

IN THIS ISSUE

SUBJECT	PAGE
National Sports Policy 2018 - 2027	1
Sports Capital Programme 2018	1
Meet the Team	2
Schools Programme Update	3 - 4
Over 50's Update	5 - 7
National Bike Week 2018	8 - 9
Training, Events & Programmes	10 - 16
Club Development	17
2018 Calendar of Training & Events	18
Disability Sport Update	19 - 23
Carrickphierish Sports Hub Update	24 - 25
Youth Sport Update	26 - 27
Useful NGB Contacts	28

Ministers Ross and Griffin launch National Sports Policy 2018–2027

Transport, Tourism and Sport Minister, Shane Ross and the Minister with responsibility for Tourism and Sport, Brendan Griffin launched the Government's National Sports Policy 2018–2027 at the St Laurence O'Toole Recreation Centre, Sherriff Street, in Dublin's North Inner City on Wednesday 25th July.

The National Sports Policy 2018–2027 has been developed through an extensive public consultation process and collaboration with the sports sector and other stakeholders.



The High-Level Goals of the National Sports Policy are:

- Increased Participation
- More Excellence
- Improved Capacity

Key targets of the National Sports Policy 2018–2027 include:

- Overall participation in sport to rise from 43% to 50% of the population by 2027 (the equivalent of an extra 260,000 people participating in sport)
- More targeted high performance funding to deliver more Olympic/ Paralympic medals (From the securing of 13 medals in 2016 to a target of 20 in 2028)
- All funded sports bodies adopting the Governance Code for the Community, Voluntary and Charity (CVC) Sector.



Sports Capital Programme 2018

€40m for improved Sports Facilities

HOW TO APPLY!

Applications can only be made online from 9am on Friday 7th September until 5pm on Friday 19th October, 2018.

All applicants must first be registered on the Department's online system (OSCAR).

OSCAR Registrations close @ 5pm | Friday 5th October.

Clubs who wish to register on the Department's online system can do so now at www.sportscapitalprogramme.ie

Once registered, all applications must be made on the same website.

The system will be open for applications from 9am on Friday 7th September to 5pm on Friday 19th October, 2018.

FOR ADVICE ON HOW TO MAKE THE APPLICATION PLEASE CONTACT:

Peter Jones (County)
0761 10 2191

Pauline Cunningham (City)
0761 10 2682

Launching the National Sports Policy 2018-2027, Ministers Ross and Griffin reaffirmed the Government's intention to doubling funding for sport, from €112million in 2018 to €220million in 2027. The Government will also seek to deliver greater certainty in funding year-on-year, particularly in respect of Sport Ireland high performance funding.

The Ministers expressed their intention to begin implementing the National Sports Policy 2018–2027 without delay. Recalling the commitments for future funding of Sports Capital Programmes announced earlier this year in the National Development Plan, they indicated their intention to also seek additional funding for Sport Ireland programmes in the 2019 Estimates, to support, amongst other measures:

- doubling of funding for the Women in Sport programme to €2million
- creation of a dedicated €1m programme for Disability Sport through the deployment of a Sport Inclusion Disability Officer in all 26 LSPs countrywide
- €1.5m allocation to high performance programmes in support of Tokyo 2020 preparations

Waterford Sports Partnership Coordinator, Rosarie Kealy commented 'we are delighted to welcome the publication of Ireland's first National Sports Policy. We are particularly pleased that support for and commitment to participation in sport is central to this policy particularly for lower participation groups, many of whom we work with on a daily basis. While the targets set out are ambitious, we are greatly encouraged by the commitment this framework gives to the development of sport in Ireland at all levels.'

The Policy Document can be viewed on our website www.waterfordsportspartnership.ie

Speaking at the launch Minister Ross said:

'We want to see every citizen engaging regularly in some form of sport and physical activity, irrespective of their background or their physical capabilities. Together with the stakeholders across all levels of sport in this country, we will relentlessly pursue the aims of this policy to elevate Ireland to the top of the table globally for both participation in sport and high performance over the next decade.'

Minister Griffin outlined the ambitions of the Government's National Sports Policy 2018–2027 to significantly improve the sporting landscape in this country:

'The benefits of sport and physical activity to our population are clear and sport is a valuable asset to communities across the country. The availability of quality sports facilities is key to raising standards and Government investment in recent years at the National Sports Campus and throughout the country is proof of our commitment to sustaining this investment to our sporting infrastructure. The National Sports Policy 2018-2027 also sees continued support of our high performance athletes to keep on inspiring the generations that follow after them in their particular sport. I would hope to see a significant increase in our high performance investment over the next decade, to some €30 million annually.'

MEET THE WSP TEAM

The Waterford Sports Partnership Team work from two office bases in Dungarvan and Waterford

Rosarie Kealy
Sports Co-ordinator
 Phone: 0761 10 2190
 Mobile: 087 757 6579
 rkealy@waterfordsportspartnership.ie



Karen Phelan
Communications Officer
 Phone: 0761 10 2192
 Mobile: 085 116 7939
 kphelan@waterfordsportspartnership.ie



Suzanne Baumann
Office Administrator
 Phone: 0761 10 2194
 sbaumann@waterfordsportspartnership.ie



Sports Development Team

Our Sports Development Team is responsible for the development, delivery and promotion of sport and physical activity for the people of Waterford. They work to develop targeted initiatives with various community based organisations to promote the participation of young people, older adults, women and teenage girls, people with a disability, jobseekers and the general public in physical activity and sport. They also support local sports clubs and coaches with a particular focus on training and education.

Peter Jones
Sports Development Officer
 Phone: 0761 10 2191
 Mobile: 087 785 5940
 pjones@waterfordsportspartnership.ie



Brian O'Neill
Youth Sports Development Officer
 Phone: 0761 10 2583
 Mobile: 086 020 1219
 boneill@waterfordsportspartnership.ie



Pauline Cunningham
**Sports Development Officer
 and Sports Inclusion Disability Officer**
 Phone: 0761 10 2682
 Mobile: 086 783 7385
 pcunningham@waterfordsportspartnership.ie



Louise Barry
**Sports Development Officer
 and Hub Development Officer**
 Phone: 0761 10 2619
 Mobile: 086 465 0063
 lbarry@waterfordsportspartnership.ie



Eadaoin Loughman,
**Community Sports
 Development Officer**
 Phone: 0761 10 2199
 Mobile: 087 140 8323
 eloughman@waterfordsportspartnership.ie



Dungarvan Office
 Civic Offices, Dungarvan, Co. Waterford.
 0761 10 2194
Waterford Office
 Regional Sports Centre, Cork Road, Waterford
 0761 10 2682

DEVELOPMENT OFFICER	FOCUS AREA/PROGRAMMES	BASED IN
Peter Jones	Men Older Adults Cycling Club Development Safeguarding	Dungarvan
Pauline Cunningham	Disability Women Walking Disability Awareness	Waterford
Brian O'Neill	Youth at Risk Young People Sport Leader	Waterford
Louise Barry	Pre school, Primary and Secondary Schools Teenage Girls Carrickphierish Hub	Waterford
Eadaoin Loughman	Community Based Programmes: Walking, Cycling, Orienteering, Swimming Waterford Greenway.	Dungarvan

SCHOOLS PROGRAMME UPDATE

We are delighted to offer schools in the city and county opportunities to take part in a variety of programmes and teacher training. Each school will receive a letter containing the information on programmes and training opportunities and how to access resources and supports. The programmes and opportunities that will be offered to schools are as follows:

PHYSICAL ACTIVITY PROGRAMMES	TRAINING OPPORTUNITIES
Balance Bikes Sports Hall Athletics The Daily Mile Active Homework Challenge Tri- Hero's	Balance Bike Teacher Training Orienteering Teacher Training Disability Awareness Training Walking Leader Training Buntús Start

The Daily Mile

Waterford Sports Partnership would like to invite schools to take part in a free and simple initiative to improve the physical, social, emotional and mental health and wellbeing of primary-aged children. The Daily Mile is very simple to start in a school. Without wasting time to change into kit, every child in the school goes out each day in the fresh air to run, jog or walk at their own pace for 15 minutes. WSP in partnership with The Daily Mile and Athletics Ireland will be launching the initiative in September and encourage all schools to get registered and get involved in a fun, free, full inclusive outdoor activity.

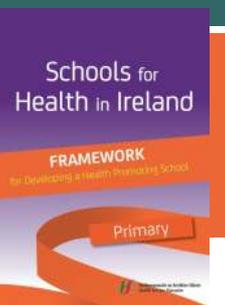


Balance Bike Teacher Training

A balance bike is a lightweight, pedal-less child's bike which facilitates balance and propulsion. Children move forward by pushing off the ground. Using a combination of their feet and hand operated brakes to slow down safely and stop. This 2 hour training course will equip the teacher with the skills and knowledge to organise a balance bike session for children aged between 2.5 and 6 years of age. On completion of this training, teachers will be proficient in teaching children how to ride a bike without stabilisers, to balance, improve gross motor skills, core stability and most importantly, having fun through physical activity. Each school setting will have the opportunity to avail of 15 bikes for a 2 week period. During this period, the teacher can roll out balance bike activities and will have the support of WSP and a resource pack for reference.

