



'Everyone Active'

the newsletter of Waterford Sports Partnership

Issue 5

May 2006

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WSP GRANT RECIPIENTS

Waterford Sports Partnership continues to support new club start-ups through its Development Fund. Here is an example of an exciting new club that has been established in Tramore...

a message from

WATERFORD SURF LIFESAVING CLUB

In 2005 a team of lifeguards and athletes collaborated their talents and knowledge to establish a new surf lifesaving club in Tramore Co. Waterford. Our aim was to combine humanitarian goals with elite competition, promote water safety awareness and assist in the training of our lifeguards of tomorrow. As a club we hope to thrive in such a unique and growing sport while returning a valuable service back to the community.

Although 2005 was only the first year of our official club, Waterford has already enjoyed sensational successes at European, international, and World Championship levels. Our junior team has won the Irish Nationals on four separate occasions and our senior team on two. Both teams competed on the national stage last summer at Brittas Bay, Co. Wicklow and Bundoran, Co. Donegal respectively. The inaugural Celtic Cup was held at home in Tramore that September, with teams from Ireland, Scotland and Wales battling it out in a nail-biting exhibition of lifesaving skills.



We would like to thank **Waterford Sports Partnership**, who have really helped us push on to the next level. With the grant we received from them we purchased badly needed equipment including a rescue board and paddle and two members were able to begin the I.W.S trainee Instructors course.

This year we will be hosting the World Oceans Surf Life Saving Championship 2006, Saturday the 10th of June 2006, Tramore Beach, Co. Waterford. The competition will coincide with the World Oceans Festival, which will be held in Tramore, on the 9th, 10th and 11th of June. The World Oceans Festival is Ireland's 5th celebration of our ocean heritage. Last year it was estimated that it attracted over 20,000 people. We hope that this competition will raise awareness of Water Safety and promote the Sport of Surf Life Saving in our Country.

Other WSLSC event this year:

- | | |
|---------------------|---|
| 18th of June | Waterford Surf Life Saving - Induction Day for New Members. |
| 6th August | WSLSC Sponsored Swim |
| 18th & 19th August; | Junior Lifesaving Championships - Galway |
| 8th & 9th September | National Lifesaving Championships - Wexford |

For further information, regarding Waterford Surf Life Saving Club and up and coming events, check out the clubs website on www.waterfordslsc.com

Shane Molloy, Chairperson WSLSC

To find out more about Waterford Sports Partnerships **Development** and **Coaching Funds**, please check out the **'Funding'** section of our website for Criteria and Application Forms or contact the office for further information.

email us a info@waterfordsportpartnership.ie.....check out our website www.waterfordsportpartnership.ie



WOMEN IN SPORT INITIATIVE

Physically Active Mums —The PAMs Programme

The programme was developed to offer busy parents an opportunity to take part in physical activity and also to do fun physical activities with their children. Sixteen adults from the Seans Eile Project in St. John's Park took part in the programme which ran for two hours once each week.

During the first hour the adults participated in Pilates classes and the second hour was spent engaging in activities with their children under the guidance of Waterford City Childcare Committee or listening to a talk on a health-related topic.

The programme ran for five weeks and both the parents and children really enjoyed learning new ways to exercise, and playing games together. At the end of the programme the group were far more aware of the benefits of participation in sport and active recreation both for themselves and for their children.



Pictured above are a group of Parents & Children from St. John's Park who participated in the Children's Activities as part of the PAMS Programme

Waterford Sports Partnership in conjunction with Waterford City & County Childcare Committees and the Health Promotion Unit of the Health Executive received funding under the Women in Sport Programme from the Irish Sports Council for the PAMs programme. It is planned to further expand this programme in both Waterford City and County in the near future.



Picture shows participants from the Seans Eile Project who participated in Pilates classes as part of the PAMS programme

NEW INITIATIVES

coming soon....

Buntús Start is a programme aimed at introducing



active play into the Pre-school setting. Tutor training has already taken place and ten childcare service providers have been selected. Training under this programme will be rolled out in Waterford over the coming months.

