered a 30 minute demonstration for television in preparation for the National Game and Angling Fair which took place in Birr Castle on 22nd & 23rd August. It is high praise for all of these girls that in 8 short weeks they have the confidence and ability to demonstrate casting techniques to such a large audience.

If you are interested in learning more about the Fish Start Programme, or are interested in finding out more about the opportunities on offer for juvenile anglers in Ballyduff, Tallow and Cappoquin Angling Clubs, please contact Peter Jones at Waterford Sports Partnership on 058 21191.

SpikeBall Summer Camp A BIG HIT!

In 2009 Waterford Sports Partnership secured funding to run a "Volleyball Summer Camp" through the Irish Sports Council's Women in Sport Scheme, funded by the Health Service Executive.

The programme was run in conjunction with Volleyball Ireland and was open to girls aged between 10 and 15 years of age with no previous Volleyball experience with the intention of setting up Waterford's first juvenile Volleyball club.

Waterford's first ever SpikeBall Summer Camp took place in the Presentation Secondary School in Waterford City. SpikeBall is an adapted Volleyball game which provides a fun introduction to Volleyball and has been growing in popularity year on year. 15 girls signed up for the camp and arrived on



the first day enthusiastic and eager to learn new skills and make new friends. Most of the girls had never played any SpikeBall or Volleyball before so a whole new experience awaited them. Their two coaches for the week included the current men's Irish National Team Head Coach and a former Irish National Team player, both eager to instil a love of the game in the new young Volleyballers.

During the week the girls engaged in lots of fun games to improve their movement and agility while also learning how to play the SpikeBall game including basic Volleyball skills such as the volley, hit, dig and serve. Each day the girls developed their team playing abilities through fun SpikeBall games and also had great fun devising their own team chants and cheers. By the end of the week they were also familiar with some of the referees hand signals and had an opportunity to practice their new found refereeing skills.

Throughout the week the girls worked very hard and put great effort and enthusiasm into each activity. Ciara Buckley from Volleyball Ireland commented 'It was really evident on the final day how far they had progressed in just one week. They demonstrated an excellent understanding of the SpikeBall game and very good execution of the skills and tactics they had learned during the week'. The girls themselves thoroughly enjoyed their SpikeBall Camp experience and were delighted with their new Volleyball Skills and new found friends! Some of the comments from the girls at the end of the week included "It was the best summer camp ever", "It was great fun and I would love to come back", "I love SpikeBall and I would love to keep playing".



New Juvenile Club Developments!

Due to the success of the summer camp and also Waterford School successes in the National Spikeball tournaments, Waterford Sports Partnership in conjunction with Volleyball Ireland are hoping to set up three new clubs in October in Cappoquin, Waterford City and Tramore. The new clubs will be for female juvenile members between the ages of 12 and 17 and no previous experience of volleyball is necessary. This venture will also link with existing adult clubs with a view to hosting a tournament in December.

We are actively seeking volunteers and players that would be interested in getting involved in any capacity in helping to get a club set up. Full training and ongoing support will be provided locally by the Volleyball Association of Ireland and Waterford Sports Partnership. This is an excellent opportunity to get involved in a new initiative!

If you would like to get involved or would like more information please contact Ciara Buckley of Volleyball Ireland on 086 8173990 or email: south@volleyballireland.com or Peter Jones of Waterford Sports Partnership on 058 21191

Schools and Local Business Teams complete the 2009 Sean Kelly Tour of Waterford

The Sean Kelly Tour **Schools Challenge** and **Team Challenge** are joint initiatives between Dungarvan Cycling Club, Sportif Cycling Club and Waterford Sports Partnership. The 'Challenges' aim to increase participation in cycling by providing opportunities for novice and juvenile cyclist to gain experienced tuition. The Programme is supported by funding from the Irish Sports Council.