Schools for Health in Ireland

School can make a substantial contribution to the health and well-being of the whole school community. 'Schools for health in Ireland' provides a framework for a school to assess health needs and begin a process of working towards better health for all who learn and work within the school setting. For more information and resources: www.healthpromotion.ie/health/schools



Sports Hall Athletics

The Sports Hall Athletics Programme is a partnership between WSP and Athletics Ireland which aims to introduce primary school children to the fundamental skills of athletics using agility, balance, and coordination activities. Onsite training is provided by a Sports Hall Athletics tutor and a resource pack is provided which will equip teachers with the knowledge to roll out the training to the pupils in their school. WSP will provide sportshalls athletics equipment on loan to the participating schools for a period of six weeks each so the pupils can use appropriate equipment to learn and practice new skills.



A full schedule of Primary School Programmes and Training Opportunities will be sent to schools on September 10th. For more information on Schools Programmes please contact Louise Barry on 0761 10 2619 lbarry@waterfordsportspartnership.ie.



Orienteering Teacher Training

Orienteering is a competitive sport that combines racing with navigation, using the geographical skills of map reading and the physical activity of running or walking.

Orienteering develops many transferable skills and links with both the Primary and Secondary PE Curriculum. Orienteering is surprisingly easy to implement and school grounds are often the best choice for a first-time, outdoor experience. It can be done both indoors and outdoors (making it a weatherproof adventure activity!) and without having to leave the school. The 'real life' problem solving skills experienced in orienteering can help make geography, maths and science much more relevant for students, whilst also helping them build on their confidence, communication and social skills. After this training day your school will be Ready to Go...Orienteering!!! Get your school mapped out and receive a resource pack and equipment. Participants will also receive a Certificate of Participation from the Irish Orienteering Association on completion of this training.

ORIENTEERING TEACHER TRAINING

Friday 5th October | 10am- 3pm | WIT Arena | €50 (without school mapped) OR €70 (if school also needs to be mapped)

FOR MORE INFORMATION & BOOKINGS Please contact:

Eadaoin Loughman on 076 110 2199 or eloughman@waterfordsportspartnership.ie.



Active School Flag

The Active School Flag is awarded to schools that strive to achieve a physically educated and physically active school community. The process aims to get more schools, more active, more often. Education and Skills initiative supported by Healthy Ireland. For more information and resources:

www.activeschoolflag.ie.

Buntús Start

Buntús Start is a comprehensive physical activity programme for children aged 2-5 years old. It has been designed for use in pre-school settings so that pre-school and playgroup leaders can provide a wide range of learning opportunities for young children to develop their fundamental motor skills, manipulative skills, co-ordination and balancing skills and develop a positive attitude to physical activity. The programme is a joint initiative between Waterford Sports Partnership and Waterford County Childcare Committee. **Buntús Start Training Programme:** Participants attend an initial four hours training programme with a further two hour follow up approximately 6-8 weeks after the programme has been put into action in the pre-school.



If your Pre-School/Playgroup is interested in this training please contact: Waterford Childcare Committee Office on 051 295045/info@cccw.ie or Louise Barry on 0761 10 2619 or lbarry@waterfordsportspartnership.ie.

EUROPEAN MOBILITY WEEK 2018

16th - 22nd September

The focus of European Mobility Week 2018 is 'multimodality' - the mixing of transport modes within the same journey or for different trips. This school year, why not test out different transport modes when travelling to your school. As well as providing health benefits, significant savings can be achieved through a multimodal approach, particularly when short journeys are completed through walking and cycling. Waterford Sports Partnership in partnership with Waterford City and County Council will be helping schools across Waterford to become smarter when travelling to school by providing a fun resource that encourages children to record their mode of transport and challenge their peers in class and other schools to gather as many points as possible!



A full schedule of Primary School Programmes and Training Opportunities will be sent to schools on September 10th. For more information on Schools Programmes please contact Louise Barry on 0761 10 2619 lbarry@waterfordsportspartnership.ie.

National Go For Life Games 2018

A huge well done to the nine members of the Waterford team who competed at this year's National Go for Life Games in DCU on Saturday 9th June. The National Go for Life Games is an annual event organised by Go for Life, Age & Opportunity and Sport Ireland which is supported on the ground by Local Sports Partnerships. The aim is to provide an opportunity for enjoyable and social physical activity participation for older adults. The Waterford team was one of twenty four teams from around the



country that participated in three indoor target games; 'Flisk' (adapted from horseshoe pitching), 'Scidils' (adapted from ten pin bowling) and a new addition to this year's games, 'Cornhole' (a target game). Team Waterford honed their skills ahead of the big day at our weekly circuit classes in Waterford city and county. These classes incorporated the three games that they competed in at DCU along with many other games that keep them active and allow people to meet every week for a chat and some fun! The Games are a great opportunity to celebrate physical activity and sport for all ages in a fun and social environment. Representing Waterford at the games were Anna O'Neill, Pat Roche, Cheryl Galvin, Kitty McGarry, Joe Walsh, Sally Walsh, Lynne Cliffe, Mary Watters and Timmy Fox. Although we didn't come home with any medals or mugs, everybody had a fantastic day and they are eager to get practising for next year's games! Congratulations to our neighbours in Kilkenny who were crowned overall winners on the day

Go For Life Grants 2018

OPEN FOR APPLICATIONS!

The 2018 Go for Life Grant Scheme for is now open. Grant application forms can be downloaded from www.ageandopportunity.ie. The deadline for return of grant application forms is 12 noon, Friday 28th September.

INTER-COUNTY

Go For Life Games

with Carlow & Kilkenny

Thurs 29th Nov | 10am to 2pm

Carlow €5 pp (incl. transport)



WATERFORD

Go For Life Games

Mon 15th Oct | 11am to 1.30pm

WIT Arena | Carriganore | Waterford

€3 per person

Over 50's Circuit Training

WSP continues to co-ordinate Circuit Training for over 50's and are delighted that we now have three new circuit venues therefore circuits are now delivered weekly in Dungarvan, Kilmacthomas, Cappoquin, Waterford City and Tramore. We are delighted that as many as one hundred and eighty three older adults completed at least one session in any of our five locations from January of this year. The adapted circuit includes a range of exercises to develop strength, joint mobility, flexibility, co-ordination, fitness and, most importantly, to have some craic! These circuits provide a wonderful opportunity for people to get out and about and become physically active in a fun and social environment. The stations are also used as 'training' for events such as the Inter-County Games and the National Go for Life Games which are held in Dublin in June.

CIRCUITS WILL RUN FROM Monday 10th September to Friday 7th December | Check out the timetable below . . .



Fun Circuit Training for over 50's

GET FIT... HAVE FUN... MAKE NEW FRIENDS!

The adapted circuit includes a range of exercises to develop strength, joint mobility, flexibility, co-ordination, fitness and memory retention in a fun environment!



WATERFORD CITY

MONDAYS

Cill Barra Sports Centre, Ballybeg

9.30-10.30am

€3 per person (includes tea/coffee)

TRAMORE

MONDAYS

Tramore GAA Centre | 2 to 3pm

€3 per person (includes tea/coffee)

DUNGARVAN

TUESDAYS

Dungarvan Sports Centre

10.10 to 11.10am

€3 per person (includes tea/coffee)

KILMACTHOMAS

MONDAYS

Rainbow Hall | 10 to 11am

€3 per person (includes tea/coffee)

CAPPOQUIN

MONDAYS

Cappoquin Community Centre

3 to 3.30pm

€3 per person (includes tea/coffee)

TO BOOK YOUR PLACE

PLEASE CONTACT:

Peter on 0761 10 2191 or email pjones@waterfordsportspartnership.ie

Walk for Life Summer Series

We co-ordinated four walks as part of the Summer 2018 Walk for Life Series. The series was a huge success with over 130 over 50's and disability group members taking part in at least one of the four walks.

The series ran every Tuesday morning at 10.30 from the 19th June to 10th July. We visited four great locations; Mahon Falls, Anne Valley, Colligan Woods and Tramore. The first walk was the Mahon Falls trail, our 30 participants were greeted at the falls by a thick mist and fog which eventually cleared just in time for the walk and, more importantly, the tea! This is a 4km trail which climaxes at the fabulous waterfall hidden within the Comeragh Mountains. The following week we were in Dunhill to take on the Anne Valley track. There was a stark contrast in weather with the sun splitting the stones. This route is just over 4km with the opportunity to turn back at the 'worry tree' if a shorter journey is needed, however, the majority of the 37 walkers completed the whole route. Colligan Wood was the perfect location for our third walk. With the heatwave in full swing the cover from the trees shielded the walkers from the intense heat. The idyllic setting of the dense forest and the free flowing river side-by-side also made for a fantastic picnic location post walk. Again, the trail offers several routes for walkers. Our group split to do just over 2km and a 5km track allowing individuals of all abilities to take part. Last, but not least, we travelled to sunny Tramore to take on the 4km trail around the beach. We were blessed once again with fantastic weather and even better tea and scones provided by T-Bay Cafe. Forty plus over 50's and disability group members took part in the final walk, finishing up a fantastic series with a great turn out.

Check out the video highlights from the series on our YouTube channel.



WALK FOR LIFE 2018
AUTUMN SERIES
 A SERIES OF ORGANISED WALKS
 FOR OVER 50'S
 AND PEOPLE WITH A DISABILITY

DATE	WALK LOCATION	MEETING POINT
Tuesday 18 th September	Mount Congreve	10.30am @ Mount Congreve Car Park
Tuesday 25 th September	Waterford Greenway Kilmacthomas	10.30am @ Waterford Greenway Workhouse Car Park
Tuesday 2 nd October	Waterford Greenway Durrow	10.30am @ Waterford Greenway Car Park
Tuesday 9 th October	Waterford Greenway Kilmeaden*	10.30am @ Waterford Greenway Car Park

€3 per walk to include tea/coffee/scone | *€5 per person includes refreshments & train ride!

