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BEST EVER! Sean Kelly Tour of Waterford

The 2015 Sean Kelly Tour of Waterford part of the An Post Cycle Series, an Irish Sports Council initiative, of five cycling events throughout Ireland in 2015 took place on Saturday 22nd & Sunday 23rd August and another chapter in the history of this great event was written!

Dungarvan looked resplendent on Saturday 22nd August, bathed in sunshine and literally gleaming as we kicked off this fantastic weekend of cycling with upwards of 1,500 cyclists from 7 to 70 taking part in the 12k Kelly Spin. It was a sight to behold as the multitude lined up along the Causeway in glorious sunshine and were led out by the legend himself, Sean Kelly.

Things were looking ominous for Sunday as there were weather warnings for the whole country and heavy rain forecast. Rain it did, all through Saturday night but the deluge politely subsided as the dawn broke and we were treated to perfect cycling weather for the entire day. The 5,000 cyclists who had pre-entered for Sunday's three events; 1,650 in the 160k Kelly Comeragh Challenge, 1,450 in the 50k Kelly Cruise and 1,950 in the 100k Kelly Heritage Route were undeterred by the forecast. 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 and were powered by 14,000 sandwiches, 19,000 cups of tea and coffee, 7,000 bananas, 15,000 Flahavan's Flapjacks, 10,000 litres of Eurospar Water and much more! There was a carnival atmosphere post event as the cyclists and their friends and families enjoyed their refreshments lazing on the grass in the summer sun entertained by our legendary MC Eamon Duffy.



The success of the Sean Kelly Tour should not be judged by sheer numbers alone. So many other ingredients go into making it the great event that it has become. First among these extra special ingredients is the unique 'Waterford Welcome' afforded by all of our amazing volunteers right across the county to all of the cyclists. They all play their part in putting on a great show for the weekend.

On Sunday the great Sean Kelly was joined by Cllr, Liam Brazil, Cathaoirleach of Comeragh District; John Treacy, CEO of the Irish Sports Council and representatives of the tour sponsors and supporters to officially start the three routes and send the 5,000 participants on their way for a great day in the saddle. Waterford Sports Partnership plays a joint lead role, with Waterford City & County Council, in the organisation of the Sean Kelly Tour and is delighted with the growing number of Waterford people taking part year on year. We are also delighted to see an increase in the overall number of women taking part in the Tour each year.

Of course there are many, many people to thank and that will be done over the coming weeks. Waterford City and County Council, Waterford Sports Partnership and all of the cycling clubs involved recognise that primarily this event would never take place without the goodwill, enthusiasm, dedication and hard work of over 700 volunteers. These volunteers include interested individuals, cycling clubs, sporting organisations, community groups and staff of the various agencies involved who all work tirelessly to put this wonderful event on the road and they all deserve an extra special THANK YOU! Well done Waterford - Roll on 2016!

Visit the Sean Kelly Tour Facebook Page for more great photos from the day!



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 the Civic Offices in Dungarvan and in addition to leading WSP's work promoting physical activity for older adults, men and sports club coaches he also leads WSP's cycle training programme in schools and the community.
Peter can be contacted on (058) 21191 or pjones@waterfordsportspartnership.ie.

Pauline Cunningham, Sports Development Officer and Sports Inclusion Disability Officer, Pauline is based at the Regional Sports Centre

in Waterford City and works three days a week (Wed-Fri) as WSP's Sports Inclusion Disability Officer (SIDO) with a focus on creating sustainable physical activity opportunities for people with disabilities in Waterford. She also works as Sports Development Officer (Mon-Tues) supporting other target groups including women and sports club volunteers.

Pauline can be contacted on (051) 849855 or pcunningham@waterfordsportspartnership.ie.



Brian O'Neill, Youth Sports Development Officer, is based at the Regional Sports Centre 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.

Mary Doyle, Sports Development Officer, is based at the Regional Sports Centre in Waterford City and works Wednesday to Friday. In addition to supporting clubs and other target groups she leads WSP's Primary Schools programme.

Mary can be contacted at (051) 849619 or mdoyle@waterfordsportspartnership.ie.



DORMANT ACCOUNT FUNDING

Waterford Sports Partnership, supported by the Irish Sports Council, was recently awarded funding from Dormant Accounts for the following three projects:

1. School Community Sports Hub - Carrickphierish Campus - €70,000

The Carrickphierish School and Community campus opened in August 2015. The campus provides a new home for two primary schools, Gaelscoil na nDeise and Waterford Educate Together, a comprehensive community library and a large sports hall to be shared by the two schools and the local community.

The sports hall will be available for school use during school term time and revert to the Council/Community in the evenings and at weekends.

The focus of the project is to promote, attract and develop sustainable usage of the new sports hall and participation in local community sports and physical activity by:

- **providing equipment, participation programmes and come and try it opportunities**
- **training local leaders and volunteers and**
- **supporting local club development.**

While the main focus is on young people, activities will also target older adults, people with a disability and other disadvantaged groups.

WSP would like to thank Waterford City & County Council for providing support and matching funding of €30,000 to the project. We also acknowledge the support and input from Gaelscoil na nDeise and Waterford Educate Together, Waterford City Library services and the local community and sporting organisations in the preparation of the funding bid earlier this year.

2. Community Coaching (Strength and Conditioning) Programme for Jobseekers - €16,000

Waterford Sports Partnership, has been awarded funding under the Community Coaching Programme. The programme will give twelve unemployed people from Waterford an opportunity to become trained in sports related skills (strength & conditioning), coaching and job-seeking skills in order to help gain employment and further education opportunities in the sporting area.

The programme will run over 14 weeks, 2-3 days a week and those in receipt of social welfare will be eligible. The programme will cover Job Readiness Skills Development, Personal Development, Strength & Conditioning Training, Physical Activity/Coaching Training and Job Placement Experience. We wish to thank Waterford Area Partnership and Waterford City & County Council for their support for this programme and assistance with the application.

3. Dormant Account Funding – Sports Leadership - €5,300 total for two courses

The Level 1 Award in Sports Leadership provides the ideal starting point for learners aged 13 years and over who wish to develop their leadership skills, whilst under the direct supervision of their Tutor/Assessor or other suitably qualified adult. The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner. The award will take approximately 33 guided learning hours. WSP plans to run two courses in 2015/16 targeting young people in Waterford through the School Completion programme, youth projects, transition year students in Waterford secondary schools and Waterford's Comhairle na nÓg.

For further information on any of the above projects call Rosarie Kealy at 058 21190 or email rkealy@waterfordsportspartnership.ie.

Primary Schools

As part of our on-going support of physical activity opportunities in schools, Waterford Sports Partnership offered the following two training opportunities to primary school teachers across Waterford.



Balance Bike Training

All primary schools were invited to take part in this year's Balance Bike Training. The following ten schools have signed up for the training; St. Mary's N.S. Touraneena; St. Mary's N.S. Grange; Scoil Naomh Gobnait Coolnasmear; Scoil Naisiunta na Rinne; Glenbeg N.S.; Portlaw N.S.; Presentation Primary School; St. John Of Gods N.S.; St. Ursula's Primary School and St. Declan's N.S. Waterford.

The two-hour training sessions will be run in Dungarvan on Tuesday 29th of September and in Waterford on Thursday 1st of October. The teachers who attend the session will be given session plans that they can use back in their schools to coach the children the Balance Bike Programme. WSP will supply balance bikes, helmets and ramps to each school for a period of two weeks post-training. This programme has proven to be hugely popular with schools who have reported great improvement in young children's balance and coordination as a result of using the bikes.

For more information on Balance Bike Training please contact Mary Doyle, Sports Development Officer on 086-4650063 or mdoyle@waterfordsportspartnership.ie.

