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## WATERFORD GREENWAY - COMING SOON!

Excitement has been mounting in Waterford over recent weeks and months as the long wait for the 'Jewel in the Crown' comes to an end. In Autumn 2016, the Waterford Greenway will be formally opened and this will bring numerous opportunities for the people of Waterford to get out and get active safely and freely and enjoy our beautiful Waterford countryside.

We held an information meeting on Tuesday 29<sup>th</sup> April for WSP partners and stakeholders with an interest in the Greenway's significant potential with regard to the physical, social and mental health and wellbeing of the people of Waterford. The session was attended by over thirty representatives from sixteen different agencies and organisations.

There was an overwhelmingly positive reaction to the presentations by Waterford City and County Council staff - Ray Mannix, Senior Engineer, Richie Walsh, Head of Economic Development, and Don Tuohy, newly elected WSP Chairperson and WCCC Head of Community & Sport. Rosarie Kealy, WSP Co-ordinator, outlined the opportunity presented as the largest recreation infrastructure development in the history of Waterford. She said that 'spanning across County Waterford with links to and access from many urban and rural communities, the Greenway lends itself easily to formal and informal activity and active transport opportunities. As a piece of infrastructure that is free to the public we cannot overstate its significant physical, social & mental health benefits.' Attendees were then asked for ideas to help maximise the formal and informal use of the Greenway by Waterford people and how local organisations can assist in supporting and promoting the Greenway.



The workshop complemented Waterford City & County Council's three public information meetings held during April in Dungarvan, Kilmacthomas and Waterford City which were very well attended with almost 250 in attendance. While the importance of addressing the many challenges that come with such an ambitious project were acknowledged, such as ongoing maintenance project funding, maintenance, promotion, respecting the needs of the various users and landowners, the general feeling was one of excitement, anticipation, positivity and pride.

The feedback from WSP's information session and WCCC's public meetings are currently being examined and those who have expressed a wish to become more involved as supporters of the Greenway will be contacted in due course. A draft Code of Conduct for the Waterford Greenway is being drawn up and this will be made available to the public in July.

For more information on this wonderful resource follow the Waterford Greenway on Facebook and Twitter! [@waterfordgrnway](http://www.facebook.com/greenwaywaterford)  
The website [www.visitwaterfordgreenway.com](http://www.visitwaterfordgreenway.com) is under construction.

Email: [waterfordgreenway@waterfordcouncil.ie](mailto:waterfordgreenway@waterfordcouncil.ie)

## 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 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@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 and across the County. Brian can be contacted on 0761 10 2583 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).

**Mary Doyle, Sports Development Officer**, is based at the Regional Sports Centre in Waterford City. Mary works three days a week on Sports Development work i.e. supporting clubs and other target groups and leading WSP's Primary Schools programme, and two days a week developing the Carrickphierish School Community Sports Hub. Mary can be contacted at 0761 10 2619 or [mduoyle@waterfordsportspartnership.ie](mailto:mduoyle@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 0761 10 2619 or [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie).



## WATERFORD PPN REPRESENTATIVES ON WSP BOARD

The four Waterford PPN representatives recently met with the Sports Development staff of Waterford Sports Partnership to discuss current and future activities relevant to their areas. The Waterford Public Participation Network was set up in 2014 as a way for the public to engage with their local authority. It is the main link through which the Local Authority connects with Environmental, Social Inclusion, Community and Voluntary Organisations. Waterford PPN has representatives on all Local Authority committees and Boards such as Waterford Sports Partnership.

The role of Waterford PPN Representatives on these committees/organisations is to act as the voice for the community & voluntary sector in Waterford

- To represent the interests of community groups in Waterford, as opposed to their own or those of their own organisation.
- To aid in the development of communities across Waterford.
- To inform the committees they sit on about issues on the ground in your area, relating to the needs of the organisations.
- To inform the communities they represent on issues and information relating to them.
- Waterford PPN aims to ensure Waterford Communities have a say in local democracy.

WSP welcomes the wealth of experience and knowledge the four PPN representatives bring to the Board and staff of WSP with regard to community, sports clubs, youth and disability opportunities and challenges and look forward to working together and developing our relationship with the PPN and the wider Waterford community in the future.



**Oliver Coffey, Community PPN Representative** pictured here with **Peter Jones, WSP Sports Development Officer**.



**Pictured here (from l to r): Brian O'Neill, Youth Sports Development Officer, WSP; Pauline Cunningham, Sports Inclusion Disability Officer, WSP; Elaine Dunne, Disability PPN Representative; Lynda O'Shea, Sports Clubs PPN Representative; Eoin Breathnach, Youth PPN Representative and Peter Jones, WSP Sports Development Officer.**

*If you or your organisation wishes to contact any of the PPN reps to discuss matters relating to sport and physical activity in the area of community, youth, sports clubs or disability please feel free to contact the representatives as follows:*

**COMMUNITY**  
**SPORTS CLUBS**  
**YOUTH**  
**DISABILITY**

**Oliver Coffey** – 051 291102 or 087 2708980

**Lynda O'Shea** – [lyndamac9@gmail.com](mailto:lyndamac9@gmail.com) | 085 8502375

**Eoin Breathnach** – [eoin.breathnach.gda.waterford@gaa.ie](mailto:eoin.breathnach.gda.waterford@gaa.ie) | 087 9219345

**Elaine Dunne** – [elainedunne56@gmail.com](mailto:elainedunne56@gmail.com) | 086 8351770

## Balance Bike Programme

In 2015 19 teachers from 11 schools took part in our Balance Bike Training Programme held at the start of the school year. The following schools were in attendance; 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 God N.S.; St. Ursula's Primary School, Holy Family J.N.S., and St. Declan's N.S. Waterford. The teachers who attended the session were given session plans that they can use back in their schools to coach the children on the Balance Bike Programme. WSP then supplied balance bikes, helmets and ramps to each school for a period of two weeks post-training. WSP would like to thank Spokes Cycles in the City and Cycle Sports in Dungarvan for their support in collecting and delivering the bikes, helmets and ramps to the schools and keeping the bikes maintained to a safe and high standard throughout the programme. All eleven schools have now received the balance bikes. 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.

## Waterford Active Schools Programme (WASP)

WASP, in partnership with Primary Schools in Waterford, is encouraging adults to do at least 30 minutes activity and children to do at least 60 minutes activity, at least five days a week. Children in participating schools were given a record card by their teacher and when the child/adult was active the teacher gave them their reward sticker (Featuring Wizzy the Wasp the programme mascot) to stick on their card. The aim was to earn as many stickers as possible. Each class teacher also took part in the programme. Eight schools took part in this year's WASP programme; Ballyduff Lower Primary School, Portlaw National School, Grange National School, St. Mary's Primary School, Glenbeg National School, Scoil Mhuire Abbesside, St. John of God NS and Waterford Educate Together National School. In total 1573 children, together with their parents and teachers, took part in this programme.



## Sportshall Athletics

Eighteen teachers from seven different schools participated in the Sportshall Athletics programme held in Carrickphierish Sports Hub on Wednesday the 6<sup>th</sup> of April 2016. WSP linked in with Athletics Ireland to train teachers in the delivery of Sportshall Athletics in their own school. Following the training each school had the opportunity to borrow Sportshall Athletics equipment to support teachers in putting their new skills to use with the aim of taking part in a Jamboree at the end of school term. Well done to all involved!!

## Buntús Start Refresher Training

Buntús Start refresher training was delivered to twenty childcare workers from ten different childcare services around Waterford on Thursday 13<sup>th</sup> of April in Carrickphierish Sports Hub. The services present on the evening were: Play Together Creche, Carn Glas, Gracedieu; Willimastown Community Childcare, Ardkeen Business Park; Early Days Preschool, St. Paul's NS- Lisduggan; Bluebells Playschool, Dunmore Road; Fishermans Hall Playschool, Dunmore East; Little Stars Creche, Tramore; Manor Children's Centre, Lisduggan; Waterford Childcare Centre, Northern Extension; Jelly Tots, Ballyduff Kilmeaden; and Naionrai na nDeise, Carrickphierish.

This training was delivered by tutors Jacqui de Siún and Máire Cooke from the Waterford Childcare Committee as a refresher of the training all these childcare workers would have



received previously. This was a very successful course and all participants thoroughly enjoyed it and got lots of new ideas to bring back to their childcare centres. Anne Whelan from Early Days Preschool said the training was "Fun, interactive, enjoyable and educational – ticks all the boxes for adults and children". Another participant commented 'it was a great course, brilliant fun, new ways of thinking'.



A second Buntús Start Refresher Training will take place in Dungarvan on the 12<sup>th</sup> of October from 5-8pm.

To book into this course please contact Jacqui de Siún or Máire Cooke in Waterford Childcare Committee on 051 295045. This training will benefit children and childcare practitioners in becoming more active more often. It will also focus on sharing activities amongst each other and what works best in different centres.