Booking essential. Please contact Peter on 0761 10 2191 or email pjones@waterfordsportspartnership.ie

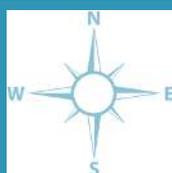
LET'S ORIENTEER

Tuesday 16th Oct | 10.30am to 12pm

WATERFORD GREENWAY KILMACTHOMAS

Tuesday 23rd Oct | 10.30am to 12pm

PEOPLE'S PARK | WATERFORD



Orienteering is a sport that requires you to find your way from one point to another using only a map and your ingenuity. Each course consists of a series of checkpoints that are marked out. You will be given a map with the locations of the checkpoints circled and must find these in the correct sequence. The aim is to complete the course as quickly as possible.

If interested, please contact Peter Jones on 0761 10 2191 or pjones@waterfordsportspartnership.ie

LEARN TO SWIM

We will be delivering beginner swim sessions for over 50's in Dungarvan and Waterford City as follows....

The Kingfisher Club | Waterford

Mon 1st Oct to Wed 22nd Oct | 11am to 12pm

The Park Hotel | Dungarvan

Tues 9th Oct to Tues 30th Oct | 7 to 8pm

€25 PER PERSON

If interested, please contact Peter Jones on 0761 10 2191 or pjones@waterfordsportspartnership.ie



TRISHAW CYCLING & ELECTRIC BIKES



For more information please contact Peter on 0761 10 2191

Introductory Support Visits

Waterford Sports Partnership delivers support visits to active retirement groups and facilities with the aim of ensuring physical activity is obtainable and sustainable in groups. We have delivered two support visits so far this year; one to the 36 members of Kilmeaden Active retirement group and one to the staff of Assisi House Day Care Centre. These introductory support visits help to break down barriers for groups and show them that simple exercises can improve strength and that aerobic exercise is doable. The visits give participants a flavour of the activities we coordinate for older adults.

To find out more please contact Peter Jones on 076 110 2191 or email

Equipment and Demonstrations

WSP has a range of games equipment including polybat (adaptation of table tennis), box hockey (adaptation of hockey), Flisk (adaptation of Frisbee), Lobbers (adaptation of boules) and Scidils (adaptation of Bowling). To arrange a demo or to borrow equipment, please contact Peter Jones on 076 110 2191 or email 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 call (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 call (058) 42902.

PAY AS YOU GO GYM SESSION Cill Barra Sports Centre, Waterford

PAY AS YOU GO - ANYTIME
€3.50 per session
Loyalty card pay for 8 get 9th free

NO BOOKING NECESSARY

For queries call the centre on (051) 350800.



Bowling opportunities in Waterford

A number of centres currently run weekly bowling sessions as follows:

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

Cunnigar Pitch and Putt Club Dungarvan

Daily 10am-8pm | €5pp | Free lessons available. For more information please call: 087 9412570

FOR FURTHER INFORMATION ON ACTIVITIES FOR OVER 50's
Please contact Peter on 0761 10 2191 or email pjones@waterfordsportspartnership.ie

National Bike Week 2018

National Bike Week 2018 took place from Saturday 9th to Sunday 17th June, with bike related events taking place right around the country. Waterford was no different and in fact, we have a very strong tradition where Bike Week is concerned. In all forty seven events took place right across Waterford City and County over the course of the week to suit all ages and fitness levels. Over 2964 participants took part in the different events, with all ages, abilities and levels of fitness catered for. Schools, education centres, childcare centres and youth groups, all took part in Bike week. Out of forty seven events, twelve were open to the public. The week is funded by the Department of Transport, Tourism and Sport and aims to target those new or returning to cycling or those who just want to enjoy a leisurely spin with family and friends.



Bike Week got going in Waterford on Saturday 9th of June with two beginners off road **Mountain Biking** events. The first event took place in Carrigavanry in Tramore with seven participants and the second took place in Fenor along the beautiful Ballyscanlon Lake with six participants.



Bike Week got rolling in the County with the **Sunset Cycle** in Dungarvan on Monday 11th June. Twenty seven people took part in the cycle which was coordinated by Waterford Cycling Campaign, taking in the beautiful sunset coastal views from Dungarvan to Durrow.



The National **Lunchtime Cycle** took place on Wednesday 13th of June, with thirty five participants completing a lovely 6km picnic cycle from Waterford City to the Waterford Greenway Bilberry. Fifteen people took part in the Lunchtime Cycle in Dungarvan, cyclists enjoyed a 12km route towards Clonea Strand with great coastal views by Ballinacourty and enjoyed lunch on Ballinclamper beach.

On Tuesday the 12th and Thursday the 14th, the RSC was a hive of activity, with over two hundred and fifty children taking part in our annual **Cycling Festival**, which was run by South East Cycles. Schools who took part in the Safe Cycling programme earlier in the year were invited to take part and put their newly learned skills into use as they took on fun obstacle courses and activities. The final event took



place in Portlaw Woods with another mountain biking session for those that has some off road cycling experience. This event was well attended with ten people taking part.

This year SGC Cinema Dungarvan screened a documentary on the success of cycling in Holland. The week wrapped up with Waterford's first ever **Bikefest** taking place in Walton Park Dungarvan on Saturday 16th June. 150 people of all ages took part in this festival of cycling with participants having the option of cycling a 12km route, and families with small children also enjoyed the new 3km route with balance bikes and bike trailers galore.

Well done to all those who organised events around Waterford City and County and to all those who took part in what was an excellent week. Roll on next year!!



WSP BikeFest 2018

The inaugural Waterford Sports Partnership Bikefest took place in Walton Park, Dungarvan on Saturday 16th June and great fun was had by all. The weather Gods shone down on us, following a rainy night and morning, with the sun coming out as the first of the two events, the family 12k, set off at 10am through closed roads via Abbeyside, Ballinroad, Ballinacourty, the Gold Coast Road and back along the Greenway to Walton Park. Soon to follow, ten minutes later, was the first ever 3km family cycle which was welcomed by families with younger children using balance bike, scooters and stabilisers. This short spin went out to Seapark and back along the Waterford Greenway and was a lovely addition to the event.



On returning to Walton Park there was lots of fun for the family to stay on and enjoy for a couple of hours with fun bike games, picnics, food stalls, face painting, music and a bike smoothie maker which proved a big hit. Feedback from the participants was very positive with one commenting 'the family loved it, the fun bike games at the end were simply brilliant'. Walton Park and the Waterford Greenway looked fantastic for the event thanks to the great preparation work by the outdoor staff of Waterford City & County Council.

It was wonderful to see so many out early on Saturday morning with balance bikes, scooters, bumpers and the like taking part. Thank you to our Master of Ceremonies, none other than Waterford City and County Council Trails Officer Johnny Brunnock, who officially started the event. We are grateful to our funders National Bike Week and Waterford City and County Council and also wish to say a big thank you to Eurospar for providing water and fruit for participants, to Cyclesports for mechanical assistance, the Causeway Tennis and Bowls club for providing their facility and to acknowledge the support of the Irish Red Cross for providing medical assistance for the day. We will save our biggest thank you to the team of volunteers for ensuring this was a safe and enjoyable experience for all concerned. Over 50 volunteers from local clubs, individuals, Comhairle Na nÓg and local residents ensured every participant had a day to remember.



Let's Cycle

This year Waterford Sports Partnership piloted a new cycling programme called Let's Cycle. This programme was broken down into three pillars;

1. **Let's Cycle – Basic:** This programme involves one 90 minute session in a car park. The programme covers bike maintenance, correct saddle height, basic riding skills and focuses on gaining confidence again.
2. **Let's Cycle – Confidence:** This programme involves three 90 minute sessions in a car park, cycle paths and minimal road contact. It is aimed at equipping participants to cycle on the Waterford Greenway. This programme covers topics such as braking, cornering, gearing and group cycling.
3. **Let's Cycle Together:** This programme involves four 90 minute sessions based in a car park and getting road experience. It is aimed at getting those who already cycle on pathways and greenways to become more road confident. This programme covers road safety and etiquette on the road.

The programme started on Thursday 5th July and ran up to Thursday 23rd August. Twelve participants have taken part in one or more of the programmes being run over the eight weeks. The programme was run by Waterford Wheelers Cycling Club and supported by Waterford Sports Partnership. All three programmes were a huge success with participants giving positive feedback and saying that they definitely feel more confident on the bike.



On the final night of the programme we had a leisurely cycle to Tramore where we all enjoyed a well deserved cuppa and a treat. Well done everyone, let's keep those wheels in motion.

For more information on the Let's Cycle Programme please contact Pauline Cunningham on 076 110 2682 or email pcunningham@waterfordsportpartnership.ie



Ride Leader Course

Eleven cycling enthusiasts are now certified Ride Leaders after attending Cycling Ireland's Ride Leader Award. This one day course aims to provide leaders with an introduction to cycle leading and the competencies required to lead and manage groups on a cycle. This involves Risk Assessment, Safety Checks, Assessing Riders Ability, Group Cycling, Group Management, Planning a Cycle and Leadership. We also got to put the theory into practice, by taking the group out on the roads. Thanks to Kieran, Cycling Ireland Course Tutor, for delivering an excellent, informative workshop. I am sure we will see more groups out on the roads as a result. Well done guys!!

Greenway Pedal Pushers

We are currently midway through our second Greenway Pedal Pushers programme of 2018. The programme is for men and women of all ages who are looking to get back on the bike and take part in a leisurely cycle and have some fun. Fourteen people are currently taking part each Tuesday evening for six weeks. Participants are at different levels, with many not having cycled for years. By the end of the programme we hope that all will be more confident on the bike and will be surprised by their own ability. One participant commented that she is learning so much in such a fun and relaxed atmosphere, everyone is going at their own pace. Huge thanks to our volunteers Ger Wiley and Teresa Fennell who are extremely helpful and willing to share their cycling expertise and knowledge throughout the programme.