Sportshall Athletics

Sportshall Athletics is an exciting new programme for Waterford which has been rolled out in a number of other counties over the last couple of years. It has proven extremely successful in encouraging skill development and overall fitness improvement. WSP has invited Girls Primary School teachers to take part in this training which will allow them to train pupils for a Jamboree where all schools can compete and show the skills they have learned. Portlaw N.S and Presentation Primary School, Waterford took part in the training on Thursday 24th of September.

For more information on Sportshall Athletics please contact Mary Doyle, Sports Development Officer on 086-4650063 or mdoyle@waterfordsportspartnership.ie.



'Absolutely brilliant, really enjoyed it and I want one !!!'
Claire Brazil, Park Montessori

"The balance bike training enables childcare practitioners to link the benefits and importance of balance bikes to their existing curriculum and included the encouragement of good safety practice e.g. how to put on a helmet correctly. The practical, interactive training demonstrated how children's learning and development can be supported and encouraged with a focus on developing and /or improving children's balance and control, self-awareness, co-ordination and confidence, steeped in the element of having fun".
Jacqui De Siun, Waterford Childcare Committee

Balance Bike Bonanza

On Monday 15th June, twenty three staff members from five childcare services in Waterford, Tramore and Dungarvan were presented with balance bikes and helmets and received Balance Bike training as part of their successful entry into the Balance Bike Bonanza!

The Balance Bike Bonanza arose as a direct result of Waterford Sports Partnership's National Pride of Place Award in late 2014 for the 'Community Health – Physical Activity Cities Category'. The award included a prize fund of €1,000 and WSP staff and Board used the funds to further the objective of promoting participation in physical activity in Waterford. And where better 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 services were asked to creatively express through drawing, poems

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 following were the five successful services:

- The Little School of Montessori, Dungarvan
- Growing up Together, Waterford
- Park Montessori, Waterford
- Mercy Pre-school, Waterford and
- Naíonra Philibaráin, Tramore.

The training, led by Peter Jones of Waterford Sports Partnership and Jacqui de Siún of Waterford Childcare Committee was a great success and included practical demonstrations, session plans, videos and a helmet demonstration. It also gave ideas on how to enable pre schoolers to learn balance and steering skills in a fun environment.

National Go For Life Games

Well done to the twelve members of the Waterford team that took part in the National Go for Life Games on Saturday 6th June in Dublin City University! The National 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 amongst older adults. The Waterford team was one of twenty four teams from around the country that participated in three indoor target games including 'Lobbers' (adapted from petanque and boules), 'Flisk' (adapted from horseshoe pitching), and 'Scidils' (adapted from ten pin bowling).



The team was selected following three blitzes held by Waterford Sports Partnership for older adults groups in Waterford City and County between March and May. The team came from a range of groups including Dungarvan ARA, Dungarvan Care of the Aged, Respond Services, Waterford Stroke Support Group and Cappoquin Active Retirement. Representing Waterford were Vincent Bergin, Ita Butler, Valerie Delaney, Helen Elliot, Andy Gray, Pat Healy, John O'Donoghue, Mary O'Donoghue, Anna O'Neill, Monica O'Sullivan, Gerrard Rae and Sally Walsh. Special thanks to David Phelan from Respond who assisted the team on the day.

The Games were a great opportunity to celebrate physical activity and sport participation for all ages. The Waterford team thoroughly enjoyed the atmosphere, friendly competition and social element of the day. Helen O'Donoghue from the Lobbers team emphasised the importance of the social aspect saying 'I has a great weekend in DCU, there was great interaction and fun with other participants from around the country and the organisation of the weekend was faultless. Everyone was very helpful and pleasant.' Andy Gray said 'Brilliant! best day ever and the craic was mighty. I will definitely be back next year.'

The Games - Social Blitzes

Following the success of our social blitzes in March, April and May, WSP is running three separate games blitzes in Rainbow Hall, Kilmacthomas in September, October and November. These blitzes are for people of all abilities with the emphasis on social interaction in a mildly competitive environment. After these three sessions, we will travel to Kilkenny on Wednesday 2nd December for a blitz day against Kilkenny LSP. Further details are below.

THE GAMES - SOCIAL BLITZES

11am to 2pm on

Wed 23rd September | Wed 21st October | Wed 18th November

Rainbow Hall, Kilmacthomas, Co. Waterford.

€3 (inc. training, tea/coffee/sandwiches).

Booking essential, please contact Peter on 058 21191

or email pjones@waterfordsportspartnership.ie

Go for Life Grant

The National Grant Scheme for Sport and Physical Activity for Older People was opened for applications on Tuesday 25th August. The grant scheme provides funding towards the purchasing of equipment or activity programmes. The grant scheme has been hugely successful in the past with €7,730 being awarded to twenty four Waterford groups in 2014. The closing date for applications was Friday 25th September.

Best of luck to all the Waterford groups who have submitted an application!

NEW Training Opportunity - CIRCUIT CLASS

WSP is piloting a CIRCUIT CLASS specifically designed for older adults which focuses on core strength, flexibility and balance with moderate pulse raising activities.

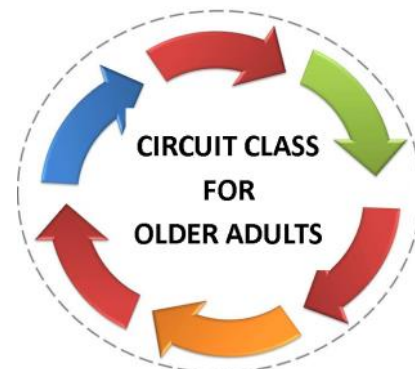
The 15 station circuit includes stations such as single leg balances, flisc, dyna band activities, Pilates/medicine ball exercises and foam rolling.

We have purchased five equipment bags that groups can borrow to run the circuit class in their own groups. We are delivering training sessions for the circuit class as follows.

Cill Barra Sports Centre | Monday 5th October | 9.30-11am
Dungarvan Sports Centre | Wednesday 7th October | 9.30-11am
Cost: €2

BOOKING ESSENTIAL

For more information or to book your place, please contact Peter on 058 21191 or email pjones@waterfordsportspartnership.ie





NEW Introduction to Sea Fishing with St. Paul's Fishing Club

St. Paul's Fishing Club will deliver a 3-hour taster session on sea angling in October (Date to be confirmed). The session which is open to men and women alike will cover casting, tackle and fishing tuition.

Date & Time: October TBC
Venue: Abbeyside, Dungarvan and Passage East
Cost: €5 per person
Interested??: If interested please contact Peter on 058 21191 or email: pjones@waterfordsportspartnership.ie

Please note that this activity will only go ahead if there is enough interest.

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

Leisure Centre Opportunities

Active Older People Class Park Hotel Leisure Centre, Dungarvan

This fun and social class aims to maintain and improve balance and muscle strength for everyday activities and incorporates seated exercise and low impact aerobic activity. Every Tuesday 11am-12pm. €6 for gym members and €8 for non-members.

Pre-screening and booking required, please contact Claire Kennedy on (058)42902.

Active Older People Gym Support Park Hotel Leisure Centre, Dungarvan

Leisure Centre Staff 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 10-10.50am. Pay as you go rates from €6 per session, membership rates available upon request.

No booking necessary, for queries please contact Claire Kennedy 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. €5 per session. Women's class every Monday 10-11am | Men's class every Wednesday 10-11am

Please call Jacqui Watson on 086 2634061 for more information.

Pay as you Go Gym Session Cill Barra Sports Centre, Waterford

Women's class every Monday 10-11am
 Men's class every Wednesday 10-11am
 €3.50 per session

Call Sinéad Brannigan on (051) 350800 for more information.

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
 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

€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)

Bike for Life 2015

We have just finished running "Bike for Life" for the third consecutive year. This programme was developed by Cycling Ireland and funded by Get Ireland Active, the Health Service Executive (HSE) and Women in Sport which enabled WSP to run two eight week cycling programmes, one in Waterford City and one Dungarvan.