## Go For Life (GFL) Games

Thirty one older adults have taken part in three GFL Games sessions in January, February and March in preparation for the National tournament in June. The sessions held in Rainbow Hall, Kilmacthomas were delivered by Peter Jones and included a fun warm up followed by a variety of games including lobbbers, filisc, scidils, indoor bowling, balloonball (adapted volleyball) and target ball. These are all adapted games designed to be competitive whilst also being great fun. Participants also enjoyed playing Caman Abu and soccer.



*'It's a great social event'*  
Catherine Chester, Waterford Stroke Support Group  
*'it's fun and laughter all the way'* Ann O'Flynn

## Inter-County Games

### v Carlow and Kilkenny

Sixty one Older Adults took part in the second Inter County 'Go for Life Games' event on Wednesday 2<sup>nd</sup> March in the Kingfisher Club, Waterford. Older adults from Waterford, Kilkenny and Carlow played five different games including lobbbers, filisc, scidils, indoor bowling and balloon ball (a version of Volleyball) in a 'semi' competitive environment where the focus was on fun and enjoyment.

It was a close race from the off, the amount of skill and enjoyment was portrayed excellently by Waterford's Team of Anna O'Neill and Mary McCarthy, who remained unbeaten in every game they played. After a hard fought battle, and many games played, Kilkenny emerged victorious overall. Participants also took part in a mass game of Frisbee and Walking football whilst Kilkenny avenged the recent Hurling defeat by Waterford to win the Caman Abu crown against a combined Waterford and Carlow team.

A huge WELL DONE to all involved, we hope you enjoyed it as much as us!!

*'What a fantastic day! This was my first time at this and will certainly be coming back. The hospitality received from all the organisers was the best I have ever experienced. Thanks to all the young people who spent the day with us!'*

Jim Fanning, Carlow Participant

*'Great day, ran really smoothly, with lots on offer, the old favourites and some great new activities to try out. Frisbee was definitely a hit and a first for everyone!'*

Caitriona Corr, Sports Development Officer, Kilkenny Recreation & Sports Partnership



## Go for Life PALS Refresher Training

Seventeen older adults from seven groups took part in the Go for Life PAL (physical activity leader) refresher training on Wednesday 4<sup>th</sup> May in Rainbow Hall, Kilmacthomas. The session was delivered by Frank Fahey and Paul McCabe from Go for Life. Sue Gildea, coordinator of the Go for Life programme for Age and Opportunity said 'What a fantastic group to work with! Enthusiastic, energetic and all doing great activities with their groups. Great to see groups organising teams for national games in June and we as tutors had great fun and a very worthwhile day'.

A Waterford GFL Team will be taking part in the national Go for Life games in Dublin on Saturday 11<sup>th</sup> June where they will compete against twenty three other counties - *UP THE DEISE!*

## Go for Life Circuits

Since October 2015, forty one older adults have participated in weekly circuit classes in Cill Barra, Waterford City and Dungarvan Sports Centre. The adapted circuit includes a range of exercises to develop strength, joint mobility, flexibility, coordination, fitness and, most importantly, to have some craic. The 15 station circuit includes stations such as single leg balances, filisc, dyna band activities, Pilates/medicine ball exercises and foam rolling.

Participant Ann O'Flynn said 'Wednesday mornings is the highlight of my week. The exercises are great fun and we're getting fitter.' Miriam Quelly who led the Dungarvan sessions said "I'd just like to thank all who joined us in 2016. It has been an absolute pleasure and I hope everybody keeps up regular physical activity in the coming months."

Circuit classes will continue in Dungarvan and Waterford city in 2016 as follows . . .

Cill Barra Sports Centre:  
Dungarvan Sports Centre:

Every Monday | 9.30-11am  
Every Wednesday | 9.30-10.30 (No Summer Sessions—Restarting September 2016)

Cost: €3 per person - BOOKING ESSENTIAL

For more information or to book your place, please contact Peter Jones on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



## Cycling for Older Adults

On Monday 4<sup>th</sup> April, fourteen older adults participated in a two hour cycling training session delivered by Dermot Blount in conjunction with WSP. The session covered basic skills such as cornering, braking and handling as well as experience in some traffic situations on roundabouts. The cycle finished with a cycle along the Waterford Greenway. Dermot Blount said "It was a thoroughly enjoyable experience with the group and great to see the improvement of all participants." Participant Mary Watters said "it was exhilarating as I didn't think I would be able and the greenway is beautiful" with Mary Peters saying "I feel like a teenager again!". Jai Tuohy from Waterford Sports Partnership said "This was a fantastic programme for the older adults, great to see the interest and enjoyment that everyone got out of it."



## 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)
- Filisc (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 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

## 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)

## Child Protection

In June 2015, Sport Ireland changed the structure of Child Welfare & Protection (Code of Ethics) workshops for Clubs as outlined below: -

Safeguarding 1 – Child Welfare & Protection Basic Awareness Course (3hrs)

Safeguarding 2 – **Club Children's Officer Workshop (3hrs)**

Safeguarding 3 – Designated Liaison Person Workshop (3hrs)

All Coaches, Children's Officers and Designated Liaison Persons (DLP) must first complete the 3 hour Child Welfare & Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. Once participants have completed this course, participants can then attend either Safeguarding 2 Club Children's Officer Workshop and/or the Safeguarding 3 Designated Liaison Person workshop.

### Safeguarding 1 Basic Awareness

WSP continues to coordinate and deliver Sport Ireland Safeguarding courses. So far in 2016 we have delivered eight Safeguarding 1 – Basic Awareness courses to 127 participants from fifty two clubs.

#### SOME FEEDBACK FROM THE COURSE PARTICIPANTS . . .

"A great course for coaches, volunteers and parents alike" – Monica Kenneally, Tramore Tennis Club

"A must for any coach looking to get involved in youth structure" – Marc Flavin, Dungarvan Cycling Club

"The course gave me an increased awareness to the issues involved in coaching young people" – Kevin Knox, Celtic Squash Club

"Everyone can learn through life and make a difference" – Carmel Flavin, Lake Tour Stables Tramore

"Importance of club preparation is key" – Kjell Nolke, Splashworld Sharks SC Tramore

"Knowledge is power" – Sheila Power, Carrick-on-Suir Motor Club

### Safeguarding 2 – Club Children's Officer

WSP has delivered one Safeguarding 2 – Club Children's Officer Workshop in 2016 to thirteen participants from twelve clubs. This is the second of the three stages of the Child Welfare and Protection training delivered by WSP.

#### SOME FEEDBACK FROM THE COURSE PARTICIPANTS . . .

"Excellent. Well thought out, a real eye opener" (Tom Ryan, Dungarvan RFC)

"Informative, effective, important and provides a different perspective." (Sinead Ni Chadhla, Ring Camogie Club)

"Well presented with lots of beneficial exercises" (Ivan Shannon, Gymnastics Ireland)

"practical, informative and interactive" (Mary Greene, Waterford Community Games)

### Safeguarding 3 – Designated Liaison Person

The SG3 course has recently been rolled out around the country and Waterford Sports Partnership will be delivering the Safeguarding 3 workshop on a demand basis. This workshop is essential for any person within a club who is the designated liaison person. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency and/or An Garda Síochána. It is recommended that this person is a senior club person. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

If you are interested in attending any of our courses please visit [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or contact Peter Jones on 0761 10 2191 or by email at [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

## Garda Vetting now a Legal Requirement for those Working with Children and Vulnerable Persons

Waterford Sports Partnership would like to inform all those who work with Children and Vulnerable persons that the National Vetting Bureau (Children and Vulnerable Persons) Acts 2012 to 2016 was commenced on 29th April 2016, which makes it a statutory requirement for all people working with children or vulnerable persons to be vetted.

### What does this mean?

The National Vetting Bureau Act provides a legislative basis for the mandatory vetting of individuals who wish to undertake certain work or activities, either in a paid or voluntary capacity, relating to children or vulnerable persons. In essence, any person who engages with children or vulnerable persons on a regular, ongoing basis must have received confirmation from their National Governing Body or relevant organisation they are 'deemed acceptable' to fill the position from a National Vetting perspective. Under the National Vetting Bureau Act it will be an offence to engage with children or vulnerable persons on a regular, ongoing basis, until the vetting process has been completed.

### New Garda Vetting Form and ID Validation Form

Under the new legislation all new applicants will be required to complete a Garda Vetting ID Validation Form that must be submitted along with the New Garda Vetting Form. These forms can be obtained from the relevant National Governing Body of Sport. Rosarie Kealy, Sports Co-ordinator with Waterford Sports Partnership, said "Garda Vetting is well established and has been incorporated into the recruitment and selection procedures for most clubs for a number of years now. The commencement of the Act in April means that Garda Vetting has become legislative. Therefore, it is imperative, that all club members with direct responsibility for the supervision and safety of children and vulnerable persons partake in the vetting process."



