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Beat the Street challenge kicks off in Waterford!

Waterford's Beat the Street walking and cycling 'game' that challenges local residents to see how far they can travel together in just seven weeks started on Wednesday 13th September!

Beat the Street is an innovative physical activity initiative that inspires thousands of people to get moving by transforming local communities into a giant game. Running from Wednesday 13 September to Wednesday 1 November, Beat the Street will see schools, businesses, families and communities in Waterford, Dungarvan and Kilmacthomas compete to see who can walk, run, cycle or scoot the furthest.

Dozens of beeping and flashing sensors called Beat Boxes have been placed across Waterford which can be tapped with free Beat the Street cards which can be collected at your local library or leisure centre. Players can set up a team or join one of the many playing in Waterford and start earning points and prizes!



Pictured at the Launch of Beat the Street at Waterford Nature Park (from l to r):
Brian O'Neill, Waterford Sports Partnership, Donal Lehane, Board Member Waterford Sports Partnership, Mayor Of Waterford Cllr. Sean Reinhardt, Aoife Kennan, Waterford Sports Partnership, Andrew Cox, Waterford Orienteers, Rosarie Kealy, Waterford Sports Partnership.

The Mayor of Waterford, Cllr. Sean Reinhardt officially launched the Beat the Street Challenge at a launch event held on Wednesday 13 September at Waterford Nature Park. He was joined by representatives from Waterford Sports Partnership, Waterford City & County Council, local schools and community groups to celebrate the launch of the challenge which comes to Waterford for the first time ever.

Speaking at the launch, Rosarie Kealy, Sports Co-ordinator with Waterford Sports Partnership, said 'We are really excited to see the start of this unique community game which is a novel way of engaging people to walk and cycle around their communities. The intention is to help change behaviour by encouraging people to explore other areas and alternatives to how they travel in their communities and to and from work or school. It's fun for children and families and the maps, resources and competition element help create targets for schools and community groups. We are lucky to be one of three areas chosen to pilot this initiative in Ireland and look forward to a fun and active seven weeks ahead.'

More than 600,000 worldwide have played Beat the Street with previous games taking place in Belfast, London and other towns and cities. Organisers behind the initiative are expected thousands of people in Waterford to pick up a fob or card and start playing over the course of the next seven weeks.

Beat the Street is run by Intelligent Health UK with support from Waterford Sports Partnership and is funded by Sport Ireland, Healthy Ireland, Dormant Accounts Fund and Waterford City & County Council. The aim of the initiative is to encourage people to explore, by walking, running or cycling, Waterford City and County with their friends and family and get more active together. Eimear Cusack, Engagement Manager for Beat the Street, said: "We've seen lots of excitement building in schools, businesses and groups across Waterford, Dungarvan and Kilmacthomas in the past few weeks and so we are happy to see Beat the Street finally launch here in Waterford. With lots of prizes for teams and individuals to win there is no reason not to get involved."

To find out more information about Beat the Street including where to pick up a Beat the Street card and map, visit www.beatthestreet.me/Waterford.



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@waterfordsportpartnership.ie



Karen Phelan
Communications Officer

Phone: 0761 10 2192
Mobile: 085 1167939
kphelan@waterfordsportpartnership.ie



Suzanne Baumann
Office Administrator

Phone: 0761 10 2194
sbaumann@waterfordsportpartnership.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@waterfordsportpartnership.ie



Brian O'Neill
Youth Sports Development Officer

Phone: 0761 10 2583
Mobile: 086 020 1219
boneill@waterfordsportpartnership.ie



Pauline Cunningham
**Sports Development Officer
and Sports Inclusion Disability Officer**

Phone: 0761 10 2619
Mobile: 086 783 7385
pcunningham@waterfordsportpartnership.ie



Louise Barry
**Sports Development Officer
and Hub Development Officer**

Phone: 0761 10 2619
Mobile: 086 465 0063
lbarry@waterfordsportpartnership.ie



Eadaoin Loughman,
**Community Sports
Development Officer**

Phone: 0761 10 2199
eloughman@waterfordsportpartnership.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

Teacher Training & Programme Opportunities

September- December 2017

	BEAT THE STREET	WHEN/WHERE/HOW MUCH?	WHY TAKE PART?
	<p>Beat the Street is an innovative, fun, free programme that will get thousands of people moving across Waterford between 13th September and November 1st. This walking and cycling initiative gets people moving by turning a town or an area into a giant game. Beeping and flashing sensors called Beat Boxes have been placed across Waterford, Dungarvan Kilmacthomas and along the Waterford Greenway which can be tapped with cards and fobs to score points and win prizes.</p>	<p>RUNNING FROM Wednesday 13th September until Wednesday November 1st</p> <p>Waterford City, Dungarvan, Kilmacthomas and Waterford Greenway FREE!</p>	<p>As well as major health benefits, participating in an activity such as Beat the Street has been shown to dramatically improve concentration levels of children in class. Further benefits to the school can be seen with reduced traffic congestion at the start and end of the day as more students walk or cycle. Beat the Street is also a fantastic opportunity to bring out the competitive spirit in your school. Teams can be created for each school to compete against each other to see who can go the furthest distance! There are fantastic prizes on offer and the chance to see which team can climb to the top of the leader boards and be crowned winner of the competition! If you would like to find out more about Beat the Street or get your school involved then please register your interest in the project by emailing Eimear.Cusack@intelligenthealth.co.uk</p>
	SPORTS HALL ATHLETICS		
	<p>The Sports Hall Athletics Programme is a partnership programme between the WSP and Athletics Ireland which aims to introduce junior and senior cycle children in primary schools to the fundamental skills of athletics using agility, balance, and coordination activities. The key components of the programme includes teacher education workshops, delivery of coaching sessions, regional and national competitions.</p>	<p>Tuesday 19th Sept : 3.30-5pm Dungarvan Sports Centre OR Thursday 21st Sept : 3.30-5pm Carrickphierish Sports Hub €10 per teacher</p>	<p>Full training will be provided by a Sportshall Athletics tutor to teachers in addition to a resource pack which will equip teachers with the knowledge to roll out the training to the pupils in their school. Schools can also avail of further in-school training for students by a qualified coach. WSP will provide sportshall athletics equipment on loan to the participating schools for a period of six weeks each where the pupils can use appropriate equipment to learn and practice new skills.</p>
	RUN ACROSS EUROPE CAMPAIGN		
	<p>The European Week of Sport aims to promote sport and physical activity across Europe. The #BeActive week is for everyone, regardless of age, background or fitness level. Sport Ireland is the national coordinating body for the European Week of Sport in Ireland.</p>	<p>European Week of Sport 23rd to 30th September 2017</p>	<p>The #BeActive schools' campaign is an initiative for the whole school community – teachers, students, parents etc. The more runners the greater distance covered. And the greater the FUN!</p>
	BALANCE BIKE TRAINING		
	<p>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.</p>	<p>Wed 4th Oct : 3.30-5.30pm Carrickphierish Sports Hub OR Thurs 5th Oct : 3.30-5.30pm Dungarvan Sports Centre €125</p> <p>for programme package which includes: Teacher Training, Bike Rental, Bike Delivery, Bike Maintenance & Programme Support</p>	<p>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.</p>
	BE ACTIVE ASAP		
	<p>This is a free 2 ½ hour training and includes a comprehensive activities manual, making it easy to follow the programme. The programme is designed for 7-8 year old children (1st & 2nd class), and is led by trained teacher leaders.</p>	<p><i>Please complete expression of interest to register your school</i></p> <p>Carrickphierish Community Campus Sports Hub FREE!</p>	<p>The programme aims to improve the physical activity patterns of school children by introducing them to a wide variety of activities in a fun, supportive, positive environment, fostering positive attitudes toward physical activity during children's crucial formative years. The programme takes place on schools grounds, which offers a safe, familiar, convenient setting for an age-appropriate introduction to after-school physical activity. Teachers were chosen to lead the programme as they have the knowledge to adjust activities to challenge children appropriately, irrespective of ability.</p>
	DISABILITY AWARENESS TRAINING		
	<p>This workshop runs over two hours and is designed to build awareness around people with disabilities participating in school and community sport and physical activity. The workshop is aimed at teachers and coaches with an interest in increasing their awareness of sport and physical activity for people with disabilities.</p>	<p>Wed 11th Oct : 3.30-6pm WIT Arena Carriganore FREE</p>	<p>On completion, all participants will receive a Sport Ireland and CARA endorsed certificate of attendance. This is an interactive workshop and will cover topics such as perceptions, understanding disability, communication, inclusion and readiness as well as local programmes for children and adults with disabilities</p>
	ORIENTEERING TEACHER TRAINING		
	<p>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.</p> <p>Orienteering appeals to a very wide age and fitness range and can be introduced to primary and post primary school children through a variety of exercises and activities on the school site. These activities are designed to enable the teaching of basic orienteering skills and associated physical skills in a fun and exciting way for your pupils.</p>	<p>Friday 20th October 9.30am to 3.30pm WIT Arena Carriganore FREE!</p> <p>15 places available maximum 2 teachers per school</p> <p>FOR MORE INFORMATION Contact Eadaoin Loughman on 076 110 2199 eloughman@waterfordsportspartnership.ie</p>	<p>Orienteering develops many transferable skills and links with both the Primary and Secondary PE Curriculum and 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 the training your school will be Ready to Go...Orienteering! Get your school mapped out, receive a resource pack and equipment...ALL FOR FREE!! Participants will receive a Certificate of Participation from the Irish Orienteering Association on completion of this training</p>