Schools Challenge

Sunday 30th August saw the culmination of the four month Sean Kelly Tour Schools Challenge for 34 cyclists from St Augustine's College Dungarvan; CBS, Dungarvan; Meanscoil San Nioclás; St. Declan's Community College, Kilmacthomas and Ard Scoil na nDeise. In total, 49 cyclists either participated in one of the Sean Kelly Tour routes or one of the 18 training spins run by Dungarvan Cycling Club.

The Sean Kelly Tour Schools Challenge gave local secondary school students an introduction and a supported training schedule with the aim of cycling in the 2009 Tour. The initiative gave them an insight into cycling as an alternative to traditional team sports. The initiative was not only motivated by the support of Dungarvan Cycling Club, but also by the fact that here in Waterford there is no juvenile cycling club for aspiring cyclists to join. The Schools Challenge offered students Cycling Ireland insurance, weekly training spins, Sean Kelly Tour entry, a water bottle and team photo, all for €10pp. Following an information session by Waterford Sports Partnership and Dungarvan Cycling Club to local secondary schools, 63 students signed up to be part of the programme and later enjoyed a team leadership session delivered by Waterford Sports Partnership in March.



Weekly training spins were led by members of Dungarvan Cycling Club with students availing of the opportunity to learn from experienced cyclists. The training spins were a great success with a select few battling through the weather to be present at all 19 training spins. Ger Wyley from Dungarvan Cycling Club said 'It is tremendous to see people who wouldn't otherwise be involved in other sporting activities now participating regularly in sport which is a huge plus'. It is now hoped that after the Sean Kelly Tour experience, a local juvenile club will be formed as part of Dungarvan Cycling Club.

Team Challenge

Despite the wet and windy conditions on Sunday 30th August, 57 cyclists from 7 different teams completed the Sean Kelly Tour. Teams from local businesses including An Post, Flahavans, Genzyme, Gardai and Waterford Airport joined the Tour de Farce and Early Birds in enjoying the benefits from the Sean Kelly Team Challenge.



The aim of the Sean Kelly Tour Team Challenge was to encourage individuals to start a team, train together, have fun and share in the achievement of completing one of the 2009 Sean Kelly Tour Routes on Sunday 30th August. The initiative offered individuals Cycling Ireland insurance, a free team photo and water bottle but more importantly, weekly training spins from Dungarvan and Sportif Cycling Clubs.

The Team Challenge was a way for family, friends and colleagues to cycle and train together in an organised safe and friendly setting and take part in the 2009 Sean Kelly Tour of Waterford, part of the An Post Cycling Series. The teams hailed from all corners of the county with many teams including individuals who were new to cycling looking to take on the 50 km course with some challenging themselves with the 100k Kelly Legacy and the 160k Kelly Comeragh Challenge. With this being only the second year of this initiative, it is hoped that in the coming years it will continue to grow and be a big part of the Sean Kelly Tour of Waterford and entice many more teams and local individuals of all cycling abilities to get involved.



Waterford Sports Partnership would like to say a big thank you to Dungarvan Cycling Club and Sportif Cycling Club for their time and effort in running the weekly training spins and making the 'Challenges' the great success that they were. Well done to all the teams that took part this year - we hope to see you all back next year.

For more information, please contact Peter Jones, Waterford Sports Partnership, on 058 21191.

Youth Sports Development Update



Introducing -

Vicki Langan, Youth Sports Development Officer (YSDO)

Waterford Sports Partnership recently appointed Vicki Langan to the newly created position of Youth Sports Development Officer (YSDO). This new position is funded from the Young Peoples Services & Facilities Fund through the HSE from the Office of the Minister of Children and Youth Affairs for a period of one year.

As the new YSDO Vicki's overriding goal is to increase participation levels of young people at risk aged between 10 and 21 in Waterford City, in sport and physical activity. Vicki will be responsible for supporting the development and delivery of current and future sport and physical activity programmes for young people and creating opportunities for them to participate in sustainable sport while also addressing training needs. Furthermore, any work undertaken will support the work programme of Waterford Sports Partnership. Over the next year Vicki will be working on a number of objectives in order to increase the participation levels of youth in sport and physical activity. These will include, developing specific activity programmes, providing information and training opportunities for youth and youth & community sector workers and addressing access to local facilities and clubs.