GET UP... GET OUT... GET RUNNING!



**TRAMORE**  
parkrun

EVERY SATURDAY @ 9.30am

FREE | 5K TIMED WALK or RUN

FOR ALL AGES & ABILITIES  
Children under 11's must be accompanied by an adult

Meet at T-Bay Surf Club, Tramore Prom

REGISTER NOW! @ [www.parkrun.ie/tramore/](http://www.parkrun.ie/tramore/)

from beginners to Olympians...  
parkrun is for everyone



Tramore parkrun Waterford on Facebook

ADVANCE REGISTRATION ESSENTIAL @ [www.parkrun.ie/tramore/](http://www.parkrun.ie/tramore/)



Waterford Sports Partnership

Gala

hi

INTER SPORT

Athletics Ireland

sport ireland



Here are some pictures from Saturday 20<sup>th</sup> of February 2016 when Tramore parkrun was part of the National Runs for Operation Transformation.



## Tramore Parkrun

Tramore parkrun started on the 2<sup>nd</sup> of January 2016 on the initiative of a number of local volunteers and to date there have been 20 parkruns with over 800 runners taking part, covering over 14,500km. There are an average of 145 runners/walkers taking part every week.

Tramore parkrun is a free 5km weekly timed event that takes place every Saturday starting and finishing on the prom near T-Bay Surf Club, Tramore at 9.30am. You can run, walk or jog and everyone is welcome young and old, from beginners to Olympians. Children under 11 are welcome but must be within arm's reach of an adult. Dogs are welcome too but must be kept on a short lead. Every week after the run everyone is welcome to T-Bay where the organisers and volunteers process the results, sort out the finish tokens and discuss weekly progress over a nice cuppa. It's a great way to start exercising, get fitter, meet new friends, volunteer occasionally and have a good time.

Event Director Deirdre Chapman said "We are so lucky in Tramore to have such a scenic route that takes in the prom and beautiful views of Tramore bay. The great thing every week is seeing all the families who turn up with many of the parents struggling to keep up with their children!. There are over 50 parkruns in Ireland now so we hope to see lots of parkrun tourists in Tramore over the summer to experience our very unique parkrun. New people are always welcome at Tramore parkrun so come and join us any Saturday in Tramore. All parkruns rely on volunteers and in Tramore we are lucky to have a fantastic core group of volunteers and the runners take their turn and volunteer as well occasionally.'

For more information check out [www.parkrun.ie/tramore/](http://www.parkrun.ie/tramore/) or the facebook page Tramore parkrun Waterford

## Community Coaching | Programme Outline:

- Strand 1 - Eleiko Weightlifting & Barbell Instructor Course and Weightlifting Ireland – Level 1:** Weightlifting Ireland Coaching Award (Level 1) accredited by Sport Ireland and Eleiko International Coaching Award (Level 1).
- Strand 2 – Athletics Coaching and Sports Coach training:** Athletics Leader Coaching Course and Athletics Assistant Coaching Course accredited by Athletics Ireland and Sports Ireland. A range of sports coach training will be provided including Child Welfare & Protection – Safeguarding 1, First Aid, Disability Inclusion Training and Anti-Doping Compliance workshop.
- Strand 3 – Work Placement:** Placements in local sports club gyms, sports clubs, NGBs etc. A completed logbook of work placement experience will be required at the end of the placement.
- Strand 4 - Career Planning and Progression:** This strand focuses on Job Readiness Skills Development, Career Planning, Start Your Own Business Skills & Education Progression Opportunities relevant to the sports sector. It includes a focus on CV writing, job seeking skills, interview skills, social media for business and business development. There will also be guest lectures from others working/volunteering in the sports area.
- Strand 5 – Personal Development:** This strand focuses on self awareness, confidence building, communication and leadership skills and will include a focus on resilience, identifying skills and planning for progress.



## Community Coaching Programme

Waterford Sports Partnership is facilitating a Community Coaching Programme for Jobseekers in County Waterford, to enhance employment, volunteering and further education opportunities. Funding support has been provided at national level from Dormant Accounts through Sport Ireland. This programme is focused on successfully assisting unemployed people to gain qualifications in sports coaching (Weightlifting & Barbell Instructor and Athletics Coaching qualifications) and other sports coach training thereby providing opportunities to work or volunteer as coaches in the community/sports area. It will provide the participants with practical and theoretical sport-related skills to help find relevant work experience, employment or volunteering opportunities in their local community or provide a platform and motivation for further education opportunities and career progression in the sports sector.

Following application and interviews, fifteen applicants were chosen to start the programme which commenced on the 5<sup>th</sup> of April. The programme is taking place in the Regional Sports Centre every Tuesday, Wednesday and Thursday over ten weeks. This programme is being facilitated by Waterford Sports Partnership and funded at national level by Dormant Accounts through Sport Ireland. The programme is being supported locally by Dunhill Multi Education Centre, Waterford City & County Council, Weightlifting Ireland and the Athletics Association of Ireland. The programme will finish on June 9<sup>th</sup> and following this all participants who successfully complete the programme will be presented with their various certificates on courses they completed throughout the 10 weeks.

## Active Body Active Mind (ABAM)

We secured funding from Sport Ireland to run a programme to offer physical activity opportunities to disadvantaged groups. Working in partnership with Treo in Dungarvan and Waterford City we are delivering the Active Body Active Mind programme to twenty nine participants. The Active Body Active Mind (ABAM) aims to introduce participants to new leisure activities and encourage them to use local facilities and join local clubs.

In Dungarvan, participants took part in a mini active leadership session delivered by WSP staff **Peter Jones and Brian O'Neill to develop communication skills**. Treo course supervisor **Clodagh Clune** said "The course delivered was very beneficial to our client group: it was great the way that Peter and Brian held the attention of the lads and made everything fun. **The group gained great leadership skills**" The ten week programme then involved physical activity sessions facilitated by Clonea Strand Gym, Cunnigar Pitch and Putt, Dungarvan Boxing Club, Dungarvan Rugby Club, and a sea fishing session led by St Pauls Fishing Club. Killian Walsh, of Dungarvan Boxing Club, said, "**All the lads were brilliant, they showed great interest and worked well throughout the session. A lot of them were in the club before so it is great to see them back**"

In Waterford, seventeen participants are working towards achieving a QQA Level 4 in Health Related Fitness and Personal Effectiveness covering modules on Physiology, Lifestyle habits, Nutrition and Personal Effectiveness. The ten week programme involved two sessions a week focusing on physical activity and then theory work towards achieving the required standard for the QQI Level 4.



The seventeen participants have taken part in ten physical activity sessions including Aerobics, Boxing, Cardio Tennis, Circuit Training, Crossfit, Muay Thai, Pitch and Putt, Soccer, Spinning, Surfing and Yoga. Not only did participants experience expert training and coaching tips, but some also took the opportunity to lead part of these sessions. All participants attended a Sport Ireland Active Leadership accredited course delivered by Peter Jones and Brian O'Neill. We are delighted with the positive impact this programme has had on those who participated with some gaining future employment. WSP would also like to thank Treo Waterford City and Treo Dungarvan for their partnership in the Active Body Active Mind programme.



**'The Active Body Active Mind programme is the best programme I have ever been on'**  
Seamus Cowman, ABAM Participant.

**'This programme has exposed the group to a number of activities and facilities in Waterford that they previously were unaware of.'**  
Ken Savage, TREO Project Worker.

## On your Mark!/ Ar An mBóthar

As Part of the West Waterford Festival of Food fringe events, Waterford Sports Partnership teamed up with Waterford Childcare Committee on Saturday 11th April to host the "On your Mark!/ Ar An mBóthar" and Fruity Pick & Play/ Ith & Spraoi events in Walton Park. Both events were bilingual in response to representing the families that attend these annual events year after year.

Forty five children and thirty five adults got to take part in road safety, balance bike and fun travel activities for the two to five year old age group and their parents. Four activities were delivered to encourage safe family participation for walking and cycling using balance bikes.

Participants all practiced road safety themes starting off by *setting a good example* as we all wore our high visibility jackets. Next, families practiced holding hands as they crossed the path. The next theme was to *Stop* and see if it was safe to cross the road (the confinement of Walton Park for safety was used and a pretend road to cross was marked out). The next task was to *look* with using our eyes, and *listen* out for traffic in the form of pedestrians and then children and adults on their bikes. Finally, our fun event culminated with the balance bikes weaving in and out of the cones and having a fun spin around the water feature in Walton Park. This was a collaborative action between Waterford Sports Partnership, Waterford Childcare Committee, & Glór na nGael with the help and support from our annual volunteers Siobhán Buckley, Tír na n-Óg Montessori School and Rian, Gearóid and Rachel of Comhairle na n-Óg.