If you are interested in taking part in our next cycling programme, please contact Eadaoin on 076 1102199 or email eloughman@waterfordsportpartnership.ie.



National Recreation Week



Waterford Sports Partnership, in conjunction with Waterford City and County Council, coordinated a range of activities for National Recreation Week which took place from Sunday 1st July to Saturday 8th July. National Recreation Week is funded by the Department of Children and Youth Affairs and this year's theme focused on "Celebrating 25 years of a child's right to play".

With the newly developed Waterford Greenway on our doorstep, it was only fitting that we incorporate it into this year's events. With this in mind three events took place. The first event took place on Wednesday 4th July where ten enthusiastic participants met at Rainbow Hall Kilmacthomas, from there they cycled to Durrow for fun games and activities before returning to Kilmacthomas. Our second event took place on Friday 6th of July with members of Waterford Comhairle na Nog who had the most glorious of days as they cycled from Walton Park to Clonea Beach. On arriving at the beach they participated in fun games and activities followed by some well deserved refreshments before cycling back to Walton Park. Our final event of the week took place in Dungarvan, twenty five students and staff from WYTEC took part in a cycle from Dungarvan to Kilmacthomas. This was a fantastic day with participants experiencing views of Dungarvan coastline and Ballyvoyle Tunnel. Well done to everyone that took part in these events, we are looking forward to next year already.



National Play Day



Waterford Sports Partnership, in conjunction with Waterford City and County Council supported Waterford Childcare Committee to run two events as part of National Play Day on Friday 29th June.



This year's theme was "Celebrating 25 years of a Child's Right to Play" and was funded by the Department of Children and Youth Affairs. National Play Day aims to increase awareness of the importance of play in supporting children's physical and social development. This year two events were held in two locations, Walton Park (Dungarvan) and The People's Park, Waterford City. On what can only be described as a glorious Summer day, 88 children and 55 parents took part in the activities. Each family received an adventure pack which included a magnifying glass, chalk, crayons, tennis ball and an action songs and rhymes booklet. The adventure packs supported families to navigate and explore the parks throughout the morning and giving them the opportunity to revisit again in the future. Participants also had the opportunity to take part in activities that were led by Waterford Sports Partnership such as balance bikes, hop scotch, hula hoop and bean bag games. Following all the activity, participants then had the opportunity to find some shade and enjoy a picnic.

Well done to all those who took part in this event and to those who helped coordinate this day of play for the children of Waterford.



Let's Cycle Kidz

On Sunday 16th September we are piloting a brand new programme called Let's Cycle Kidz.

This programme is aimed at children aged 8-12years who need to improve their cycling confidence and ability focusing on skills such as starting and stopping, balancing, pedalling and steering. The programme will run for 90 minutes from 11.30am to 1pm at

the **Regional Sports Centre** using the large car park space, ensuring that all children will learn in a safe environment.

The cost is **€5pp**. Children are encouraged to bring their own bikes and helmets, however we will have some available for use on the day.

If you are interested in taking part and would like to book a place, please log onto www.eventbrite.ie or contact Pauline Cunningham on 076 110 2682 or pcunningham@waterfordsportspartnership.ie.



Men on the Move

Men on the Move is a physical activity programme for men. The focus of the programme is to encourage men to get more active, have fun and improve their fitness levels through twice weekly activity sessions for twelve weeks. The programme offers men the chance to learn and take part in safe, effective exercises which are designed to suit everyone's needs. They should see both physical and psychological benefits such as improved mood, increased energy, weight loss/control and improved mobility and greater functional fitness. The twice weekly one hour physical activity sessions focus on aerobic exercises for forty minutes and work on core strength and flexibility for twenty minutes.

May 2018 - Thirteen men completed the eight week Men on the Move Programme in Waterford City. As the table of results show, there was great improvement in both areas on physical health, but the craic and banter amongst the group resulted in a real improvement in social and mental well being. Our Men on the Move tutor Shane Dineen said 'It's been great to be involved in the programme and see the improvement of the men week in week out. The biggest plus is the banter between men and as a tutor; they work really hard so well done to all.'

WATERFORD CITY MAY 2018			
AVERAGE STATISTICS			
	PRE	POST	IMPROVEMENT
weight	82.08	80.74	-1.34 kg
waist	99.28	97.14	-2.14 cm
1 mile	10.07	9.12	-55 seconds

Well done Lismore, still going strong, 3 years on! - In 2015 we delivered two Men on the Move programmes in Lismore. We are delighted to hear that the lads in Lismore are still meeting up weekly for walks and are reporting that medication levels are down and fitness levels are up!! Well done and keep up the good work!



NOW BOOKING! - We are running Men on the Move Programmes this Autumn in Dungarvan & Waterford City commencing in the first week of October 2018. **BOOK YOUR PLACE NOW on www.eventbrite.ie**

For further information, please contact Peter Jones on 076 110 2191 or pjones@waterfordsportpartnership.ie.

Men's Bike for Life

Our 2018 Men's Bike for Life Programme was a great success with forty seven men completing the programme. Sixteen of the men bought bikes and twelve have joined local cycling clubs. Participants involved stated that they are fitter, they've lost weight, cholesterol is lower and their love of cycling has returned.

In June of this year, we delivered our third Male only Bike for Life Programme in Waterford City. The programme covered simple cycling skills and enabled the group to improve fitness levels through low impact exercise and have a bit of fun along the way whilst improving their confidence on the road. We were delighted with the support we got this year from Sportif Cycling Club. Tutor Damien O'Connell said 'the programme was very rewarding and it was great to see the improvement in confidence of all participants. Everyone set themselves a goal before the programme and everyone reached this goal which is great.

If you are interested in the programme or want further information, please contact Peter Jones on 076 110 2191 or pjones@waterfordsportpartnership.ie.



BEGINNER SPINS WATERFORD CITY

Sportif Cycling Club run beginner spins every Sunday meeting at Woodies DIY at 9:30am. The group stays together throughout & stops for coffee along the way.

If you are thinking of going along, please contact the club secretary by email at sportifwaterfordcc@gmail.com

Sports Leadership Award | Foroige - Portlaw

WSP secured Dormant Account Funding to support the delivery of a number of Sport Leader Programmes in schools, community groups and youth organisations. We delivered a Youth Sport Leadership course to ten Foroige students in July. The course took place over four days in Claddagh House, Portlaw. During this 16 hour course, participants learned the skills and behaviours of a leader, gained knowledge of leadership opportunities in their own communities and got to lead their peers through different activities and games. Great fun was had each day with plenty of smiling and laughing amongst the group. It was great to see participants' confidence and skills improve throughout the course. Each participant delivered a 15 minute session on their own by the fourth day. Special thanks to Foroige Portlaw who partnered with WSP to provide this opportunity to this great bunch of teenagers. Well done all!



If you have a group who are interested in taking part in a Youth Sport Leadership programme, please contact Brian O'Neill on 0761 10 2583 or email boneill@waterfordsportspartnership.ie.



Aqua Bootcamp

We teamed up with Crystal Leisure Centre, Waterford in June to roll out a water-based programme targeting women and teenage girls in Waterford City. There was great interest in the Aqua Boot Camp programme that ran over five weeks from June 12th- July 10th and Crystal Leisure decided to continue to run the programme over the summer months. Well done to all involved and keep up the great work!



For more information on the programme contact Louise Barry on 0761 10 2619/ lbarry@waterfordsportspartnership.ie or contact Crystal Leisure Centre on (051) 377905 or email crystal.leisure@gmail.com



Orienteering

Waterford Sports Partnership, in association with Waterford Orienteers and the Irish Orienteering Association is currently developing Orienteering across Waterford. Our aim is that schools, community groups, families and individuals will try out this exciting, inclusive sport. In an effort to grow this minority sport, we are currently working on plans to increase participation in orienteering across the county; introducing the sport to people, providing training and education and improving infrastructure. So far this year, two 'Come Try it' days were facilitated, 150 participants took part in these events, 130 of whom had never tried Orienteering before. These days demonstrated that orienteering is a fantastic sport that is inclusive for people of all ages and abilities. It is also an activity that the entire family can enjoy together.

Permanent Courses are currently being installed in Kilmacthomas; The People's Park, Waterford; Tramore and Dunmore East and best practice models of use are being developed for these. Additionally, teacher training is taking place on October 5th and volunteer coaches are attending training provided by the Irish Orienteering Association. Waterford Sports Partnership, Waterford Orienteers and The Irish Orienteering Association are currently liaising to develop many new fun and exciting orienteering opportunities around Waterford. Watch this space!

Please contact Eadaoin Loughman on 076 1102199 for more information.

NEW for Autumn 2018 | Mum on the Move

This September we are piloting a brand new programme called 'Mum on the Move'. The programme is aimed at mums who walk and would like to take up running. The programme is designed to get beginners from 0-5km in six weeks. The programme will run in Waterford City and Dungarvan as follows . . .

Mum on the Move | Ferrybank AFC

Starting Monday 17th September @ 9.30am

€30pp for six week programme

BOOK NOW on www.eventbrite.ie

For more information please contact Pauline on 076 110 2682 or email pcunningham@waterfordsportspartnership.ie



Mum on the Move | Dungarvan

Meeting at Insomnia Café Eurospar Abbeyside

Starting Tuesday 18th September @ 9.20am

€30pp for six week programme

To book your place please contact Pauline Cunningham on 076 110 2682 or Irene Clarke on 086 824 2348

Learn to Love Fitness

We just started running our first over 16's female only 'Learn to Love Fitness' programme in association with Clashmore/Kinsalebeg GAA Community Gym.