Teen Scene in the Park 2009

'Teen Scene in the Park' took place in the People's Park, Waterford on Friday July 24th. The event was organised by Waterford Sports Partnership's, Youth Sports Development Officer and Waterford City Council's Social Inclusion Officer. The event was inspired by The National Recreation Policy for Young People.

This joint initiative offered young people in Waterford the opportunity to try new activities and sports that are available to them locally. 'Teen Scene in the Park' was a great success with over 200 young people from Waterford aged between 12 and 18 attending and participating in the 16 activities that were on offer.

The event kicked off at 2pm with Jon Donovan introducing young people to the art of Tai Chi, Gary Power from the FAI ran a Soccer session, while the six metre Climbing Wall proved very popular with all ages and the Sumo Suits added a lot of fun and entertainment.

Local Youth Bands competed in a 'Battle of the Bands' competition which proved to be of a very high standard and livened up the Park for the afternoon with their energy. 'Game Stop' were on hand to offer the young people something new with a chance to try maintaining a level of fitness while playing Wii Resort. Comeragh Cycling Club and The Sean Kelly Tour of Waterford ran a cycling challenge with an ingenious stationary bike, which brought out the competitive edge in many of the youngsters that had a go! There were some great prizes for the challenge with thanks to Altitude, Ballybricken.



Other activities included Hurling, Volleyball and Boccia and Salsa Dancing brilliantly demonstrated by Leonor Rivallo Gomez. The Waterford Martial Arts club gave a wonderful display of skills and techniques and the Waterford Boat Club gave the young people a chance to try their hand at rowing. For those looking for a more sedentary activity a Happy Heart Walk was led by Cathy from the Irish Heart Foundation and something that caught the attention of all was the Archery thanks to Dunbrody Archery Club.

All the activities were run by club volunteers and we would like to extend a huge thank you to them all for their time and enthusiasm. A big thank you also to the Civil Defence and to the volunteer stewards who helped to make the day run so smoothly

CHECK OUT THE ACTION FROM THE DAY ON:
<http://www.youtube.com/watch?v=8uB9fhW1WRM&feature=related>

We hope all the young people enjoyed the activities and the opportunity to try something new! If any young people are interested in participating further in any of the activities they can contact Vicki Langan, YSDO.



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

Youth Sports Development Update



YSDO Update

The YSDO is currently working with a number of neighbourhoods in identifying activity programmes for young people in specific areas. In early June the YSDO consulted with a number of young people in the city as to what their key activity interests were. As a result of this the YSDO will look to develop and provide access for these young people to a variety of new activities in their community. Some of these activities will include, Archery, Tag Rugby for girls and Soccer.



The YSDO supported the **Sacred Heart Community** in sourcing and providing activities for the community summer camp which took place in August in Butler Community Centre. The Street Soccer League is well established in this community but with the support of the YSDO and FAI the street soccer league will be developed and expanded into new communities throughout Waterford City.



STREET SOCCER TOURNAMENT

There was great fun at the Williamstown Sports Centre on the 15th August, when local children and teenagers came together for the first **Street Soccer Tournament**. The teams came from different areas of the City and the residents' associations and community volunteers of each area helped to put a structure to each team.

The Tournament was organised and run by the YSDO, FAI Development Officer and the community gardai in memory of Garda Pat Doyle JLO. Pat was a junior liaison officer who worked to support early school leavers and young people at risk of going down the wrong track. The street soccer tournament allowed young people to come together from all over Waterford City and play against one another.



It is hoped that the street league will continue to develop within the communities creating fun for young people and community cohesion within estates throughout Waterford City. A total of 8 estates participated in the tournament with over 120 young people. Winners of the 9-12 yrs was Birchwood Estate and Winners of the 13-15yrs was Richardson's Meadow both teams received a shield donated by the Waterford Gardai with plaques player of the tournament and medals for finalists. It is hoped that more estates will become part of the street soccer league and join the growing number of youth within communities playing together and having fun.