The Bike for Life Programme is designed to assist cyclists who want to develop their cycling knowledge, skills and fitness levels. This programme targeted women who may have previously cycled or those just beginning to get out cycling and enjoy the benefits of regular physical activity. The overall aim of the programme is to teach the participants basic bike skills (balancing, gearing, braking etc.) and improve their confidence and competence whilst cycling on the road. Each training session included learning a new bike skill followed by a spin (and an odd coffee!!!).



The programme started in July and was run by female tutors that were recruited from previous WSP cycling programmes. The tutors assisted WSP to design and lead all the sessions and spins for the duration of the two programmes, gearing the women up to take part in the 50km Sean Kelly Cruise on Sunday 23rd August.

WSP would also like to extend a huge thank you to all the tutors for their efforts, commitment and most of all enthusiasm which made the programme such a great success. Last but not least, a big congratulations to all the ladies from Waterford City and Dungarvan who took part in the programme and participated in the 2015 Sean Kelly Tour of Waterford - Looking forward to seeing you all again next year, so keep the wheels in motion!

2015 Calendar of Training & Events

Date	Course/Event	Time	Cost	Venue
October 2015				
Monday 5 th October	WSP Seminar Series Injury Prevention/ Rehabilitation	6.30 to 9.30pm	€5pp	Coláiste Chathail Naofa, Youghal Rd., Dungarvan
Monday 12 th October	Safeguarding 2 - Club Children's Officer Training Workshop	6 to 9pm	€15	Civic Offices, Dungarvan, Co Waterford
Saturday 17 th October	Remote Emergency Care First Aid Course	9am to 5pm	€45	The Park Hotel, Dungarvan
Monday 19 th October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Civic Offices, 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	Safeguarding 1 - 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



National Bike Week 2015

National Bike Week 2015 took place from June 13th to 21st and without doubt it was the most successful to date here in Waterford. This success was due in many ways to the number of local communities, schools and organisations who got involved in the events right across city and county.

The objective of Bike Week is to promote cycling for both recreation and transport to people of all ages and fitness levels. It is funded nationally by the Department of Transport and coordinated locally by Waterford City & County Council, Waterford Sports Partnership, Go Dungarvan and An Taisce Green Schools. However it was the involvement of 29 community groups that was the secret to the success of Bike Week 2015.



Bike Week Events in Waterford County

In all there were twenty one groups or schools from the County that took part in Bike Week events last June. These included: St. Mary's N.S. Dungarvan; St. Joseph's N.S., Dungarvan; Dungarvan Rugby Club; Garranbane N.S.; Dungarvan No Name Club, Le Cheile Pre-School, Seafield N.S.; Scallywags Pre-School, Lismore; Co. Waterford Community Childcare; Faithlegg N.S.; Tramore Education Centre; Rathgormack N.S. and Fenor Community Group to name but a few. Events organised included everything from Cycle, Scoot or Flickr to Creche Day; School COW Days; Picnic and Beach Cycles and Bike Week Beach Tag. The great thing about Bike Week 2015 was the great variety of organisations and age groups that got involved and this adds greatly to its appeal.

Lunchtime Cycle - This event took place on Wednesday 17th June. Such was its popularity that it was fully subscribed well in advance. We had a 10km cycle targeted specifically at workplaces but open to all and once again it was a completely free event. It highlighted the fact that even over lunchtime it is possible to take in an activity such as cycling as part of your daily routine. Post event refreshments were provided courtesy of Euroroute Cuisine-all agreed that it was a great way to finish the cycle.

The Dawn Cycle - This is probably the longest running of our Bike Week events here in Waterford. With a start time of 7am on Sunday 21st June this was certainly one for the early birds.....of which there were almost 70! There were 2 routes for people to choose from of 15 or 25k. These were leisurely cycles which catered for all fitness levels and ages from 8 years and up. The Dawn Cycle is always a very enjoyable morning's cycle followed by light complimentary breakfast and chat over a cup of tea in Sip n Surf. All involved are already looking forward to the 2016 event!

Bike Week Events in Waterford City

Pedal in the Park - Bike Week kicked off on Saturday 13th June with our popular Pedal in the Park for children and parents in Kilbarry Nature Park. The event was organised by Comeragh CC and supported by Waterford Sports Partnership. Activities on the day included cycling skills, balance beams, limbo sticks, hill climbs and a 2km family cycle around the park.

Family Cycle to Tramore - Twenty people took part in this event on Wednesday 17th June. The sun beamed down as we left the RSC and headed to Tramore on the newly developed green route and after a well deserved coffee break at T-Bay Surf Centre on the prom in Tramore we headed back to the RSC. It was fantastic to see such a large group of cyclists on the road together for the spin and it was thoroughly enjoyed by everyone.

Safe Cycling Festivals—Waterford Sports Partnership in conjunction with Waterford City and County Council's Road Safety Officer (Jemma Jacob) ran two Safe Cycling Festivals in the Regional Sports Centre on Tuesday 16th and Thursday 18th June. The festivals were open to all 5th class students from primary schools that had completed Cycle Skills training earlier in the year. The programme worked on increasing cycling skills such as balance, control, braking, road and vehicle awareness, road sign identification and general road safety knowledge. Over 350 students took part in the cycling festivals that was filled with tricky skills tests, slow cycling games and a treasure hunt. A big thank you to Jason and all his team from South East Cycles, who ran the festival on the day.

In addition to these events, we also had a number of smaller events such as Bike Maintenance and the National Lunch Time cycle which took place over the week.

*All in all, Bike Week 2015 was a huge success in Waterford City and County and the popularity of events is growing year on year. Waterford Sports Partnership would like to thank all the schools, clubs, volunteers and participants who made the week such a great success and so enjoyable. **Keep the wheels in motion and see you all again next year for another great week.***

BIKE WEEK STAT ATTACK

37 events

took place across
Waterford

29 groups

community groups/schools
/clubs organised events

4421 people

took part in organised
Bike Week events



Waterford Men on the Move

The Men on the Move Programme is a FREE physical activity programme for adult men. The focus of the programme is to encourage men to get more active, have fun and improve their fitness levels through twice weekly activity sessions for twelve weeks. The programme, funded by the HSE, is being led by WSP in partnership with Waterford Institute of Technology who are evaluating the programme's impact. Waterford is one of eight counties taking part in this research with 720 men participating in the research programme nationwide.

The programme kicked off in the first week of September with three information evenings in Waterford City, Lismore and Dungarvan attended by 200 men. GP's Mark Rowe and Barry Lordan gave insightful talks into the benefits of exercise for men's health. Health measurements including height, weight, BMI, waist circumference and a timed one mile challenge were recorded on the evenings with the assistance of our designated team of six 'Men on the Move tutors', volunteers Samantha Barr and Billy Grace and staff from WSP and WIT. These measurements will be retaken at weeks twelve, twenty-six and fifty-two to measure the effects of the programme.

The 140 participants across the three venues are currently enjoying the twice weekly one hour physical activity sessions where they focus on aerobic exercises for forty minutes using step counters, and work on core strength and flexibility for twenty minutes. Course participant Tony Walsh said 'Very enjoyable night, nice slow start that built up to a very good finish, really looking forward to the next night.'

Men on the Move tutor Barry O'Connor said 'with obesity and mental health issues prominent in Ireland, the Men on the Move programme is a wonderful opportunity for men to get active in a safe, fun and friendly way. The programme offers the men the chance to learn and take part in safe, effective exercises which are designed to suit everyone's needs. They should see both physical and psychological benefits such as improved mood, increased energy, weight loss/control and improved mobility and greater functional fitness.' Lismore and Dungarvan tutor Daniel Ryan said 'In the short time the programme has been running, we are having great success with men of all ages in getting active and socialising. It's great fun to be working with these guys.'

Whilst this programme focuses on physical activity, it is also important to recognise the potential benefits to social and mental well being. We are delighted that many of the men are now walking in their own time outside of the two weekly sessions. In the coming weeks the participants will also attend healthy eating and wellness sessions delivered by the HSE as part of the programme.

