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Our  
**Strategic Review  
&  
Strategic Plan  
2018 to 2022**  
are available to download  
from our website

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



## John Treacy Launches the Waterford Sports Partnership Strategic Plan 2018 to 2022 and NEW! WSP Website

John Treacy, Chief Executive of Sport Ireland, former world cross country champion and Olympic silver medalist was in Waterford on Thursday 13<sup>th</sup> December to launch the new Waterford Sports Partnership Strategy 2018-2022 and also the *NEW!* WSP Website. The launch took place in the Garden Room of the Medieval Museum in Waterford City and was attended by representatives from the many target groups, sports clubs, NGBs, communities, agencies and local networks Waterford Sports Partnership (WSP) works with.



Mayor of Waterford City and County, Cllr. Declan Doocey, welcomed John Treacy, Senator Grace O’Sullivan and the many guests to the launch. In his address, he paid tribute to all involved in the development of sport in Waterford and he acknowledged the positive impact involvement in sport and physical activity has on members of the community. He commended Waterford Sports Partnership for their work growing and developing opportunities for everyone.

Don Tuohy, Chairperson of WSP, acknowledged the commitment to sport and physical activity shown by the sporting clubs and community organisations, the WSP Board of Directors, statutory agencies and the staff of the Partnership. He outlined the next phase of WSP’s work which will focus on the four goals of Active People, Active Network, Active Engagement and Active Management. He signaled the intent of WSP to continue to work in a co-ordinated and integrated way with sporting groups and local agencies.

In launching the Strategy, John Treacy was highly complementary of the work of WSP and all the partners and sporting groups on the ground in Waterford stating ‘The vision Sport Ireland had for Local Sports Partnerships at the outset is truly being realised in Waterford through collaborative engagement between Waterford Sports Partnership and local partners’. He went on to say ‘It is about the community groups, the sporting clubs, the Sports Partnership and all the agencies working together, and this partnership has worked very well in Waterford’.

The launch came to a close with Sports Co-ordinator, Rosarie Kealy, thanking all those who contributed to the work of the Partnership, the completion of the review and to the development of the strategy. She encouraged all present to check out the new WSP website which is ‘packed full of information on opportunities to participate in sport and physical activity.’



## MEET THE WSP TEAM

The Waterford Sports Partnership Team works 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**  
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 Casey**  
Sports Development Officer  
and Sports Inclusion Disability Officer  
Phone: 0761 10 2682  
Mobile: 086 783 7385  
pcasey@waterfordsportspartnership.ie



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



DEVELOPMENT OFFICER	FOCUS AREA/PROGRAMMES	BASED IN
<b>Peter Jones</b>	Men   Older Adults   Cycling   Club Development   Safeguarding	Dungarvan
<b>Pauline Cunningham</b>	Disability   Women   Walking   Disability Awareness	Waterford
<b>Brian O'Neill</b>	Youth at Risk   Young People   Sport Leader	Waterford
<b>Louise Barry</b>	Pre school, Primary and Secondary Schools   Teenage Girls   Carrickphierish Hub	Waterford

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

## SCHOOLS PROGRAMME UPDATE

We have been working closely with schools all over Waterford to deliver a number of activities and teacher training courses, as well as offering our equipment for the school's use. Here's an update of what's been happening since September and what's coming up in 2019:



### Gymnastics Teacher Training

Waterford Sports Partnership and Waterford Gymnastics Club have teamed up to deliver a Gymnastics Teacher Training session for primary school teachers who deliver Gymnastics as part of the P.E Curriculum. The session will be led by a qualified Gymnastics Instructor who will teach the group about safety & guidelines and techniques, as well as providing helpful tips and teaching cues that will be useful when planning P.E. sessions.

Monday 25th February | 3 to 5pm @ Waterford Gymnastics Club | 3, Carrickphierish Business Park | Cleaboy Rd | Waterford  
€20 per person (max 3 teachers per school) Limited Places | First come first served | Pre-booking essential - BOOK NOW on [www.eventbrite.ie](http://www.eventbrite.ie)

For more information please contact: Louise Barry on 0761 10 2619 or [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)

## Sports Hall Athletics

Sports Hall Athletics is a programme run by WSP in partnership with Athletics Ireland. It aims to introduce and teach primary school children the fundamental skills of balancing, agility, and co-ordination, through athletics. Each participating school can borrow WSP equipment for six weeks to practice the new skills that they have learned. WSP tutor, Pat Power has been busy delivering sessions all over the county, including Faithlegg National School, Fenor National School and Grange National School in the past few weeks.

**For more information on Sports Hall Athletics for your school, please contact Louise Barry on 0761 10 2619 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)**



## Balance Bike Training

We have been delivering balance bike training to teachers around the county since September. A Teacher Training session recently took place in Carrickphierish Community Sports Hub and in Kilrossanty National School where teachers in attendance were given an informative training session highlighting the importance of fundamental movement skills. Balance bikes are suitable for pre-school, junior infants and senior infants to practice the fundamental skills of balancing when learning to cycle a bike. After the teacher training, each primary school was given a loan of 15 bikes and 15 helmets to be used in their school. In the last few weeks, the bikes have been used in Holy Family Primary School, Crehana National School and Rathgormack National School. Well done to all involved!

**To avail of Balance Bike Teacher Training and use of bikes for your school, please contact Louise Barry on 0761 10 2619 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)**

## Playground Markings

We secured funding from the HSE to purchase a new stencil kit for Playground Markings for preschool and primary school settings in Waterford. The stencils will be offered free of charge and the preschool/ primary school can then arrange the materials to put down the markings on site. Each setting will be given a resource and support pack which will offer advice and guidelines on putting the markings in place and the games that can be played.

**If you wish to avail of the stencils and for more information, please contact Louise Barry on 0761 10 2619 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)**



### PARTICIPANT FEEDBACK

*'excellent course. Expertly facilitated by all involved. Very enjoyable and very useful'.*

*'Great course, very well run, very informative and great fun'.*

## Orienteering Teacher Training

Our second Orienteering Teacher Training Course took place on October 5<sup>th</sup> 2018 in WIT Arena and was delivered by Mick Farrell from The Irish Orienteering Association. Fifteen teachers from thirteen different primary schools took part in this interactive, fun training day.

Each school that attended received a map of their school and an orienteering starter pack which contained twelve kites, control cards, punchers and a resource folder. Teachers gained the knowledge and confidence to deliver orienteering in their own schools. All schools will be encouraged to attend the schools event orienteering competition which takes place in Spring 2019. This training course went really well with exceptional feedback received post course.



A special thanks to The Irish Orienteering Association for delivering such a fantastic course and WIT Arena for use of the venue.

**For more information on Orienteering Teacher Training, please contact Louise Barry on 0761 10 2619 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie).**

Information on Primary School Programmes and Training Opportunities will be sent to schools in January 2019.

For more information on Schools Programmes please contact Louise Barry on 0761 10 2619 [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie).

# SCHOOLS PROGRAMME UPDATE

## OPPORTUNITIES FOR PRIMARY SCHOOLS IN 2019

Waterford Sports Partnership is committed to helping schools become more active and providing opportunities for teachers to participate in training courses. All activities and teacher training courses are listed on our new website including schools updates, useful resources and guidance for those seeking their Active Flag. The opportunities available to schools from January 2019 include:

### Balance Bike Training

The aim of the programme is to develop and improve the physical literacy of young children through the use of balance bikes. It is suitable for children in pre-school, junior infants and senior infants' classes. We invite schools to contact us and register your interest in the Balance Bikes. A teacher training session will be organised and bikes will be available to use for 3 weeks thereafter. The school will have the use of 15 bikes and 15 helmets to roll out the programme.



**Be Active ASAP** is a free 2 ½ hour training for teachers and parents interested in leading physical activity session after school hours. The programme is designed for 7-8 year old children (1<sup>st</sup> & 2<sup>nd</sup> class), and aims to introduce children to fun physical activity in a safe, familiar, structured setting, with an emphasis on enjoyment, learning and variety of activity. The programme takes place on schools grounds, which offers a safe, familiar, convenient setting for an age-appropriate introduction to after-school physical activity. Visit [www.beactiveasap.ie](http://www.beactiveasap.ie) for more information



**Disability Awareness Training:** This two hour workshop 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.

### Sports Hall Athletics

The Sports Hall Athletics Programme run by WSP in partnership with Athletics Ireland aims to introduce junior and senior cycle children in primary schools to the fundamental skills of athletics using agility, balance, and coordination activities. WSP provides Sports Hall Athletics equipment on loan to the participating schools for a period of six weeks each so that the pupils can use appropriate equipment to learn and practice new skills.