For further information contact Vicki Langan, Youth Sports Development Officer, Waterford Sports Partnership, on 086 0201219 or Gary Power, FAI Development Officer, on 086 3883850.

SOCCER SKILLS PROGRAMME

Residents of Hennessy's Road in the City are volunteering with the YSDO and the FAI in providing a 4 week soccer skills programme for young people living in that area. This programme will stay local and take place in the Hennessy's Road Sports area.

COMING SOON!

Taste of Hip Hop
Open to all Young People
aged from 12 to 18 living in the
Ferrybank Neighbourhood
Starts Early October 2009

Introduction to Bowling

Open to all Young People
aged from 10 to 21 living in the
Dunmore Road Neighbourhood
Starts End of October 2009

ACTIVE LEADERSHIP TRAINING

Tuesday 15th September
10am – 5pm
Wednesday 16th September
10am – 1pm
Ferrybank Parish Centre
(beside church)

OTHER ACTIVITIES

Other activity programmes the YSDO will look to develop in Waterford will include Ten Pin Bowling. This programme is currently being looked at by a professional bowling coach and will take place at the newly refurbished bowling alley called City Limits later in the year. The YSDO is also exploring opportunities for Archery and Hip Hop Dance in Ferrybank and other areas and a Body Image programme for both teen boys and girls. The YSDO will also be working with Game Stop on a Programme called Are Wii Active, this is one to watch out for.

Training opportunities are available for youth volunteers, residents and youth workers through Active Leadership Training with Waterford Sports Partnership. Accessing other forms of coaching such as Soccer Kick Start, Walking Leader Training and others sports/activities coaching opportunities can be made easy by contacting Vicki.

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

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

Aqua-Aerobics

for adults with a physical or neurological disability

The aqua aerobics programme was held in Spirit Leisure Centre (Part of the Days Hotel Group) from April to June. Nine participants with a range of physical or neurological disabilities such as Parkinson's Disease, Multiple Sclerosis, Arthritis etc. took part in the aqua-aerobics programme.



Many of the participants found that this class was paced at a level much more suitable to their needs. Some participants said that they have tried mainstream aqua aerobics classes in the past and found that the pace was beyond their physical capabilities causing them to drop out of the activity with more negative feelings towards the activity. In this specific aqua aerobics class the instructor designs the class so that the participants in the group can work themselves as hard or as easy as they wish in the water, without any feelings of falling behind or peer pressure in keeping up the pace. The movement through the water suits many individuals with a physical or neurological disability as the effect of resistance when moving through the water allows each individual to be challenged, whilst the advantages of buoyancy allows for less pressure on the joints, muscles and the body overall compared to land based exercises. The participants thoroughly enjoyed the classes and are keen to restart again in September.

For more details on the aqua aerobics sessions please contact Katie Kelly, Sports Inclusion Disability Officer on 051-849757 or via e-mail: kkelly@waterfordsportspartnership.ie.

Summer Soccer Camp

for Children who are Blind or Visually Impaired

A Summer Soccer Camp for children who are blind or visually impaired was held on the 30th & 31st of July in De La Salle Community College. Seven children who are blind or visually impaired from Waterford, Munster and South East attended the Summer Soccer Camp. Four of the children who attended had little or no vision and three of the children had limited vision.

The aim of the soccer camp was to teach children who are blind or visually impaired some of the necessary soccer skills to allow each child to play soccer with their peer groups at school and outside of the school environment. The camp also aimed to give the children the confidence to play a game that is regularly played in the mainstream and in particular amongst boys of primary and secondary school age. With the expert guidance of Nick Harrison, *FAI Football for All Development Officer* and Warren McDonald, *FAI Coach and Irish Blind Soccer Player*, the children learned new soccer skills and drills. These soccer skills included ball control, shooting and scoring as well as learning additional skills such as balance, control and improved spatial awareness.

