



# 'Everyone Active'

the newsletter of Waterford Sports Partnership

Issue 1

October 2004

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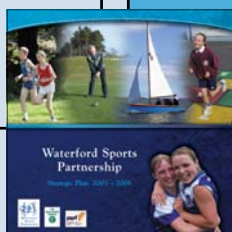
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**WELCOME to the first edition of our Newsletter, we hope that you will find it interesting and informative. In this issue we review the year to date giving you a taste of some of the courses and events run by the Sports Partnership, this issue also includes a Calendar of upcoming courses which may be of interest to you. If you have any comments or would like to contribute to the next issue please contact us.**

January 2004 saw the official launch of WSP's **Strategic Plan 2003—2006**. The strategy was launched by Mr. John Treacy, Chief Executive of the Irish Sports Council. The main objective of the plan is "to enhance opportunities to participate in sport and physical recreation by planning, leading and coordinating the development of sport and physical recreation in partnership with the people of Waterford. The core mission is to get 'Everyone Active' that is, to have the opportunity to participate in sport or physical recreation to their chosen level of involvement".



Pictured at the official launch of the WSP Strategy 2003-2006 in WIT in January 2004 – (l to r): Karen Phelan, Administrator, WSP; John Treacy, CEO, Irish Sports Council; Paddy Lavelle, Chairperson, WSP; Valerie Colville, Sports Development Officer, WSP; Robert Korzeniowski, World and Olympic Champion Racewalker; Rosarie Kealy, Sports Co-ordinator, WSP and Jacqui Freyne, Sports Development Officer, WSP.

**For a copy of the strategy please contact the office on (058) 21192**

## Website - [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

2004 also saw the launch of WSP's Website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie). The website is a handy point of reference for all interested in sport and physical activity in Waterford. Visitors to the site can view a calendar of events and check out the availability of upcoming courses such as First Aid and SAQ (Speed, Agility, Quickness). The site also offers a comprehensive listing of Sports Clubs in Waterford, links to other sites of interest and latest news and updates

### Does your Club want its own Club Page?

We have developed a section on the site where clubs can have their own page, which they can update themselves with fixtures, team news, match reports etc. If your club is interested in availing of this service — please contact the office.

### ATTENTION !!! CLUB SECRETARIES...

Please check out the WSP Website. If your club has a web address or the club contact has an e-mail address please let us know so that we can create a useful link in our club contacts page. If your club contact details are not listed or need to be updated please contact us.



email us at [info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie).....check out our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

## Go for Life... *more older people, more active, more often*

*That's the mission of Go for Life, the national programme for sport and physical activity for older people. Whether you exercise every day or once a year Go for Life has something to offer you.*

**GO FOR LIFE WORKSHOPS ...** To date WSP have organised 8 workshops in Waterford which included: Basic Principles, Sit Fit, Better Balance, Stepping & Strolling, Pitching & Tossing and Rolling & Bowling. In 2005 many more will be arranged including Going Strong, Stepping & Strolling and PALs (Physical Activity Leader) Skills. Contact the office for more information.

**ACTIVITY MORNINGS IN DUNGARVAN ...** Every Thursday morning from 11.30 to 12.45 Activity Mornings are taking place in the Dungarvan Sports Centre for older adult groups in the Dungarvan area. These mornings aim to support the PALs and offer the chance for groups to meet each other and to share experiences. Activities will include bowling, six and nine pins, kurling, bocca and potcha, frisbie and many more.

**GRANT SCHEME 2004 ...** Go for Life now invites applications for the fourth National Grant Scheme, under which €320,000 will be made available to help increase the participation of older people in recreational sport and physical activity. Applications will be accepted from local clubs and organisations wishing to implement initiatives that will increase the participation of older people in recreational sport and physical activity.