For more information and bookings please contact Louise Barry, Sports Development Officer, Waterford Sports Partnership on 076 110 2619 or email lbarry@waterfordsportspartnership.ie

Spirit of the Games Award for Waterford Team at National Go For Life Games

Well done to the fourteen members of the Waterford team that took part in the National Go for Life Games on Saturday 10th June in Dublin City University! The 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 including 'Lobbers' (adapted from petanque and boules),

'Flisk' (adapted from horseshoe pitching), and 'Scidils' (adapted from ten pin bowling). The team was selected following three blitzes held by Waterford Sports Partnership for older adults groups in Waterford City and County between March and May. Players spanned a range of groups including Dungarvan ARA, Dungarvan Care of the Aged, Respond Services, Waterford Stroke Support Group and individuals not attached to any groups. Representing Waterford were Helen Elliot, Mary McCarthy, Kitty McGarry, Cheryl Galvin, Aileen Griffin, Pat Roche, Catherine Chester, Margaret Mitchell, John O'Donoghue, Mary O'Donoghue, Anna O'Neill, Ann O'Flynn, Joe Walsh and Sally Walsh.



A special well done to Joe Walsh, Sally Walsh, Cheryl Galvin, Aileen Griffin, Pat Roche and Margaret Mitchell who won the 'Spirit of the Games' Award. The Games were a great opportunity to celebrate physical activity and sport participation for all ages and the Waterford team thoroughly enjoyed the atmosphere, friendly competition and social element of the day. Mary O'Donoghue said 'you are never too young to start and never too old to keep going. We had a great day, great fun and looking forward to next year.' Sally Walsh from Respond, part of the winning team said "Brilliant time had by all. We are over the moon at winning our mugs for the spirit of the games'.



Women on the Move

WSP ran a pilot 'Women on the Move' Programme with Dungarvan Active Retirement Group in August/September. We are delighted that twelve older adults took part in this programme, which took place twice a week for six weeks. Measurements, BMI and fitness testing were completed at the start of the programme and again at the end. Each week, participants took part in different activities including walking, Pilates and resistance training. The women have thoroughly enjoyed this programme with one woman commenting 'I'm enjoying every night and delighted that it has got me back exercising'. All women got much fitter, completing the one mile challenge in almost one and a half minutes faster than at the beginning of the programme. Well done all!



Go For Life National Grant Scheme for Older People 2017 - OPEN FOR APPLICATIONS!

The Go For Life National Grant Scheme for Older People 2017 is now open for applications. The closing date for applications is noon on Friday 29th September. The Go For Life Grant

Scheme provides funding towards the purchasing of equipment or activity programmes to increase opportunities for older people to participate in sport and physical activity. This grant scheme has been hugely successful in the past. This year Waterford Sports Partnership will be applying for funding towards the Go Games league and national event, purchasing equipment and creating a video to support older adult groups to deliver physical activity sessions within their own group.

Find out more at www.olderinireland.ie. For assistance with grant applications, please contact Peter Jones on 076 110 2191 or pjones@waterfordsportspartnership.ie The closing date for applications is noon on Friday 29th September.

Over 50's Circuit Training

We continue to co-ordinate Circuit Training in Dungarvan Sports Centre and Cill Barra Sports Centre for older adults. The adapted circuit includes a range of exercises to develop strength, joint mobility, flexibility, co-ordination, fitness and, most importantly, to have some fun. The fifteen station circuit includes stations such as single leg balances, filisc, dyna band activities, Pilates/medicine ball exercises and foam rolling.

Circuits sessions run in Dungarvan Sports Centre and Cill Barra Sports Centre at a cost of €3 which includes tea/coffee

County: Dungarvan Sports Centre | Mondays: 10-11am **City:** Cill Barra Sports Centre | Mondays: 9.30-10.30am

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

Check out the [Waterford Sports Partnership 'You Tube' Channel](#) for Video highlights of the Circuit Training.

Cycle Training for Beginners

We delivered cycling training to two groups of older adults over the summer months with nineteen older adults either learning to cycle or increasing their confidence on the road.

Kinsalebeg – Cycle refresher

Seven older adults took part in this two hour session which included some simple road safety skills and culminated in a 6km cycle ride on the road. Participants began by practising cycling and road safety skills in the car park. This included signalling, braking, cornering, gear changing and turning. They then learned how to approach a junction correctly and how to cycle solo and in pairs on the road. Participants then cycled to Youghal and back.



PARTICIPANT FEEDBACK

'I was surprised how much I learned, like changing gears; I would never have known that before'.

'I would feel confident riding in a group now'.



Stradbally – Bike for Life

Twelve older adults from Stradbally completed a six week Bike for Life course in July and August with the aim of cycling on the Waterford Greenway in Durrow. One of the participants hadn't been on a bicycle for thirty years and another had never cycled before. The first three sessions took place in Stradbally Church car park and the last three sessions took place on the Waterford Greenway (Durrow). One participant expressed her delight by stating 'I have now ticked one more thing off my bucket list'. We celebrated the success of the programme by enjoying tea and biscuits in O'Mahony's Bar after the final session.

NEW! MID CENTURY MOVERS

Physical Activity Programme for MEN AND WOMEN aged 50+

Mid Century Movers is a NEW Activity Programme for the over 50's - get active, have fun and improve your fitness levels. The programme will run for six weeks with leader led twice weekly activity sessions. Participants will have their weight, height, waist circumference and BMI measured at the outset and again at the end of the programme. Activities will include walking, stretching and core strength.

START DATES AND TIMES:

DUNGARVAN (Mondays & Wednesdays)

Dungarvan Sports Centre | Wednesday 11th October @11am

WATERFORD CITY (Tuesdays & Thursdays)

Cill Barra Sports Centre, Ballybeg, Waterford | Tuesday 17th October @ 3.30pm

€25 per person for 6 weeks

We will cater for all abilities (please advise in advance)

If interested, please contact Peter Jones on 076 110 2191 or email pjones@waterfordsportspartnership.ie

Mid Century Movers DUNGARVAN

MONDAYS & WEDNESDAYS STARTING
Wednesday 11th October @ 11am
Dungarvan Sports Centre

PLACES ARE LIMITED BOOK YOUR PLACE TODAY
by calling Peter Jones on 0761 10 2191 or email pjones@waterfordsportspartnership.ie

WALK & TALK

6 Week Programme €25 pp

LADIES & GENTLEMEN

Be Healthy Be Happy

SPORT IRELAND LOCAL SPORTS PARTNERSHIPS

Like Us On facebook

Waterford Sports Partnership - Supporting Activity and Sport for All | www.waterfordsportspartnership.ie

Walk for Life Series

WSP co-ordinated five walks for older adults as part of the **Walk for Life 5km Series**. Eighty six individuals took part in at least one of the five weekly walks in July and August. The aim of the Walk for Life Series is to give the over 50's an opportunity to get out and get active whilst enjoying the fabulous walks our county has to offer.