Paula Carroll, coordinator of the Men on the Move project from WIT said "It is evident from the number of men taking part in the Men on the Move programme in Waterford and elsewhere, that men are really interested in improving their health and they are willing to engage with services once the approach is right for them. The Men on the Move programme is a fantastic opportunity for men to become more active in a fun and sociable environment in their own communities. There is considerable evidence to show that men who participate in programmes such as Men on the Move, can reap benefits such as improved fitness levels, weight loss, an increase in self-confidence and mental wellbeing as well as feeling more connected and integrated with their communities. It is probable that their families and communities also benefit vicariously. It is really wonderful to see so many men in Waterford availing of this opportunity. And all it's costing them is their time"

WSP are delighted by the number of men who have signed up for the programme and how well the programme is running to date.

If you are interested in the programme or want further information, please contact Peter Jones on 058 21191 or pjones@waterfordsportspartnership.ie.



Waterford Harvest Festival - 'Picnic & Play in the Park'

This year's "Picnic and Play in the Park" took place in the People's Park on Saturday 12th September as part of the Waterford Harvest Festival. This event saw a huge crowd enjoy all that was on offer on a beautiful sunny Saturday.

We would like to thank Waterford AC, Waterford District Cricket Club, Waterford Muai Thai and the FAI for taking part in this year's "Picnic and Play in the Park". All the clubs made a big effort to include all the children in their games and make sure it was great fun for everyone.



National Recreation Week 2015

Waterford Sports Partnership, in conjunction with Waterford City and County Council, coordinated a range of activities for National Recreation Week which took place from Sunday 28th June to Saturday 4th July. National Recreation Week is funded by the Department of Children and Youth Affairs and this year focused on activities in the outdoors that involved sand, rocks, trees and water.

Surfing was high on the agenda this year with two introduction to surfing lessons taking place. On Tuesday 30th June, WASSA ran an introduction to surfing with T-Bay Surf Centre in Tramore for children on the autism spectrum. Ten children ranging in age from 4 to 12 years took part in a two hour surf lesson. Similarly, T-Bay Surf Centre ran another session for eight parents and eleven children on Wednesday 1st July. Both sessions involved a mixture of theory and practical work and before catching some waves participants learned crucial water safety skills and basic surfing techniques. As a result of two hugely successful evenings the WASSA Club has started a 6 week surfing programme for children with autism and their peers. Similarly both parents and children have joined additional surf programmes that were on offer by WSP. A special mention must go to Martin and Sarah Jane who ran two excellent sessions.



On Friday 3rd July, Waterford Boat Club held a come and try it event at their Canada Street base from 2-7pm. Fifteen young people were in attendance and had the opportunity to sample all the skills of rowing both on land and in the water. Participants were given a tour of the boat house and had a meet and greet session with the Club Captain and his coaches, followed by demonstrations in safety on the water and ergs (rowing machine drills/skills). After learning the basic skills, the participants finally got the opportunity to put their newly learned skills to use on the water with an experienced crew.



Over the course of the week Northern Suburbs CYP brought 48 young people on two excursions; Mahon Falls and Kennedy Park. The young people had the opportunity to explore what the outdoors had to offer and learned to enjoy the benefits of activities in the natural environment.

Last but not least, Waterford District Coarse Angling Club held an open day event for families on Saturday 4th July in Ballyshunnock from 10am-3pm. Over twenty participants and ten coaches were in attendance on the day. Participants had the opportunity to try some angling (all permits and tackle were provided). The highlight of the day was the launch of the newly purchased "Wheelie Boat", which gives individuals with a disability or poor mobility access to fishing on the lake. After hours of fishing, participants enjoyed a well deserved barbecue and refreshments.

National Recreation Week was a huge success in Waterford with over 100 participants taking part in events during the week. Well done to all those who took part and to everyone who helped to make the week the success it was.

National Play Day 2015

**'Explore & Discover the Outdoors'
at Colligan Woods, Dungarvan
& Kilbarry Nature Park, Waterford.**

WSP in conjunction with Waterford City and County Council supported Waterford Childcare Committee to run two events; "Explore and Discover the Outdoors" as part of National Play Day 2015. The aim of National Play Day is to increase awareness of the importance of play in supporting children's physical and social development. This year's theme was 'play naturally', and events were held in two locations, Colligan Woods and Kilbarry Nature Park

One hundred and sixty parents and their children aged between 1-10 took part in the Explore and Discover the Outdoors. The children were all given an 'Adventure Pack' which contained paper, pens, crayons and a magnifying glass and were encouraged to explore the woods and park using the adventure pack. The bring your own picnic brought everyone back together to take a well-earned break, re-tell their adventure and enjoy their picnic with new friends and fellow adventurers!



'We had a great time on this adventure with Conor (2¾) and Conal (10). The guys had lots of things to do and see along the trail. We will come back for more fun. Thanks a million.' **Parent Kevin McNena**



THE 2015 SEAN KELLY TOUR OF WATERFORD



GETTING DOWN TO STATS

Take a look below at some of the statistics for the event that tell the story of the Sean Kelly Tour's success over the past nine years.

2015 ROUTES	TOTAL CYCLISTS	WATERFORD CYCLISTS
12k	1,441	1023
50k	1,407	752
100k	1,960	622
160k	1,642	326
TOTAL	6,450	2,723 (42%)

ROUTE	2007	2008	2009	2010	2011	2012	2013	2014	2015
10k/12k				674	1,007	1,328	1,461	1,528	1,441
50k	205	418	734	903	1,141	1,430	1,497	1,414	1,407
90k/100k	385	728	1,063	1,477	1,695	1,991	1,855	1,909	1,960
160k	328	709	1,007	1,356	1,438	1,547	1,689	1,677	1,642
Total	918	1,855	2,804	4,410	5,281	6,296	6,502	6,528	6,450
% increase on previous year		102%	51%	57%	20%	19.2%	3.3%	0.4%	-1.2%

Nine years of the Sean Kelly Tour of Waterford!

"It's hard to believe it is nine years since Waterford Sports Partnership and Waterford County Council first got together to shape an event that has now become something that Waterford people can aim for, train for, plan for and ultimately be proud of their participation in, either as a volunteer or a cyclist. While we in WSP are aware of and very happy with the significant economic and tourism benefits of the SKT to the area, ultimately we are most interested in getting Waterford people on bikes, out training, and enjoying the pleasures and benefits of physical activity. That's what it is about for us.

This year we were blessed with good weather for all four events. The 12k family event continues to be a great success and starts many children on their pathway to the other longer SKT events as well as giving a reason for families to get into cycling and get out training over the summer on the wonderful Dungarvan to Clonea cycle track. The 50k is an event targeted by many as a goal to get active and our Bike for Life Programme for ladies and the SKT Youth Challenge Programme aim to support participants build up to the challenge of the 50k. We were delighted to see many former participants who have continued cycling take on the 100k challenge this year. Our cycling training programme in schools as well as Bike Week activities also assist in promoting and supporting safe cycling in Waterford.

I wish to thank all our partners, sponsors and supporters but special mention goes to the SKT Team of volunteers without whom this event could not happen. Time and again it is what we hear about in the extremely positive feedback we get from participants and that is what makes the SKT unique - the welcome, friendliness and support of the SKT team of volunteers. Thank you for making the event such a great success."

Rosarie Kealy, Sports Co-ordinator, Waterford Sports Partnership.

Some interesting Stat Facts!