### Playground Markings

A stencil kit is available to pre schools and primary schools across Waterford to encourage children to participate in physical activity and games through the markings on the school yard. The stencils promote movement through Mathematics, Activity Circuit, Hopscotch and a Maze and will be suitable of children of all ages. There are supporting resources available to help with the implementation of the stencils and these will be given to the school along with the stencils.



**Tri-Heroes** is a Triathlon Ireland Programme designed to help schools and teachers introduce and deliver triathlon activities to pupils whilst supporting the needs of the school to deliver the necessary Physical Education progression for all pupils. Tri Heroes includes a 4 session triathlon programme which introduces triathlon in an enjoyable, interactive and non competitive environment. The activities include walking/ running, cycling and swimming (optional). The programme can take place at any time during the school year. The sessions are delivered by a qualified Triathlon Coach and last approximately one hour. Another option is to provide teachers with lesson plans and an introductory training workshop to allow teachers to deliver the sessions during PE class time. **For more info visit: [www.triathlonireland.ie](http://www.triathlonireland.ie).**

### Swimming for Schools

Get Ireland Swimming (GIS) is a participation initiative which encourages more people to get involved in swimming. They offer a range of skill based lessons to schools, such as 'Learn to Swim' lessons, classroom resources and introduction to other aquatic sports, like waterpolo and diving. The programmes are included in the Active Schools programme too! All participants receive a Get Ireland Swimming hat, goggles and bag. Swimming is a vital life skill, especially when living on the coast. GIS helps school children to learn and improve their swimming skills by assisting schools with pool hire, swim instructors and transportation, while also learning in a fun environment. **For more information and to get your school involved email [getirelandswimming@irelandactive.ie](mailto:getirelandswimming@irelandactive.ie) or visit the Facebook page.**



### 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. The Daily Mile can take place at any time throughout the school day on the school premises. Once you register your school, there will be support provided by Athletics Ireland and WSP on implementing the initiative. Visit the website and register your school on [www.thedailymile.ie](http://www.thedailymile.ie) to roll out the programme.



For more information on any of the above opportunities please visit the '**Active Schools**' section of our new website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or please contact Louise Barry on 0761 10 2619 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)

## Boxercise at the Dojo Tramore

We are partnering with the Dojo Tramore in a new venture for older adults in Tramore. We are delighted that twenty one older adults have so far taken part in the weekly classes on Thursday mornings from 10.30-11.30. If you fancy some fun in the morning these boxercise sessions focus on core strength and some light aerobic exercise and provides participants with a great start to the day. **Why not come along and give Boxercise a go!**

€5pp pay as you go | Tuesday & Thursday Mornings 10.30 to 11.30am

Tramore Dojo, Unit 4, Riverstown 5 Complex, Riverstown, Tramore.

For more information please contact Peter Jones on 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



## Fighting Fit | Dungarvan

Congratulations to the fifteen 'over 50's' who recently completed our six week fighting fit programme, delivered on behalf of WSP by Dungarvan Boxing Club and funded by the IABA. A brilliant programme with great feedback ;'it's the best exercise I have ever done in my life !'. Thanks to Killian Walsh from Dungarvan Boxing Club for his patience and expertise .

For more information please contact Peter Jones on 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

**NOW BOOKING!**

Fun six week Boxing Programme for over 50's in Dungarvan & Waterford City

Mon 25<sup>th</sup> February | 10 to 11am  
Waterford Warriors Gym  
Six Cross Roads Business Park

Tues 26<sup>th</sup> March | 10.30 to 11.30am  
Dungarvan Boxing Club



€20 per person | Book your place now on [www.eventbrite.ie](http://www.eventbrite.ie). For more information please contact Peter on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

## WSP GFL Games Day

On Tuesday 16<sup>th</sup> November twenty four older adults took part in our GFL Games Day at WIT Arena! Activities included fourteen different games focusing on agility, balance, coordination and memory retention in a fun and relaxed environment.

We were also delighted to have the support and expertise of fourteen WIT students who volunteered to assist for the day, however experience definitely out manoeuvred youth on the day!! A great day was had by all! Many thanks to Smoveit who gave us a demonstration on the benefits of the Smoveit for active ageing.

Check our YouTube channel for highlights!



## Over 50's Circuit Training

WSP continue to co-ordinate Circuit Training for over 50's with weekly sessions in Dungarvan, Kilmacthomas, Cappoquin, Waterford City and Tramore. We are delighted that just over two hundred older adults completed at least one session (and many completed numerous), in any of our five locations in 2018. 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.

**CIRCUITS WILL BE BACK FROM Monday 14<sup>th</sup> January 2019 | 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)

Waterford Warriors Gym\*

Six Cross Roads Business Park

10 to 11am | €3pp

### KILMACTHOMAS

MONDAYS

Rainbow Hall | 10 to 11am

€3 per person (includes tea/coffee)

**TRAMORE**

MONDAYS

Tramore GAA Centre | 2 to 3pm

€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](mailto:pjones@waterfordsportspartnership.ie)

\*Starts Monday 21<sup>st</sup> January 2019

## Walk for Life Winter Series

We co-ordinated four walks as part of the Winter 2018 Walk for Life Series. The series was a huge success with 112 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 and we were delighted to average over 45 people on our four walks in Mount Congreve, Durrow, Kilmeaden and Kilmacthomas. During this walking series we were delighted to be able to show the groups the beautiful gardens of Mount Congreve, the magic of the Waterford Greenway and the pièce de résistance, the train ride on the Old Kilmeaden Railway.

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

Our next walking series begins on Tuesday 19<sup>th</sup> February and if you are interested please contact Peter Jones on 076 110 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



DATE	WALK LOCATION	MEETING POINT
Tuesday 19 <sup>th</sup> February	Waterford Greenway Kilmacthomas	10.30am @ Waterford Greenway Workhouse Car Park
Tuesday 26 <sup>th</sup> February	Waterford Greenway Bilberry	10.30am @ Waterford Greenway Bilberry Car Park
Tuesday 5 <sup>th</sup> March	Mount Congreve	10.30am @ Mount Congreve Car Park
Tuesday 12 <sup>th</sup> March	Waterford Greenway Dungarvan	10.30am @ The Fountain in Walton Park, Abbeyside.

€3 per walk to include tea/coffee/scone

Booking essential. Please contact Peter on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



### LEARN TO SWIM

We have coordinated five learn to swim programmes for people aged 50 and over in 2018. In total 48 older adults have taken the plunge in the Park Hotel and the Kingfisher Club. We also had men only sessions in the Park Hotel. The feedback from participants has been excellent, one person commented 'swimming is an essential life skill that I never got to learn as a child'. We will be running Learn to Swim Programmes in 2019 starting on Monday 1<sup>st</sup> April in Kingfisher Club, Waterford and Tuesday 2<sup>nd</sup> April in Park Hotel, Dungarvan. **Limited Places | Book now on [www.eventbrite.ie](http://www.eventbrite.ie).** For more information, please contact Peter Jones on 076 1102191 on [pjones@waterfordsportspartnership.ie](mailto: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 demo or to borrow equipment, please contact Peter Jones on 076 110 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

## Age & Opportunity

### Grant Recipients Announced

We are delighted with the announcement that nineteen groups in Waterford have been allocated funding of €6,390 euro in total from the National Grant Scheme for Sport and Physical Activity for Older People. Each year the National Grant Scheme for Sport and Physical Activity for Older People provides funding to assist in the implementation of locally developed well planned initiatives that are designed to increase participation in recreational sport and physical activity among older people. Congratulations to all the successful applicants, we look forward to seeing the benefit of this funding in 2019.

Check out the full list of the Waterford recipients.