PARTICIPANT FEEDBACK

'An incredible walk, really enjoyed it and would definitely do it again' Patrick O'Shea

'It's great to be able get out and exercise at our age. If we want to be able to move we have to keep moving'

'It was brilliant just to get out and meet people, especially when I'm not living in the area too long' Eileen Rabbite



WALK FOR LIFE BEAT THE STREET

Waterford Sports Partnership is hosting five walks for people aged over 50 during the Beat the Street Programme (see page 1 for more info).

The series aims to give people the opportunity to create links with others in their locality and experience some of the wonderful Waterford walks.



So, lace up your walking shoes and come along to a walk near you. Don't miss this chance to meet new people in your area, discover local walking opportunities - Walk for Life & Beat the Street!

DATE	WALK	MEETING POINT
Tuesday 12 th September	Waterford Greenway Kilmacthomas	10.30am @ Car Park, Kilmacthomas Workhouse
Tuesday 19 th September	Walton Park, Abbeyside, Dungarvan.	10.30am @ Walton Park
Tuesday 26 th September	Kilbarry Nature Park	10.30am @ Kilbarry Nature Park, Car Park (Kingfisher)
Tuesday 3 rd October	Waterford Greenway, Clonea Road.	10.30am @ Greenway Car Park (just off roundabout)
Tuesday 10 th October	Waterford Greenway Kilmacthomas	10.30am @ Car Park, Kilmacthomas Workhouse

COST PER WALK: €3 (INCL. TEA/COFFEE/SCONE)

**PLEASE PRE-REGISTER with Peter Jones on 0761 10 2191 /087 7855940
or email Peter - pjones@waterfordsportspartnership.ie**

Check out the [Waterford Sports Partnership 'You Tube' Channel](#) for lots of Video highlights of our GFL Programmes.



Bicycle Training for Beginners

Date and Time: On request. | **Venue:** Dungarvan & Waterford City.

Cost: €30, 5 x 60 minute sessions includes bike hire.

Booking: Booking essential, minimum number of 10 needed.

Please contact Peter on 076 110 2191 or email pjones@waterfordsportspartnership.ie

Bicycle Training Refresher

Date and Time: On request. | **Venue:** We will travel to you.

Cost: FREE but group do need to bring their own bikes.

Booking: Booking essential.

Please contact Peter on 076 110 2191 or email pjones@waterfordsportspartnership.ie

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 demonstration or to borrow equipment, 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.



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

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

Men on the Move 2017

The focus of the Men on the Move Programme is to encourage men to get more active, have fun and improve their fitness levels through twice weekly activity sessions. 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.



National Research Project: WSP in conjunction with WIT, the HSE and 8 local sports partnerships conducted research on the sustained impact of the programme. **The provisional Men on the Move research report in December 2016 found:-** Participants were measured for weight, height, BMI, waist circumference and also completed a one mile timed walk/run. Pre programme results showed that only 10% of men were normal weight with 54% of men at a high risk for cardio vascular disease. As a direct result of this 12 week programme, 24% of men who were deemed at high risk for cardio vascular illness had average waist circumference falling from 106cm to 101cm and average weight falling from 92.5kg to 90.8kg. Men also reported increases in energy levels, decreases in forms of medication and improvements in mood.

May 2017

Forty three men completed the six week Men on the Move Programme in Waterford City and Dungarvan, the seventeenth programme WSP have delivered. This programme catered for beginner and advanced groups, enabling tutors to tailor the programme to the individuals needs. The men of different abilities enjoyed the camaraderie and banter of taking part in an organised event with Michael Lanigan saying that 'the Men on the Move programme has changed his life immeasurably for the better'.

As the table of AVERAGE results show, there was great improvement in the participants physical health in Dungarvan and Waterford City and the craic and banter amongst the groups can only have benefitted the participants' social and mental well being too.

DUNGARVAN			
	PRE	POST	IMPROVEMENT
weight	87.63 kg	85.82 kg	-1.81 kg
waist	102.64 cm	99.11 cm	-3.53 cm
1 mile	9.50 mins	8.46 mins	-1.04 mins

WATERFORD CITY			
	PRE	POST	IMPROVEMENT
weight	85.77 kg	84.48 kg	-1.29kg
waist	101.37 cm	97.76 cm	-3.61cm
1 mile	10.54 mins	10.21 mins	-33 seconds

parkrun

Eighteen men from Dungarvan and Waterford City celebrated the completion of the Men on the Move programme by taking part in their first 5km parkrun in Tramore on Saturday 1st July with programme leaders Sinead Brannigan and Damien O'Connell. The men of different abilities enjoyed the camaraderie and banter of taking part in an organised event. It's very encouraging that twelve of the group are still taking part in the parkrun each Saturday morning.

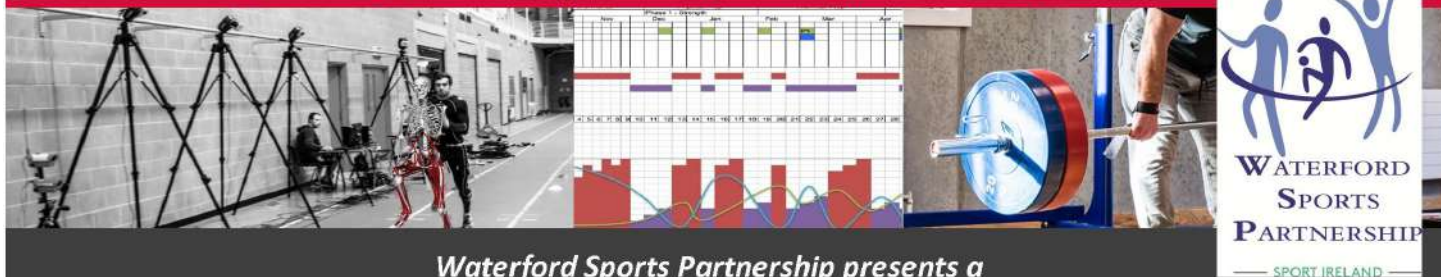
MEN ON THE MOVE - Bike for Life



The month of June marked the end of the Men on the Move Programme but the beginning of Men on the Move - Bike for Life! Thirty five men from Waterford City and Dungarvan took part in six training sessions on the Waterford Greenway. The sessions covered simple cycling skills and enabled the group to improve their fitness levels through low impact exercise and have a bit of craic along the way. The men involved stated that they are fitter, they've lost weight, cholesterol is lower and their love of cycling has returned. A real plus of the programme was the fact that twelve of the participants have bought bikes as a result of the programme and ten of the participants took part in the Sport Ireland Sean Kelly Tour of Waterford on Sunday 20th August.

NEW PROGRAMMES - NOW BOOKING!

We are currently taking names for two Men on the Move Programmes in October 2017 one in Dungarvan & one in Waterford City. If you are interested in the programme or want further information, please contact Peter Jones on 076 110 2191 or pjones@waterfordsportspartnership.ie.



Waterford Sports Partnership presents a

Periodisation Training Workshop for Sports Coaches

Monday 2nd October 2017 | 6.30 to 9pm

WIT Arena | Carriganore | Waterford

Periodisation is the systematic planning of athletic or physical training. It involves progressive cycling of various aspects of a training program during a specific period. Conditioning programs can use periodisation to break up the training program into the offseason, preseason, in-season, and the postseason. Periodisation divides the year round condition program into phases of training which focus on different goals.

The seminar will introduce coaches to:

- Why periodisation is important for sports coaches and athletes.
- Concepts of periodisation and planning
- Underpinning research on periodisation.
- Needs Analysis for a variety of Sports.
- Common mistakes with practical implementation.
- Discussion around the quality of research in the area.
- Practical Planning Tips.



SEMINAR PRESENTER Richard Bolger

Richard has worked in the Department of Sport and Exercise Science in WIT for the past 11 years in the area of Strength and Conditioning and Biomechanics. He is currently researching "Specificity of Resistance-Based Training for Sprinters" with some of Ireland's top 100-200m sprinters. This will look at the Electromyography and 3D Kinematics of top sprints during maximum velocity sprinting and during resistance training. Richard has published some of his early work in the Journal of Strength and Condition Research and is an active researcher in the area of strength and conditioning and biomechanics. He has many years' experience working with a

variety of professional and amateur sports including, American Football, Olympic Weightlifting, Rugby, Soccer, Athletics, GAA, Greco Roman Wrestling, Strongman, Brazilian Jiu Jitsu and MMA.