72 people over 70 years took part:

23 in the 100k and 4 in the 160k!

there were 7 participants over 70 in 2008

31% of the participants were female

in 2008 this was 20%

2,723 Waterford people took part

this was 504 in 2008

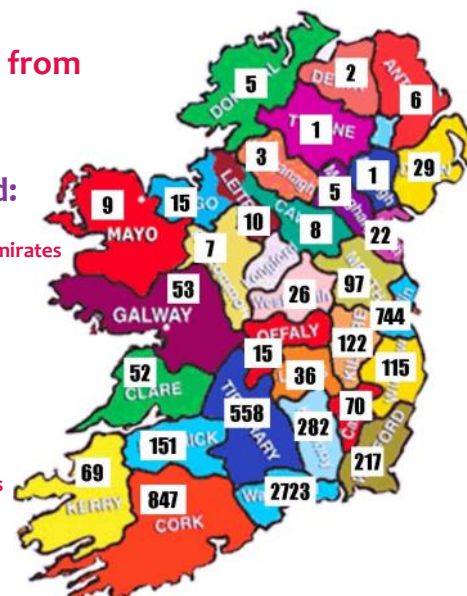
Town/Area	12km	50km	100Km	160km	Total
Aglish	12	4	5	2	23
Ardmore/Grange	14	7	12	1	34
Ballinamult/Ballymacarbry/ Nire Valley/Touraneena/	7	11	15	12	45
Bonmahon	8	6	8	6	28
Cappoquin/Affane/Modeligo/ Cappagh	38	40	33	13	124
Carrick on Suir		17	13	13	43
Cheekpoint/Faithlegg		3	4	5	12
Clashmore	10	13	10	1	34
Dungarvan & Surrounds	615	302	141	77	1135
Dunhill/Fenor/Annestown	12	10	13	8	43
Dunmore East		8	5	4	17
Kill	12	8	8	3	31
Kilmacthomas	21	34	24	15	94
Kilmeaden/Butlerstown	7	8	14	17	46
Kinsalebeg	4		2	1	7
Knockanore/Tallow	5		7		12
Lemybrien/Kilrossanty/ Mahon Bridge	28	21	7	4	60
Lismore	5	35	14	6	60
Passage East	2		6	2	10
Portlaoise	22	3	23	21	69
Rathgormack/Clonea Power	22	14	19		55
Ring/Old Parish	33	29	18	8	88
Stradbally	29	11	19	5	64
Tramore	37	42	43	32	154
Villierstown	7	7	2	1	17
Waterford City	74	118	157	69	418
Total	1024	751	622	326	2723

Participants came from 31 counties!

108 participants

came from abroad:

77 from the UK
12 from United Arab Emirates
3 from Australia
3 from Denmark
2 from Belgium
2 from Canada
2 from Germany
2 from Luxembourg
2 from Switzerland
1 from Africa
1 from the Netherlands
1 from the USA



Sean Kelly Tour of Waterford Youth Challenge 2015

Waterford County Comhairle na nÓg

On the 23rd of August, sixteen Waterford Comhairle na nÓg members took part in the 50km Cruise as part of the Sean Kelly Tour of Waterford Youth Challenge. The aim of the Youth Challenge is to promote and increase cycling among young people through preparation for the 50km Kelly Cruise. The programme, funded by the Irish Sports Council was offered to Comhairle na nÓg members and participants took part in six training sessions tutored by Peter Jones, Teresa Fennell and Darragh O'Connell.



Participant Jordan Cliffe said 'I felt a sense of achievement when I crossed the finish line knowing that the hours upon hours of training paid off. Also, the food was great!' with Aoife French saying 'absolutely fantastic cycle, loved every minute of it'. Comhairle Coordinator Jamie Moore said: The WSP Sean Kelly Tour Comhairle Youth Challenge was a great success from my perspective as over the 8 weeks in preparation for the Sean Kelly Challenge, we saw members who would have been poor cyclists excel and challenge themselves each week. The majority of Comhairle members who participated in the programme were not regular cyclists. We now have Comhairle members regularly cycling to meetings instead of asking for spins from their parents. Most importantly, Comhairle members now wear their helmets without hesitation, something that many would have avoided before the programme due to the social image pressures that face young people. – Jamie Moore Waterford Comhairle na nÓg Co-ordinator.



Waterford Sports Partnership Club Development Seminar Series 2015

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 WSP Club Development Seminar Series aims to 'share knowledge between sports and promote positive change'. To date WSP has delivered four seminars in conjunction with NGB's: Concussion Awareness (IRFU), Speed Development (AI), Warm Up, Stretching and Movement (GAA) and Dealing with Challenging Behaviour. The seminars are open to coaches, volunteers, parents and participants from all sports. Representatives from forty seven clubs have attended the seminars to date.

Speed Development Workshop

in partnership with Athletics Ireland

On Monday 8th June, thirty six people from fifteen clubs representing six sports attended the Speed Development Workshop delivered by Brid Golden of Athletics Ireland. The Workshop focused on developing acceleration and maintaining maximum speed for team sport athletes. Course participant Martin O'Neill from Erin's Own GAA said "I learned techniques from other sports from a top coach and I can now incorporate it into my own sport." Athletics Ireland Development Officer Colin Byrne said "this workshop was a great opportunity for us to share the knowledge of our coaches and tutors with other sports coaches and enthusiasts in Waterford. The WSP workshops in conjunction with our own Coach Education courses and workshops are excellent tools in the continued development of coaches in Waterford".



Warm Up, Stretching & Movement Workshop

in partnership with Waterford GAA Coaching & Games Development

On Monday 6th July, thirteen people from ten clubs representing six sports attended the Warm Up, Stretching and Movement Workshop. The Workshop, held at Ballgunner GAA Centre was delivered by Pat Flanagan from Peak Fitness and Eoin Breathnach, Waterford GAA Coaching & Games Development Manager. The Workshop focused on the delivery of functional movement skills for children and how to develop these whilst incorporating specific game related activities.

Eoin Breathnach said "an enjoyable workshop to deliver due to the quality & understanding of the coaches present". Course participant, Shirley Moore, from Waterford Hockey Club said "Good Workshop delivered by experienced coaches on how to improve basic skills that are adaptable to all sports".

Dealing with Challenging Behaviour Workshop

Thirty two people, from Soccer, GAA, Boxing, Hockey and Martial Art clubs, attended the fourth workshop in the Club Development Series, Dealing with Challenging Behaviour on Monday September 21st at the RSC. The workshop was presented by Gerry McQuaid-Coordinator of the Behavioural Support Unit in St. Paul's Community College and Brian O'Neill-Youth Sport Development Officer, Waterford Sports Partnership.

The workshop focused on a number of topics including: Evaluating your own coaching methods; Identifying good coaching habits that encourage positive behaviour; Identifying a range of challenging behaviours that coaches might experience; Examining reasons for positive and challenging behaviours; Introducing the methods necessary to address challenging behaviour; Developing techniques for self-management, including steps to take in difficult situations.

The aim of the workshop, which was very well received, was for coaches to examine their own methods of coaching, understand what causes challenging behaviours and how to address them if and when they arise.

NOW BOOKING...

Over the next two months, WSP in conjunction with the Camogie Association and Swim Ireland are delivering the following Seminars for coaches, players, administrators and parents from all sports clubs.

SEMINAR	Date & Time	Facilitator	Who should Attend?	Venue	Places	Cost
Injury Prevention / Prehabilitation	Mon 5 th Oct 6.30 to 9.30pm	Ross Corbett	Coaches and players from all sports.	Coláiste Chathail Naofa, Dungarvan	40	€5
Club Roles & Responsibilities 'A Practical Approach'	Mon 2 nd Nov 6.30 to 9.30pm	Cathal Geraghty, Swim Ireland, Munster Regional Club Support Officer	Administrators from all sports.	The Park Hotel Dungarvan	75	FREE

For more information please contact Peter Jones by phone on 058 21191 or email pjones@waterfordsportspartnership.ie.