Dungarvan Care of the Aged Ltd.	€250
Cnoc Bui ARA	€240
The Pres Badminton Club	€250
Brownstown Residents Association	€260
Slieverue ARA	€300
Deise Women's Group	€260
Kinsalebeg/Clashmore Community Council	€250
Waterford Sports Partnership	€1,400
Minaun ICA	€250
Comeragh ARA	€300
Blackwater Ladies Club	€250
Butlerstown ICA	€250
Waterford LEDC CLG/Cill Barra Community Sports Centre	€250
St. Brigid's Family & Resource Centre FRC	€260
Clonea Rathgormack ICA	€300
Carbally Community Development Project	€260
Carbally Active Retirement Group	€260
Ardmore and Grange ICA	€250
Tramore Active Retirement Group	€300
Dr Martin Day Centre	€250

## OVER 50'S UPDATE

### 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 [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



### COME & TRY ORIENTEERING

Tuesday 15<sup>th</sup> Jan | 10.30am to 12pm

WATERFORD GREENWAY KILMACTHOMAS

Tuesday 22<sup>nd</sup> Jan | 10.30am to 12pm

KILBARRY NATURE PARK | WATERFORD

If interested, please contact Peter Jones on 0761 10 2191

or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

## LET'S ORIENTEER

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.

## 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 9<sup>th</sup> 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](mailto:pjones@waterfordsportspartnership.ie)

## Operation Transformation 2019 Walk

Operation Transformation is coming to Waterford for the ninth year running. The Sport Ireland National Network of Local Sports Partnerships has teamed up with Operation Transformation once again this year to promote healthy living in 2019.



We are organising a safe and accessible walk along the spectacular  
**Waterford Greenway on Saturday 12th January 2019**

The walk will start from the **Workhouse Car Park Kilmacthomas @ 11am**. Registration from 10.30am.

**3K & 5K ROUTES | FREE EVENT | ALL WELCOME!**

Information on future activities and programmes for you to join will also be available on the day!  
Come along and join in the fun, bring family, friends and neighbours!

**Don't miss this chance to get moving and motivated for the year ahead!**

For more information please contact: Pauline Casey on 0761 10 2682 or email [pcasey@waterfordsportpartnership.ie](mailto:pcasey@waterfordsportpartnership.ie)

## Operation Motivation | Kilmacthomas SIX WEEK OUTDOOR FITNESS PROGRAMME

that will work on improving your cardiovascular fitness as well as strengthening muscles using only the natural environment!

Starting Saturday 19<sup>th</sup> January @ 10am | Meeting at the Workhouse Car Park | Kilmacthomas

€20pp | Under 16's FREE

*Come along on your own or with the family to kickstart YOUR new year and get fit and active.* ALL WELCOME!

**REGISTER NOW ON [www.eventbrite.ie](http://www.eventbrite.ie)**

For more information please contact: Pauline Casey on 076 110 2682 or [pcasey@waterfordsportpartnership.ie](mailto:pcasey@waterfordsportpartnership.ie)

## Girls with Hurls

Waterford Sports Partnership in collaboration with the Camogie Association ran a brand new "Girls with Hurls" programme for girls in 1<sup>st</sup> and 2<sup>nd</sup> year. Four schools (St. Paul's Community College, Blackwater Community College, Ardscoil na nDeise and Our Lady of Mercy Secondary School), took part in the programme over 5 weeks. All schools received four weeks of camogie training provided by Calum Lyons who is working with the Camogie Association. Following the training schools were invited to take part in a seven a side blitz. Over ninety girls took part in the three hour Blitz on Thursday 6<sup>th</sup> December at WIT Arena. All teams had an opportunity to play four games before the semi final and final stages. Ardscoil na nDeise came out victorious in both the A & B finals in two very close games. More importantly each school received an award for the most improved player over the duration of the programme, picked out by Calum who was delivering the weekly sessions. Well done to all the girls who took part in our programme, and a special thanks to Calum who ran excellent sessions with each school.



## Mum on the Move

On Tuesday 18<sup>th</sup> September Waterford Sports Partnership started a 'Mum on the Move' Programme in Dungarvan. The programme ran over six weeks and was tutored by Irene Clarke from West Waterford AC. Thirteen women took part in our early morning running programme. Each week the ladies increased their distance with the goal of running 5km at the end of the six weeks. All the women did extremely well and on the last week they all achieved the goal they had set out. Well done to the group for working so hard over the six weeks and thanks to Irene for delivering an excellent programme.



## Club on the Move

### Abbeyside/Ballinacourty GAA Club stepping it up!

We were delighted with the thirty participants that completed the pilot six week Club on the Move Programme in Abbeyside/Ballinacourty GAA Club in August 2018. Following on from this eighteen of the group then embarked on an eight week couch to 5km Programme tutored by Irene Clarke culminating in ten members of the group running the Brickey's 5km on Sunday 4<sup>th</sup> November. The programme was life changing for many of the participants, giving a real sense of belonging to the Club. The Club grounds were utilised for part of the programme harnessed great camaraderie within the group. Abbeyside GAA have signed up to the 'GAA Healthy Clubs Initiative' and we were proud to support them with the Club on the Move and Couch to 5km Programmes.

#### PARTICIPANT FEEDBACK

*'I spoke more to my neighbour in the last 8 weeks than I did in the previous 10 years'*

*'Really enjoyed the Brickeys 5km, thank so much to all of my new running buddies and Irene'*

*'On a high, thanks to all of my running mates. We did it !!'*



#### PARTICIPANT FEEDBACK

*'I found it absolutely fantastic, the best group exercise I have ever done in my life'.*

## Dungarvan Rugby Club | Fitness through Fun!

We delivered a second six week 'Club on the Move Programme' at Dungarvan Rugby Club. We were delighted with the improvement made by the fourteen participants that included juvenile coaches, parents and committee members. This programme followed the same structure as Abbeyside GAA with twelve sessions over six weeks. The sessions had a dual focus with more emphasis being placed on physical activity through fun games followed by core work through Pilates and Yoga. Whilst the programme aims to increase physical activity and fitness levels through enjoyable participation and is not a weight loss programme, as you can see below, the impact on physical health and fitness was huge with an average increase of 420 metres on an 8 minute run and 46% increase on aerobic capacity per participant which is fantastic.



The fun and banter was very telling and the mixture of fun games and Pilates was definitely a formula that worked. We are delighted that the group has organised a further six weeks of physical activity meaning physical activity is becoming part of their weekly routine.

	Pre	Post	Average Improvement
<b>AVERAGE WEIGHT</b>	93.55	91.5	-2.05 kg
<b>AVERAGE WAIST</b>	106.75	100.25	-6.5 cm
<b>8 MINUTE DISTANCE</b>	905 metres	1325 metres	420 metres (46% increase)
<b>LAUGHTER LEVELS</b>	Loud	Sonic Boom	Endorphin increase

To get a real flavour of this programme, check out the 'Club on the Move' videos on our YouTube Channel.

If your club would be interested in running a 'Club on the Move' Programme, please contact Peter Jones on 0761 10 2191

## Buntús Start Training

On Saturday, October 13<sup>th</sup>, twelve participants took part in our Buntús Start training programme in Cappoquin Community Centre. Buntús Start is a comprehensive physical activity programme for children aged between 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 participants got to learn many activities, games and ideas to introduce to children. It was a very successful day and all the participants found it very informative and enjoyable. 'Great to see how equipment can be used, 'Learned lots of new skills and ideas to introduce to children'.

Buntús Start is a joint initiative between

Waterford Childcare Committee and Waterford Sports Partnership.

#### The aim of Buntús Start is:

To extend the physical, creative, personal, social and emotional capabilities of pre-school children through enjoyable, planned, physical development play activities in the areas of spatial awareness, basic motor skills, co-ordination and control skills and aiming, predicting and estimating skills.

#### Buntús Start Training Programme:

Participants attend an initial four hours training programme with a further 2 hour follow up approximately 6-8 weeks after the programme is used in the pre-school.

If you require more information and wish to avail of this training for your preschool, please contact Waterford Childcare Committee on 051- 295045/ info@cccw.ie. Alternatively, please contact Louise Barry on 0761 10 2619 or email lbarry@waterfordsportspartnership.ie

## Learn to Love Fitness

### Clashmore/Kinsalebeg & Ardmore

Our 'Learn to Love Fitness' pilot programme for women in Clashmore/Kinsalebeg GAA Community Gym was a huge success in September, with ten ladies getting involved over the six weeks. Participants learned the basics of flexibility, mobility, injury prevention and how to lift weights safely and effectively. At the end of week six, they had the knowledge to design their own exercise regime, which they can now continue to carry out themselves. The aim of this programme was to get women more confident in the gym environment, to educate and empower them to become physically active on their own, whilst also promoting a fantastic local facility. This programme was a huge success and the community requested a similar programme to be run for teenage girls.