Walk to Run

Waterford Sports Partnership ran two very successful Walk to Run programmes funded by the HSE. The first programme was run in partnership with Down Syndrome (DS) Branch Waterford, and started in March. This was a ten week programme, with participants aiming to complete a leg of the Waterford Viking Marathon in support of DS Waterford. Following the ten weeks, six participants completed a leg of the Marathon. The second programme started in August and ran for seven weeks for ladies from Tintean House. Tintean House is a service provided in Waterford for women experiencing homelessness. Seven women signed up to take part in the programme with five regular attendees. The ladies set a goal at the beginning of the programme to take part in the Cill Barra 5km Fun Run, with two of them completing it, and it is safe to say both ladies now have the running bug. Both programmes were tutored by Niall Devereux from Niall Devereux Fitness. Niall focused on showing participants from both groups the correct running technique and working on their posture and breathing. Well done to all those who took part in the programmes and to those who completed events post training.



Bike for Life

Thirty Eight women took part in yet again another successful Bike for Life programme this year. This programme was funded by Cycling Ireland, Get Ireland Active, the Health Service Executive (HSE) and Women in Sport which enabled WSP to run two eight week cycling programmes, one in Waterford City and one Dungarvan.

The Bike for Life Programme is designed to assist cyclists who want to develop their cycling knowledge, skills and fitness levels. This programme targeted women who may have previously cycled or those just beginning to get out cycling and enjoy the benefits of regular physical activity. The overall aim of the programme is to teach the participants basic bike skills (balancing, gearing, braking etc.) and improve their confidence and competence whilst cycling on the road. Each training session included learning a new bike skill followed by a spin and of course an occasional coffee stop! The spins were led by Dermot Blount and trained Bike for Life Leaders, a number of whom took part in previous Bike for Life programmes since 2010 ensuring the ladies were able to increase their skills and confidence in a safe and supportive environment. Following the programme the ladies felt safe and confident to cycle on the road and some have even got the cycling bug and completed the 50km Sean Kelly Cruise. 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



8-Week Programme
will run from
Tuesday 19th September to
Tuesday 7th November 2017

€30 per person

Always wanted to run but never tried?

Would you like to learn in a fun, social atmosphere with lots of encouragement and advice to keep you on track?

Tuesdays @ 6.30pm

(registration from 6.15pm)

Commencing

Tuesday 19th September 2017

**Meeting @ the Coffee Dock - Eurospar
Abbeyside | Dungarvan**

**LIMITED PLACES
REGISTER NOW!**

BOOK YOUR PLACE TODAY BY CONTACTING:
Pauline Cunningham on 076 110 2682 or
pcunningham@waterfordsportspartnership.ie
or Claire Kennedy on 087 911 6997



Buggy Buddies

Moms, Dads, Grannys, Grandads, Childminders! We are delighted that we are now offering a physical activity programme where you can bring your toddlers with you! Buggy Buddies is a four week programme, where participants can bring their buggies and take part in an hour of physical activity. Sessions consist of 40 minutes walking along the wonderful Waterford Greenway and 20 minutes of resistance exercises. A total of 17 participants are attending this programme which takes place in Dungarvan and Kilmacthomas. This programme is delivered in a fun, safe environment and gives participants a chance to make new friends along the way!

WHEN/WHERE?

DUNGARVAN: Meeting @ Walton Park every Wednesday
Starting 13th September @ 10am

KILMACTHOMAS: Meeting @ The Workhouse Greenway Car Park every Thursday
Starting 14th September @ 10am

DURATION: 4 WEEK PROGRAMME | **COST:** €10

If you wish to join at any time, call Eadaoin on 087 1408323 or email eloughman@waterfordsportspartnership.ie



Desk to 5km

Always wanted to run but never had the time? Desk to 5km has started in Dungarvan this September, in conjunction with Waterford Sports Partnership and West Waterford Athletic Club. This is an 8 week training programme that will teach you how to run 5km safely. Training plan and facebook group support are included to ensure that each person reaches their goal. A total of nineteen participants are taking part in this lunch time programme, where they are learning how to run 5km in a fun, safe environment.

DUNGARVAN: meeting @ Devonshire Bridge
Every Tuesday starting 12th September at 1.10pm

Duration: 4 week programme | **Cost:** €30

To book contact Eadaoin at 0761 10 2199 or Irene at 086 8242348.



National Play Day

National Play Day 2017, as part of National Recreation week, was celebrated in two locations in Waterford this year on Friday 30th June - Walton Park, Abbeyside in Dungarvan and Waterford Regional Sports Centre in Waterford City played host to the National Play Day events for 2 to 6 year olds.

Forty four people attended the event at the RSC (11 adults & 33 children).

Sixty people attended the event in Walton Park (17 adults, 37 children and 6

Comhairle n-Óg members). The morning started off with a lively warm-up, to off-set the very windy conditions. The children and adults were then invited to participate at the four different stations of fun games, obstacle course and songs. Each child received a goodie bag containing training cones, bean bags, a tennis ball and a handout with action songs and rhymes so that the children could re-enact the games and songs at home with their friends and families. The morning finished off with a picnic and play.

This was a collaborative event between Waterford Childcare Committee and Waterford Sports Partnership. We would like to say a huge THANK YOU to all the children, their parents, grandparents, aunts, uncles and guardians that participated on the day. We would also like to the Comhairle n-Óg members for their assistance on the day; Gearóid O'Donovan, Tammy Whelan, Róisín Hurney, Ráin O'Donoghue, Katie Halpin-Hill and Molly McCloskey. Go raibh mile maith agaibh.





Pedal Safely on the Greenway



3 WEEK PROGRAMME | CHOICE OF 3 LOCATIONS | €15 INCL. BIKE HIRE

This is your chance to brush up on your bike skills, learn how to cycle safely on the Greenway & make friends and have some fun along the way....

DUNGARVAN

WEDNESDAYS | 10.45am to 12pm STARTING: Wednesday 27th September
MEETING @ Walton Park (entrance beside Eurospar)

THURSDAYS | 10.45am to 12pm STARTING: Thursday 28th September
MEETING @ The Coach House

KILMACTHOMAS

DURROW

FRIDAYS | 10.45am to 12pm STARTING: Friday 29th September
MEETING @ Greenway Car Park Durrow

PRE-BOOKING ESSENTIAL - TO BOOK YOUR PLACE PLEASE CONTACT:
Eadaoin on 087 1408323 or email eloughman@waterfordsportspartnership.ie

FAMILY ON THE MOVE...



... on the Waterford Greenway

COME ALONG & ENJOY...

A family Greenway Get Active Warm Up
Balance Bike Training for Children aged 3-5 years
Essential Greenway Cycle Skills for parents and children
A WSP led Greenway Cycle for all of the family

Learn cycle skills ... have fun ... make friends!

FREE EVENT for the whole family!

Sunday 8th October | 10.30-11.30 am

Waterford Greenway | Kilmacthomas Workhouse Car Park

Bring your bike and join in the fun on the Greenway!

(PLEASE NOTE: CHILDREN MUST BE SUPERVISED)

PRE-BOOKING ESSENTIAL - TO BOOK YOUR PLACE PLEASE CONTACT:
Eadaoin on 087 1408323 or email eloughman@waterfordsportspartnership.ie

National Bike Week 2017 10th-18th June

National Bike Week 2017 took place from Saturday 10th to Sunday 18th 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 there were forty seven events taking place right across Waterford City and County over the course of the week to suit all ages and fitness levels. The programme was targeted primarily at those new or returning to cycling or those who just want to enjoy a leisurely spin with friends and family!

A total of 3761 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, eleven 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.

Waterford City Events

Waterford City Events kicked off on Sunday 11th of June with a Dawn Cycle, twenty five eager and enthusiastic cyclists gathered in the RSC and took part in a leisurely spin along the Green Route to Tramore, where they received a well earned breakfast, provided at the T-Bay Surf Club Cafe who opened up specifically to cater for this event. The National Lunchtime cycle took place on Wednesday 14th of June, with forty participants using the new Bike lanes along Waterford Quays and stopping in for lunch in Druids Bar along the way. On Tuesday the 13th and Friday the 16th, the RSC was a hive of activity, with over three 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.