In two days the improvement in the soccer skills of each child was evident and the sense of camaraderie and respect amongst their peers was magnificent to see. These learned skills will help the children to play more regularly in school and with their friends. This was evident when three non-visually impaired friends of a participant took part in a soccer match. The non-visually impaired friends wore blindfolds in order to get some awareness of how to adapt the soccer for their friend with a visual impairment. They have now found respect for their friend as well as being more aware of his needs.

The participants thoroughly enjoyed themselves and got much more than soccer skills from this summer camp programme. Due to the high level of enjoyment and interest at the soccer camp a regular monthly session is currently being arranged to continue to learn new soccer skills. In addition to the success of the summer camp for each of the children, the support from the community was extremely generous with fantastic goodwill from local businesses for such a worthy cause. De La Salle College kindly gave the use of their hall for the two days, Bellissimo Ristorante Italiano donated sandwiches for lunch on both days, Kervick Bros Ltd. sponsored fresh fruit for all of the children, and the coaches from FAI gave up their own time to coach the children at the camp.



For further information on the monthly visually impaired/blind soccer sessions please contact: Katie Kelly, Sports Inclusion Disability Officer (SIDO)

FITNESS & DANCE SESSIONS - What a Success!

Adults with a disability attend Fitness and Dance sessions in the Spirit Leisure Centre, Waterford and Park Hotel, Dungarvan

Fitness and Dance sessions have been set up by Waterford Sports Partnership for adults with a disability in association with dance instructors from Troy School of Dancing and a dance instructor from Dungarvan. These 8-week programmes ran from April to June, 2009. The dance sessions were held in the Park Hotel and Leisure Centre on Monday afternoons and in Spirit Leisure Centre, Waterford on Wednesday evenings.

The fitness and dance sessions came about when it was highlighted by disability organisations and service users alike, that fitness and dance sessions were both wanted and needed for adults with a disability in Waterford City and County. Fitness and dance and movement to music are wonderful and fun forms of exercise for anyone with or without a disability.

In the dance sessions the participants take part in various forms of dance styles including routines from musicals such as Grease or the more traditional type of dance styles such as Waltzing. The dance instructors have also designed the sessions to include a music therapy style of dance using tambourines, maracas and other equipment. This particular blend of dance styles and music therapy has proven to be a hit and is enjoyed by each and every participant in the classes.

Over and above the enjoyment of the dance styles and techniques these sessions have the added bonus of increased social interaction. The participants thoroughly enjoy meeting other adults with a disability and adults from other services in the Waterford and Dungarvan areas as well as improving their fitness levels.

The disability staff and the participants themselves have all said that they truly enjoyed meeting new people at the dance sessions. One of the participants attending the dance sessions said that "***I enjoy the music and social interaction***", another participant when asked whether she liked the dance class had this to say "***Yes, I do, I lose weight with it***" and "***I like the mirrors and the whole building as well!***"

The classes proved to be extremely popular with a minimum of 10 participants at each class in regular attendance and as a result it is growing in reputation and demand. The classes will recommence in September/October 2009.

SEE THE CALENDAR OF UPCOMING EVENTS ON THE NEXT PAGE FOR DETAILS OF DATES, TIMES & VENUES FOR THE AUTUMN.

For more information on these classes or any other activity please contact:

**Katie Kelly on (051) 849757
or
kkelly@waterfordsportpartnership.ie**



Disability Update - Upcoming Activities

Activity	Day	Time	Venue	Cost	Contact
Nordic walking for adults	Wednesday 16 th Sept 23 rd Sept	5 to 7pm	Freedom Surf School, Tramore	€20 for 2 weeks	Katie: 051 849757
"Come and Try it" evenings for adults with a physical disability	Wednesday 16 th Sept Kilkenny, 23 rd Sept Carlow, 30 th Sept Waterford	5 to 7pm	Waterford: Cill Barra Sports Centre Others: TBC	Free	Kilkenny: Niamh – 056 7720870. Carlow: Jenna – 059 9172450. Waterford: Katie – 051 849757
Blind/Visually Impaired Soccer	Mon: 7 th Sept, 5 th Oct. 2 nd Nov, 7 th Dec, 4 th Jan 2010, 1 st Feb, 1 st March, 29 th March	6.30 to 7.30pm	Clonmel F.C., Cashel Road, Clonmel	€5 pp	Katie: 051 849757 or Nick: 086 0472051
Aqua Aerobics for adults with a physical disability	Friday 11 th Sept	11 to 12	Spirit Leisure Centre	€48 for 8 weeks	Katie: 051 849757 or Spirit Leisure Centre: 051 840744
Fishing for children with a physical disability	Saturday 19 th Sept	12.30 to 3	Oakland Lakes, New Ross	Free	Katie: 051 849757
Dancing for adults with an intellectual disability in Waterford	Wednesday 30 th Sept	Beginners 3.45 to 4.30 Improvers 4.30 to 5.15	Butler Community Centre	€40 for 8 weeks	Katie: 051 849757
Disability Awareness Coaching Course	Monday 11 th Nov	6.30 to 9pm	City Hall, The Mall	€10 pp	Katie: 051 849757
Open Day for the development of a Social Racket Sport League	Tuesday, 15 th Sept	2 to 3.30pm	Cill Barra Sports Centre	Free	Katie: 051 849757
Sportsability Forum meeting	Wednesday 30 th Sept	11.30 to 12.45	Colbeck Room, HR Department, Waterford City Council 2 nd Floor, Maritanna Gate, Canada Street	No Charge	Katie: 051 849757
Swimming for children with an Autism Spectrum Disorder	Wednesday 23 rd Sept	Group 1: 4.15 to 5pm Group 2 5 to 5.45pm	Splashworld, Tramore	€80 pp for 8 week of 1-1 classes	Katie: 051 849757
Fun4All Club	Every Friday	6.30 to 8pm	Kingfisher Club, Tramore Road	€5 per session	Helen: 051 351158
Yoga for children with special needs	Tuesday 22 nd Sept	4.15 to 5:15	Alphazone Yoga Studio, Cleaboy Business Park	€50 for 10 sessions/ €80 for child and sibling	Katie: 051 849757
Yoga for adults with a physical/neurological disability	Wednesday 23 rd Sept	11 to 12	Alphazone Yoga Studio, Cleaboy Business Park	€50pp for 10 sessions	Katie: 051 849757
Multi-Activities for children with special needs (4-8 yrs)	Wednesday, Start date TBC	4.30 to 5.30	Butler Community Centre	€20pp for 5 sessions	Katie: 051 849757
IWA South East Games – Athletics	Saturday 3 rd October/ Closing date for applications 26 th September	All Day event	Regional Sports Centre Waterford	Please Contact IWA	Auveen Wilson Sports Admin 01 818 6454 auveen.wilson@iwa.ie

OTHER UPCOMING EVENTS

Please contact Katie if you are interested or require more information on any of the following:

Gym/Fitness programme for adults with a physical or neurological disability
Pending interest levels

Dungarvan Special Olympics
Restarting Week of 21st September

Dancing for adults with an intellectual disability - Dungarvan
Restarting end of September

Multi-Activities for children with special needs (4-8 yrs) - Dungarvan
Pending interest levels