Ardmore GAA Gym welcomed the programme also, opening its doors to eight women from the community. These women were of all ages and abilities. Both of these programmes finished in the first week of December. Everybody who participated is now a member of their local gym and has a programme to work from that they created themselves, tailored to their own needs, abilities and goals. Twenty two women have become empowered and motivated to be more active in the gym this year with our programme. Feedback has been incredible with one participant saying 'I wouldn't have stepped foot in a gym before, I now have the confidence to exercise and go to the gym on my own'.

Huge thanks to tutor Shauna Walsh for her exceptional delivery of this programme and Clashmore/Kilnsalebeg GAA Club and Ardmore GAA Club for the use of their gym facilities.

**If you are interested in getting your community active please contact Peter Jones by email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).**



## Buggy Buddies

We have just completed our Autumn/Winter block of Buggy Buddies, with over thirty participants attending with their babies and toddlers. This programme took place in Kilbarry and in Dungarvan, on the Greenway or in Walton Park. Each week, participants took part in different levels of activities, which were specifically catered for all fitness levels and allowed participants to work at an intensity that was appropriate to them. The one hour sessions consisted of forty minutes of cardio exercises and twenty minutes of exercises that aimed to increase participants' cardiovascular fitness, strength and flexibility. All participants have thoroughly enjoyed this programme and have increased their fitness levels, whilst making new friends. Many parents are not originally from the area and found that the programme helped them to feel part of their community and

meet others in a similar situation. In both locations, the groups are now meeting themselves outside of the Buggy Buddies programme. Well done all!

## BUGGY BUGGIES 2019

Due to the success of our 2018 Buggy Buddies Programme we are continuing our programmes in Ballybeg and Dungarvan in January 2019.

A six week block is starting @ **Cill Barra Community Centre on Wednesday 16<sup>th</sup> January | 9.30 to 10.30am**

An eight week block is beginning in **Dungarvan on Thursday January 31<sup>st</sup> | 10 to 11am | BOOK on [www.eventbrite.ie](http://www.eventbrite.ie) NOW!**

*Why not come join us! It's a great way to get out, get fit and meet like minded people in an environment which is safe and fun for both you and the little ones.*

For more information please contact:

Dungarvan: Peter Jones on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

Waterford City: Louise Barry on 0761 10 2619 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)

## Walking with Ceim Eile

In October, we linked with Aiseiri- Ceim Eile based in Ballybeg, Waterford City to encourage women to become more physically active through walking. This was achieved by providing the group with their own pedometers, which record the number of steps taken on a daily basis. The group were encouraged to set- up a '21 Day Step Challenge' in an effort to create a fun competition and also create new habits around walking as exercise. Well done to all involved!

**For more information on programmes for women and teenage girls, please contact Louise Barry on 0761 10 2619 or [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)**

## WSP/WIT 'Learn to Coach' Programme

WSP's 2018/19 Coach Development Programme - 'Learn to Coach' is underway. Fifteen WIT students are part in the programme. The 'Learn to Coach' programme in conjunction with WIT, GAA, Camogie Association and Ladies Football aims to give WIT coaching students the necessary qualifications, and, more importantly experience and guidance to develop their coaching skills.

### FEEDBACK FROM THE PILOT 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!'*

Over the course of the Programme the students will coach in Waterford Clubs and be assigned a mentor from that Club as well as receiving guidance from WSP, local NGB development officers and WIT course leader Jean McArdle. Post programme, the students should be more confident in delivering coaching sessions and will hopefully increase the amount of volunteer coaching they undertake.



The 2018/19 coaches have begun a journey where they have gained the following qualifications prior to coaching experience:-

- GAA Foundation Dual Award
- Safeguarding 1
- Sports First Aid

GAA tutors Pat Moore and John Burns delivered the GAA Dual Foundation Course to the group in October and reported that the group 'were brilliant, very engaged and we are looking forward to seeing them develop over the next few months'.

In addition to this, our Sports Development Officer Peter Jones delivered a session on 'How to Deliver Fun Warm-up and Cool Down Games' with

Stuart Reid from the Camogie Association and Richard Hayes from the Ladies Gaelic Football Association delivering sport specific sessions. In January 2019, the students will be conducting some peer coaching before going out to deliver eight weeks of coaching sessions to six Waterford clubs.

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

## Let's Cycle Kidz

On Sunday 16<sup>th</sup> September, Waterford Sports Partnership ran a brand new programme called Let's Cycle Kidz. The programme was developed by SDO Pauline Casey and delivered by Donal Jacob. The aim of the programme is to increase the cycling confidence of children between the ages of 8-12 years. The session ran for 90 minutes in the Regional Sports Centre car park where the children had an opportunity to learn the correct starting position, brake under control, balance and pedalling. Fifteen participants took part in the session with four unable to cycle at the beginning, however it was not long until the full group were cycling around the car park. Susan O' Neill (Parent) was extremely impressed with the session quoting "This initiative is phenomenal and we cannot thank you enough, within 45 minutes of focused tuition from you and your team he succeeded in gaining his balance and cycling". Well done to all those who took part in the session we look forward to seeing you all on the Greenway in the future.

**We will be running more Let's Cycle Kidz programmes in 2019, for more information please contact Pauline Casey on 076 110 2682 or [emailpcasey@waterfordsportspartnership.ie](mailto:emailpcasey@waterfordsportspartnership.ie)**



## Baby Bells

Waterford Sports Partnership teamed up with Waterford Warriors Strength and Conditioning to run two blocks of Baby Bells for mums of new babies 0-12 months. The programme gave new mums an opportunity to exercise with their baby over six weeks. The programme was tutored by Rachael Wall who designed a specific programme suited to the new mums fitness level. Each week, Rachael increased the intensity of the workout, challenging the mums in a safe and supportive environment. Well done to all the mums who took part in the two blocks of our programme, and to Rachael who took care of the group so well.

### **Baby Bells is back for 2019 @ Waterford Warriors Gym**

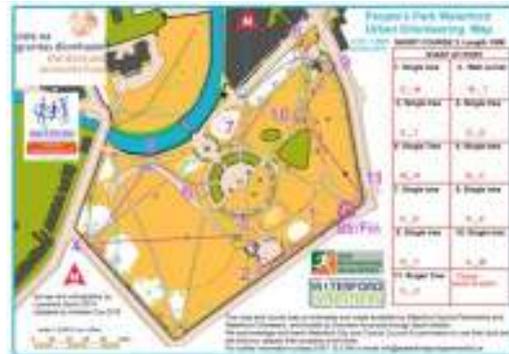
Starting Tuesday 8<sup>th</sup> or Thursday 10<sup>th</sup> January @ 10.15am | €39 per person for six weeks

**FOR MORE INFORMATION OR TO BOOK YOUR PLACE PLEASE CONTACT:**

Pauline on 0761 10 2682 or Rachael on 086 885 0819

## Orienteering

Waterford Sports Partnership has worked in conjunction with Waterford Orienteers and the Irish Orienteering Association to create opportunities for all to participate in orienteering across Waterford. Orienteering is the sport of navigation that requires you to find your way from one point to another using only a map, your brains and sometimes a compass. It's easy to learn and a fun way to exercise your body and mind, as you enjoy the outdoors. It's a sport for everyone and is something that can be easily learned by people of all ages and abilities. Orienteering is usually done in the woods, hills or parks, with the participants on foot. With the recent mapping and installation of permanent courses in many areas across Waterford, there are now plenty of opportunities for everybody to take part in Orienteering.



***Thanks to funding received from Dormant Accounts via Sport Ireland for Outdoor Urban Adventure initiatives, we have developed two permanent orienteering courses and mapped many areas over the past twelve months. . .***

There are now three permanent courses in Waterford, at Killbarry Nature Park, Kilmacthomas River Walk and Park and the People's Park in Waterford City. A permanent course will also be installed in Tramore Town Park in the coming weeks. Killbarry Nature Park and the People's Park also have a 'Wheelo' course (for buggies & wheelchairs), ensuring that this is suitable for all abilities. Other areas that have also been mapped include Dungarvan town, Walton Park, Lismore Town Park and Dunmore East Woods.