Waterford County Events

Many events took place in the county including bike picnics on the beach, greenway cycle events, cycle tours, bike maintenance course, cycle training and much more. We also organised a number of public events in conjunction with Waterford City and County Council. On Sunday, 18th of June, our Dawn Cycle saw forty participants enjoy fantastic views along the Dungarvan Coastline. The 20km route provided cyclists of all abilities the chance to enjoy near car free roads, ending with a well deserved breakfast in Sip n' Surf.

Back to Bike Training

Just after Bike week, we ran Back to Bike training in three different locations; Dungarvan, Kilmacthomas and WIT. Seventeen people took part in this training. Participants were a variety of ages, ranging from mid 20's to mid 80's, some had never been on a bike before. Participants learned the basic skills of cycling including how to use the gears, cornering, changing directions and staying in control of the bike. They also learned about safety when on the bike, how to look after themselves and other users of the road. Participants then proceeded to take part in a short cycle along the Waterford Greenway, where they chatted and also learned how to approach junctions and signal correctly. During the cycles we stopped for some coffee and refreshments. Well done to all involved!

PARTICIPANT FEEDBACK

'I learned so much, I learned how to approach a junction and basically the operations of a bike. I wouldn't have been too comfortable with it and now I'm feeling more confident'.
Miriam Queally.

'It was brilliant, I learned so much'
Catherine Chester

'It was really great, I didn't know there was so much to riding a bike and I learnt loads'.
Joan Fenlon

Well done to all the schools, clubs & community groups that applied for funding and organised events around Waterford City and County and to all those who took part in what was an excellent Bike Week 2017! Roll on 2018!





SPORT IRELAND SEAN KELLY TOUR OF WATERFORD

SATURDAY 19th & SUNDAY 20th AUGUST 2017



SLIGO | CLARE | MEATH | WATERFORD | CORK



2017 Sport Ireland Sean Kelly Tour of Waterford

The Sport Ireland Sean Kelly Tour of Waterford part of the Sport Ireland Cycle Series of five cycling events throughout Ireland in 2017 took place on Saturday 19th & Sunday 20th August and another chapter in the history of this great event was written! Dungarvan looked resplendent on Saturday morning as over 1200 cyclists from 7 months to 70 years took part in the 12k Kelly Spin. It was a sight to behold as the multitude lined up on the Causeway entertained by Dungarvan Brass Band. Cllr. Pat Nugent, Mayor of Waterford City and County Council officially started the event and counted down the start at 11.30am and a sea of smiling faces young and not so young moved off from the start line on a route which saw them take in Abbeyside-Ballinroad-Ballinacourty-Gold Coast Road and the Abbeyside section of the Greenway.

The 12k has now firmly established itself as one of the most enjoyable and uplifting events over the course of the weekend. The sheer joy and sense of achievement that the children experience as they cross the finish line to the cheers and applause of the crowd is fantastic. There were smiling faces after the event as well as crowds remained in Walton Park to enjoy the food stalls and a picnic, face painting and music. Our event partners, Dungarvan Credit Union were also on hand to give out souvenir medals and other goodies to all of our finishers.

Things were looking ominous for Sunday with rain forecast, and this year we didn't escape! The rain moved in just as the 160k cyclists were lining up at the start line, but, the rain did not serve to dampen in any way the spirits of the 3500 participants who took to the roads of the county as part of the tour. The three routes were officially started by Cllr. Pat Nugent, Mayor of Waterford City and County Council and John Treacy, Chief Executive Officer of Sport Ireland. It was a challenging day for cyclists and stewards alike but as the positive feedback poured in from the participants you get the sense that all the hard work and planning paid off, even if we all got a bit wet!



There are so many ingredients that make the Sport Ireland Sean Kelly Tour of Waterford the success it is, but foremost in our minds after such a challenging day is the unique 'Waterford Welcome' afforded by all of our volunteers right across the county to all of the cyclists regardless of the weather! Of course there are many, many people to thank and that will be done over the coming weeks and months. We recognise that primarily this event would never take place without the goodwill, enthusiasm, dedication and hard work of over 500 volunteers. Take a bow you were all amazing!

Our sponsors have also been so supportive all along and to one and all we are very grateful and they include; Sport Ireland, Flahavan's, Eurospar, Flynn Hotels, Cycling Ireland, Dungarvan Credit Union and Chia Bia. We would also like to acknowledge the support of Dungarvan Nissan, official supplier of vehicles to the Sean Kelly Tour. Acknowledgement must also go to the professionalism shown by the Gardaí, the Civil Defence, the Irish Red Cross, the Order of Malta, Dr. Noelle Quann (event doctor) and all the medical team of volunteers for ensuring that this was both a safe and enjoyable experience for all concerned. A special mention must go to all those who supported the event's chosen charity, the Solas Cancer Support Centre, by directly raising money, supporting their raffles or by giving of their time to help out over the weekend.

For now let's just enjoy the moment and reflect with pride on a wonderful weekend in County Waterford's sporting, social and cultural calendar!

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

GETTING DOWN TO STATS

Take a look below at some of the statistics for the event that tell the story of the event over the past eleven years.

2017 ROUTES	TOTAL CYCLISTS	WATERFORD CYCLISTS											50/100/160k CAPPED			
			ROUTE	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017		
12k	1,105	745	10k/12k				674	1,007	1,328	1,461	1,528	1,441	1,101	1,105		
50k	1,030	556	50k	205	418	734	903	1,141	1,430	1,497	1,414	1,407	1,331	1,030		
100k	1,344	435	90k/100k	385	728	1,063	1,477	1,695	1,991	1,855	1,909	1,960	1,801	1,344		
160k	1,089	212	160k	328	709	1,007	1356	1,438	1,547	1,689	1,677	1,642	1,412	1,089		
			Total	918	1,855	2,804	4,410	5,281	6,296	6,502	6,528	6,450	5,645	4,568		
TOTAL	4,568	1,948 (42.6%)	% +/- on previous year		102%	51%	57%	20%	19.2%	3.3%	0.4%	-1.2%	-12.5%	-19.1%		



Town/Area	12km	50km	100km	160km	Total
Aglish	6	2	4	3	15
Ardmore/Grange	4	0	10	4	18
Ballinamult/Ballymacarbry/Nire Valley/Touraneena/Kilbrien	17	11	8	7	43
Bonmahon	6	4	2	1	13
Cappoquin/Affane/Modeligo/Cappagh	29	20	16	6	71
Carrick on Suir	2	33	7	6	48
Cheekpoint/faithlegg	2	3	3	3	11
Clashmore	6	8	5	2	21
Dungarvan & Surrounds	393	230	120	61	804
Dunhill/fenor/annestown	11	7	10	5	33
Dunmore East	0	3	12	3	18
Kill	0	9	6	4	19
Kilmacthomas	12	18	19	7	56
Kilmeaden/Butlerstown	9	9	15	5	38
Kinsalebeg	3	2	3	1	9
Knockanore/Tallow	0	6	5	0	11
Lemybrien/Kilrossanty/Mahon Bridge	8	27	12	2	49
Lismore	5	25	13	4	47
Passage East	2	0	2	3	7
Portlaoise	29	12	7	14	62
Rathgormack/Clonea Power	0	1	6	1	8
Ring/Old Parish	29	19	15	6	69
Stradbally	2	23	5	3	33
Tramore	21	21	31	20	93
Villierstown	0	0	3	0	3
Waterford City	28	63	96	41	228
Unknown	121				121
	745	556	435	212	1,948

Participants came from 30 counties!
100 participants came from abroad:

61 from the UK
8 from France
7 from Italy
5 from the USA
4 from Africa
4 from Austria
3 from Germany
3 from UAE
2 from Denmark
1 from Australia
1 from Egypt
1 from the Netherlands