During this six week programme participants will learn the basics of flexibility, mobility, injury prevention and how to lift weights safely and effectively. By the end of week six, participants will demonstrate their learning by designing their own programme, specific to their own needs and goals. Fun is central to this programme, with each session being delivered in a positive environment, which will provide participants with the knowledge, confidence and motivation to be physically active for life. The programme filled up really quickly and got underway on Monday 3rd of September. We'll let you know in the next edition how the programme went.



AT CLASHMORE/KINSALEBEG
COMMUNITY GYM

If you would like to get your community to get more active, please contact Eadaoin Loughman, Community Development Officer on 0761 10 2199 or email eloughman@waterfordsportspartnership.ie

NOW BOOKING!

Buggy Buddies

Buggy Buddies was back with a bang this year in Dungarvan, Kilmacthomas and Waterford City. Forty parents and their little ones have taken part in this programme since January. The sessions consists of cardio exercises and strength and core exercises. This programme offers a huge variety of activities which cater for all fitness levels and allows participants to work at an intensity which is appropriate to them. It is also a great way to get out and meet other parents in an environment which is safe and fun for parents and little ones.



We have two six week Buggy Buddy programmes starting this September in Waterford & Dungarvan . . .

Buggy Buddies

Cill Barra

Starts Monday 10th September 10.45 to 11.30am

Indoors @ Cill Barra Sports Centre Ballybeg

€20pp | PRE-BOOKING ESSENTIAL

FOR BOOKINGS PLEASE CONTACT:

Louise Barry on 0761 10 2619

lbarry@waterfordsportspartnership.ie

Buggy Buddies

Dungarvan

Starts Thurs 13th September at 10am

Meeting @ Walton Park

(Entrance beside Eurospar)

€20pp | PRE-BOOKING ESSENTIAL

BOOK NOW on www.eventbrite.ie

For more information please contact

Eadaoin on 0761 10 2199 or email

eloughman@waterfordsportspartnership.ie

Launch of 'Saoirse our Trishaw

On Tuesday 10th July 2018, the latest addition to the sporting landscape in County Waterford was launched in the form of *Saoirse*, a new Trishaw. Waterford Sports Partnership, in partnership with Waterford City & County Council, Waterford LCDC and Deise Day Centre, is delighted to have played a part in providing a new opportunity, particularly for older adults and people with a disability, to experience the Waterford Greenway for themselves. The Trishaw Project was made possible following the 2017 call for funding under the Healthy Ireland Fund. The idea of a 'bike' that would give people with lower mobility the opportunity to experience 'the wind in their hair' was welcomed by all and there was full support for the application from the Healthy Waterford committee, a sub-committee of Waterford LCDC. Once funding was secured, Waterford Sports Partnership set about bringing the key players together and taking time to put in place an appropriate and sustainable model for its future use. Deise Day Centre, a day centre in Dungarvan for people over 65 years to meet and join in social and therapeutic activities, generously agreed to take on the day to day management of the Trishaw and all that entails including storage and bookings. Clara Clarke from Cycling without Age, who brought the first Trishaw to Ireland, and Cycling Ireland, were also very supportive throughout the process especially in relation to the development of standardised training for Trishaw pilots which will now be used nationally. Waterford Sports Partnership is now in a position to train volunteers locally. We were delighted recently to use Saoirse during Bike Week for a number of school groups so that children who otherwise would not have had the opportunity were able to be on the Greenway together with their friends.

Ultimately, the Trishaw is about positive health and well being and positive experiences of physical activity and the outdoors. It's about including more people and gently changing attitudes to accessibility, inclusion and health for all. To access the Trishaw it is necessary to be a member of Deise Day Centre.

For further information contact Eadaoin at eloughman@waterfordsportspartnership.ie or call 0761 10 2199.



TRISHAW PILOT TRAINING

If you would like to become a volunteer pilot, all you need to do is complete WSP pilot training and become Garda Vetted by Deise Day Centre. This interactive training takes approximately 2 hours, with a mix of theory and practical aspects. Pilots will engage in group discussions and learn about the origins of Cycling Without Age and how this movement began in Ireland. Each pilot will be given the opportunity to get to know Saoirse and become comfortable and confident taking older adults for spins, ensuring that they 'feel the wind in their hair'. Before undertaking this training, it is important that you are able to cycle and have a basic knowledge of road safety.

If you are interested in becoming a volunteer contact Eadaoin on 076 1102199 or Margaret on 058 44556.

Women on the Move

Women on the Move is a female only fitness programme that aims to increase physical activity levels, enhance fitness levels, and encourage participants to become more active, whilst also having fun and meeting others! So far in 2018 we have run 'Women on The Move' programmes in Lismore, Portlaw, Kinsalebeg and Carrickphierish (Gracedieu, Waterford). Each week, participants took part in different activities including walking, jogging, games, Pilates and resistance training. The women thoroughly enjoyed the programme. Participants lost weight and became much fitter with one lady knocking over five minutes off her mile time! The group in Portlaw and Kinsalebeg are now continuing to meet up on their own each week. **For more information, please contact Eadaoin on 0761102199 or email eloughman@waterfordsportspartnership.ie.**

PARTICIPANT COMMENTS

'Really loved doing it with friends that I made and helped me get fitter also'

'Enjoyable, motivating and life changing'

'Had a brilliant time, enjoyed every bit of it and learned alot'



NOW BOOKING!

Women on the Move | Carrickphierish

Six Week Programme **STARTING Wednesday 12th September | 7 to 8pm**

Carrickphierish Community Sports Hub | Gracedieu

LIMITED PLACES | €20pp / €5 pay as you go | Book now on www.eventbrite.ie

For further information please contact Louise Barry on 0761 10 2619 | lbarry@waterfordsportspartnership.ie

PILOT PROGRAMME - Club on the Move

Abbeyside/Ballinacourty GAA Club

We have just finished running our first ever 'Club on the Move' Programme in Abbeyside/Ballinacourty GAA Club. Club on the Move is a six week physical activity programme aimed at increasing physical activity levels in a fun and enjoyable manner. The programme aims to ensure parents, coaches and committee members have an opportunity to get active in their local club and utilises the clubs premises for activity.



Congratulations to the thirty participants who took part. We were delighted with their results. Physically, 31% of participants lost weight with an average loss of 0.3kg per participant, but more importantly 76% of participants saw their waist circumference reduce by an average of 1.8cm and 88% of participants increased their aerobic capacity by being able to travel an average of 209 metres further as part of the 8 minute test.

Abbeyside/Ballinacourty GAA Club CLUB ON THE MOVE RESULTS - AVERAGE

	PRE	POST	IMPROVEMENT	% of Participants that Improved
weight	71.4kg	71.1kg	0.3kg	31%
waist	88.3 cm	86.5cm	1.8cm	76%
Metres in 8 minutes	1514	1723	209 metres	88%



We were particularly delighted that participants set up an additional third evening a week off their own bat to meet and train. Due to this success, the club are now embarking on a couch to 5km beginning in September. Feedback was excellent and the programme was summed up by one of the participants saying *'The sessions were great craic. You encouraged us all to give it our best. Everyone who attended had exhausted but happy looks on their faces at the end of each sessions – all having achieved'*

Check out the Club on the Move Video on our You Tube Channel!



Pic: Dan McGrath



We are delighted to be running a second 'Club on the Move' Pilot Programme in Dungarvan Rugby Club in September/October.

Strength and Conditioning for coaches of 12-16 year olds

WSP identified improving fundamental movement skills for young people as a key area for development. As a result, WSP delivered a pilot 'Simple Strength and Conditioning' Programme for coaches to give practical examples of how to incorporate simple movements and exercise into their coaching session. WSP in partnership with Irene Clarke delivered three progressive sessions in April, May and June to club coaches in Waterford County.

During the sessions, coaches learned how to do warm-ups/cool downs, mobility, drills, prehabilitation, muscle activations and plyometrics. At the end of each of the three workshops the coaches went back to their clubs to deliver what was learned utilising the planning and evaluation documents given to them.

We used the following format for delivery:

Explain WHAT and WHY | Demonstrate | Practice as a group with general feedback | Practise in pairs with coach/athlete.

We were delighted that the course was full with sixteen coaches from twelve clubs and eight sports represented. The programme was extremely well received with participants commenting on the ability to practically implement what was learned in their clubs. The programme structure allowed coaches four weeks post session to plan, deliver and evaluate sessions before embarking on the next coach development session. This allowed participants to progress their own knowledge.

The first session focused on mobility and activation work. The second session focused on plyometrics with the third session looking at putting the first two sessions into a structured club training session. Feedback was excellent with participants saying 'This is new strength and conditioning knowledge for me but it is something that can be coached easily enough to my group.' and 'I have learned about what exercises I can do for a warm up in my training session and muscle activation.'

We are running the Strength and Conditioning Programme for City Clubs @ WIT Arena this Autumn - this Programme is FULLY BOOKED! For more information please contact Peter Jones on 0761 10 2191 or pjones@waterfordsportspartnership.ie.



WSP will deliver a series of three workshops aimed at the volunteer parent/coach to introduce them to simple Strength & Conditioning for 12-16 year olds.