It is simple and easy to create your own course using any of these maps should you choose to. These courses can be made as easy or difficult as necessary. Maps of any of these areas can be downloaded from our website. You can then use a pen and ruler to draw in your own course containing a start, control sites and a finish. Alternatively, you can use 'Purple Pen' free software.

We are delighted to announce that we have some kite and punch sets available to loan, which can be collected from and returned to our office at the Regional Sports Centre in Waterford. However, if you do not have access to kites and punches, you can place your own codes or sequences at the different control sites. Our aim is that schools, community groups, families and individuals will try out this exciting, inclusive sport. We encourage you to use these permanent courses and download the maps to create your own.

**Please visit the 'Orienteering' Section of our NEW website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) where you can download the maps and also get more information and resources and a simple step by step guide to using the maps.**

**For more information please contact Peter Jones by email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).**



## Rowing

We finished our first ever 'Men's Recreational Rowing Programme' in December. Eight men took part in this eight week programme, which took place every Sunday morning at 10am in Waterford Boat Club. Most of the men taking part had never done any rowing before. However, many had children who were regularly rowing in the juvenile section of the club. The men made huge progress between week one and eight, learning the different positions and roles when in the boat and how to work as a team. The technical components of their strokes also improved each week, under the careful guidance and patience of Ger McCarthy. Each week, Ger introduced new skills and drills, which were level appropriate to develop their technique. The men are all looking forward to becoming members of the club and rowing regularly as a team. Huge thanks to Ger McCarthy from Waterford Boat Club, who provided the men with ongoing information and support throughout the programme.

**If you would like more information or are interested in joining our next rowing programme, please contact Peter Jones on 0761 10 2190 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).**



## Let's Swim

Our very first 'Let's Swim' programme took place in the Park Hotel in November and December, with thirteen participants taking part. This programme was a follow on from our recent 'Begin to Swim' programmes that were held in 2018. The aim of this programme was to improve the swimmers technique and swimming strokes, so that they can swim more efficiently in the water. To take part in this programme, participants had to already be comfortable in the water and able to put their face in. At the end of week six, swimmers challenged themselves to see how many lengths they could swim in five minutes. Well done to all the participants and a special thanks to the Park Hotel for partnering with us and providing fantastic facilities and instructors.

**If you would like more information or are interested in joining our next swimming programme, please contact Peter Jones on 0761 10 2190 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).**



## Strength and Conditioning

for coaches of 12-16 year olds

WSP identified improving the coaching of fundamental movement skills for young people as a key area for development. As a result, we developed and delivered a pilot 'Simple Strength and Conditioning' Programme to sixteen coaches in Waterford County at the start of the

year to give practical examples of how to incorporate simple movements and exercise into their coaching session. This proved extremely successful.

As a result of this successful pilot, WSP Development Officer Peter Jones and Irene Clarke delivered a second course to twenty three coaches in Waterford City at WIT Arena. Coaches received three progressive sessions on Activation/Mobilisation exercises (September), Plyometrics (October) and Strength and Conditioning (November). As a result of the pilot workshop, Peter and Irene developed the course further to include two important developments, one the use of video analysis by utilising phones for effective delivery and technique analysis and secondly how to incorporate these exercises into a team sport environment.

The feedback from participants has been exceptional with a key element of the course allowing participants a chance to deliver during sessions and utilise what they have learned in their own coaching sessions via the 'homework' set by Irene and Peter.



### NOW BOOKING! Strength & Conditioning | West Waterford

We are running a Strength and Conditioning Programme in 2019 for West Waterford Clubs in **Cappoquin Community Centre**. The cost for the series of two workshops is €20pp. The first workshop is on **Monday January 21<sup>st</sup> from 7.30 to 9.30pm**. You can book on [www.eventbrite.ie](http://www.eventbrite.ie).

*'Our primary aim on this course is for coaches to leave with practical coaching skills and knowledge of S&C that will support their sport and enhance their coaching programme.'*  
**Irene Clark, Course Tutor.**

*'It's an excellent course, the exercises are so simple but it was great to see how we could deliver these effectively to teams and what to look for.'*  
**Nicky Jacob, St Saviours GAA**

*'It was a very good session; I hope to bring this into my warm up and also pass this in to other club coaches.'*  
**Tom Cullen, Tramore GAA.**

*'the course was very very educational, very practical and lots of fun. There are so many things we will bring back to the coaches in our club and I would recommend this course to any coach.'*  
**Liam Connors, Villa FC.**

#### CLUBS IN ATTENDANCE

Ballygunner Hurling Club
Camogie Association
Celtic Squash Club Waterford
De La Salle GAA
DMP Athletic Club
Gaultier Ladies Football Club
Kilmacow Football Club
Kilmacow GAA
Kilrossanty GAA
St. Saviours GAA
St.Mollerans GAA
Tramore GAA
Villa Football Club
Waterford Crystal Swimming Club
Waterford Vikings Basketball Club
Waterford Warriors
Waterpark RFC

For more information please contact Peter Jones on 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).



## 2019 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
<b>January 2019</b>				
Saturday 12 <sup>th</sup> January	Operation Transformation National Walk	11am <i>(Registration from 10.15)</i>	FREE	Workhouse Car Park, Kilmacthomas.
Monday 21 <sup>st</sup> January	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 21 <sup>st</sup> January	Strength & Conditioning Training   Part 1 <i>(see page 13 for more info)</i>	7.30 to 9.30pm	€20pp	Cappoquin Community Centre
<b>February 2019</b>				
Monday 11 <sup>th</sup> February	Safeguarding 1— Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
Monday 18 <sup>th</sup> February	Strength & Conditioning Training   Part2 <i>(see page 13 for more info)</i>	7.30 to 9.30pm	€20pp	Cappoquin Community Centre
Tuesday 19 <sup>th</sup> February	Walk for Life   Waterford Greenway Bilberry	10.30am	€3pp	Meet @ Workhouse Car Park, Kilmacthomas.
Monday 25 <sup>th</sup> February	Gymnastics Teacher Training	3 to 5pm	€20pp	Waterford Gymnastics Club 3, Carrickpherish Business Park, Cleaboy Road, Waterford.
Tuesday 26 <sup>th</sup> February	Walk for Life   Waterford Greenway Bilberry	10.30am	€3pp	Meet @ Waterford Greenway Car Park, Bilberry.
<b>March 2019</b>				
Monday 4 <sup>th</sup> March	Safeguarding 2 – Club Children’s Officer Training	6-9pm	€15pp	Dungarvan Enterprise Centre
Tuesday 5 <sup>th</sup> March	Walk for Life   Mount Congreve	10.30am	€3pp	Meet @ Mount Congreve Car Park
Saturday 9 <sup>th</sup> March	Remote Emergency Care First Aid Course	9 am to 5pm	€45pp	The Park Hotel, Dungarvan, Co. Waterford.
Monday 11 <sup>th</sup> March	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Tuesday 12 <sup>th</sup> March	Walk for Life   Waterford Greenway Dungarvan	10.30am	€3pp	Meet @ The Fountain, Walton Park, Abbeyside, Dungarvan.
<b>April 2019</b>				
Friday 12 <sup>th</sup> & Saturday 13 <sup>th</sup> April	Active Leadership Training	6 to 9pm 9.30 to 4.30pm	€25pp	WIT Arena, Carriganore, Waterford.
Monday 15 <sup>th</sup> April	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
<b>May 2019</b>				
Monday 13 <sup>th</sup> May	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 20 <sup>th</sup> May	Safeguarding 2 - Club Children’s Officer Training	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.