2017 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
September 2017				
Monday 11 th September	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
Tuesday 12 th September	Walk for Life (over 50's) Waterford Greenway Kilmacthomas	10.30am	€3pp (includes tea/ coffee & scone)	Waterford Greenway Car Park, Workhouse Kilmacthomas.
Wednesday 13 th September	Beat the Steet Challenge START	www.beatthestreet.me/Waterford		
Monday 18 th September	Safeguarding 2 – Club Children's Officer Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre, Main Street, Dungarvan.
Tuesday 19 th September	Walk for Life (over 50's) Walton Park Abbeyside Dungarvan	10.30am	€3pp (includes tea/ coffee & scone)	Fountain Walton Park
Tuesday 26 th September	Walk for Life (over 50's) Kilbarry Nature Park	10.30am	€3pp (includes tea/ coffee & scone)	Kingfisher Club Car Park, Tramore Road, Waterford.
October 2017				
Monday 2 nd October	WSP Club Development Series - Periodisation Training for Sports Coaches	6.30-9pm	€5pp	WIT Arena, Carriganore, Waterford.
Tuesday 3 rd October	Walk for Life (over 50's) Waterford Greenway Clonea	10.30am	€3pp (includes tea/ coffee & scone)	Waterford Greenway, Clonea Road Car Park.
Monday 9 th October	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Tuesday 10 th October	Walk for Life (over 50's) Waterford Greenway Kilmacthomas	10.30am	€3pp (includes tea/ coffee & scone)	Waterford Greenway Car Park, Workhouse Kilmacthomas.
November 2017				
Wednesday 1 st November	Beat the Steet Challenge FINISH	www.beatthestreet.me/Waterford		
Monday 6 th November	Safeguarding 1 – Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre

Visit our website for further information on courses & links to online booking

www.waterfordsportspartnership.ie

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

Cycling for people with an Intellectual Disability

We were delighted to receive funding from Cycling Ireland to run a six week cycling programme with participants from Carriglea Chairde Services. The programme was delivered by Damien O'Connell and Pauline Cunningham (WSP SIDO). The programme started on Wednesday 16th August with an introductory session covering areas such as bike and helmet checks, as well as basic rules of the Waterford Greenway. To date the participants have also learned skills such as starting position, breaking and cornering prior to taking a spin on the Waterford Greenway. In the remaining weeks, participants will continue to learn more skills, and have set a goal of cycling all the way to Durrow and back. Well done to all the participants so far, let's keep the wheels in motion.



Summer Camp for Children with a Physical Disability

This summer saw the running of the inaugural Waterford Sports Partnership Summer Camp for Children with a Physical Disability and their siblings. The camp ran over three days in July in the Sports Hub at Carrickphierish Community Campus from 10am – 1pm. Over the three days, twenty three participants attended, all having the opportunity to try a variety of activities such as soccer, basketball, athletics, archery, GAA and multi activity games. On the last day of camp, we held our county colours day, as the group were lucky to receive a visit from two senior county hurlers; Patrick Curran and Tagdh De Burca. Patrick and Tagdh were put through their paces by the children, as they took part in a number of wheelchair games and fun races. Each child was then presented a medal for their efforts in participating in all games over the three days. The camp was a huge success, and a big thank you must go to Paul and Joanne from IWA Sport who helped to run the camp with us and to our two SNA's Elaine and Marian who were fantastic help over the three days.



Walk for Life

We co-ordinated five walks for disability organisations as part of the Older Adults Walk for Life Series. This series of walks was based along the newly developed Waterford Greenway. 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 Greenway 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 and get to know each other.



Check out the Calendar of Events (page 20) to see the list of upcoming Walks this Autumn.
Remember to contact Pauline on 076 110 2682
or email pcunningham@waterfordsportspartnership.ie to book your place.



NEW! MULTI-SPORT CLUB

for Children and Young People aged 4 to 18 years with a physical disability



PARENTS, SIBLINGS AND FRIENDS ALL WELCOME

MEETING EVERY FRIDAY

from 6.30 to 8.30pm

AT CARRICKPHIERISH SPORTS HUB

Gracedieu Road | Carrickphierish | Waterford



WE'RE BACK!! Friday 15th September

Each week participants will do one hour of fundamental skills and movements followed by a sport specific skill based activity. Variety of activities on offer including:

**HURLING | SOCCER | RUGBY | YOGA | WHEELCHAIR GAMES
VOLLEYBALL | BASKETBALL | MUAI THAY**

€20 Membership (Annual) + €3 per child per week/€5 per family per week



**For more information please contact:
Mary on 085 1034072 or Pauline on 076 110 2682**



SportsAbility Forum

Waterford's SportsAbility 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. **The forum welcomes new members. If you or your organisation is interested please contact Pauline on 076 110 2682 or email pcunningham@waterfordsportspartnership.ie**

Swimming for Children with Autism

In May, Waterford Sports Partnership ran a five week block of swimming lessons for children from the St. Saviours National School Autism Unit. The programme took place in Waterford Crystal Sports Centre every Wednesday from 12-1pm. Twelve students took part in the programme, with the group splitting into two small groups, each receiving a thirty minute swim session on a one-to-one basis. Each week there was a visible improvement in the children's swimming skills. The participants really enjoyed the programme and that is due to the excellent teachers that the Waterford Crystal Sports Centre provided. Well done to all involved, it really was a huge success.

Summer Camp Assistance

Earlier this year Waterford Sports Partnership received funding from the HSE to contribute to the Summer Camp Assistance Programme. This year forty four 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, The Brill Dunhill Summer Camp, Clonea Sea Breeze Summer Camp and Cappoquin Community Camp. A big thank you to all the local businesses who contributed funds, big or small, to the programme, your support is greatly appreciated.

Fishing for people with an Intellectual Disability

Waterford Sports Partnership in partnership with Waterford District and Fishing Club ran a six week Fishing Programme for participants with an intellectual disability. The programme ran in Ballyshunnock, Portlaw with twelve participants in attendance from Rehab Care Waterford, Activation Therapy Unit (St. Otteran's) and St. Raphael's. The programme was tutored by Der Casey and Martin Collins and funded through the HSE. On the first week of the programme, WSP invited staff to a training day. The aim of the training was to teach staff the basic skills necessary to support their services users who were taking part in the programme. The following five weeks of the programme were most enjoyable for the services users and staff as all participants caught plenty of fish over the course of the programme. On the final day, participants had the opportunity to take a spin around the lake in the Wheelie Boat which is situated at Ballyshunnock. Following this, each participant received a certificate from Der & Martin from IFA to say they had completed the 5 week programme. A huge thank you to Der and Martin, who were fantastic with the groups each week, and to the organisations for their participation and good humour over the five weeks.

WASSA Family Fun Day

On Sunday 27th August, Waterford Sports Partnership supported WASSA (Waterford Autism Sports & Social Association) to run their annual Family Fun Day. The day was held in the Regional Sports Centre from 2-4pm. The RSC was a hive of activity on the day, with over 200 members in attendance. Participants had the opportunity to try a number of activities such as Rugby (IRFU), Soccer (FAI), Archery (Na Laoch Dall) and two bouncy castles, which proved to be a huge success. After all the activity participants were awarded with a well deserved BBQ and Ice Cream. Well done to all involved. WASSA is a voluntary group run by parents with children on the Autistic Spectrum with the aim of benefiting the community through enabling children's participation, integration and inclusion into mainstream activities. **If you have a child on the Autistic Spectrum and would like more information or join the club email contact@wassa.ie**



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 the schools were invited to take part in a fun two hour blitz in the Kingfisher Club Waterford. On the day of the blitz, 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 and the schools were already planning to include tag rugby as an activity for the next academic year. Thanks to Munster Rugby (John O' Neill and Tom Molloy) and to all the volunteers who helped to run this successful programme.



HALLIWICK SWIMMING

The Halliwick concept was developed to teach people with a disability to swim and become independent in water with an emphasis on happiness and safety. This is done through the ten-point program . . .



**Are you interested in being part of a
a Halliwick Swim Club in Waterford?**

HELP PEOPLE SWIM AROUND THEIR DISABILITY

Swimmers are taught on a one-to-one ratio of instructor to swimmer, until the time that complete independence is achieved.

Training - Volunteers - Parents - Registration

Monday 18th September | 5 to 6pm

Crystal Leisure Centre

Cork Road | Waterford

Swimmers welcome to join from Monday 25th September

For more information please contact:
Pauline Cunningham, Sports Inclusion Disability Officer,
Waterford Sports Partnership on 076 110 2682
vikinghalliwicksc@gmail.com



NOW BOOKING!