The coaches will learn how to do warm-ups/cool-downs, mobility drills, prehabilitation, muscle activation, plyometrics. At the end of the three workshops the coaches will be able to go back to their clubs and introduce all of this as a drill for base training of season or elements of it into every training session.

We will use the following format for delivery:

- Explain WHAT and WHY
- Demonstrate
- Practice as a group with general feedback
- Practice in pairs with coach/athlete.

CLUBS IN ATTENDANCE

- Kilrossanty Brickeys
- Waterford Crystal Swimming Club
- Ballyduff Lower GAA
- Stradbally GAA
- Portlaw GAA
- St. Pat's Juvenile GAA Club
- Seaview Celtic F.C.
- Kilrossanty Brickey Ladies Football Club
- KCK Athletic Club
- Waterford Hockey Club
- Dungarvan Tae Kwondo
- Cappoquin Camogie Club



WSP/WIT Coach Development Programme

Following on from our successful pilot 'Coach Development Programme' at the start of the year, we are delighted that the GAA, Camogie Association and WIT are planning the delivery of a second coach development programme for 2018/19. Our initial programme saw 23 WIT students deliver eight weeks of coaching sessions in seven local GAA and Camogie clubs over eight weeks. WIT Student Enya Byrne who coached in Portlaw GAA Club in the pilot initiative said of the programme 'The best part of coaching for me is the experience of working with kids as I've never coached kids before. The mentor is great with the kids and has a variety of different drills to do at training. She's also getting us involved and listening to what we have to say!'

We are also delighted that the Ladies Gaelic Football Association have joined this initiative and we look forward to delivering the necessary NGB coaching training in addition to Safeguarding courses to ensure the student coaches are ready to deliver sessions to young people in GAA, Camogie and Ladies Football clubs across the county.

For more information please contact Peter Jones on 0761 10 2191 or pjones@waterfordsportspartnership.ie.

2018 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
September 2018				
Monday 10 th September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
Saturday 15 th September	Remote Emergency Care First Aid Course	9 am to 5pm	€50pp	The Park Hotel, Dungarvan, Co. Waterford
Monday 17 th September	Safeguarding 2 – Club Children’s Officer Training	6-9pm	€15pp	Dungarvan Enterprise Centre
Tuesday 18 th September	Walk for Life - Autumn Series Mount Congreve Walk	10.30am	€3pp	Meet @ Mount Congreve Car Park
Tuesday 25 th September	Walk for Life - Autumn Series Waterford Greenway Kilmacthomas	10.30am	€3pp	Meet @ Waterford Greenway Workhouse Car Park, Kilmacthomas.
October 2018				
Tuesday 2 nd October	Walk for Life - Autumn Series Waterford Greenway Durrow	10.30am	€3pp	Meet @ Waterford Greenway Car Park, Durrow.
Monday 8 th October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Tuesday 9 th October	Walk for Life - Autumn Series Waterford Greenway Kilmeaden	10.30	€3pp	Meet @ Waterford Greenway Car Park, Kilmeaden.
Monday 15 th October	Safeguarding 3 – Designated Liaison Person	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
November 2018				
Monday 5 th November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
Monday 19 th November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.

CHECK OUT OUR WEBSITE

For further information on courses and links to online booking

www.waterfordsportpartnership.ie

Please feel free to contact the office on 0761 10 2194/0761 10 2682 for further information.



Waterford Sports Ability Forum

Waterford's Sports Ability Forum was established in 2016, with representatives from various Disability Organisations, Voluntary and Statutory Organisations and National Governing Bodies. The aim of the forum is for organisations to meet quarterly and share information on what physical activity opportunities are available for people with a disability in Waterford. The forum is going from strength to strength, with the forum developing a vision, mission and clear objectives and goals to achieve each year. To date the forum has been successful in creating a strong Forum membership base and organising a very successful SportsAbility Day in April this year.

Over the coming months the Forum will be planning and setting new objectives for 2019. The forum is always looking for new members, if you or your organisation is interested please contact Pauline Cunningham on 076 110 2682 or email pcunningham@waterfordsportspartnership.ie

Summer Camp Assistance

Earlier this year we received funding from the HSE to contribute to the Summer Camp Assistance programme. This year 44 children had access to the Summer Camp Assistance programme in Waterford City and County. Summer Camp Assistance is a social inclusion initiative which allows children aged 8-14 years with mild to moderate intellectual, sensory and physical disabilities to participate in mainstream summer camps, with the provision of SNA support. Summer Camp Assistance is coordinated by Waterford Area Partnership (WAP), and was run in partnership with Waterford Sports Partnership, FAI, GAA, Kingfisher Club, WIT Arena and The Brill Dunhill Summer Camp. A big thank you to all the local businesses who also contributed funds big or small to the programme, your support is greatly appreciated.

CONTACTS FOR WATERFORD DISABILITY GROUPS & CLUBS

Deise Dragons

Multi Sport Club for Children with a Physical Disability
Mary Condon | 085 103 4072 | deisedragons@gmail.com



Down Syndrome Ireland
Waterford & South Kilkenny Branch
dsiwaterford.ie

Down Syndrome Waterford Branch
info@dsiwaterford.ie

Dyspraxia Ireland

DCDynamo Multi Activity Club Waterford
dyspraxiadcdwaterford@gmail.com



Halliwick Swim Club (PAN Disability)

Sarah Flynn | 083 1376847 | vikinghalliwicksc@gmail.com

Waterford Autism Social and Sport Action (WASSA)

Bernie Murphy | 086 663 7055 | contact@wassa.ie



Little Conquerors Autism Group

West Waterford Autism Parents Support Group
Kevin Murphy | 086 823 1653 | conalmore@gmail.com

Foróige Club

for young children (10-17 years) with High Functioning Autism
Contact Kara on 087 610 4430



Walk for Life

We co-ordinated four walks for disability organisations as part of our Over 50's Walk for Life Series Summer Series. The walks took place four locations; Mahon Falls, Anne Valley (Dunhill), Colligan Woods and Tramore Promenade. The aim of the Walk for Life Series is to get people with a disability healthier but also to showcase all the hidden gems that the Waterford has to offer. Following each walk, participants enjoyed a well deserved cup of tea/coffee and a scone giving the disability organisations and older adults groups an opportunity to chat.

Check out the Calendar of Events on Page 22 to see the list of Walks for our Autumn Series and remember to contact Pauline on 076 110 2682 or email pcunningham@waterfordsportspartnership.ie to book your place.

Get Greenway Ready with Carriglea Cáirde Services

Earlier this year we secured funding from Dormant Accounts to run a cycling programme for people with a disability in Waterford. The programme got underway on Thursday 28th July when eight eager and enthusiastic participants from Carriglea Cáirde Services met outside the Civic Offices in Dungarvan where they each got to borrow one of our newly purchased bikes. The programme ran over six weeks and was tutored by Pauline Cunningham (WSP SIDO) and supported by Kate Ni Mhorain and Nathan Brennan (WSP Volunteers).

The aim of the programme was to prepare participants for cycling on the Waterford Greenway safely. With this in mind participants learned a series of skills each week covering the ready position, breaking, gearing, pairing and most important the Greenway Code. In addition to this, participants completed a cycle on the Waterford Greenway each week, gradually increasing their distance. Participants learned the skills very quickly, and set a goal of cycling from Dungarvan to Durrow (return) on their final day. All participants achieved this with no great difficulty and had an extremely enjoyable day out. Well done to all for your achievements, looking forward to seeing you all out on the Waterford Greenway over the coming months.



Boccia

Boccia is one of the most popular activities run by Waterford Sports Partnership for adults with a disability. Boccia runs once a month in Cill Barra Sports Centre from 11am – 12.30pm and is suitable for all abilities. Participants come from a number of disability organisations such as Brothers of Charity, National Learning Network, Carriglea Cáirde Services and Activation Therapy Unity (St. Otterans). Boccia is a target ball game similar to bowls or petanque and is ideal for mixed ability participants. Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls — coloured red or blue as close as they can to a white target ball, or jack. WSP are always looking for new groups and individuals to take part in our monthly boccia activity. Our final next boccia event will take place on Wednesday 12th September at 11am in Cill Barra Sports Centre. **If you or your organisation is interested in taking part please contact Pauline Cunningham on 076 110 2682 or email pcunningham@waterfordsportspartnership.ie**

Boccia for Stroke Survivors

Thirty members of Waterford & Cork Stroke Support Group took part in a Boccia Blitz on Wednesday 27th June. The blitz took place in Dungarvan Sports Centre from 11am – 2pm in partnership with Waterford Stroke Support Group. As Waterford were defending champions it was their turn to host the blitz and were keen to hold onto the winning trophy. On what can only be described as an extremely enjoyable day and somewhat competitive it ended with Cork coming out victorious by a slight margin. Well done to all those who participated and to Cork Stroke Support Group for travelling to the event. Waterford are practicing already to reclaim the trophy in 2019.



Summer Camp for Children with a Physical Disability

For a second year Waterford Sports Partnership ran a Summer Camp for Children with a physical disability and their siblings. The camp ran over three days from 23rd to the 25th July in the Carrickphierish Sports Hub from 10am – 2pm. The camp was lead by two energetic coaches Kate Ni Mhorain and Nathan Brennan and supported by Paul Ryan (IWA Sport), GAA Coaching & Games and the FAI. This camp differs from many, as WSP ensure that there is an SNA and Nurse on site to cater for all the children's needs over the three days, allowing parents to have some down time over the summer months. Over the three days, twenty participants attended, all having the opportunity to try a variety of activities such as soccer, basketball, athletics, yoga, GAA (Fun & Run), Lego, colouring and multi activity games.