The deadline for receipt of completed applications is 5.00 pm on Tuesday 26 October 2004. To obtain further information and an application form check out the 'Funding' section of our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie). Further information can also be obtained from the Age & Opportunity website; [www.olderinireland.ie](http://www.olderinireland.ie) or by contacting Age & Opportunity on **Tel: 01-8057733**



### FIRST AID COURSE RESCUE EMERGENCY CARE (REC 2) - Rescue and Emergency

Care is a nationally recognised First Aid Training scheme. Developed in Scotland, the scheme is becoming more widespread throughout the UK and Ireland. **Course Facilitator:** Mr. Michael Treacy (REC 5 Tutor) is a highly experienced Pre-Hospital Emergency Care Medical Instructor, whose background varies from Helicopter Rescue, Mountain Rescue, and Expedition Medic. In addition he runs courses for a huge variety of clients, such as FAS, Adventure Sports Centres, Sports Management Courses, Rescue Teams, industry etc. and he is registered with the Irish Health and Safety Authority as an Occupational First Aid Instructor.

**Course Content:** A 2-Day - 12 Hour Course in Emergency First Aid Introduction/Vital Signs, Accident Procedure, Unconscious Casualty, Rescue Breathing, CPR, Bleeding/Burns/Shock, Fractures, Eye Injuries, Common Medical Illnesses, Practical Exercises/Scenarios, First Aid Kits.

**Award:** The course certificates are issued by REC and each candidate will be registered with REC.

**Check out the calendar on the back page for upcoming courses!**

## The Buntús Programme for Primary Schools continues to grow...

*Buntús is an exciting initiative being introduced by the Irish Sports Council through Waterford Sports Partnership to all primary schools in Waterford. It is a skills-based programme which provides young people with a quality, fun and enjoyable introduction to physical education and sport suited to their own level of development.*



The Buntús programme is available to schools through the provision of training, child friendly equipment and resource cards across a variety of sporting activities.

**The Programme offers:**

Two large bags of colourful, child friendly equipment combined with resource cards illustrating a range

of progressive activities around the skills of rolling, receiving, travelling with a ball, running and jumping, throwing and catching, striking and kicking. The cards have been carefully designed to ensure that they:

- Can be used by children
- Support the P.E. curriculum
- Give useful hints to teachers on issues such as safety and organisation.



**Boys and girls enjoying a Buntús game**

**TO DATE 401 TEACHERS IN WATERFORD HAVE BEEN TRAINED IN BUNTÚS IN 54 SCHOOLS WITH THE PROGRAMME REACHING 4351 BOYS AND 3506 GIRLS.**

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**IT IS PLANNED TO IMPLEMENT THE BUNTÚS PROGRAMME IN THE REMAINING 25 SCHOOLS DURING THE '04/'05 SCHOOL YEAR.**

**FOR MORE INFORMATION PLEASE CONTACT THE OFFICE**

*Buntús Play* is designed to support 4 to 9 year olds introducing core skills and fun sports. *Buntús Sport* builds on *Buntús Play* introducing specific modified sports to 7 to 11 year olds, offering the first step for children to lead, officiate & organise in sport.

A 3-hour training session for Primary School teachers in the delivery of the programme offers opportunities for enhanced curriculum planning and for increasing the confidence of non-specialist teachers responsible for delivering physical education.

## Sport for All Leader Award

**At the end of June eight participants successfully completed a Sport For All Leader Award course presented by Waterford Sports Partnership tutors Jacqui Freyne and Valerie Colville.**

The Sport For All Leader Award Scheme is designed to provide a panel of trained, knowledgeable and enthusiastic community based sports leaders, whose aim is to encourage more people to become and remain involved in sport and physical activity.

The course took place over six days through May and June at the Millennium Youth Building in Lisduggan, Waterford. Due largely to the excellent weather enjoyed throughout the course, participants took part in a wide range of activities outside and discovered how many activities can be enjoyed with only small amounts of equipment or resources, thus at very little cost to the organisation.

On completion of the course each participant had to plan and lead a full activity session for a group, right through from the preparation and warm-up to the main activity and the cool-down. The eight trained Leaders will now be in a position to lead activity sessions for different groups within their own community areas.