Irish Sports Council - FREE Training for Volunteers

The Irish Sports Council is running a series of FREE courses for volunteers as part of their Volunteer Support Programme. Courses on offer include:

**Event Management
Social Media
Time Management
Meetings Management
Marketing Fundamentals
PR/Media Management
Finance Fundamentals
Good Governance at local Club level and
Fundraising Essentials.**



The ISC acknowledges that there is a significant need within National Governing Bodies for volunteer learning and development support. It is recognised that these volunteers operate at all levels, from local clubs up to regional and national level roles within an NGB. We believe that assistance for this particular demographic will result in enhanced skills for the volunteers and an increased likelihood in their retention as active participants in sports and physical activity.

Visit the weblink below for details of the 2015 Volunteer Training Programme and click on the links to book your place today!

<http://www.irishsportsCouncil.ie/OD-Change/Organisational-Capability-Building/Learning-Support-Services/Volunteer-Training-/>

Irish Sports Council - Safe Sport App Launched

The Minister of State for Tourism and Sport Michael Ring recently launched the Irish Sports Council Safe Sport App at the Code of Ethics Information Day. The app is aimed at creating greater awareness and understanding about safeguarding best practice in children's sport.

Speaking at the launch, Minister of State for Tourism and Sport Michael Ring TD commented "I believe it is extremely important that children and young people are given the opportunity at an early age to participate in sport in a safe and positive environment to develop and enhance their physical and social skills. Participation in sport will ultimately lead to a healthier society and an overall improved quality of life."

John Treacy, CEO Irish Sports Council commented "The Safe Sport app is based on the Irish Sports Council's Code of Ethics & Good Practice for Children's Sports which has been adopted and implemented by National Governing Bodies of Sports, clubs and Local Sports Partnerships on an on-going basis. It features key information regarding your role in sport to ensure children and young people's experiences of sport are fun, enjoyable and conducted in the spirit of fair play".

Users of the app will have access to exclusive video messages from Michael McKillop (Irish Paralympian), Mary Davis (President & Managing Director, Special Olympics Europe Eurasia), Liam Sheedy (Sports Analyst) and Alan Brogan (Dublin Football GAA). The app includes a 'Travel Tracker' which allows parents, coaches, who are driving someone else's child/children home, for example after a training session, to permit the child's parent, or guardian to view and have oversight of their location for a specified period of time while they are travelling on a journey.

The Safe Sport app is presented in two formats and you can choose to read or listen to the information. The app is available for free download and available on IOS and Android platforms.



Visit the Irish Sports Council Website to find out more!

http://www.irishsportsCouncil.ie/Participation/Code_of_Ethics/Code-Of-Ethics-App/

Irish Sign Language Training

On Wednesday 9th September, Waterford Sports Partnership in partnership with the Irish Deaf Society (IDS) ran an Introduction to Sign Language Course in the Regional Sports Centre. This two hour introduction course was tutored by the Irish Deaf Society and was attended by five eager and enthusiastic participants. The course focused on teaching participants the basic vocabulary needed to assist individuals with a hearing impairment or those that are deaf. After the training, participants put their new skills to use when volunteering at events for National Irish Sign Language Awareness Week.



Melissa Howlett (Treasurer IDS) was very impressed with the participants and "could not believe how quick they picked up signing". Well done to those who attended the training, it was an extremely interesting and enjoyable training.

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



Multisport Programme

Our popular Multisport Programme is up and running again for the remainder of 2015. Over 60 participants from five organizations attended our September programme. 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, parachute and lots, lots more. Organisations were encouraged to bring along their service users regardless of ability as there was something on offer for everyone.

If your group is interested in taking part or require more information please contact Sinéad in Cill Barra Sports Centre on 051 350800.

Multisport Dates for your Diary...

Date	Time	Venue	Cost
Wednesday 14 th October	10.45am – 12.30pm	Cill Barra Sports Centre	€2 per person
Wednesday 11 th November			
Wednesday 9 th December			

Social Soccer

On the last Thursday of every month, from 1-2pm, the FAI and Waterford Sports Partnership will run 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, we will run two sections, an indoor section for participants of low level ability and an outdoor section for high level ability participants.

If you require more information please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie.

Social Soccer Dates for your Diary...

Date	Time	Venue	Cost
Thursday 24 th September	1.00pm - 2.00pm	Kingfisher Club Waterford	€2 per person
Thursday 29 th October			
Thursday 26 th November			

Surfing Programme for Men

Earlier this year, Waterford Sports Partnership teamed up with the HSE Occupational Therapists (OT's) and Shine Discovery to run an eight week surfing programme to promote positive mental health for men. The participants met in T-Bay Surf Centre on Tuesday 19th May for the first session which involved a mixture of theory and practical work and before catching some waves participants learned crucial water safety skills and basic surfing techniques. After each session, participants had debriefing sessions with the OT's over lunch over looking Tramore Beach. The group has been nominated for an award by the Association of Occupational Therapists of Ireland and we are currently awaiting the results. A special mention must go to Martin and Sarah Jane from T-Bay Surf Centre, who tutored the men over the six weeks. They really welcomed the men and made them feel at ease from day one. Well done to all involved.



Fishing for All

Commencing on Sunday 30th August, Waterford Sports Partnership in conjunction with Waterford District Coarse and Angling club ran a four week Fishing for All programme in Ballyshunnock Reservoir. The programme ran from 10.30am to 12.30pm at a cost of €20 per person and was open to males and females aged 18years plus and their family and peers.

All participants were provided with a club coach, fishing permits, rods, tackle and flies. Ballyshunnock Reservoir has several fully accessible fishing platforms and a newly purchased Wheely boat that participants were accessing throughout the four week programme. Participants thoroughly enjoyed the programme and the fish were plentiful over the four weeks. A special mention must go to the coaches of Waterford District Coarse and Angling Club for running a spectacular programme, they made all the participants feel welcome from day one.

If you require more information or would like to get involved in fishing please contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie.



Wheelchair Hurling

On Thursday 17th September, Waterford Sports Partnership and Waterford GAA Coaching and Games Development ran the first Wheelchair Hurling session. The aim of the programme is to form a Waterford Wheelchair Hurling Team, which is made up of disabled and non disabled athletes. Despite the low numbers, spirits were high amongst participants as they were keen to try out the new game. Participants started off with a light warm up to get used to using the sports chairs, followed by some skills and a game. Wheelchair hurling will continue to run in the Kingfisher Club on Thursday evenings from 6-7pm and costs €5 per person.

If you require more information or would like to try Wheelchair Hurling please contact Pauline Cunningham on 051 849855

Ladies Walking Group

Eight eager and enthusiastic women took part in a six week walking programme throughout the months of July and August organised by Waterford Sports Partnership and funded by Shine Discovery project. Over the six weeks, the ladies met at Shine Discovery and were brought on a led walk using the Slí na Sláinte City Route, followed by a well deserved cup of coffee.

If you are interested in getting involved in a walking group or would like to set up your own group contact Pauline Cunningham on 051 849855 or email pcunningham@waterfordsportspartnership.ie.

IT'S BACK

Waterford Halliwick Club

is back up and running from

Monday 28th September

in the **Crystal Sports Centre** from **5-6pm**

and costs as little as €8 per week.

The club is open for all ages and caters for multi disabilities.

If you are interested in getting involved or require more information contact Sarah on 083 1376847

Coming Soon – Swimming Programme for Children with Physical Disabilities

Waterford Sports Partnership is running an exciting new swimming programme for children with a physical disability starting on **Friday 6th November**. The programme will run for six weeks in **Unique Aquatics** using their fully accessible hydro therapy pool from **6-7pm** and will cost **€30 per person**.

Places on this programme are limited and will be allocated on a first come first served basis.

If you require more information or would like to book a place please contact Pauline on 051 849855 or email pcunningham@waterfordsportspartnership.ie.

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

Contact Tommy Griffin on 083 1252813

Park Rangers - Saturdays 12-1pm

Contact Mary Condon on 085 1034072

Come along and give it a go, ALL WELCOME!



WALK WATERFORD

Walk Waterford is back!