Each day, participants were fortunate to gain access to Carrickphierish Library where they had the opportunity to take part in Yoga, provided by Tracy Boland and take some time out and play with Lego, Fuseball and even some colouring. This camp was a huge success over the three days with one parent saying; 'I feel my child is so safe while attending the camp'. Well done to all the coaches who helped make this a camp to remember and all the participants for bringing their good humour and willingness to try all the different activities.

We will be running an Easter Camp in 2019, more details coming soon. To register your interest or for more information please contact Pauline on 076 110 2682 or email pcunningham@waterfordsportspartnership.ie.



DISABILITY CALENDAR | SEPTEMBER TO DECEMBER 2018

Programme	Date /Time /Location	Description	Cost/Booking
WALK FOR LIFE			
	Tuesday 18 th September @ 10.30am Mount Congreve Meet @ Mount Congreve Car Park	PAN Disability Walk for Life is back this September - Waterford Sports Partnership is hosting a series of walks for people with a disability, all which are fully accessible but be sure to check out the details before travelling. The aim of the series is to give people the opportunity to create links with others in their locality and experience some of the wonderful Waterford Walks.	€3pp (includes tea/ coffee & scone) Booking Essential Please contact Pauline (Details Below) Or Text Organisation Name & Numbers Participating to 086 783 7385
	Tuesday 25 th September @ 10.30am Waterford Greenway Kilmacthomas Meet @ Waterford Greenway Workhouse Car Park		
	Tuesday 2 nd October @ 10.30am Waterford Greenway Durrow Meet @ Waterford Greenway Car Park Durrow		
	Tuesday 9 th October @ 10.30am Waterford Greenway Kilmeaden Meet @ Waterford Greenway Car Park Kilmeaden €5 per person (includes refreshments & Train Ride!)		
BOCCIA			
	Wednesday 12 th September 11am – 12.30pm Cill Barra Sports Centre	Pan Disability Boccia is a target ball game similar to bowls or petanque. Boccia is ideal for mixed ability participants. Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls — coloured red or blue as close as they can to a white target ball, or jack.	€2pp Booking Essential Please contact Pauline (Details Below) Or Text Organisation Name & Numbers Participating to 086 783 7385
	Wednesday 10 th October 11am -12.30pm Cill Barra Sports Centre		
	Wednesday 7 th November 11am – 12.30pm Cill Barra Sports Centre		
	Wednesday 5 th December 11am – 12.30pm Cill Barra Sports Centre		
KICK TO RECOVERY - SOCCER			
	Wednesday 5 th September to Wednesday 24 th October (8 week block) 11am – 12pm Kingfisher Club Waterford	People in Mental Health Services We are working in partnership with the FAI to deliver a six week block of soccer for participants in mental health services. Participants will have the opportunity to experience 60 minutes of quality soccer training instruction provided by an experienced FAI coach.	€3pp Booking Essential Please contact Pauline (Details Below) Or Text Organisation Name & Numbers Participating to 086 783 7385
CYCLING FOR YOUNG ADULTS WITH AN INTELLECTUAL DISABILITY			
	Sunday 9 th September to Sunday 30 th September (4 week block) 10.30 – 11.30am Regional Sports Centre	Young adults with a mild Intellectual Disability aged 16 years plus Waterford Sports Partnership is running a 4 week block of cycle training for young adults with a mild intellectual disability. Participants will learn to cycle in a safe environment covering the basics such as starting (ready position), breaking and cycling in narrow lanes similar to the Greenway or cycle paths.	€30pp Booking Essential on www.eventbrite.ie For more information please contact Pauline (Details Below)

DISABILITY CALENDAR | SEPTEMBER TO DECEMBER 2018

Programme	Date /Time /Location	Description	Cost/Booking
SOCIAL SOCCER			
	Thursday 27th September Thursday 25th October Thursday 29th November 1-2pm Dungarvan Sports Centre	PAN Disability Social soccer offers something for all participants. Two groups will be formed based on the participants' ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate – severe take part in fun activities and games.	€2pp Booking Essential Please contact Pauline <i>(Details Below)</i> Or Text Organisation Name & Numbers Participating to 086 783 7385
NEW!!! WINTER WONDERLAND WALK			
	Waterford Winterval Walk More details coming soon!	PAN Disability We are hosting a Winter Wonderland walk around Waterford City during Winterval. Participants will have the opportunity to explore all Winterval has to offer while clocking up their steps and will be encouraged to get festive and wear their Christmas jumpers on the day.	€20pp (tea/coffee provided) **Limited Places Available** Booking Essential Please contact Pauline <i>(Details Below)</i>

TRAINING & EDUCATION

A fundamental pillar of the SIDP 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, and Autism in Sport Training as well as support visits to schools and organisations.

Disability Awareness in Sport Training

On the 20th July we delivered a Disability Awareness in Sport Training Course to seven participants from WIT Sports Arena. The workshop ran over two hours and is 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 or your group is interested in taking part in a similar workshop or would like more information please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie



GAA Cúl Camps Training

On Wednesday 27th June we ran a one hour Disability Awareness Training Course for forty GAA Cúl Camp coaches. The training was tutored by Pauline Cunningham (SIDO), supported by Louise Barry (SDO). The training was interactive, covering the basics such as communication and how to adapt GAA skills/drills and sessions that coaches have prepared for campers over the eight weeks of the Summer. Well done to all the coaches for participating in this training and to Waterford GAA Coaching & Games who are always looking to up skill their coaches and provide inclusive camps for all.

Disability Awareness in Sport Training	2 hour course €20pp	This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.
Disability Inclusion Training	6 hour course €45pp	This course is designed to provide attendees with the knowledge, skills and ideas on how to adapt and modify your sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities.
Inclusive Fitness Training	6 hour course €50pp	This course is designed to increase the confidence and awareness of fitness managers, fitness professionals and all front line staff to work with people with disabilities in the fitness sector.
Autism in Sport Workshop	3 hour course €40pp	This course will provide attendees with an understanding of Autism focusing on the delivery of sport. The course will help attendees to recognise and understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions.

Contact Pauline Cunningham our Sports Inclusion Disability Officer
by phone on 0761 10 2682 or by email pcunningham@waterfordsportspartnership.ie

Summer Camps

There was plenty of action in the Carrickphierish Community Sports Hub this summer with three Activity Camps and two GAA Camp Days running during July and August. The camps were run in partnership with Carrickphierish Library Services and the children had the chance to use the facilities and have some reading time while on site.

Our **Multi- Activity Camp for 4 to 8 year olds** ran from 10th- 12th July. Twenty two children attended the camp which was excellently led by WSP tutors Kate Moran and Nathan Brennan who facilitated plenty of fun activities and games for all children.

Waterford Sports Partnership in collaboration with Northern Suburbs Community Youth Project (NSCYP) organised and ran a three day **Multi- Activity Camp for 9 to 15 year olds** from 17th- 19th July. There were thirty two children in attendance with activities facilitated by Waterford GAA Coaching & Games Development Coaches, F.A.I. coach Tommy Griffin, tennis coach Mark White, Cycling Instructor Donal Jacob, yoga instructor Tracy Boland and zumba Instructor Lada Kotulicova.

Our **F.A.I. Soccer Summer Camp for 9 to 15 year olds** ran from 8th- 10th August. Twenty three children attended the three day camp. There were two GAA Camp Days on July 27th and August 17th organised by Waterford GAA Coaching and Development and WSP. The Camp Days proved very popular with children in the local area, fifty four children attended one of the camp days. Well done to all involved over the summer months, we're looking to next year already!



at Carrickphierish Community Campus

For Primary School Children on Tuesday Mornings
STARTING Tuesday 18th September

8 to 8.30am

Have a Ball Activities @ The Sports Hub

8.30 to 8.45am

Breakfast Time @ Carrickphierish Library

HEALTHY BREAKFAST PROVIDED INCLUDING CEREAL, WATER, FRUIT.

8.45 to 8.55am

Library Time @ Carrickphierish Library

THE CHILDREN WILL THEN BE ESCORTED TO SCHOOL

€2 PER CHILD PER WEEK

This Programme is being run in partnership with Waterford GAA Coaching and Games Development. Supported by Carrickphierish Library Services and Waterford City and County Council.