Active Communities

Waterford Sports Partnership has invited expressions of interest from communities in Waterford to take part in a new community initiative called 'Active Communities'. Applications have been received and the successful communities will be announced shortly.

Beach Volleyball

At The World Oceans Festival
Tramore Beach
Saturday June 10th

Volleyball Demonstrations & opportunities to participate
Come along & play Volleyball – coaches on hand to help you

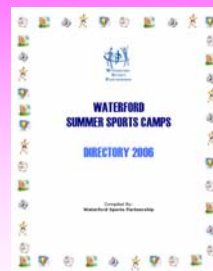
2pm – 4pm
Learn how to teach/
coach Volleyball Free
Workshop

Register your name for
Workshop with
Ciara Buckley
086 8173990



NOW AVAILABLE!

SUMMER SPORTS CAMPS DIRECTORY 2006



contact the office or visit our website to download a copy...

Our Lady of Mercy & Holy Family Primary Schools ENERGY DAY!

Almost 600 children took part in a unique initiative organised jointly by Our Lady of Mercy and Holy Family National School and Waterford Sports Partnership as part of the qualifying criteria for the school to receive their Environment Green Flag Award. The concept of an 'Energy Day' came about through the pupils and teachers looking at alternative forms of energy within the school.



There were more traditional projects such as an Energy Quiz and Worksheets and Experiments around Energy, as well as the activities programme whereby all the pupils in the school were asked to expend energy for at least 30 minutes outdoors on the day. Every class in the school participated in the initiative and activities were adapted to suit all the different age groups.

Parents and Teachers along with the Sports Development Officer from Waterford Sports Partnership and the Student Sports Development Officer from Waterford City Council co-ordinated the activities on the day. Each child participated in at least 5 different activities outdoors in the school playground. The activities were based around the basic physical activity skills of the Buntus programme such as throwing and catching, movement skills, rolling and balance.



Waterford City Council's Environment Officer visited on the day and was delighted with the initiative and commented on the great enthusiasm and enjoyment parents, teachers and pupils were getting from the Energy Day. It is hoped that some of the activities undertaken will give ideas and inspiration to pupils, teachers and parents for physical activities to enjoy in the home or playground or as part of PE classes in the school in the future.

GO FOR LIFE

Older Adults from all over Waterford Enjoy Go For Life Workshops

As part of Waterford Sports Partnership and Go for Life's commitment to supporting Physical Activity Leaders (PALs). Four Workshops were held in Waterford over the past four weeks: Basic Principles, Sit Fit, Better Balance and Rolling & Bowling.

The groups who participated in the workshops were: Le Cheile Probus, Tramore ARA, Sacred Heart ARA, Dungarvan Sports Centre, Cappoquin Day Care Centre, Golden Meadows, Tramore ICA, Deise ARA, Coiste na Seanóirí na Rinné, Cherry Grove Nursing Home, Pinegrove Day Care Centre, Clonea/Rathgormack ICA, Raheen Development Group, Ballymac ICA, Assisi Houes. The participants of these workshops can now lead members of their own groups in short exercise routines and recreational sport. It is planned to run four more workshops in the Autumn.

Older Adults Festival May 15th 2006

Faithlegg House Hotel



Activities on the day will include; Kurling, 6 Pin Bowling, Botcha, Marbles, Target Golf, Croquet, Nordic Walking and Line Dancing.

10 Schools benefit from Playground Games Training

Waterford Sports Partnership and the South Eastern Health Board have come together to promote Playground Markings in schools. A resource booklet is available which outlines how to go about marking out a playground and the various games that can be played. Training is then provided to the school once they have the playground markings in place.

The aim of this programme is to increase the level of school based physical activity and play as well as increasing the number of children who are active.

36 National Schools in Waterford have received the resource booklet outlining the marking and the games. To date Valerie Colville & Jacqui Freyne, Waterford Sports

Partnership and Meave McGuinness Health Service Executive – South East have delivered training to pupils from 10 National School in Waterford on playground games following the placing of playground marking in their schoolyard. The children were taught how to play the playground games and adaptations and were encouraged to teach the younger children in their Schools how to play the games.