## 2019 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
<b>June 2019</b>				
Saturday 8 <sup>th</sup> to Sunday 16 <sup>th</sup> June	National Bike Week 2019	VARIOUS EVENTS	FREE	see www.bikeweek.ie
Saturday 15 <sup>th</sup> June	Remote Emergency Care First Aid Course	9 am to 5pm	€45pp	WIT Arena, Carriganore, Waterford.
Monday 24 <sup>th</sup> June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
<b>September 2019</b>				
Monday 9 <sup>th</sup> September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
Saturday 14 <sup>th</sup> September	Remote Emergency Care First Aid Course	9 am to 5pm	€45pp	The Park Hotel, Dungarvan, Co. Waterford
Monday 16 <sup>th</sup> September	Safeguarding 2 – Club Children’s Officer Training	6-9pm	€15pp	Dungarvan Enterprise Centre
<b>October 2019</b>				
Monday 7 <sup>th</sup> October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 14 <sup>th</sup> October	Safeguarding 3 – Designated Liaison Person	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
<b>November</b>				
Monday 4 <sup>th</sup> November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
Monday 18 <sup>th</sup> November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.

### Safeguarding 1 Training for Splashworld

Sixteen staff members from Splashworld in Tramore completed a Safe Guarding 1 course (SG1) at their venue. All of these staff members would come into contact with young people on a daily basis at their work place. This certified three hour workshop educates people on the implementation of best practice in protecting the welfare of children involved in sport and leisure. Well done guys!!



### Safeguarding 1 Training for Boxing Clubs

Eleven coaches/club volunteers from four different Boxing clubs attended our Safe Guarding 1 (SG1) workshop. This 3 hour workshop educates participants on the implementation of best practice in protecting the welfare of children involved in sport. Thanks to everyone who attended and best of luck with the rest of your season.

### CHECK OUT OUR ‘NEW’ WEBSITE

For further information on courses and links to online booking

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

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

## Waterford Sports Ability Forum 'Healthy Active Participation for All'

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 physical activity opportunities that are available for people with a disability in Waterford. In 2018 the Forum developed a clear vision and mission, and is going from strength to strength developing objectives and goals to achieve each year. In 2018 the Forum formed a sub group to run the first ever Waterford SportsAbility Day which was held at WIT Arena in April and was a huge success with over 200 participants attending. The forum will be planning and setting new objectives for 2019 over the next few months.

**The forum is always looking for new members, if you or your organisation is interested please contact Pauline on 0761 10 2682 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)**



## Get Greenway Ready!

*with Brothers of Charity Tory Services*

Earlier this year WSP received funding from Dormant Accounts to run a cycling programme for people with a disability in Waterford. Eight eager and enthusiastic participants from Brothers of Charity Tory Services signed up to the eight week programme. The programme ran on Wednesday mornings at 10.30am in the Regional Sports Centre car park for 60 minutes each week and was tutored by Dermot Blount.

The aim of the programme was to prepare participants for cycling safely on the

Greenway. With this in mind, participants learned a series of skills each week covering the ready position, braking, gearing, pairing and most importantly the Greenway Code. On the last week, participants met at Dunhill Castle, where they set a goal of cycling a 5km route. On what can only be described as a glorious autumn day all participants cycled to Annestown Beach, where we had some fun races before return home for tea and coffee. Well done to all the participants for your achievements, looking forward to seeing you all out on the Waterford Greenway over the coming months.

## Cycling for young people with a Disability – Ready Steady, Pedal

On Sunday 9<sup>th</sup> September six participants from Waterford Down Syndrome Branch started a 4 week cycling programme with Waterford Sports Partnership. The programme was funded by Dormant Accounts and was tutored by Donal Jacob and Ollie Harrold from Greenway Waterford Bike Hire. The programme ran over four weeks at 10.30am in the Regional Sports Centre car park. The aim of the programme was to teach young people with Down Syndrome how to cycle in a fun and safe environment. Participants were encouraged to bring their own bike or for those that did not have one they had the option of borrowing one from Donal. Each week participants made huge improvements and their cycling confidence was clearly evident. Over the four weeks participants learned how to balance, control their bike and start and stop efficiently. Well done to all the participants and a special thank you to Donal and Ollie who were fantastic with the group. *Keep the wheels in motion!*



## VI Soccer

On Wednesday 21<sup>st</sup> November Waterford Sports Partnership in conjunction with the FAI ran a Come and Try it VI Soccer Session. VI Soccer is targeted at children and adults with a visual impairment. The sixty minute session was held in WIT with Nick Harrison (FAI Inclusion Officer). The session went extremely well with participants having the opportunity to improve their dribbling, passing, shooting and ball control skills. Participants also had an opportunity to experience some game time in a fun and safe environment. WSP and the FAI will be running more VI soccer Sessions in 2019 and we look forward to more new members joining us. **If you are interested in taking part in VI Soccer, please contact Pauline on 0761 10 2682 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)**



## Social Soccer

On the last Thursday of every month from 1-2pm the FAI and Waterford Sports Partnership run Social Soccer for adults with PAN disability in Dungarvan Sports Centre. Social Soccer is made up of various disability groups from right across the City and County who come together each month to play soccer. With the assistance of the FAI we run two groups; one for participants of low level ability and another for participants with a higher level of ability who want to play more competitive soccer.

A huge thank you to FAI Sports Development Officers, Gary Power and Michael Looby who ran the sessions. We will be back in Dungarvan Sports Centre on **Thursday 31<sup>st</sup> January 2019** and we are looking forward to seeing you all there.



If you require more information or your organisation would like to get involved please contact Pauline Casey on 0761 10 2682 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)



## Mindfulness and Relaxation

Thirty students from St. Joseph's Special School took part in a mindfulness and relaxation programme with Waterford Sports Partnership. The programme started in September and ran over six weeks in the school, with students from three Junior Cycle classes taking part. The programme was tutored by Tracy Boland who is very experienced in working with people with a disability. The aim of the programme was to help those that may be new to the school relax and reduce anxiety levels. For many of the students this was the first time they would have tried any relaxation techniques. The participants really enjoyed the programme gaining huge benefit from it, with visible improvements being noticed by the class teachers. Well done to all those involved and to Tracy for delivering yet again another excellent programme.

## Walk for Life

We were delighted to have the opportunity to showcase some of Waterford's finest walks as part of the Walk for Life Series for people with a disability in Autumn 2018. There were four walks in the Series; Mount Congreve Gardens, Waterford Greenway Kilmacthomas, Durrow and Suir Valley Railway. All four walks had a fantastic attendance with over 100 participants taking part in at least one of the four walks. The Series kicked off on Tuesday 18<sup>th</sup> September at 10.30am in the popular Mount Congreve Gardens. Despite the extremely wet and windy conditions participants had an opportunity to explore the magnificent gardens and see Congreve House. On our return, participants were given permission to pick fruit from the trees to bring home.

The second walk in the series took place on Tuesday 25<sup>th</sup> September along the wonderful Waterford Greenway Kilmacthomas. This walk always attracts a large crowd with 26 participants taking part in the walk. Participants had the opportunity to walk either 2km or 5km on the day as this walk is fully accessible and suitable to all abilities. On Tuesday 2<sup>nd</sup> October our third walk of the series took place along the Waterford Greenway Durrow. This accessible walks gave participants an opportunity to explore the hidden fairy doors as they make their way through the tunnel.

Our final walk of the series took place on Tuesday 9<sup>th</sup> of October during World Mental Health Week. Over 46 participants attended the walk at Waterford Greenway Suir Valley. As this was the final walk, participants had an opportunity to take on a short 3km walk followed by a train ride.

After each walk participants had the opportunity to mix with other groups and chat over a well deserved cup of tea or coffee. Well done to all the organisations who took part in our Walking Series. We are looking forward to seeing you all again in 2019.

Check out the **Calendar of Events** to see the list of Walks for 2019, and remember to contact Pauline Casey on 0761 10 2682 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie) to book your place.



## 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 Chairde 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 coloured red/blue leather balls as close as they can to a white target ball, or jack. We are always looking for new groups and individuals to take part in our monthly boccia activity.



Forty four participants took part in our final session of 2018 on Wednesday 5<sup>th</sup> December. On the day we played Boccia for 60 minutes followed by our annual Christmas party. This was a fantastic day with many dressing up in the festive jumpers and embracing the Christmas Spirit. Special thanks to Kate Moran who tutors our Boccia programme and to Cill Barra Sport Centre for facilitating us over the year.