The Fruity Pick & Play/ Ith & Spraoi event accommodated over 100 children and parents. There were delicious fruits for tasting and toys for playing with. In addition to this, for parents, there was information on childcare and healthy eating available. A huge thank you to Conor Lannon from The Country Store Fruit & Veg who kindly sponsored the fruit, to Le Chéile for the use of their childcare service and their staff time and Comhairle na n-Óg members that volunteer annually Caroline Veale and Aileen Quinlan, and to the annual volunteers Brian Veale, Anna Whelan, Seán de Paor and Gráinne de Paor that help out each year, go raibh míle maith agaibh!



## River Rowers

Waterford Sports Partnership in conjunction with Waterford Boat Club delivered an eight week Rowing Programme funded by Sport Ireland's Women in Sport Funding to twelve second year students from Waterpark College. The programme was facilitated by six coaches from Waterford Boat Club and ran on Saturday mornings.

None of the twelve girls had rowed before and the aim of the programme was to develop not only rowing on the river, but also rowing technique and fitness levels needed for rowing. The girls worked on core strength via fitness circuits, technique and each session consisted of dry land work on ergs and then out onto the water in quad sculls in pairs with two other experienced rowers. This was essential in ensuring that the girls were capable of rowing as a group on the water and Waterford Sports Partnership are delighted that six of the girls have joined Waterford Boat Club as a result of this programme.

This programme was coordinated for WSP by Jai Tuohy a placement student from WIT who said "The programme ran really well. All the girls enjoyed it. A fantastic opportunity for both the participants to get more active and the club to get involved with local teenage girls which is hard to reach group".

For more information please contact Peter Jones on 076 110 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



*"It's a first for the boat club and it ran brilliantly. It was great to see so many girls turn out with an interest and hopefully some of them will keep it on. If we can get more girls rowing its great!"*

**Ger McCarthy, Club Captain,  
Waterford Boat Club**

## Rith 2016

Waterford Sports Partnership in conjunction with the Irish office of Waterford City & County Council and Comhairle na nÓg delivered a week of activities to promote the Irish language and increase physical activity in schools.

Rith 2016 is a national festival that took place between 4 and 14 March 2016 as one of the main events of Seachtain na Gaeilge (Irish language week). A 700km course was laid out for a massive relay-race run, running from morning to night, from Cill Droichead (Celbridge) in Kildare, around the country finishing at the GPO in Dublin.

The Rith 2016 schools programme included 540 students from Scoil Mhuire Abbeyside, St Marys, St Josephs and Scoil Gharbhain and culminated in 25 primary school children running from the Causeway Tennis Club, Dungarvan, to Dungarvan Boxing Club, as part of the national relay run on Saturday 5<sup>th</sup> March. The schools programme began on Monday 29<sup>th</sup> February, when 4<sup>th</sup> - 6<sup>th</sup> class teachers were given exercise resources in Irish with students picking cards at random during the day and then performing the activity that was written on the card in Irish. As part of the programme, pupils did a song, dance, poem mural or drama as Gaelige, the winners were all awarded prizes.

**St. Mary's** 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> class ran a tight race for top spot. 4<sup>th</sup> class sang Amhrán na bhFiann and read a poem about Padraig Pearse. 5<sup>th</sup> learned Amhrán na bhFiann on the tin whistle and 6<sup>th</sup> Class did a dance not before they sent shivers down the spines of their school mates with their Haka as gaeilge! **At St. Joseph's there was another tight battle. 4<sup>th</sup> Class sang a song as Gaelige. 5<sup>th</sup> class made up their own drama about the teacher losing her last red pen and 6<sup>th</sup> topped the pile with an amazing dance routine to a fusion of traditional Irish music and hip hop!**

Scoil Mhuire Abbeyside came together as a school and put on a spectacular show. There was Irish dancing, the Foggy Dew on the fiddle, Amhrán na bhFiann with staff and pupils performing. Scoil Gharbhain had an upset in store with the whole school watching the events unfold whilst WSP created an X Factor judging environment. 6<sup>th</sup> class performed a dance to the song Cheerleader as Gaelige, 5<sup>th</sup> class sang Heroes or Ghosts by the Coronas as Gaelige but it was 4<sup>th</sup> class who really had the x-factor with their highly energetic and upbeat version of Mark Ronson's Uptown Funk as Gaelige! The feedback from the pupils and teachers was really positive; Caoife Coward of St. Joseph's Primary School said "Great way for the boys to engage and enjoy Irish in a fun way, they also enjoyed the element of competition".



Waterford City and County Council Irish Officer and Rith coordinator Maire Seo Breathnach said "Special words of thanks to those who helped organise the event locally - Waterford Sports Partnership (WSP), who ran a very successful pre-Rith motivational programme in the Dungarvan and Abbeyside primary schools. Mile buíochas to the múinteoirí agus children of St. Mary's and St. Joseph's in Dungarvan, Scoil Mhuire, Abbeyside and Scoil Gharbhain for taking part so enthusiastically in the programme run by Peter Jones and Jai Tuohy from WSP and special thanks to those who came out on the day to take part in the Rith. Thanks also to the members of Comhairle na nÓg who ran in the Rith and the Dungarvan Boxing Club for organising a fun sparring session 'as Gaelige' for the kids. Táimid an-bhuíoch daoibh ar fad.

# Waterford Men on the Move

## WIT National Research Programme



The 'Men on the Move' Programme was a FREE physical activity programme for adult men. The focus of the programme was to encourage men to get more active, have fun and improve their fitness levels through twice weekly activity sessions for twelve weeks. The research programme which was aligned to the activity programme and funded by the HSE, began in September 2015 and is being led by 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. In the final week of March, sixty one participants in Lismore, Dungarvan and Waterford City attended the six month data collection for the respective 'Men on the Move' programmes. All men have been tested pre and post programme on their weight, waist circumference, BMI and time to complete one mile. The six month measurements showed that the men who continue with the programme continued to improve one mile test times, loose weight and decrease waist circumference, all vital for leading a healthier lifestyle.

WSP are delighted that fifty three of the men from the 2015 programme in Lismore, Waterford City and Dungarvan went on to participate in two further eight week programmes in 2016. This proves that the 'Men on the Move' model is sustainable in creating positive physical, mental and social change for men.

### Men on the Move 2016

*The primary objective of Men on the Move is to get men more active, while having a bit of craic and making some new friends along the way. The programme itself is based around mobility, flexibility, conditioning, strengthening and aerobic fitness all to suit a person's individual fitness and needs.*

Following on from the success of last years programme we are currently delivering three 'Men on the Move' beginner programmes in Dungarvan, Waterford City and Clashmore/Kinsalebeg. The thirty one 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 and work on core strength and flexibility for twenty minutes.

Men on the Move tutor Sinead Brannigan said "I'm thrilled to be instructing the Men on the Move programme in Waterford City. It's great to watch the men's fitness levels improve weekly, but what's more satisfying for me as the instructor is seeing the men become more confident, and watching friendships form as a result of the programme. All the exercises that we do are suited to everyone's ability. We work hard for 60 minutes, and there's a little bit of banter thrown in too". There is a noticeable difference in physical health but also the mental health of participants. Waterford participant Timmy Fox said "Men on the Move, it does exactly what it says on the tin" with Paul Collins saying the programme is "life changing".

Dungarvan tutor Daniel Ryan said "It's great to see the success of last year's Men on the Move continue with a new group. I'm delighted to be out and active with the guys." Darragh O'Connell is leading our Kinsalebeg/Clashmore group, held in Clashmore GAA Club. Programme participant Richard Torney said "The programme is very enjoyable and informative, the training is very good and also getting a good knowledge of what you should be doing, it's great to meet others and have a laugh too." 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.

If you, or anybody you know may be interested in the Men on the Move Programme please call Peter Jones on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



## 2016 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
<b>June 2016</b>				
Saturday 11 <sup>th</sup> June to Sunday 19 <sup>th</sup> June	National Bike Week 2016	Various	Free	See <a href="http://www.bikeweek.ie">www.bikeweek.ie</a> or page 15 for more details
Saturday 18 <sup>th</sup> June	Remote Emergency Care First Aid Course	9 to 5pm	€45	Regional Sports Centre, Cork Road, Waterford
Monday 27 <sup>th</sup> June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Dungarvan Enterprise Centre, Main Street, Dungarvan, Co. Waterford
<b>July 2016</b>				
Friday 1 <sup>st</sup> July	National Play Day	Various	Free	See page 13 for more information
Sunday 3 <sup>rd</sup> to Sunday 9 <sup>th</sup> July	National Recreation Week	Various	Free	See page 13 for more information
<b>August 2016</b>				
Saturday 20 <sup>th</sup> & Sunday 21 <sup>st</sup> August	Sean Kelly Tour of Waterford	See <a href="http://www.theseankellytour.com">www.theseankellytour.com</a> for further information Registration is now open		
<b>September 2016</b>				
Saturday 24 <sup>th</sup> September & Sunday 25 <sup>th</sup> September	Irish Heart Foundation - Community Walking Leader Training	9am to 5pm 9am to 2pm	€50	Rainbow Hall, Kilmacthomas, Co. Waterford See Page 16
Monday 26 <sup>th</sup> September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Regional Sports Centre, Cork Road, Waterford
<b>October 2016</b>				
Monday 17 <sup>th</sup> October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6 to 9pm	€15	Dungarvan Enterprise Centre, Main Street, Dungarvan, Co. Waterford
Saturday 22 <sup>nd</sup> October	Remote Emergency Care First Aid Course	9 to 5pm	€45	The Park Hotel, Dungarvan
<b>November 2016</b>				
Monday 7 <sup>th</sup> November	Safeguarding 2 - <b>Club Children's Officer</b> Training	6 to 9pm	€15	Dungarvan Enterprise Centre, Main Street, Dungarvan, Co. Waterford

## OPERATION TRANSFORMATION WALKS

### Great turnout for Operation Transformation Waterford Walks

RTÉ's Operation Transformation teamed up once again with Sport Ireland and Local Sports Partnerships to organise the Operation Transformation National Walks. Waterford Sports Partnership was delighted that despite the cold weather, participants turned up in their masses to start their transformation at the walks in Waterford City and Dungarvan.