Come & Try Fishing

FOR PEOPLE WITH SIGHT LOSS

Oaklands Lake | New Ross





Saturday 30th September

11am to 1pm





€5 per person

PRE-BOOKING ESSENTIAL!
TO BOOK YOUR PLACE PLEASE CONTACT:
Pauline Cunningham on 076 110 2682 or email
pcunningham@waterfordsportspartnership.ie

DISABILITY CALENDAR | SEPTEMBER TO DECEMBER 2017

Programme	Date /Time /Location	Description	Cost/Booking
BEAT THE STREET			
	Wednesday 13th September to Wednesday 1st November Waterford City Kilmacthomas Dungarvan	PAN Disability Beat the Street is an innovative, fun, free programme that will get thousands of people moving across Waterford between 13th September and 1st November 2017. This walking and cycling initiative gets people moving by turning a town or area into a giant game. Beeping and flashing sensors called Beat Boxes have been placed across Waterford, Dungarvan, Kilmacthomas and along the Waterford Greenway which can be tapped with cards and fobs to score points and win prizes.	FREE http://beatthestreet.me/waterford
WALK FOR LIFE			
	Tuesday 12th September @ 10.30am Waterford Greenway, Kilmacthomas Workhouse.	PAN Disability To assist groups taking part in Beat the Street, WSP have scheduled their next series of walks in areas where Beat Boxes will be placed. These walks will give people a chance to get out and get active and engage with other groups taking part in the game.	€3pp (includes tea/coffee & scone) Booking Essential Please contact Pauline (Details Below)
	Tuesday 19th September @ 10.30am Walton Park, Abbeyside, Dungarvan.		
	Tuesday 26th September @ 10.30am Kilbarry Nature Park		
	Tuesday 3rd October @ 10.30am Waterford Greenway, Clonea Road Car Park		
	Tuesday 10th October @ 10.30am Waterford Greenway, Kilmacthomas Workhouse.		
BOCCIA			
	Wednesday 27th September 10.45am-12.15pm 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)
	Wednesday 25th October 10.45am -12.15pm Cill Barra Sports Centre		
	Wednesday 22nd November 10.45am-12.15pm Cill Barra Sports Centre		
	Wednesday 13th December 10.45am-12.15pm Cill Barra Sports Centre		
FISHING FOR PEOPLE WITH A PHYSICAL DISABILITY			
	Wednesday 27th September 11am to 1pm Oaklands Lake, New Ross.	Physical Disability - Waterford Sports Partnership is running a five week fishing programme at Oaklands Lake, New Ross. Week one of the programme will involve a training day for staff of the services who will support the participants attending the programme. The programme is aimed at adults with a physical disability and service staff. The programme is limited to 3 participants per service to allow equal opportunity for all organisations.	€25pp Booking Essential Please contact Pauline (Details Below)
	Wednesday 4th October 11am to 1pm Oaklands Lake, New Ross.		
	Wednesday 11th October 11am to 1pm Oaklands Lake, New Ross.		
	Wednesday 18th October 11am to 1pm Oaklands Lake, New Ross.		
	Wednesday 25th October 11am to 1pm Oaklands Lake, New Ross.		

DISABILITY CALENDAR | SEPTEMBER TO DECEMBER 2017

Programme	Date /Time /Location	Description	Cost/Booking
COME & TRY IT - FISHING FOR PEOPLE WITH SIGHT LOSS			
	Saturday 30th September 11am to 1pm Oaklands Lake, New Ross.	Sight Loss - Waterford Sports Partnership in conjunction with NCBI & Irish Guide Dogs are running a Come and Try it Fishing Day at Oaklands Lake, New Ross. Participants will have the opportunity to try fishing in a safe environment with the aim of setting up more regular sessions if they enjoy the experience.	€5pp Booking Essential Please contact Pauline (Details Below)
KICK TO RECOVERY - SOCCER			
	WEDNESDAYS Wednesday 27th September to Wednesday 1st November 11am to 12pm Kingfisher Club, Tramore Road, Waterford.	People in Mental Health Services & participants with a mild intellectual disability - WSP are working in partnership with the FAI to deliver a six week block of soccer for participants in mental health services and participants with mild intellectual disabilities. 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)
MULTI SPORT CAMP FOR CHILDREN WITH A PHYSICAL DISABILITY & SIBLINGS			
	Tuesday 31st October Time TBC Carrickphierish Community Sports Campus	For children with a Physical Disability & Siblings. WSP, in partnership with IWA Sport, will run a one day camp for children with a physical disability and their siblings. Participants will have an opportunity to try a variety of sports over the day.	COST TBC Booking Essential Please contact Pauline (Details Below)
WORLD MENTAL HEALTH WEEK			
	Monday 9th October to Sunday 15th October	This year to celebrate World Mental Health Week (9 - 15 October) Waterford Mental Health and Wellbeing Link-up in association with #kindwaterford are calling all communities and organisations in Waterford to host a #littletthings themed event. Visit www.healthywaterford.ie/mhw17 for more information and to register an event.	Martin Mathews Shine Discovery 086 8525562 or email mmathews@shineonline.ie

TRAINING & EDUCATION

A fundamental pillar of the Sports Inclusion Disability Programme is training and education. A number of workshops are available which can be tailored to 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 Awareness in Sport Training

On the 14th August this year, WSP delivered a Disability Awareness in Sport Training to seventeen participants from WIT Sports Arena. The workshop ran over two hours and was 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 (details below).



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

SUMMER CAMPS 2017 at CARRICKPHIERISH COMMUNITY SPORTS HUB

The Sports Hub in Carrickphierish was a hive of activity over the summer months. The Hub was host to five different summer camps which were funded and supported by Dormant Accounts through Sport Ireland. The camps were all a huge success in terms of participation and enjoyment.

Here is what we had on offer:

Fifty Four children attended the **'Hoopz Kidz' Summer Basketball Camp**, it was an action packed week with the focus on having fun while learning new skills and drills for basketball. The success of the camp can be attributed to Coach Joe Byrne and his fantastic crew of camp leaders.



Forty children attended the **FAI Soccer Summer Camp** which was facilitated by FAI Waterford Development Officer, FAI coaches, Northern Suburbs Community Youth Project and Waterford Sports Partnership. The five days were filled with soccer skills, mini- league games and fun competitions.

Waterford GAA provided two great days in the Sports Hub on July 13th and August 10th 2017. A total of fifty two children took part in the sessions facilitated by Waterford GAA Coaches. There were plenty of skills on display for football, hurling and camogie.



Thirty three children attended the **Multi- Sports Activity Camp**, it was an action packed week with activities ranging from cycling, tennis, rugby, soccer, football, hurling, basketball, Zumba and many more. It was a pleasure to meet and work with a wonderful group of children and we hope they enjoyed the week of activities.

Well done to everyone that took part - we are looking forward to next summer already!

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 feel free to contact:
Louise Barry, Hub Development Officer on 0761 102619 or email lbarry@waterfordsportspartnership.ie



CARRICKPHIERISH COMMUNITY SPORTS HUB UPDATE

Fall into Fitness Programme

As Autumn is upon us and the school routine is back in full swing, Waterford Sports Partnership is delighted to announce a new schedule of activities at the Community Sports Hub for the coming months . . .

CARRICKPHIERISH COMMUNITY SPORTS HUB - WHAT'S ON!