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

Calendar of Upcoming Courses and Events September to December 2009

Date	Course/Event	Time	Venue
Monday 14th September	PAL's - Basic Principles Workshop	10.00 - 15.00	Rainbow Hall, Kilmacthomas
Tuesday 15th September Wednesday 16th September	Active Leadership Training	10.00 - 17.00 10.00 - 13.00	Ferrybank Community Centre
Monday 21st September	PAL's - Stepping & Strolling	10.00 - 15.00	Rainbow Hall, Kilmacthomas
Fri 18th, Sat 19th & Sun 20th September	Sli na Slainte Walking Leader Training	All Day	Ennistymon, Co. Clare
Monday 28th September	Child Welfare & Protection Training	18.00 - 22.00	City Hall, The Mall, Waterford
Friday 9th October	Buntús New Teacher Training	13.00 - 16.00	Butler Community Centre
Tuesday 13th October	Buntús New Teacher Training	13.00 - 16.00	Dungarvan Sports Centre
Saturday 17th & Sunday 18th October	REC 2 - First Aid Course	09.30 - 17.00	Waterford Crystal Sports Centre
Monday 19th October	Buntús New Teacher Training	13.00 - 16.00	Butler Community Centre
Monday 19th October	Child Welfare & Protection Training	18.00 - 22.00	VEC Offices, Dungarvan
Monday 2nd November	Disability Awareness Training	18.30 - 21.00	City Hall, Waterford
Fri 6th, Sat 7th & Sun 8th November	Sli na Slainte Walking Leader Training	All Day	Rosslare, Co. Wexford
Saturday 7th & Sunday 8th November	REC 2 - First Aid Course	09.30 - 17.00	Dungarvan GAA Club
Monday 16th November	Child Welfare & Protection Training	18.00 - 22.00	City Hall, The Mall, Waterford

COACHING CORNER 2009



Football Association of Ireland

Kick Start 1 - Stradbally FC
Fri 11th & Sun 13th September
Kick Start 1 - Stradbally FC
Fri 6th & Sun 8th November
Kick Start 2 - Villa FC
Fri 4th, Sat 5th & Sun 6th December

CONTACT:
Gary Power - Tel: 086 3883850
Email: gary.power@fai.ie

Kick Start 1 - Cappoquin FC
Fri 11th & Sun 13th September
Kick Start 2 - October (Date & Venue TBC)

CONTACT:
Michael Looby - Tel: 087 0508623
Email: Michael.looby@fai.ie



Irish Rugby Football Union

Mini & Foundation
- University of Limerick
Sat 5th & Sun 6th September

Mini & Foundation
- CTI, Cork
Sat 12th & Sun 13th September

Referee Course
- Mallow GAA Centre
Sat 12th Sept

For Info on upcoming courses
CONTACT:
John O'Neill
Tel: 086 8207752
johnoneill@munsterrugby.ie



Cumann Lúthcleas Gael

CONTACT:
Eoin Breathnach
Tel: 087 9219345
Email: eoin.breathnach@games.gaa.ie



Cumann Camógaíochta na nGael Camogie Association

For Info on upcoming courses

CONTACT:
Deirdre Murphy
Tel: 087 641 5485
Email: Deirdre@camogie.ie



Basketball Ireland

For Info on upcoming courses

CONTACT:
Kim Fitzpatrick
Tel: (01) 4590211
Email: kfitzpatrick@basketballireland.ie
Web www.basketballireland.ie



Athletics Ireland

Level 1 Coaching Course
- RSC, Waterford
Fri 11th, Sat 12th, Sat 25th &
Sun 26th September

For Info on upcoming courses
CONTACT:
Jacqui Freyne
Tel: 087 2629950
or Jacqui@athleticsireland.ie
or visit www.athleticsireland.ie



Ladies Gaelic Football Association

For Info on upcoming courses

CONTACT:
Paula Prunty
Tel: (01) 8363156
Fax: (01) 8363111
Email: paula@ladiesgaelic.ie



Volleyball Association of Ireland

For information on Volleyball Coaching and
Referees Courses, Volleyball Coaching Award
Courses at Introductory Level and Level 1
jointly certified by the VAI and Coaching Ireland

CONTACT:
Ciara Buckley
-Tel: 086 8173990
Email: south@volleyballireland.com
Web: www.volleyballireland.com



Badminton Ireland

For Info on upcoming courses

CONTACT:
Wayne Doyle
Tel: 087 6871929
Email: wayne.doyle@badminton.ie

WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford. Tel: (058) 21194 Fax: (058) 23110
City Hall, The Mall, Waterford. Tel: (051) 849855 Fax: (051) 844708
email: info@waterfordspartnership.ie website: www.waterfordspartnership.ie