**If you or your organisation is interested in taking part please contact Pauline Casey on 076 110 2682 or email [pcasey@waterfordsportpartnership.ie](mailto:pcasey@waterfordsportpartnership.ie)**



## Disability Awareness in Sport Training

On the Thursday 8<sup>th</sup> November we delivered a Disability Awareness in Sport Training to twelve students from WIT's Recreation and Leisure Management Course. 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 Casey on 0761 10 2682 or email [pcasey@waterfordsportpartnership.ie](mailto:pcasey@waterfordsportpartnership.ie)**



**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@wassaj.ie



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



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



**Bohemians FC - Football for All Club**  
for young people (8-16 years)  
Jason Ryan 086 028 818 or info@waterfordbohs.com



## Wheelchair Maintenance Programme

Paul Ryan from IWA Sport ran a two hour Wheelchair Maintenance Training Course on Friday 2<sup>nd</sup> November. The training was held in TREGO Probation Service with staff from the Regional Sports Centre, Renew Social Enterprise and volunteers from Déise Dragons. The aim of the training was to up skill those who took part on basic maintenance that should be done to maximise the life of our sports wheelchairs. The staff from Renew now have the skills to maintain our sports chairs for us in 2019.

If you would like more information on wheelchair maintenance please contact Pauline on 076 110 2682 or email [pcasey@waterfordsportpartnership.ie](mailto:pcasey@waterfordsportpartnership.ie).



**HANDCYCLES**  
**Available ON LOAN**

For more information contact Pauline on 076 110 2682 or email [pcasey@waterfordsportpartnership.ie](mailto:pcasey@waterfordsportpartnership.ie)

# DISABILITY CALENDAR | JANUARY TO APRIL 2019

Programme	Date /Time /Location	Description	Cost/Booking
<b>WALK FOR LIFE</b>			
	<b>Tuesday 19<sup>th</sup> February @ 10.30am Waterford Greenway Kilmacthomas.</b> Meeting at the Workhouse Car Park	<b>PAN Disability</b> 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.	<b>€3pp</b> (includes tea/ coffee & scone)  <b>Booking Essential</b> Please contact Pauline (Details Below) Or Text Organisation Name & Numbers Participating to 086 783 7385
	<b>Tuesday 26<sup>th</sup> February @ 10.30am Waterford Greenway Bilberry.</b> Meeting at Bilberry Car Park.		
	<b>Tuesday 5<sup>th</sup> March @ 10.30am Mount Congreve</b> Meeting at Mount Congreve Car Park		
	<b>Tuesday 12<sup>th</sup> March @ 10.30am Waterford Greenway Dungarvan.</b> Meeting at the fountain in Walton Park, Abbeyside.		
<b>BOCCIA</b>			
	<b>Wednesday 16<sup>th</sup> January   11am – 12.30pm WIT Arena</b>	<b>Pan Disability</b> 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.	<b>€2pp</b>  <b>Booking Essential</b> Please contact Pauline (Details Below) Or Text Organisation Name & Numbers Participating to 086 783 7385
	<b>Wednesday 13<sup>th</sup> February   11am -12.30pm WIT Arena</b>		
	<b>Wednesday 13<sup>th</sup> March   11am – 12.30pm WIT Arena</b>		
	<b>Wednesday 17<sup>th</sup> April   11am – 12.30pm WIT Arena</b>		
<b>KICK TO RECOVERY - SOCCER</b>			
	<b>Wednesday 27<sup>th</sup> February to Wednesday 3<sup>rd</sup> April</b>  (6 week block)  11am – 12pm  Kingfisher Club Waterford	<b>People in Mental Health Services</b> 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.	<b>€3pp</b>  <b>Booking Essential</b> Please contact Pauline (Details Below) Or Text Organisation Name & Numbers Participating to 086 783 7385
<b>SOCIAL SOCCER</b>			
	<b>Thursday 31<sup>st</sup> January</b> <b>Thursday 28<sup>th</sup> February</b> <b>Thursday 28<sup>th</sup> March</b> <b>Thursday 25<sup>th</sup> April</b> 1-2pm Dungarvan Sports Centre	<b>PAN Disability</b> 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.	<b>€3pp</b>  <b>Booking Essential</b> Please contact Pauline (Details Below) Or Text Organisation Name & Numbers Participating to 086 783 7385

# DISABILITY CALENDAR | JANUARY TO APRIL 2019

Programme	Date /Time /Location	Description	Cost/Booking
<b>NEW! TAG RUGBY</b>			
	<b>Wednesday 23<sup>rd</sup> January</b> 2.30-3.30pm Dungarvan Sports Centre	<b>Mild to Moderate Intellectual Disability</b> We are working in partnership with Munster Rugby to roll out Monthly tag Rugby Sessions for adults with a mild intellectual disability. Tag rugby is a non-contact team game in which each player wears a belt that has two velcro tags attached to it, or shorts with velcro patches.	<b>€3pp</b> <b>Booking Essential</b> Please contact Pauline <i>(Details Below)</i> <i>Or Text Organisation Name &amp; Numbers Participating to 086 783 7385</i>
	<b>Wednesday 20<sup>th</sup> February</b> 2.30 – 3.30pm Dungarvan Sports Centre		
	<b>Wednesday 20<sup>th</sup> March</b> 2.30-3.30pm Dungarvan Sports Centre		
	<b>Wednesday 24<sup>th</sup> April</b> 2.30-3.30pm Dungarvan Sports Centre		

## EASTER ACTIVITY CAMP

	<b>Waterford City</b> Monday 15 <sup>th</sup> – Wednesday 17 <sup>th</sup> April (3 Day Camp) 10am – 2pm Carrickphierish Sports Hub	<b>Children with a physical disability and siblings.</b> WSP will run a camp for children aged (5 to 18 years) with a physical disability and their siblings. Participants will have an opportunity to try a variety of sports over the three days.	Cost TBC Booking essential Places are limited Please contact Pauline on 076 110 2682
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## SPORTSABILITY WEEKEND 2019

	Following the success of our inaugural SportsAbility Day in 2018, Waterford SportsAbility Forum, in conjunction with WIT Arena, will host a SportsAbility Weekend in 2019.	<b>FREE EVENT <i>more details coming soon!</i></b>	
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## 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.

<b>Disability Awareness in Sport Training</b>	2 hour course €20pp	This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.
<b>Disability Inclusion Training</b>	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.
<b>Inclusive Fitness Training</b>	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.
<b>Autism in Sport Workshop</b>	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 Casey our Sports Inclusion Disability Officer  
by phone on 0761 10 2682 or by email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)

## COMMUNITY PROGRAMMES

**Breakfast- Activity Club:** The Breakfast Club started-up again in September and continues to be popular every week. The activities take place in Sports Hub, with breakfast afterwards in the library. The children participate in 30 minutes of physical activity developing their fundamental movement skills through games and skills followed by a healthy breakfast. The children then have the opportunity to avail of the library services before school starts. New children are always welcome, booking is essential!



**Multi-Activity After- School Programme:** With the support and partnership with the North suburbs Youth project (NSYP), the Multi-Activity After-Schools programme has been back up and running on a weekly basis since September. This multi-activity programme is a place for children to come and play games and activities after school, increasing their physical activity levels and meeting the required 60 minutes a day of exercise, while having fun.

**Drop-in Soccer:** In partnership with the North Suburbs Youth Project (NSYP) and FAI, Drop-in soccer has been ongoing weekly on a Monday night for boys and girls aged 15+. Drop-in soccer is a great way for children and teenagers to get involved in a community sport as well as getting active and making friends from the local area.

**Women on the Move:** With numbers growing each week, this women's only exercise class is getting more and more popular. The class includes a variety of exercises and variations to suit all ages and abilities and is one not to be missed in 2019.



### **New! Multi-Activity Club | for children aged 7- 12 years in the Carrickphierish/ Gracedieu area!**

A NEW Multi- Activity Club starting on Monday 21<sup>st</sup> January from 5- 6pm in the Community Sports Hub. This club will run for a 6 week block and will give children an opportunity to try a variety of sports and activities led by WSP tutors. Each week there will be a new session guaranteeing plenty of fun! The aim of the sessions is to : keep active, have fun, make new friends, try something new, take part in a whole range of different sports and activities! The cost is €2 per session per child, the club will run from Monday 21<sup>st</sup> January to Monday 25<sup>th</sup> February 2019.