TIME	ACTIVITY	COST/AGE GROUPS	CONTACT FOR BOOKINGS & INFO
MONDAY			
6- 7pm	Zumba Fitness	€5 per person	Lada Kotuličová 089 4929672
7- 8pm	Step Aerobics	€5 per person	Ken Browne 089 2374886
8- 9pm	Drop-in Soccer FAI & NSCYP	€1 per person	Donna Ferris 086 6093130
TUESDAY			
5 - 6pm	GAA - Indoor Session	Underage	Contact Louise Barry on 0761 102619 for more information
6 - 7pm	Waterford Vikings Basketball Club	Boys U12 & 14 Girls U15	Contact Ruth Sheehan 086 1246668
8 - 9pm	Waterford Vikings Basketball Club	Boys U16	
WEDNESDAY			
5 - 6pm	GAA- Indoor Session	Underage	Contact Louise Barry on 0761 102619 for more information
6 - 7pm	Mount Sion Camogie Training	Underage	Peter Walsh 087 1355359
7 - 8pm	Body Sculpt and Tone Class	€5 per class	Barry O' Connor 086 3708614
THURSDAY			
2.30- 3.30 pm	Multi- Activity Drop- In Sessions	€1 per person	Donna Ferris 086 6093130
5 - 6pm	GAA- Indoor Session	Underage	Contact Louise Barry on 0761 102619 for more information.
6 - 7pm	Waterford Vikings Basketball Club	Club Match Time	Contact Ruth Sheehan 086 1246668
7 - 8pm	Waterford Vikings Basketball Club	Club Match Time	
8 - 9pm	Waterford Vikings Basketball Club	Boys U16 (14 & 15 years old)	
9 - 10pm	Waterford Vikings Basketball Club	Boys U18 (16 & 17 years old)	
FRIDAY			
6.30- 8.30 pm	Deise Dragons Sports Club	Contact Pauline Cunningham on 076 110 2683 for more information	
SATURDAY			
9.30- 10.30 am	Ceili Dancing	Contact for more information	Mary Scanlon 086 8514922
10.30am - 12pm	Irish Dancing	Contact for more information	
12- 1pm	Waterford Vikings Basketball Club	Girls U15 (13 & 14 years old)	Contact Ruth Sheehan 086 1246668
1- 2pm	Waterford Vikings Basketball Club	Boys U12 (10 & 11 years old)	
2 - 3pm	Waterford Vikings Basketball Club	Girls & Boys Academy (7- 10 years old)	
3 - 4pm	Waterford Vikings Basketball Club	Boys U14 (12 & 13 years old)	
4 - 5pm	Waterford Vikings Basketball Club	Boys U18 (16 & 17 years old)	
5 - 6pm	Waterford Vikings Basketball Club	Boys U18 (16 & 17 years old)	

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.





Diversion Boxing- TYRE Project

Eleven members and two project workers from the TYRE project Tramore took part in a four week Boxing programme, facilitated by Tramore Boxing Club. Every Thursday, the participants were shown the skills of Boxing, as well as a number of fitness exercises that Boxers incorporate into their training routine. The training consisted of a warm-up, shadow boxing, fitness work, bag work, pad work, circuit training and a cool down. The work ethic and effort the boys put was second to none which was great to see, so well done guys! The coaches were impressed with the improvement within the group over the four weeks, particularly with their work ethic. Special thanks to Jimmy and his coaches for facilitating an excellent programme.



LEARN TO SWIM PROGRAMME

For further information on swimming lessons for beginners, contact Brian O'Neill, Youth Sports Development Officer on 086-0201219 or boneill@waterfordsportspartnership.ie

Active Body Active Mind

This initiative with TREO allowed the Active Body Active Mind programme to become accredited. Sixteen participants took part in the Active Body-Active Mind programme. This 11 week Health Related Fitness programme is an accredited QQI Award, including two minor QQI awards in Health Related fitness and Personal Effectiveness. 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 took part and wrote up a log of a number of activities they took part in such as Soccer, Boxing, Aerobics, Spinning Class, Rugby, Surfing, Tennis, Muay Thai, Circuit Training and Yoga. Well done guys.



Cardio Tennis-TYRE

Eight young people (aged 15-17 yrs) from the TYRE Youth Project in Tramore took part in a 4 week Cardio Tennis programme 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 learning the basic stance and tennis grip. This was followed by a number of drills that included shots from various areas of the court, backhand, forehand, drop shots, long shots, volleys and smashes. Thanks to Mark for facilitating a fun, active session. **For further information on Cardio Tennis, please contact Mark White on 087 4667768.**



Bike Week Free Repair

In partnership with TREO, a free bike repair workshop was organised as part of National Bike Week. Twenty three bikes were assessed over a three hour period for members of the public. Special thanks to TREO for repairing the bikes and also to the Community Gardai who were present on day, informing people of the importance of safe cycling.

Parent/Child Archery

Waterford Sports Partnership and Na Laoch Dall Archery Club hosted a 5 week Parent/Child Archery Programme. Under the guidance of fully qualified and experienced coaches, the participants were given an introduction to safety on the range, description of equipment and its components, technique on 'drawing' and 'shooting' the bow, shooting form and mental aspects of shooting. Thanks to Na Laoch Dall Archery Club for facilitating an excellent programme. For further details on Archery in Waterford, please contact Thomas on 086-8224912.



Zumba Dance Presentation Primary School

Sixth to 3rd Class students from Presentation National School took part in a taster Zumba Dance. Each session lasted 30 minutes in which the girls were shown easy dance routine moves to follow. All sessions concluded with a number of 'Dance offs' between the students. Zumba is a great activity that includes, all students, regardless of ability, and is a fun way to get physically active. Thanks to Inga for providing an enjoyable and safe activity.



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

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

Orienteering Launch

Special thanks to Manor St. John Youth Group for taking part in the Permanent Orienteering Course launch in the Nature Park (by Kingfisher Leisure Club). We would also like to thank Andrew Cox for his tireless efforts in planning the course and promoting this great activity. Groups can now access the course and maps free of charge from www.waterfordsportspartnership.ie

For further information on Orienteering, contact Andrew Cox, Development Officer at development@orienteering.ie.



Tennis- Manor St. John

Manor St. John Youth recently completed a Tennis programme, facilitated by local Tennis coach Mark White. Mark showed the young group correct Tennis stance and grip racket, how to follow-through on the various swings and how to hit the ball correctly. Great improvements were made over the three weeks which was great to see. Great stuff guys!

Homeless World Cup - WYTEC

Congratulations to Jonathon Makumbu, Brandon Mylett and Dilan Sheehan who were selected to represent Ireland at the 2017 Homeless Soccer World Cup in Oslo, Norway. All three boys are currently trainees with WYTEC and live in Waterford. Well done guys!! Great achievement.



School Completion Activity Days

Nine students from School Completion Na Suire took part in a three day summer camp. Activities included were Boxing, Dodgeball, Soccer, Pitch & Putt, Bowling and Basketball. All the students said they would like to continue with a Boxing programme. Hopefully we will get this going when the school resumes in September. Thanks to members from Manor St. John for providing some opposition on the final day. 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.

StartBox/ High Performance Training Workshops

Fifteen Boxing coaches from five clubs attended two workshops organised by Waterford Sports Partnership, in collaboration with I.A.B.A Munster Council. Delivered by Michael Carruth and Ed Griffin (Community Boxing Development Officers in Dublin), Workshop one focused on the delivery of the StartBox programme into primary schools. This initiative targets young people who would not normally engage in competitive sports or activity. The workshop began with a PowerPoint presentation of the StartBox programme, followed by some drills and exercises that Michael and Ed deliver when working in the schools.

Workshop two was delivered by Zuar Antia- Head Coach of the I.A.B.A High Performance Boxing Unit. Using eight Boxers for demonstrations, Zuar delivered an excellent and formative workshop, focusing on the importance of footwork and working with the coaches throughout the session. We would like to thank all the coaches and boxers for attending the workshops and particularly Gerry O Mahoney- I.A.B.A Munster Council President for his help in organising this event. We would also like to thank Michael Carruth, Ed Griffin and Zaur Antia for delivering fantastic and intuitive workshops.

For further information on the StartBox programme, contact Brian O'Neill, Youth Sports Development Officer, Waterford Sports Partnership 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	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	Gerry O'Mahony	087 7545100	info@iaba.ie	www.iaba.ie
Irish Road Bowling Association	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
Irish Rugby Football Union	John O'Neill Amanda Greensmith	086 8207752 086 0218320	johnoneill@munsterrugby.ie amandagreensmith@munsterrugby.ie	www.irfu.ie www.munsterrugby.ie
Irish Sailing Association	Sarah Louise Rossiter	087 9390488	sl.rossiter@sailing.ie	www.sailing.ie
Irish Water Safety	Corrairie Power O'Mahony	051 849731	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	Conor O'Callaghan	087 6882286	timunsterrdo@gmail.com	www.tennisireland.ie www.munstertennis.com
Triathlon Ireland	Anna Grealish		anna@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