Walk Waterford is back, with five walks which will give people a chance to get out and get active whilst enjoying the beautiful Waterford countryside. The series of walks are suitable for families and leisure walkers, all you need is suitable walking shoes (runners are ideal) and a rain jacket just in case. Children under 16 must be accompanied by an adult .

Date	Name of Walk	Meeting Time and Place	Trail Details	Top 3 Highlights	Getting There
Sunday 11th October	Anne Valley Walk, Dunhill	Time: 2pm In the Anne Valley Carpark nearest the log cabin/fishing hut.	Distance: 4.4km Duration: 1 hour The new Anne Valley Walk follows the Anne River which flows through the Anne Valley and meanders past many beautiful ponds to reach Dunhill Castle. The newly developed path allows comfortable wheelchair and buggy access with no steep slopes.	- The walk winds through forest and marshland next to the river Anne - You may see some of the many protected wildlife species such as the Heron, Kingfisher, Otter and an amazing range of other fauna and flora. - Views of Dunhill Castle	From Waterford follow N25 to Cork and follow this road past Whitfield Clinic until you see signs at a crossroads for Tramore. Take the left turn on this crossroads and continue for 2.8 miles where you will meet a small crossroads signposted Dunhill. Take the right hand turn at this crossroads and continue for 3.5 miles to the first car park on the left.
Sunday 18th October	Dungarvan Railway Track	Time: 2pm In the Waterford City and County Council car park just off the Park Hotel roundabout	Distance: 5km Duration: 45 mins This is one of Dungarvan's gems – a green route that follows the old Railway line.	- New improved green route suitable for cyclists and walkers alike - This route is mostly off road - Fantastic views across Dungarvan Bay	Once you reach Dungarvan the Waterford City and County Council (free) car park is just off the Park Hotel roundabout opposite Country Life.
Sunday 25th October	Colligan Wood	Time: 2pm Colligan Wood Car park	Distance: 3.5km looped route (optional 6km) Duration: 1 hour 15 mins There is something here for everyone, a short walk along the river, a 3.5km looped route and for those wanting an even bigger challenge there is a 6km looped trail.	- The tranquil Coillte forest - Picnic tables by the restful Colligan River - This is a little piece of paradise	From Dungarvan take the N72 to Lismore. At the Master McGrath monument take a right onto the R672. Travel a further 4km to the next junction and exit right to Kilbrien road. Travel 2km on this road to the car park on the left.
Sunday 1st November	Tramore Doneraile	Time: 2pm at the church car park opposite Supervalu	Distance: 4.9km Duration: 1hr 30 mins This is one of Waterford's Slí na Sláinte routes which offers majestic views over Tramore Bay and surrounds as well as interesting heritage sites on route.	- Historical features which reflect the maritime heritage of Tramore - Tranquil woodland section - Views of Tramore Bay	The car park is located on Priest's Road opposite the entrance to Supervalu.
Sunday 8th November	Dunmore East Wooded Walk	Time: 2pm at the park (opposite the Haven Hotel) by the tennis courts.	Distance: 3km Time: 45 mins looped walk. This is an easy walk which goes through the woods and the village. Please note there is one steep section in the woods	- Lovely tranquil woods - Fabulous views across to The Hook - Interesting walk through the village past the thatched cottages	The Park is on the main road into Dunmore East on the left hand side

So come along bring your family and friends, County Waterford is yours to discover or rediscover!
To find out more please contact, Pauline Cunningham, Sports Development Officer,
Waterford Sports Partnership on 051 849855 /086 7837385

Street Soccer 2015

The Street Soccer League 2015, a Waterford Sports Partnership and FAI initiative, took place in Williamstown All Weather Pitches, Williamstown throughout the month of July, for a duration of four weeks. This year, the league went with one age group-Under 12's. Eight teams from Avondale, The Grange, Kings Channel, Williamstown, Birchwood, Grantstown, St. John's Park and Cherrymount took part in near perfect weather conditions. The 7-a-side teams played two games a night, over four weeks. Williamstown became the Street Soccer League Winners. On the fifth week, the Pat Doyle Memorial Cup was played. All teams were entered into a draw and played a straight knockout competition, which was won by Cherrymount.



WYTEC 'Olympics'

WYTEC, a Training and Education Centre for early school leavers, hosted the annual CTC 'Olympics' that took place in the RSC during the summer. Events were designed to cater for both competitive and non-competitive individuals. Five Training Centres from Kilkenny, Carlow, Clonmel, Wexford and Waterford took part with over 180 trainees (aged 16-20 years) participating in a range of events. Events listed were 5 a side soccer (Men's & Ladies), 60 meter sprint, Long jump, High jump, 3 legged race, Sack race, Egg & Spoon, Shot putt, Welly throw, Beanbag Bucket challenge and Archery. Although Waterford gave a very good account of themselves, it was Clonmel who took home the winning trophy. A closing presentation concluded the day's events with the Trainees being presented with their medals. Well done WYTEC. You certainly made your centre very proud!

Mini Active Leadership

Twelve Junior leaders from two School Completion Programmes took part in a 3 hour Mini Active Leadership course. These Junior leaders assisted both Programmes with activities during School Completion's Summer Camp, over a 3 week period. Participants were shown how to implement an activity session that includes warm ups, activity fun games and a cooldown.

The course also covered theory-based topics such as leader qualities, safety and awareness, lesson planning, leader responsibilities and etiquette. Thanks to St. Paul's Community College for the use of their venue.



Pitch & Putt - Community Youth & TYRE Project

Nine young people from various communities in Waterford recently completed a four week Pitch & Putt programme in the RSC. Attendance was excellent throughout the four weeks, which is a credit to Suzie and the First Tee of Ireland. The programme covered the basic techniques of Golf like correct stance and grip, swinging technique and body posture, putting and chipping. Thanks to the Suzie and the First Tee of Ireland for delivering an excellent Pitch & Putt programme. A special mention must go Waterford Regional Sports Centre (RSC) as their Pitch & Putt course is kept in excellent condition.

Pitch & Putt -TYRE Project

Twelve members from the TYRE project in Tramore recently completed a four week Pitch & Putt programme in the RSC. Facilitated by The First Tee of Ireland, this programme covered topics like safety and awareness, correct stance and grip, swinging technique and body posture, putting, chipping and driving. Great to see these guys returning to the RSC and practicing their skills.



St. Saviour's Transfer programme

Seventeen 6th Class students from St. Saviour's National School in Ballybeg visited St. Paul's Community College as part of the School Completion's Transfer Programme. The idea of this programme is to provide an opportunity for the young students to familiarise themselves with the settings of a larger Secondary School. Waterford Sports Partnership organised a Basketball activity with four stations-each covering the fundamentals of Basketball. Facilitated by TY students from St. Paul's, this session mirrored Secondary School life somewhat as when a bell was rung the group would move on to the next station. Special thanks to St. Paul's School Completion Programme for running the event on the day.

Athletics-St. Saviour's

Seventeen students from St. Saviour's National School in Ballybeg participated in a six week Athletics programme, delivered in partnership with Waterford Athletic Club. The programme covered a number of activities such as safe warm ups and stretching, correct running technique and posture, improved balance, baton relay, soft javelin, small hurdles and triple jump. Waterford Sports Partnership would like to thank St. Saviour's School and their School Completion Programme for making this activity happen. Special thanks to Jacinta from Waterford AC who provided an excellent programme, covering a range of activities that the children thoroughly enjoyed.



Operation Motivation

Ten young people from Northern Suburbs and Inner City CYP took part in a six week Operation Motivation programme. Activities included were 'Benefits to Exercise' Workshop, Boxercise, Step Aerobics, Zumba Dance and a H.I.T.T. Fitness session. The girls realised that exercise does not have to be competitive and that it can be an enjoyable experience. So much so, the girls requested a separate programme that will prepare them for a 5K Fun Run!