Pictured here are the participants from the Sport for All Leader Course: Back row (from L-R) Linda Tuohy, Oceanic Manoeuvres; Glen Lynch, Community Education Project; Ilka Ramminger, Ball Project; Elaine Williams, City Council; Matt Spinks, WRYS. Front row (L-R) Pat McBride, Ballybeg Youth Project; Pam Bulter T-Bay Surf & Wildlife Centre; Pamela Farrell, Ball Project.

**We will be running another Sport for All Leader course in the future. Please contact us if you are interested in attending the next course**

## Waterford Sports Partnership needs sports club representatives on its board !

Waterford Sports Partnership's mission is to enhance opportunities to participate in sport and physical recreation by planning, leading and co-ordinating the development of sport and physical recreation in partnership with the people of Waterford.

It is therefore essential and extremely important that organised sport is represented on the board of Waterford Sports Partnership. Nominations are invited for two sports club representatives to influence and guide policy and to effect decisions on the implementation of strategy on behalf of the sports clubs of Waterford City and County.

Interested individuals/groups are asked to contact the Waterford Sports Partnership office for nomination forms and further information regarding the expectations and responsibilities of this voluntary role.

**Closing date for receipt of nominations is Friday 5<sup>th</sup> November 2004.**

For further information please see our website or contact:

**Rosarie Kealy,  
Sports Co-ordinator  
Tel: 058 21190  
Email: rkealy@waterfordsportspartnership.ie  
Web: www.waterfordsportspartnership.ie**

check out our website....

[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

## FUNDING OPPORTUNITY !!

**Fund for the promotion of quality coaching and leadership and initiatives leading to increased participation in sport and physical activity**

*The Waterford Sports Partnership Strategic Plan 2003-2006 outlines a number of strategic goals. Two of these key strategic goals aim to*

- improve the quality of training and development opportunities for people involved in the running of voluntary clubs/groups and
- increase the level of participation in sport and physical activity particularly for low participation groups.

Waterford Sports Partnership has created a fund to progress our strategy in these two strategic areas in Waterford City and County. Contributions will be made to initiatives that improve coaching and leadership quality in local sporting organisations. Waterford Sports Partnership also seeks proposals on sustainable ideas and projects that will lead to increased participation in sport and physical activity in the community particularly for low participation groups such as young people, females, people with disabilities and minority and disadvantaged groups.

**Deadline for receipt of completed applications is 5pm Friday 3<sup>rd</sup> December 2004.**

Application forms, criteria and guidelines can be downloaded from the Waterford Sports Partnership website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or are available by contacting Waterford Sports Partnership.

## SAQ TRAINING

SAQ stands for Speed, Agility, Quickness. SAQ is a system of progressive exercise and instruction aimed at developing fundamental motor abilities to enhance the capability of players/athletes to be more skilful at faster speeds and with greater precision. SAQ Training plays an important role in motor co-ordination, acceleration, balance, agility and reaction development at all ages and at all levels. It can be incorporated into fitness programmes all year round - indoor and outdoor - in designated circuits, isolated drills, and integrated exercises, and most importantly, during ball work.

The S.A.Q. spectrum covers everything from dynamic warm up and flexibility, to running and movement patterns, to explosive weight systems, to diet maintenance. Each piece of the S.A.Q. programme may be used individually or collectively and will generate tremendous results. Following three successful courses earlier this year we have now arranged three additional courses for the Autumn - SAQ Conditioning, Foundation and Level 1.



**Check out the calendar for upcoming courses or call the office if you are interested in attending the next course.**

## 'Come 'N' Try It'.... MULTI-ACTIVITY DAY

Under an initiative funded by Leargas and the European Year of Education through Sport 2004 Waterford Sports Partnership held a 'Come 'N' Try It' Multi-Activity Day at the Regional Sports Centre, Waterford on Saturday September 11<sup>th</sup>. The event offered as many people of all ages the opportunity to try out new sports and activities in a fun and non-competitive environment.