In Waterford City, the walk started at the Regional Sports Centre where 300 plus eager participants registered and then had the option of completing a 4km and 6km walk around the fabulous Kilbarry Nature Park. 200 participants took part in the Operation Transformation walk in Dungarvan and had the option of a 3.5km or 5km walk with the majority of participants stepping up to the challenge of the longest route and some opting to complete a 7.5km route.

A big thank you to the Comhairle na nÓg volunteers, the Civil Defense, the Regional Sports Centre and all their staff, the Causeway Tennis Club, Dungarvan Red Cross and all our volunteers who gave up their time to support the walks. Last but not least, well done to everyone that took part in the walks.



## Active Leadership

Since January 2016, we have run three very successful Active Leadership Courses for FAI Futsal Students and members of TREO who are taking part in our Active Body Active Mind Programmes.

Active Leadership training aims to equip participants with the necessary skills and knowledge to plan, organise and lead the delivery of a safe activity session. The course is a mixture of theory and practical work. The theory element includes safety and emergency plans, communication and planning of activities. The practical element includes planning and delivering a session to the remainder of the group. Following this participants then receive feedback from the tutors on this element as part of their assessment.

If you are interested in taking part in one of our courses or require more information please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Traveller Men's Soccer

On Saturday 6<sup>th</sup> March, WSP teamed up with Waterford Traveller Men's Project to run a pilot soccer blitz for traveller men in the South East.

The aim of the blitz was to highlight the importance of mental health through sport. Over forty traveller men were in attendance on the day from Waterford, Carlow, Kilkenny, Wexford and South Tipperary. FAI Development Officer, Gary Power and Mark White were responsible for co-ordinating fixtures and refereeing games on the day. Competition was high, with Waterford and South Tipperary drawn on points which meant we were in for a cracker of a final. After a very close competitive game, Waterford came out victorious with a 1-0 win over South Tipperary. The day was a huge success, and we will look to run a second blitz later in the year. A special thank you to Niall Devereux (Traveller Men Project Worker) who co-ordinated the teams and to the Kingfisher Club for the use of their facility. Well done everyone!



## National Play Day

Waterford Sports Partnership, in conjunction with Waterford City and County Council will support Waterford Childcare Committee to run two events: **"Explore and Discover the Outdoors"** as part of National Play Day.

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 is "Remembering 1916", and events will be held in two locations, Walton Park and Kilbarry Nature Park on Friday 1<sup>st</sup> July. Places are limited and allocated on a first come first served basis.

If you would like further information on this event or to book your place, please contact Pauline Cunningham, on 0761 10 2682 or [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



## National Recreation Week

Waterford Sports Partnership, in conjunction with Waterford City and County Council, are working in partnership with the GAA to coordinate a range of activities for National Recreation Week which will take place from Sunday 3<sup>rd</sup> July to Saturday 9<sup>th</sup> July. **National Recreation Week is funded by the Department of Children and Youth Affairs and this year's theme will focus on "Remembering 1916". There are a number of private and public events taking place over the week.** Here are some public events to put in your diary:

Date	Activity	Venue	Time	Cost
Wednesday 6 <sup>th</sup> July	Storytelling for under 5's   1916 Theme	Tramore Library	11am	F R E E
Thursday 7 <sup>th</sup> July	Storytelling for under 5's   1916 Theme	Ardkeen Library	11am	
Thursday 7 <sup>th</sup> July	Summer Hurling Evening Camp For boys and Girls aged 12 & 13 (first night of a three week programme)	Walsh Park	3.30-5.30pm	
Thursday 7 <sup>th</sup> July	Summer Hurling Evening Camp For boys and Girls aged 12 & 13 (first night of a three week programme)	Fraher Field	3.30-5.30pm	

If you would like further information on any of these events, please contact: Pauline Cunningham on 0761 10 2682 or [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Bike for Life

Over twenty women took part in what was again another successful Bike for Life programme this 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 in 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 cycle 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 of course an occasional coffee stop!

The spins were led by trained Bike for Life Leaders, a number of whom have taken part in previous Bike for Life programmes since 2010. The leaders ensured that the ladies were able to increase their skills and confidence in a safe and supportive environment.

Post programme the ladies all feel safe and confident to cycle on the road and some have even got the cycling bug and have entered the 50km Sean Kelly Cruise for the Sean Kelly Tour of Waterford. Well done ladies, keep the wheels in motion!

If you would like more information on this programme, please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



Ireland's ultimate leisure cycling event!

## The Sean Kelly Tour of Waterford 2016

**Saturday 20<sup>th</sup> August**

12k Kelly Spin

**Sunday 21<sup>st</sup> August**

50k Kelly Cruise  
100k Kelly Heritage Route  
160k Kelly Comeragh Challenge



[www.theseankellytour.com](http://www.theseankellytour.com)

Like Us On  facebook

**National Bike Week 2016** runs from Saturday 11<sup>th</sup> to Sunday 19<sup>th</sup> June, with FREE bike related events taking place right around the country. There are thirty seven events taking place across Waterford City and County over the course of the week to suit all ages and fitness levels. The programme is targeted primarily at those new or returning to cycling or those who just want to enjoy a leisurely spin with friends and family! Bike Week, which is funded at national level by the Department of Transport, Tourism and Sport, is about celebrating all of the benefits of cycling for both recreation and transport. Those wishing to be part of the fun should find an event in a location to suit all comers. There are bike barbeques, bike maintenance workshops, community cycles and school cycling events taking place right across Waterford, from Ardsallagh in the west to Faithlegg in the east and many towns and villages in between, as well as Waterford City itself.

**Why don't you get on your bike and join us for one of the public events listed below!**



# FREE WATERFORD BIKE WEEK EVENTS



11th-19th June 2016





**SATURDAY**  
3.00pm  
Ardsallagh Cross Roads

11 JUNE

## ARDSALLAGH SUMMER BIKE RIDE & BBQ

Celebrate Bike Week with a bike ride to Ferrypoint followed by BBQ, music, bouncy castle, boules and childrens' games.

CONTACT: RICHARD TORNEY  
T. 087 6243406

**SUNDAY**  
7.00am  
Regional Sports Centre  
Cork Road, Waterford

12 JUNE

## WATERFORD CITY DAWN CYCLE

25k Leisurely Cycle with light breakfast in T-Bay, Tramore included. Free event but pre-registration is essential by Thursday 9th June. See [www.waterfordcouncil.ie](http://www.waterfordcouncil.ie) for details

CONTACT: PAULINE CUNNINGHAM  
T. 0761 10 2682

**SUNDAY**  
3.00pm  
Park Rangers Soccer Club

12 JUNE

## FAITHLEGG FAMILY CYCLE

5k and 15k Family Cycles including Faithlegg, Passage East and Woodstown. Family Picnic at Finish in Faithlegg.

CONTACT: SUSAN JACOB  
T. 086 2786529

**WEDNESDAY**  
1.00pm  
Outside House of Waterford Crystal  
The Mall, Waterford

15 JUNE

## WATERFORD CITY LUNCH TIME CYCLE

25 minute leisure cycle. Bikes, helmets and light refreshments provided on the day. Free event but pre-registration essential. See [www.waterfordcouncil.ie](http://www.waterfordcouncil.ie) for details

CONTACT: PAULINE CUNNINGHAM  
T. 0761 10 2682

**WEDNESDAY**  
1.10pm  
Walton Park, Abbotside  
(near Bowling Green)

15 JUNE

## DUNGARVAN LUNCHTIME CYCLE

8k cycle followed by light lunch. Free event but pre-registration is essential by Monday 13th June. See [www.waterfordcouncil.ie](http://www.waterfordcouncil.ie) for details

CONTACT: JOHNNY BRUNNOCK  
T. 0761 10 2496

**WEDNESDAY**  
6.45pm  
Fusion Centre, Dungarvan

15 JUNE

## TEENAGE DIRT BIKE

No Name and Comhairle na nOg 15k Cycle for Teenagers. Followed by refreshments.