Parkour

Fifteen boys aged 12-17 years, took part in a five week Parkour programme. Parkour/Free Running is the art of moving through the environment, or over obstacles, as swiftly and effectively as possible using only the human body. It involves jumping, running, turning and landing in a safe manner. The programme covered topics such as landing and falling safely, how to maximize jumping ability, flexibility, strength and conditioning.

Waterford Sports Partnership would like to thank Pat and Lee for delivering an excellent, safe and enjoyable programme. Parkour lessons are now available every Saturday from 3.30-4.30pm at Black Belt Academy, Unit 7, Six Cross Roads Business Park, Waterford City. For further information contact Pat Evans on 086-4173312.

Start Box Taster Sessions

Paul Quinn and Michael Carruth, Boxing Development Officers with the IABA and Dublin City Council, delivered Start Box sessions to Presentation and St. Saviour's National Schools respectively. The young people were very enthusiastic throughout in both schools. They were taken through a warm up, shadow boxing, pad work, skipping and a cool down. Both sessions were fun and energetic. Michael even brought his Gold Medal that he won at the Olympic Games in Barcelona in 1992 for the children to see and to get photos with. Discussions are currently under way on how we can bring the Start Box programme to all schools in Waterford City & County. A huge thanks must go to Paul and Michael for taking time to visit Waterford and facilitating two excellent Boxing sessions.



YOUTH SPORTS DEVELOPMENT UPDATE



BMX 'Jam' in the Park

As part of national Bike Week which is funded by the Department of Transport, Tourism and Sport, Waterford City & County Council, in conjunction with WSP held a BMX 'Jam in the Park'. This event was open to young people of various ages which gave them the opportunity to showcase their skills to a panel of judges. This year also included the Scooter section. A total of 38 young people entered both the Scooter and BMX Jam. The Jam was divided into two categories; Beginner & Advanced. Riders performed in groups of two, for two minutes. Prizes were awarded for most skilful trick, best attempted trick and most stylist trick. The judges were astounded by the high level of skill the young local boys exhibited. A big thank you to Liam from Spokes Cycles who ran the event very efficiently and thanks also to the Civil Defence and the Community Gardai, who ensured the event ran in a safe, enjoyable manner. Roll on the 'Jam' in 2016!

Boxing—TYRE Project

Nine participants from the TYRE project in Tramore recently completed a four week Boxing programme, facilitated by Seamus Cowman of St. Paul's Boxing Club. Every Thursday, the boys made their way into St. Paul's Boxing Club, where Seamus put the lads through their paces. The nine members were shown the skills of Boxing, as well as a number of fitness exercises that Boxers incorporate into their training routine. The training consisted of a warm-up, shadow boxing, fitness work, bag work, pad work, circuit training and a cool down. The work ethic and effort the boys put in was second to none which was great to see, so well done guys!



Comhairle na nÒg Event - 'Let's Go Mental'

Comhairle na nÒg, a Youth Council that gives young people the opportunity to be involved in the development of local services and polices, organised a nationwide campaign- Let's Go Mental. The aim of this campaign was to promote positive mental health amongst young people. Waterford Sports Partnership was asked to provide activities on the day such as Martial Arts, Boxing and Yoga. Well done to the Comhairle na nÒg youth committee for organizing a fantastic event that highlights the importance of Mental Health in young people.

Parent/Child Surfing programme

In conjunction with T-Bay Surf Club, 11 participants attended a three week Parent/Child Surfing programme. The program covered topics such as safety in the water, warm up and stretching techniques, how to 'pop up' on the board, how to catch a wave and how to conserve energy whilst out surfing. Throughout the programme we had a mixture of perfect surfing conditions, low surf and very rough surf. Attendance was 100% throughout the programme, which is a credit to all eleven participants.

Well done guys! We hope to see some of the young people from this programme take part in T-Bay's Winter Surfing League due to commence in September.



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

Coming soon . . .

Anyone for Tennis?

Cricket for schools

Athletics

FAI KickStart

Start Box

Tag Ruby

Get Up and Walk

Coaching

USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
Athletics Ireland	Colin Byrne	087 0632326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
Association of Irish Powerchair Football	Donal Byrne	087 4117911	donal.byrne@cheshire.ie	
Badminton Ireland	Ben Caldwell	01 8393028	bcaldwell@badmintonireland.com	www.badmintonireland.ie
Basketball Ireland		01 4590211	info@basketballireland.ie	www.basketballireland.ie
Camogie Association	Sean Fleming	087 7474874	developmentofficer.waterford.camogie@gaa.ie	www.camogie.ie
Cerebral Palsy Sport Ireland	Rosemary Ryan	083 1772097	rosemary@cpsi.ie	www.cpsi.ie
Community Games	Aine O'Sullivan	086 8367192	aosullivan@communitygames.ie	www.communitgames.ie
Confederation of Golf in Ireland	Jennifer Hickey	087 6644189 01 502070	jennifer@cgigolf.org	www.cgigolf.ie
Cricket Ireland	James Doran	086 8169667	jim.doran@cricketireland.ie	www.cricketireland.ie
Cycling Ireland	Rachel Ormrod Heather Boyle	086 7802937 086 0211146	rachel@cyclingireland.ie heather@cyllingireland.ie	www.cyclingireland.ie
Down Syndrome Waterford		087 6057069	info@dsiwaterford.ie	www.dsiwaterford.ie
Football Association of Ireland	Gary Power Michael Looby	086 3883850 087 0508623	gary.power@fai.ie michael.looby@fai.ie	www.fai.ie
Gymnastics Ireland	Sarah Lowe	01 6251125	sarah@gymnasticsireland.com	www.gymnasticsireland.ie
Gaelic Athletic Association	Eoin Breathnach	087 9219345	eoin.breathnach@games.gaa.ie	www.gaa.ie
Irish Amateur Boxing Association		01 4533371	info@iaba.ie	www.iaba.ie
Irish Road Bowling Association	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
Irish Rugby Football Union	John O'Neill Amanda Greensmith	086 8207752 086 0218320	johnoneill@munsterrugby.ie amandagreensmith@munsterrugby.ie	www.irfu.ie www.munsterrugby.ie
Irish Sailing Association	Sarah Louise Rossiter	087 9390488	sl.rossiter@sailing.ie	www.sailing.ie
Irish Water Safety	Colin Kehoe	051 849731	ckehoe@waterfordcouncil.ie	www.iws.ie
Irish Wheelchair Association	Paul Ryan Nicky Hamill	087 1371333 01 8186400	info@iwasport.com	www.iwa.ie
Ladies Gaelic Football	Mary Halvey Ciara Dunphy	087 2520550 086 2486708	secretary@munsterladiesgaelic.ie dunphyciara21@live.ie	www.ladiesgaelic.ie
Olympic Handball		01 625 1165	ioha@olympichandball.org	www.olympichandball.org
Orienteering Ireland	Andrew Cox	087 2229677 051 860232	development@orienteering.ie	www.orienteering.ie
Rowing Ireland	Pat McInerney	087 9695093	pat.mcinerney@rowingireland.ie	www.rowingireland.ie
Special Olympics	Susan McGill Margaret Ryan	087 2938321 051 333402	susanmcgill@waterford.brothersofcharity.ie margaretryan@waterford.brothersofcharityservices.ie	www.specialolympics.ie
Swim Ireland	Cathal Geraghty	086 0619452	mso@swimireland.ie	www.swimireland.ie
Tennis Ireland	Conor O'Callaghan	087 6882286	timunsterrdo@gmail.com	www.tennisireland.ie www.munstertennis.com
Triathlon Ireland	Anna Crooks	085 8397816	anna@triathlonireland.com	www.triathlonireland.com
Vision Sports Ireland	Sarah McLaughlin	085 8500193	office@visionsports.ie	www.visionsports.ie
Volleyball Association of Ireland	Ciara Buckley	086 7906870	south@volleyballireland.com	www.volleyballireland.ie
Waterford Autism Social and Sport Action (WASSA)	Elaine Sheridan	087 6798411	contact@wassa.ie	www.wassa.ie



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