PRE-BOOKING ESSENTIAL - TO BOOK YOUR PLACE PLEASE CONTACT:
 Louise Barry on 0761 10 2619 | lbarry@waterfordsportspartnership.ie
 Eoin Breathnach on 087 921 9345 | eoin.breathnach.gda.waterford@gaa.ie

WHAT'S ON - FROM MONDAY 10TH SEPTEMBER

TIME	ACTIVITY	COST/ AGE GROUP	CONTACT FOR BOOKINGS & INFO
MONDAY			
6 - 7pm	Mount Sion Camogie Club	Contact Peter Walsh on 087 1355359 for more information	
7 – 8pm	Step and Tone - This is a 1 hour class that will give you a full body workout. 30 minutes step aerobics to get the heart pumping and 30 minutes weights and abdominal exercises to get the muscles working.	€6 per class or €30 for block of six	Ken Browne 089 237 4886 BOOKING IS ESSENTIAL
8 – 9pm	Drop-in Soccer FAI & NSCYP	€1 per person	Rachel Walsh 086 6093130 northsuburbscyp@wstcys.ie
TUESDAY			
8 - 8.50 am	Breakfast Activity Club	€2 per Child *BOOKING ESSENTIAL*	Eoin Breathnach 087 9219345 Louise Barry 076 110 2619
5 - 6pm	Roanmore GAA Club	Contact Eric Furlong on 086 3395920 for more information	
6 - 7pm	Waterford Vikings Basketball Club	Girls U13 & U15	Contact Ruth Sheehan on 086 1246668
7 - 8pm		Boys U14	
8 - 9pm		Boys U16	
WEDNESDAY			
6– 7pm	Complete Core - If you want a tough workout with emphasis on the core, this is for you. Every week will be a different challenging workout designed to make you stronger and fitter. Suitable for all fitness levels.	€6 per class or €30 for block of six	Ken Browne 089 237 4886 BOOKING IS ESSENTIAL
7- 8pm	Women on the Move - This programme aims to increase your physical activity levels, enhance your fitness levels, and encourage you to become more active, more often.	€5 per class €20 for six week block	Louise Barry 0761 10 2619
THURSDAY			
3 - 4pm	After School Multi- Activity	€1 per child	Louise Barry 076 110 2619
6- 7pm	Waterford Vikings Basketball Club	Boys U12	Ruth Sheehan 086 1246668
7 - 8pm		Boys U18	
8 - 9pm		Boys U16	
FRIDAY			
6.30- 8.30 pm	Déise Dragons Sports Club	Contact for more information	Pauline Cunningham 0761 10 2682
SATURDAY			
9.30- 10.30am	Céilí Dancing	Contact for more information	Mary Scanlon 086 8514922
10.30- 12pm	Irish Dancing		
12 - 1pm	Waterford Vikings Basketball Club	Boys U18	Ruth Sheehan 086 1246668
1 - 2pm		Academy Boys & Girls Age 7—10	
2 - 3pm		Boys U12	
3 - 4pm		Girls U13 & U15	
4 - 6pm		Boys U14	

Our timetable will continue to be updated...

PLEASE LIKE the Carrickphierish Community Campus Facebook Page where you can keep up to date with upcoming events and activities.



LIKE US ON FACEBOOK!

BOOKING INFORMATION

For hall bookings and information on opening hours, access to hall and rates please contact:
Darren Sealy at cccsportshub@waterfordcouncil.ie



For further information or if you have any questions in relation to the Sports Hub please contact:
Louise Barry, Hub Development Officer on 0761 102619
or email lbarry@waterfordsportspartnership.ie



Learn to Swim Programme

Two teen boys from the BALL project and three primary school aged boys from the Traveller Youth Support Project completed two separate five week Swim programmes facilitated by Brian Walsh at the Kingfisher Leisure Club. The boys were shown correct swimming strokes and breathing techniques, there has been an immense improvement in their confidence in the water over the five weeks. Well done to both projects and thanks to Brian and the Kingfisher Leisure Club for facilitating this programme. **For further information on Swimming lessons please contact Brian O'Neill our Youth Sports Development Officer on 086 020 1219 or email boneill@waterfordsportspartnership.ie**



Gym Education Programme

Four members from the BALL Project completed a four week Gym Education Programme, facilitated by the Kingfisher Club, Waterford. The boys were shown how to use the machines and gym equipment correctly. They were also shown correct lifting technique and the different exercises required for each body part. The programme concluded with each participant receiving their own individual gym programme, so that they can continue with their gym visits post programme. Thanks to the Kingfisher Leisure Club for facilitating this programme with their excellent facilities and also to Brian for delivering such an enjoyable programme.



Active Body Active Mind

Our eleven week Active Body Active Mind programme in partnership with TREO, concluded in July. Fifteen participants achieved a Health Related Fitness Level Four Award and an Active Leadership Award. To gain this award, participants covered a number of topics such as anatomy and physiology, lifestyle habits, communication, benefits of exercise, team building, session planning, active leadership and nutrition. They also engaged in a range of activities, such as Soccer, Boxing, Aerobics, Cycling, Rugby, Surfing, Walking, Muay Thai, Circuit Training, and Yoga. Waterford Sports Partnership would like to thank Fiona Laffan-TREO project worker who delivered the theory modules, TREO and their staff for the use of their fabulous venue. We would also like to thank all the tutors/coaches involved. It was their input and dedication that attributed to the success of this programme.



TYRE Project Boxing Taster Session

Three boys from the TYRE project in Tramore tried a Boxing taster session, facilitated by local Boxing coach Jimmy Denton from Tramore Boxing Club. The boys enjoyed the session so much that they have requested a programme, which may run in September. Thanks to Jimmy for facilitating an excellent taster session.

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

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 involved in coaching. Participants must be over 16 years of age and their club must be affiliated to an NGB.

For further information contact: Brian O'Neill on 086 0201219 or boneill@waterfordsportspartnership.ie

Junior Sports Leader Workshop

In partnership with the School Completion Programme, we facilitated a 3-hour Junior Sport Leader workshop for nine junior volunteers. The workshop covered areas on effective communication skills, how to establish leadership skills, how to plan and organise sport/physical activity sessions. These volunteers assisted with School Completion's summer activity camp for a number of weeks, well done guys!



Barnardos Summer Camp.

In partnership with School Completion Programme Dungarvan, we organized and facilitated an activity day for ten young people from Barnardos. The day consisted of fun activity games including Football, Basketball and Boxing Fitness. Thanks to Teresa Keith for facilitating on the day, Dennis from Dungarvan Boxing Club and also Dungarvan Sports Centre for the use of their facilities.

Come and Try It Day Saturday 15th September

Waterford Sports Partnership, in collaboration with Waterford Comhairle na nOg, will host a Come and Try It Activity Day for 12-17 yr olds on Saturday 15th September from 2-4pm in the People's Park in Waterford City. A number of free activities will be available for young people, regardless of ability, to come and try such as Archery, Zumba Dance, Boxing, Yoga, Muay Thai and much more to choose from. The Beat Street Fleet will be there to hand out prizes and discounts on the day. So come along to the People's Park on Saturday Sept 15th from 2-4pm and get involved with the activities on offer. For further information please visit the [Waterford Comhairle na nOg](#) or [Waterford Sports Partnership Facebook pages](#).



National Bike Week 2018

St. Paul's National School - Fifth class students from St. Paul's National School were successful in their application for Bike Week Funding - the school booked a cycle on the Waterford Greenway from WIT Arena to Kilmeaden and back with Waterford Greenway Bike Hire. Great to see so many young people confident in their cycling ability. Thanks to Ollie from Waterford Greenway Bike Hire for guiding us up and back in a safe, fun manner.



TYRE Project - Four members from the TYRE project tried Mountain Biking for the first time, as part of National Bike Week 2018. Under the guidance of Dermot Blount of Tramore Bike Tours, we set off to Carrigavanry Lake for some excellent off-road mountain biking. Thanks to Dermot for bringing us on some excellent routes and well done to the boys and girls from the TYRE project for giving it a go.

WYTEC Gaisce

Trainees from WYTEC are still on course for gaining their Gaisce Award. The group embarked on a Water-based challenge, set down by Swim Ireland with some assistance from Get Ireland Swimming. Well done guys.



I.S.U Unit

Twenty members and volunteers from the I.S.U Unit benefitted from National Bike Week Funding. The group meet at WIT Arena and cycled to Kilmeaden along the Greenway where they stopped for some lunch and cycled back to WIT. Well done guys!!

Re-engaging Programme

This programme works by means of a referral process. If you are aged between 16yrs and 23yrs and have disengaged from sport and physical activity for whatever reason or you know someone that may fit into that bracket then this is for you. Over the past few years we have received many referrals from young adults, parents and youth workers enabling the YSDO to make contact with the young people that are hoping to once again or for the first time get involved in a local club to participate in the sport or simply volunteer. For further information on this programme please contact **Brian O'Neill** on 086 0201219 or boneill@waterfordsportspartnership.ie.

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	Ficha Andrews	01 8393028	fandrews@badmintonireland.ie	www.badmintonireland.ie
Basketball Ireland	Jason Killeen	0857610665	jkilleen@basketballireland.ie	www.basketballireland.ie
Camogie Association	Stuart Reid	086 7961858	stuart.reid@camogie.ie	www.camogie.ie
Confederation of Golf in Ireland	Carton Demesne	01 505 2075	info@cgigold.org	www.cgigolf.ie
Cricket Ireland	Jim Doran	086 8169667	jjim.doran@cricketireland.ie	www.cricketireland.ie
Cycling Ireland	Rachel Ormrod	086 7802937	rachel@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	Elaine O'Neill	086 0224460	elaine@iaba.ie	www.iaba.ie
Irish Road Bowling Association	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
Irish Rugby Football Union	Amanda Greensmith	086 0218320	amandagreensmith@munsterrugby.ie	www.munsterrugby.ie
Irish Sailing Association	Sarah Louise Rossiter	087 9390488	sl.rossiter@sailing.ie	www.sailing.ie
Irish Water Safety	Corraine Power O'Mahony	051 381403	waterfordwsac@gmail.com	www.iws.ie
Irish Wheelchair Association	Joanne Wall	085 8595049	joanne.wall@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	Adam Cox	086 0247766	membershipmanager@swimireland.ie	www.swimireland.ie
Tennis Ireland	Lucy Pentova	085 7331528	lucy.rdo@tennisireland.ie.com	www.tennisireland.ie www.munstertennis.com
Triathlon Ireland	Eleanor Condon	087 689 8812	eleanor@triathlonireland.com	www.triathlonireland.com
Vision Sports Ireland	Rahim Nazarli	085 8500193	sports@visionsports.ie	www.visionsports.ie
Volleyball Association of Ireland	Conor Flood	087 0997659	cdo@volleyballireland.com	www.volleyballireland.ie
Waterford Autism Social and Sport Action (WASSA)	Suzanne O'Mahony	086 6637055	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