CONTACT: JOHN DONOVAN  
[johnjmdonovan@gmail.com](mailto:johnjmdonovan@gmail.com)

**THURSDAY**  
12.00 noon-2.00pm  
TREC Unit 2, Block 4,  
Larchan Road Business Park,  
Waterford

16 JUNE

## FREE BIKE CHECK-UP WITH TREC

Bring your bike along for a free bike check or minor repairs. Refreshments available.

CONTACT: BRIAN O'NEILL  
T. 0761 10 2583

**SUNDAY**  
7.30am  
Walton Park, Abbotside  
(near Bowling Green)

19 JUNE

## DUNGARVAN DAWN CYCLE

15k and 25k leisurely cycles followed by light breakfast. Free event but pre-registration is essential by Thursday 16th June. See [www.waterfordcouncil.ie](http://www.waterfordcouncil.ie) for details

CONTACT: JOHNNY BRUNNOCK  
T. 0761 10 2496

**SUNDAY**  
11.00am-2.00pm  
Carrickgherish  
Community Hub

19 JUNE

## 10k FAMILY FUN CYCLE

10k Family Fun Cycle along Bilberry section of Greenway followed by family fun activities. Lots of spot prizes up for grabs!

CONTACT: MARY DOYLE  
T. 0761 10 2619



DON'T FORGET YOUR HELMET !!

**THE FOLLOWING SCHOOLS, PRE-SCHOOLS AND COMMUNITY GROUPS ARE RUNNING THEIR OWN EVENTS TO CELEBRATE NATIONAL BIKE WEEK 2016**  
 Ballybeg CEP • Bunscoil Gleann Sidhean, Cappoquin • Cappoquin Adult Education Centre • Clodiagh House • Clonea Power NS • Donal O'Connor Memorial Cycle • Faithlegg NS  
 Ferrybank Boys NS • Gaeiscoil Philib Baran • Garranbane NS • Gior na Mara School • The Integration Support Unit • Knockmahon NS • Le Cheile Childcare • No Limits Adult Education  
 Our Lady of Mercy, Stradbally • Portlaw NS • Presentation Primary School • Rathgormack NS • Scallywags Pre School • Seafield NS • St. John of God NS • St. Mary's NS, Ballygunner  
 St. Mary's Primary School, Dungarvan • Tramore Adult Education • WASSA • Waterford City Macra na Feirme • Waterpark NS

## Walk Waterford 2016

We were delighted to have the opportunity to showcase some of Waterford's finest walks as part of the Walk Waterford Series in January and February this year. Five walks were planned as part of the Series; Mahon Falls, The Towers (Ballysaggart), Kilbarry Nature Park, Glenshelane (Cappoquinn) and the Dunes (Tramore). All five walks had a fantastic attendance with over 150 participants taking part in at least one of the five walks.

The Series kicked off on Sunday 17<sup>th</sup> January at 2pm in the popular Mahon Falls. Despite the extremely wet and windy conditions eighteen enthusiastic leisure walkers undertook the 2.4km route that led walkers into the heart of the Comeragh Mountains on an accessible path. Participants had the opportunity to view spectacular views, as the heavy rain cascaded down the falls into the steep rock face to the pools several hundred feet below.

The second walk in the series took place on Sunday 24<sup>th</sup> January in The Towers (Ballysaggart). Over forty participants got the opportunity to explore all that this 2km loop walk had to offer, including the gothic style gate lodges and magnificent trees and shrubs along the way.

Over fifty participants joined us for our third walk of the series on Sunday 31<sup>st</sup> January in the popular Kilbarry Nature Park. Walkers were spoiled for choice as the park boasts four different trails. As a group we decided to mix and match the trails as they are all interlinked to make sure we enjoyed a leisurely but invigorating stroll of at least 30 minutes. There are many features and highlights in this fully accessible amenity, viewing points, picnic areas, distance markers and biodiversity information boards to name a few. Some of the group even tried out a few of the trim trail stations that are located at various spots along the way.

On Sunday 7<sup>th</sup> February, our fourth walk of the series took place in the Glenshelane Woods Walk. Over thirty walkers were in attendance as they explored the long wooded glen that runs either side of the Glenshelane River. This walk has an extensive network of forest roads, trails and bridges that gave the walkers a variety of choice from 2km – 3.5km walks.

Our final walk of the series took place on Sunday 14<sup>th</sup> February in Tramore Dunes, where the twenty three leisure walkers enjoyed the mild weather, lovely sea air and most of all the spectacular views. The strollers enjoyed the 5km route but more importantly they enjoyed the good company and chats along the way.

A special thank you to all the volunteers from Dunhill Multi Education Trails Development Group and Cappoquin Active Retirement group that assisted Waterford Sports Partnership with the leading of each of the walks. Your support and commitment contributed immensely to the success of the programme.

If you would like more information on any of the walks, or would like to set up your own walking group please contact Pauline Cunningham on 076 110 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



## Coming Soon!

### Irish Heart Foundation Community Walking Leader Training



WSP in partnership with the Irish Heart Foundation will host Community Walking Leader Training. Community Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. The course consists of a weekend of training followed by four walking tasks to put your new Walking Leader skills to use.

The course will cover topics such as: Current physical activity guidelines for adults and how they relate to walking, prescribing walking programmes suitable for people of different fitness levels, advice on issues such as posture, technique, stretching, intensity, clothing, etc., safety issues and risk assessment, planning walking sessions and programmes and how to start your own walking group.

The course will take place on Saturday 24<sup>th</sup> September (9am-5pm) and Sunday 25<sup>th</sup> September (9am-2pm) in the Rainbow Hall Kilmacthomas. The Irish Heart Foundation, Sport Ireland and HSE are subsidising the Walking Leader Training weekend and there is a nominal cost of **€50pp**. The course fee will cover your tutor costs and materials. It will also include lunch on both days.

For more information on this training or to book your place please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



## Carrickphierish Community Campus - OPEN MORNING!

We held an Open Morning in conjunction with Gaelscoil na nDéise and Waterford Educate Together National School at the Carrickphierish Community Campus on Saturday 27<sup>th</sup> of February for the local community to come and view the new Sports Hub and the two primary schools. There was lots to see in both schools with talent and skills from the students clearly displayed around the schools for all to see.

During 2015, Waterford Sports Partnership, with the support of Waterford City & County Council, Gaelscoil na nDéise and Waterford Educate Together, was successful in attracting funding from Dormant Accounts, in association with Sport Ireland, to help develop a Community Sports Hub at the Carrickphierish Community Campus. Our objective is to create a hub of sports activity for the local community, including the two schools resident in the Campus, which will centre around the new sports hall. The intention is to promote, attract and develop sustained usage of the new facility and local participation in 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.

There was plenty on offer at the Sports Hub on the 'Open Morning' with registration to various physical activities and sports open to the public. There was a real sense of community spirit with children trying out Irish Dancing, Hurling and playing Football. There was also tea/coffee and juice for people to enjoy while they chatted and had a chance to take in the fantastic new facility. Activities on display on the morning included Irish Dancing, Hurling/Camogie, Football, Fitness Classes, Multi-Sport classes, Badminton and Basketball. Waterford Sports Partnership would like to thank the FAI, Waterford GAA Coaching and Games Development, Northern Suburbs Community Youth Project, Barry O'Connor Fitness, Waterford Academy of Irish Dance, Waterford City & County Council, Gaelscoil na nDéise and Waterford Educate Together for their help in making the Open Morning such a great success.



### ACTIVITIES CURRENTLY RUNNING AT THE SPORTS HUB

DAY	TIME	ACTIVITY	DETAILS
MONDAYS	7.30 - 8.30pm	Toning & Fat Burning Class	Barry O'Connor Male/Female - age 18+ €5 per person Text Barry on 086 370 8614
TUESDAYS	5 - 6pm	FAI Soccer Drop-In	Boys and Girls age 12 to 15
	6.30 - 7.30pm	Basketball	Boys and Girls age 7 to 12
THURSDAYS	2.30 - 3.30pm	Multisport After School Drop-In	Northern Suburbs Community Youth Project NSCYP Boys and Girls - age 10-12
	5 - 6pm	Hurling/Camogie	Waterford GAA Coaching and Games Development Boys and Girls - age 6 to 10
	7 - 8pm	FAI 5-a-side Soccer	FAI Register your team with Paul on 085 888 8021 Male - age 17+
SATURDAYS	9.30-10.30am	Céilí Dancing	Mary Scanlon - 086 851 4922 Carina Knox - 086 813 5876 Boys and Girls
	10.30am - 12pm	Irish Dancing	Mary Scanlon - 086 851 4922 Carina Knox - 086 813 5876 Boys and Girls €5 per person

 Like us on: **facebook**

## CARRICKPHIERISH SPORTS HUB

### HUB SUMMER SPORTS CAMP 4 DAY CAMP

Date: Tue 5<sup>th</sup> - Fri 8<sup>th</sup> July  
Time: 11.00am-2.00pm  
Cost: €35.00  
Age: 9-13 years  
Sports include: Football, GAA, Basketball, Tennis, Athletics, Dodgeball & Fun Games.