Rosarie Kealy, sports co-ordinator with Waterford Sports Partnership noted that 'despite the disappointing weather this event has been a huge success and this is due mainly to two factors. Firstly, the coaches and volunteers and their positive attitude.



Everyone turned up knowing that adaptations would have to be made due to the bad weather and because of the limited indoor space and just got on with it. We cannot thank them enough for the support and spirit which made this day a success. Secondly the people of Waterford came out despite the weather and

had fun and tried lots of new activities. The hall was packed all afternoon and there was a really positive attitude in the air. With coaches and leaders like that running clubs and sport in Waterford and willing participants we can only be optimistic for the future of sport and activity in this county'.



## CHALLENGE FUNDING

**Waterford Sports Partnership invite submissions for Challenge Funding applications from sports clubs, community groups, schools or a combination of the above.**

The Challenge Fund Scheme is made available from the Irish Sports Council for specific, high priority targeted initiatives identified and promoted by Waterford Sports Partnership. These initiatives should be linked to goals and Strategic Areas set out in our Strategic Plan. They should also be cognisant of policy priorities for the Irish Sports Council such as Young People and Social Inclusion.

Proposed Programmes should :

- Be innovative with clearly stated aims
- Include a firm indication of costs envisaged in their implementation
- Include information on key actions that should be taken and expected outcomes.
- Indicate the method by which it is proposed to monitor and evaluate the implementation and outcomes of the project

**PLEASE CONTACT THE OFFICE IF YOU WISH TO DISCUSS**

check out [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) for more information on courses & events listed below.....

## Calendar of Upcoming Courses

Date	Event	Time	Venue
Thursday mornings	Activity morning for Older Adults	11.30 - 12.45	Dungarvan Sports Centre
Oct 5th 2004	Child Welfare & Protection in Sport	18.00 - 22.00	Civic Offices, Dungarvan
Oct 8th 2004	SAQ Foundation	16.00 - 22.00	Dungarvan Sports Centre
Oct 14th 2004	PALS - Basic Principles	10.00 - 15.30	Park Hotel, Dungarvan
Oct 21st 2004	PALS - Sit Fit	10.00 - 15.30	Butler Community Centre, St. John's Park, Waterford
Nov 6th & 7th 2004	REC - First Aid Course	09.30 - 17.00	St. Augustine's College, Dungarvan
Nov 13th 2004	Athletics Foundation Course	09.30 - 17.00	St. Augustine's College, Dungarvan
Nov 16th 2004	Child Welfare & Protection in Sport	18.00 - 22.00	City Hall, Waterford
Nov 20th 2004	SAQ - Level 1	09.30 - 17.30	WIT, Waterford
Nov 23rd 2004	Adapted Physical Activity Workshop	09.30 - 16.00	TBC
Dec 4th & 5th 2004	REC - First Aid Course	09.30 - 17.00	Waterford Crystal Sports Centre, Waterford

## 2004 SPORTS CAPITAL GRANTS

*Congratulations to the 28 projects in Waterford which were allocated a total of €1,580,000 under the 2004 programme. We acknowledge the time and effort taken by club and committee members around the county to ensure application success.*

**WE WOULD ENCOURAGE CLUBS WHO MAY HAVE BEEN UNSUCCESSFUL THIS YEAR OR ARE CONSIDERING APPLYING NEXT YEAR TO CONTACT US IF YOU REQUIRE ANY ASSISTANCE. PLEASE DON'T LEAVE IT UNTIL IT IS TOO LATE - NOW IS A GOOD TIME TO START PLANNING FOR THE NEXT ROUND OF APPLICATIONS TO ENSURE A QUALITY SUBMISSION.**

*See our website for the 2004 Waterford Sports Capital Grants results.*

**PLEASE NOTE:  
ALL COURSES ARE SUBSIDISED BY WSP.  
COURSES MUST BE BOOKED IN ADVANCE.  
PLEASE CHECK OUT THE WEBSITE OR CONTACT  
THE OFFICE FOR MORE INFORMATION.**



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**CONTACT US**