The following 10 schools have taken part in the Playground Marking Scheme: - Aghlish N.S.; St. Declans N.S, Villerstown; Scoil Mhuire, Bulterstown; Garranbane N.S.; Clonea Power N.S.; Grange N.S.; Waterpark N.S.; St. Saviours N.S. Ballybeg; Our Lady of Mercy N.S., Waterford and St. Pauls Junior N.S.

If you are interested in the Playground Markings Scheme please contact us and we will send you a copy of the Resource Booklet and try to answer any questions you might have.



Children from Aghlish National School enjoying a Playground Markings Training Session

'Every Club should have a Plan!'

Sports Club Representatives attend a very worthwhile Workshop

Waterford Sports Partnership recently held a Fundraising/Planning Seminar in The Park Hotel. The Seminar was very well attended by representatives from sports clubs across Waterford including GAA, Soccer, Cricket, Boxing, Rugby, Scouts, Athletics, Ladies Football Community Games and Motor Sports Clubs.

The Seminar was chaired by Catherine Power, sports Editor of WLRFM and the speakers on the night were; JJ Killian, President of Clonmel RFC., Ray Ryan, Treasurer of Johnville United and Thomas Martin, Cathaoirleach, Roanmore GAA Club

The Presentations were followed by a lively question and answer session. This was a very informative evening and some of the feedback from attendees included, 'Very good, long overdue, great help' and 'Great to hear examples and the experiences of other clubs'.



PRESENTATIONS & RESOURCES FROM THIS VERY INFORMATIVE WORKSHOP ARE AVAILABLE IN THE USEFUL PUBLICATIONS SECTION OF OUR WEBSITE

Calendar of Upcoming Courses and Events 2006

Date	Course/Event	Time	Venue
Thursday 4th May 2006	Child Welfare & Protection	18.00 - 22.00	Splashworld, Tramore
Friday 5th May 2006	SAQ Foundation	16.00 - 22.00	Dungarvan Sports Centre
Saturday 6th May 2006	Assistant Swimming Teachers Certificate Swimming for People with Disabilities -	09.00 - 15.00	Splashworld, Tramore
Friday 12th May	J4 Volleyball—Waterford Primary School Blitz	10.00 - 14.00	Butler Community Centre
Monday 15th May	Older Adults Festival	10.00 - 15.00	Faithlegg House Hotel
Tuesday 16th May	Child Welfare & Protection	18.00 - 22.00	Civic Offices, Dungarvan
Fri 19th, Sat 20th & Sun 21st May	Sli na Slainte Training	All Day	Limerick
Saturday 20th May	Assistant Swimming Teachers Certificate Swimming for People with Disabilities -	09.00 - 15.00	Splashworld, Tramore
Saturday 27th May	Assistant Swimming Teachers Certificate Swimming for People with Disabilities -	09.00 - 15.00	Splashworld, Tramore
Saturday 10th June	Assistant Swimming Teachers Certificate Swimming for People with Disabilities -	09.00 - 15.00	Splashworld, Tramore
Saturday 17th June	Camogie - Foundation Coaching Course	09.00 - 17.00	W.I.T. Cork Road, Waterford
Sunday 18th June	International Family Fun Day - Failte Football	14.00 - 17.00	Dungarvan United FC

COACHING CORNER



Kickstart 2—Bohemians Poleberry
May 22nd, 29th & June 19th & 26th
Kickstart 2—Tramore FC
June 23rd to 25th
Youth Cert Level 1—Ferrybank AFC
30th June, 1st July, 2nd July
14th July, 15th July & 16th July

CONTACT:
Darren Murray 087 637 8742



Badminton
For Information on upcoming Courses
CONTACT:
Brenda Barry 087 641 2760



IRFU
Foundation Coaching Course
May 6th & 7th - Cork
Level 1 Coaching Course
May 26th to 28th - Limerick
August 25th to 27th - Cork

For Information on upcoming Courses
CONTACT:
Mark Hickey 086 601 1729



GAA
For Information on upcoming Courses
CONTACT:
Eoin Breathnach 086 601 1729

CALLING ALL SPORTS

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

CONTACT US

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