**PLEASE BRING YOUR LUNCH**  
WATER & FRUIT PROVIDED

### FAI SUMMER FOOTBALL CAMP 4 DAY CAMP

Date: Tue 3<sup>rd</sup> - Fri 5<sup>th</sup> August  
Time: 11.00am-2.00pm  
Cost: €35.00  
Age: 10-15 years  
Fun Skills, Drills and Games run by the FAI

## LIMITED PLACES

### REGISTRATION DEADLINE 24TH JUNE

Registration Forms available from:  
Mary Doyle, Hub Development Officer, Carrickphierish Sports Hub  
0761 10 2619 | 086 4650063  
mdoyle@waterfordsportspartnership.ie  
OR  
Pamela Lanigan, Northern Suburbs Community Youth Project  
086 6093130 | northsuburbscyp@estcys.ie






This project was approved by Government with support from Dormant Accounts Fund

For further information or if you have any questions in relation to the Sports Hub please contact: Mary Doyle, Hub Development Officer on 0761 102619 or email [mdoyle@waterfordsportspartnership.ie](mailto:mdoyle@waterfordsportspartnership.ie)  
**FIND Carrickphierish Community Campus on Facebook**

## Leadership Programme

On the 10<sup>th</sup> February this year we rolled out a new Leadership Programme devised by WSP for staff and service users from Waterford Disability Organisations. Twenty participants from seven organisations were in attendance on the day and the training was delivered by WSP, Development Officers; Pauline Cunningham and Peter Jones. The aim of the programme was to equip committed and motivated staff and service users with the skills and confidence necessary to plan, organise and lead their group in activity sessions, focusing on three games; Boccia, Go For Life target games (lobbers, flisc and skiddle), and multi-sport activities. The plan is that after the training, each service would bring the knowledge and skills they learned back to the organisation and train other services users on how to play each game. All groups that took part in the training have been assisting WSP in running monthly sessions as a result of the training. If you would like more information or if your group is interested in this training please contact: Pauline Cunningham on 0761 10 2682



## Social Soccer

On the last Thursday of every month from 1-2pm the FAI and Waterford Sports Partnership runs Social Soccer for adults with PAN disability in Waterford. The Social Soccer League is made up of various disability groups from right across the City and County who come together each month to play soccer. With the assistance of the FAI ETB students two sections are run; an indoor section for participants of low level ability and an outdoor section for higher level ability participants.

A huge thank you to the FAI Sports Development Officers, Gary Power and Michael Looby and the students from the FAI ETB Course who run the sessions each month. The students created an enthusiastic, fun and friendly environment and worked excellently with all participants'. The students coaching noticed a considerable improvement in the participants' confidence and skill level since they started earlier this year.



## Rugby for Special Schools

Throughout the month of May, WSP teamed up with Munster Rugby to run a four week tag rugby programme with St. Joseph's and St. John's Special Schools. Munster Rugby Development Officers John O' Neill and Tom Molloy ran three sessions in each school covering the basic skills of handling, passing and catching the rugby ball correctly as well as the basic rules of tag rugby. After the three sessions both schools were invited to take part in a fun two hour blitz in the Regional Sports Centre. On the day of the blitz, 38 children from the two schools took part in fun games and activities followed by a number of small tag rugby games. This proved to be a hugely successful day with schools already putting a plan in place for the next academic year. Thanks must go to Munster Rugby (John O' Neill and Tom Molloy) and to all the volunteers who helped to run this very successful programme.



## Boccia

Following on from our Leadership Training two Boccia Blitzes were held in Cill Barra Sports Centre for adults with a Disability. Over 60 participants from Carriglea Cairde Servies, Brothers of Charity (Stepping Stones), St. Raphaels and St. Otterans ATU took part over the two days of our Boccia Blitz. Both days were facilitated by Cill Barra Sports and were a huge success. Well done to all those who took part and to all the staff from the services that helped to referee on the day. If you or your organisation would like to take part in our Boccia Blitz or you would like more information please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



## GFL Target Games

Well done to the 40 participants who took part in our first GFL Target Games for adults with a disability on Wednesday 13<sup>th</sup> April. GFL Target Games is a series of three target games called Lobbers (adapted from petanque and boules), Flisk (adapted from horseshoe pitching) and Scidils (adapted from ten pin bowling) and is suitable for PAN Disability. The games were run in partnership with Cill Barra Sports Centre and proved to be a huge success with groups travelling from as far as Youghal to take part. Our next GFL Target Games will take place on Wednesday 22<sup>nd</sup> June in Cill Barra Sports Centre from 11am-12.30pm and costs €2per person . Places are limited and it is important that groups book their place in advance by contacting Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Multi Sport Camp

### for Children with a Physical Disability

Waterford Sports Partnership in conjunction with Kilkenny Recreation Sports Partnership ran two Multi-Sport Taster Sessions over the Easter Holidays. The camp was aimed at boys and girls aged 10 – 18 years with a physical disability. During the camp participants had the opportunity to try a variety of activities such as soccer, basketball, gymnastics, swimming, hand cycling, badminton and athletics. With so many activities on offer there was something here for everyone. WSP would hope to run similar camps over the summer holidays and midterm breaks, with the aim of setting up a monthly physical activity club.

If you would like more information please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Training & Education

A fundamental pillar of the Sport Inclusion Disability Programme is training and education. A number of workshops are available which can be tailored towards the needs of specific groups. Some of the training courses on offer include; Disability Inclusion Training, Disability Awareness in Sport Training, Inclusive Fitness Training as well as support visits to schools and organisations.

### Disability Inclusion Training

On Thursday 5th May Waterford Sports Partnership facilitated a Disability Inclusion Training Course in the Regional Sports Centre and Kingfisher Club Waterford. This six hour course was tutored by WSP SIDO Pauline Cunningham. The course was well attended with twenty one eager and enthusiastic participants from WSP'S Community Coaching Programme, Cill Barra Sports Centre, Waterford Gymnastics Club, St. Raphael's Centre and SNAs from local primary schools.

The course was a mixture of theory and practical, with the theory covering topics such as perceptions, terminology, barriers to participation, disability groupings and much more. The practical side of the course identified ways of making sport and physical activity more inclusive and gave participants tips on adapting activities using the TREE principle. Mary Doyle (WSP SDO) who attended the course said 'it was hugely beneficial for all coaches who want to work with people with a disability'.



### Disability Awareness Training

In January 2016 CARA APA Centre in partnership with all Local Sports Partnerships launched its new Disability Awareness in Sport Workshop. Since the launch, WSP has rolled out three courses; to 11 students in Waterford Institute of Technology, 16 students from FAI ETB Course and 10 teachers from local primary schools.

The workshops ran over two hours and are designed to build awareness around people with disabilities participating in community sport and physical activity. The workshop is aimed at individuals with an interest in increasing their awareness of sport and physical activity for people with disabilities. On completion, all participants received a Sport Ireland and CARA endorsed certificate of attendance. This was an interactive workshop and covered topics such as perceptions, understanding disability, communication, inclusion and readiness as well as local programmes for people with disabilities.



If you are interested in Disability Inclusion or Awareness Training or would like some more information please contact Pauline Cunningham on 0761 10 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Waterford Youth Alliance Sports/Activity Day

The Waterford Youth Alliance held a Sports/Activity day during the Easter break in March. Several youth groups attended the event which included sports, games and fun activities. A special mention to Pierce from Foroige Youth Group who organised a fantastic day for the young people and also a big thank you to the youth workers and volunteers who helped out on the day.



## Athletics

### -Presentation National School

Two fourth classes in Presentation Primary School participated in a four 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 & posture, improved balance, baton relay, soft javelin, small hurdles and triple jump. Waterford Sports Partnership would like to thank Presentation Primary School, Walsh Park for the use of their green area, and their School Completion Programme for making this activity happen. Special thanks must also go to Jacinta and Brian from Waterford AC who provided an excellent programme, covering a range of activities that the children thoroughly enjoyed.



### Athletics- St. Paul's National School

Fifteen students from 5<sup>th</sup>/6<sup>th</sup> class in St. Paul's Primary School took part in a four week Athletic 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 & posture, improved balance, baton replay, soft javelin, small hurdles and triple jump. Thanks again to Jacinta and Brian for delivering an excellent, fun programme.



## Walking Programme

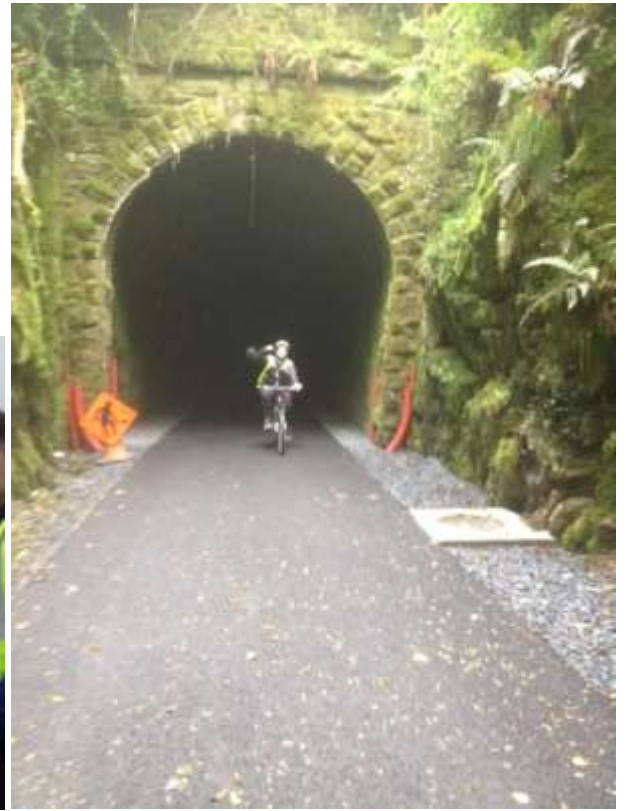
### - Northern Suburbs CYP

A young girls group from Northern Suburbs CYP took part in a 50K accumulative Walking challenge. The goal was to walk a certain distance each week, add up the distance walked and reach their goal of 50K over four weeks. Most of the walks took place at the start of the new Greenway. On the final week the pressure was on, but this did not seem to faze the girls, as they exceeded their target by over 4K! Well done girls. Great result.

## YOUTH SPORTS DEVELOPMENT UPDATE

### Youthreach Cycle

Members from Youthreach Dungarvan recently took part in a cycle along the fabulous Waterford Greenway. Facilitated by Dermot Blount of Tramore Bike Tours, we began with some bike skills training at Dungarvan Sports centre to test the skill level of the cyclists. A brief talk on safety was followed by a 20K cycle along the beautiful new Greenway. Thanks to Dermot for providing great bikes. Due to time constraints, we had to start making our way back, much to the disappointment of the group. Next time we will leave that little bit earlier, so we can go that little bit further. Well done guys and girls.



### 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](mailto:boneill@waterfordsportspartnership.ie)**

### Cardio Tennis - Manor St. John

Six members from Manor St. John Youth Group took part in a Cardio Tennis session at Kingfisher Leisure Centre Tennis courts. Cardio Tennis is a fun way to get a high intensity physical activity session, whilst also learning the skills of Tennis. Facilitated by local Tennis coach, Mark White, the session consisted of a warm-up, followed by a number of drills that included shots from various areas of the court, backhand, forehand, shot shorts, long shots, volleys and smashes. The session concluded with a fast paced 3 v 3 Tennis match with modified rules. Cardio Tennis is an enjoyable and beneficial way to get fit for the summer.



### Cardio Tennis

#### - Presentation Lunch Time Club

Similar to the programme delivered to the Manor St. John Youth group, Cardio Tennis was implemented for students during lunchtime at Presentation Girls School. Over the three weeks, the girls engaged in a number of drills such as backhand, forehand, shot shorts, long shots, volleys and smashes. Cardio Tennis is a fun way to get fit for the summer.



**For further information on Cardio Tennis, contact Mark White on 087 4667768.**

### **Diversion Boxing - Manor St. John**

Members from Manor St. John Youth Project linked in with other youth projects in Waterford City, to take part in a four week Boxing programme.

**Facilitated by St. Paul's Boxing club, the five young people and two youth workers were put through their paces by club coach Seamus Cowman.**

Training consisted of a warm up, shadow boxing, fitness training, bag work, pad work, skipping, circuit training and a warm down. Manor St. John even got the chance to train with Andy McDonagh, 2014 Irish National Youth Cadet Champion. Great to see all the youth workers join in on the training. Special thanks to Seamus for making it a fun, enjoyable programme.



### **Life Skills/Recreation Programme**

Over the last couple of months, students from St. Paul's Community College engaged in the Life Skills/Recreation programme. This involved students setting targets and rewarding them with a physical activity, once they meet their targets. This ranged from tours to Kingfisher Leisure Club, Public Swims, Swimming Lessons and Boxing sessions.



### **School Completion Easter Camp**

School Completion Programme recently held a two day Easter camp in Presentation Secondary School. Waterford Sports Partnership assisted with some of the activities, including **Boxercise taster sessions for the young people.** Facilitated by St. Paul's Boxing club, the Boxercise consisted of a warm-up, pad work and some fitness training. A number of students requested to try Boxercise again, in the Boxing club if possible. This will be organised over the coming weeks. Thanks to Presentation Secondary school for the use of their fabulous hall and to St. Paul's Boxing club for delivering a fun, energetic activity.



## Kickstart Level 1

### - TY Students St. Declan's Community College

Fourteen TY students from St. Declan's Community College, Kilmacthomas are now certified Football coaches, after completing an FAI Kickstart Level 1 Coaching Course. Facilitated by FAI Development Officers, Gary Power and Michael Looby, the course equipped the TY students with the skills required for introducing young people to fun soccer games and fundamental movement skills in a structured, enjoyable and safe environment. The TY students are now more confident in organising, planning and implementing a structured coaching session. Waterford Sports Partnership would like to thank Gary and Michael for delivering an excellent coaching course, and particularly the TY students who fully participated and got involved. Well done guys!!



## Squash - Mount Sion & De La Salle

Two four week programmes were implemented for first year students in Mount Sion CBS & De La Salle College. This was a collaboration between Irish Squash, Celtic Squash club and Waterford Sports Partnership. Facilitated by coaches from Celtic Squash, the programme began with explaining safety procedures whilst in the court and also the rules of the game. The young boys were shown correct grip, stance and swing. They practiced hitting the ball standing, moving, long shots and short shots. The programme concluded with both schools playing against each other, both home and away. Great to see such skills develop over a short period of time. Special thanks to the coaches from Celtic Squash- Kevin, Conor and Jack for delivering an excellent, safe activity and to Mr. Power for assisting with this programme. For further information on Squash programmes, contact Brian O' Neill on 086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)



## Re-engaging programme

A participant from TREO received a temporary Gym membership voucher for Crystal Sports and Leisure Centre. The Re-Engaging Programme assists people in returning to physical activity, as in this case Gym membership.

For further information on this programme, contact **Brian O'Neill on 086 0201219** or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

## YOUTH COACHING FUND

The Youth Coaching Fund, set up by the Youth Sports Development Officer, supports club volunteers in gaining a coaching accreditation that will permit them to coach underage teams. Funding is now available for young people who wish to get involve in coaching. Participants must be over 16 years of age and their club must be affiliated to a NGB.

For further information contact:  
**Brian O' Neill on 086 0201219** or  
[boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

Coming soon . . .

Cardio Tennis  
Learn to Swim

Soccer for Girls  
Diversion Boxing

Yoga for Exam Stress  
Safe Cycling Workshop

# 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	Norma McIntyre	01 8393028	nmcintyre@badmintonireland.ie	www.badmintonireland.ie
Basketball Ireland	<b>Ciaran O'Sullivan</b>		cosullivan@corksports.ie	www.basketballireland.ie
Camogie Association	Kathleen Egan	087 6415485	kathleen.egan@camogie.ie	www.camogie.ie
Confederation of Golf in Ireland	Jennifer Hickey	087 6644189 01 502070	jennifer@cgigolf.org	www.cgigolf.ie
Cricket Ireland	Jim Doran	086 8169667	jim.doran@cricketireland.ie	www.cricketireland.ie
Cycling Ireland	Rachel Ormrod Heather Boyle	086 7802937 086 0211146	rachel@cyclingireland.ie heather@cyclingireland.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	Garrett Buckley	01 6251125	garrett@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	<b>John O'Neill</b> 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	paul.ryan@iwa.ie nicky.hamill@iwa.ie	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 waterfordorienteers.blogspot.com
Rowing Ireland	Pat McInerney	087 9695093	pat.mcinerney@rowingireland.ie	www.rowingireland.ie
Special Olympics	Susan McGill	087 2938321	susanmcgill@waterford.brothersofcharity.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
Weightlifting Ireland	Colin Buckley	086 2577875	colinbuckley37@gmail.com	www.weightliftingireland.com



## WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford | 0761 10 2194  
Regional Sports Centre, Cork Road, Waterford | 0761 10 2619  
info@waterfordsportspartnership.ie | www.waterfordsportspartnership.ie