**Booking is essential! please contact Hub Development Officer Louise Barry 086 465 0063 or email [lbarry@waterfordsportpartnership.ie](mailto:lbarry@waterfordsportpartnership.ie)**

### **Halloween Multi-Activity Camp**

This year, our Halloween Multi-Activity Camp took place on the 30-31<sup>st</sup> October in the Community Sports Hub and was a great success, once again. WSP teamed up with the NSYP and Waterford City and County Library and had twenty 9-15 year olds taking part. The two day camp consisted of games and activities in the Sports Hub, some Halloween games in the library, followed by a spooky Halloween obstacle course. Well done to all involved, we are looking forward to continuing the fun in 2019!



# CARRICKPHIERISH COMMUNITY SPORTS HUB UPDATE

## WHAT'S ON - FROM MONDAY 14<sup>TH</sup> JANUARY 2019

TIME	ACTIVITY	COST/ AGE GROUP	CONTACT FOR BOOKINGS & INFO
<b>MONDAY</b>			
5 - 6pm	<b>NEW! Multi-Activity Club Starting Monday 21st January</b> This NEW club will run for a 6 week block and give children a chance to try a variety of sports and activities led by a WSP tutors.	For boys & girls aged 7 to 12 €2 per person	Louise Barry 0761 10 2619
6 - 7pm	Mount Sion Camogie Club	Contact Peter Walsh on 087 1355359 for more information	
7 – 8pm	<b>Step and Tone</b> - 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
<b>TUESDAY</b>			
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 - Underage Training	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	
<b>WEDNESDAY</b>			
6– 7pm	<b>Complete Core</b> - 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	<b>Women on the Move</b> - 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
<b>THURSDAY</b>			
2.40 to 3.40pm	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	
<b>FRIDAY</b>			
6.30- 8.30 pm	Déise Dragons Sports Club	Contact for more information	Mary Condon on 085 1034072
<b>SATURDAY</b>			
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	

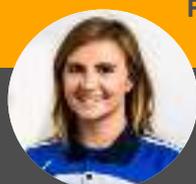
*Our timetable will continue to be updated...*

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



### BOOKING INFORMATION

For hall bookings, information on opening hours, access to hall and rates please contact:  
Darren Sealy at [cccsportshub@waterfordcouncil.ie](mailto: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](mailto:lbarry@waterfordsportspartnership.ie)



## Boxing Fitness Mount Sion ISU

A Boxing Fitness programme was delivered to foreign national students in Mount Sion CBS. The aim of this programme was to provide a physical activity programme for these students and also help them to integrate into the school system. Sessions took place in the school, with the final session taking place in St. Paul's Boxing Club. Thanks to Seamus Cowman for facilitating this activity. We hope to see some of the boys in the Boxing club again!



## Schools Boxing St Saviours N.S.

Now an established activity on the school's P.E. curriculum, the sixth class students from St. Saviours National School took part in a four week Boxing programme in Saviour's Crystal Boxing Club. The programme's main objective is to increase physical activity levels amongst young people through the sport of Boxing. Each student received a certificate of participation and the club also presented them with free training passes. Well done boys and girls!



## PACT Project

We recently assisted eleven young people from the PACT Project in Ferrybank with funding for their certifications in Level 1 and Level 2 Kayaking, certified by Canoeing Ireland. The young people now have an understanding of the basic safety rules of canoeing, ability to enter and exit the boat/water correctly, use correct paddling techniques and execute a capsize drill as result. Well done guys!!!

## Rugby Coaches Workshop

Thanks To Munster Rugby Development Officer John O'Neill for facilitating a coach's workshop for 14 coaches who work with age-grade teams in Waterford City Rugby Club. The theme of the session was Defense and how to implement Defensive structures within training sessions. Thanks to Munster Rugby Development Officer John O'Neill for facilitating these sessions.



## Zuar Antia Boxing Coaching Workshop

Waterford Sports Partnership, in partnership with the Munster Boxing Council, organized a workshop for Boxing clubs from the Waterford/Tipperary County Boxing Board. Sixteen coaches from nine Boxing clubs attended the workshop, facilitated by Zuar Anita- Head Coach of the I.A.B.A High Performance Boxing Team. The aim of the workshop was to improve the standard of coaching amongst the clubs. Using 17 Boxers for demonstrations, Zuar delivered an excellent and formative workshop, focusing on the importance of footwork, punching technique and padwork



## Late Night Soccer

In partnership with the FAI, we organised the Late Night League for four youth projects in Kingfisher Leisure Centre. Over 25 young people took part, with each team playing three 20 minute games. Thanks to the Community Gardai for transporting some of the youth projects to and from the venue in their mini bus and to Michael and Gary-FAI Development Officers for running the event.

## TYRE Project V Gardai Soccer Match

The TYRE project and a number of local Gardai in Tramore played a challenge Football match amongst themselves over the midterm break in October. The game was very competitive, but played in great spirits with nothing between the two teams. Some great football was played on the day. Great to be part of this initiative between the Gardai and the young people in Tramore. Credit must go to Becky and Grainne, project workers with the TYRE project for organising this event. Well done one and all!



## Muay Thai Fitness

Members from the Subla and TREO projects took part in a four week Muay Thai Fitness Programme, facilitated by Shane O'Connell from Waterford Muay Thai. The sessions began with a warm-up, followed by some fun fitness activities before going onto the bags. Shane showed the group how to punch, kick, knee and elbow and concluded the session with a warm down. Both groups plan on continuing with this activity over the next few weeks. Well done guys and thanks to Shane for facilitating this fantastic programme!!



## WSP

### Youth Coaching Fund

A limited coaching fund is available for any club who wish to get their members an accredited coaching qualification that will enable them to coach under-aged/juvenile players.

Preference will go to coaches who wish to up-skill their qualification e.g. going from Level 1 to Level 2.

For further information please contact Brian O'Neill on 086 020 1219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).

## Learn to Swim Programme

Two boys from Manor St. John Youth Club, one from St. Paul's Community College and two boys from the Traveller Youth Support project completed six week Learn to Swim Programmes over the past few months. During the programmes, facilitated by Kingfisher Leisure Club, the boys were shown correct swimming strokes and breathing techniques. Their confidence in water improved immensely over the six weeks, well done boys. Thanks to Brian and Kingfisher Leisure Club for facilitating this programme.

For further information on Swimming lessons please contact Brian O'Neill, Youth Sports Development Officer on 086 020 1219 or email [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)



## Gym Education Programme

Eight members from Manor St. John L.T.I. group completed a 4 week Gym Education Programme, facilitated by Kingfisher Waterford. The boys and girls were shown how to use the machines and equipment correctly. They were also shown correct lifting technique and the exercises required for each body part. Well done all!

## Boxing Fitness Taster- Presentation

We organized a taster Boxing fitness session for LCA students in Presentation Secondary School in St. Paul's Boxing Club. The session consisted of a warm-up, bag work, pad work, circuit training and concluded with a cool down. A number of the girls expressed interest in continuing with further Boxing session which is great to see. Well done girls!

## Urban Hoops| Mount Sion, Presentation & St. Paul's NS's

We recently completed our Urban Hoops Programme, A four week Basketball programme for schools under School Completion's remit that focuses on participation, activity and fun. Facilitated by Dimitrios Zacharias, Head Coach of Wildcats Basketball club, the programme also included Basketball equipment for the school. This enables the schools to continue with Basketball sessions for the remainder of the school year. Schools that benefited from the Urban Hoops programme were St. Paul's, St. Saviour's, Mount Sion and Presentation National Schools. Manor St. John Youth Centre also benefited from this programme, as they purchased portable Baskets for the Centre.



## EQUIPMENT - FREE HIRE

Waterford Sports Partnership has a range of sports equipment such as surf boards, volleyball, soccer packs, basketball, rugby packs and pitch & putt clubs available for hire, free of charge.

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

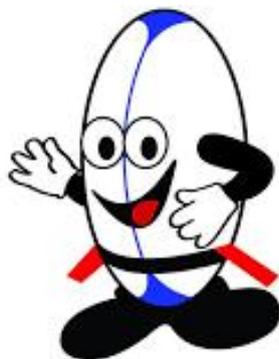
## Come and Try It Day | Saturday 15<sup>th</sup> September

In partnership with Waterford Comhairle na nOg, we held a free Come and Try It Day in the People's Park on Saturday 15<sup>th</sup> September. Activities on the day were Archery, Zumba Dance, Boxing, Muay Thai and Yoga. Great to see so many young people get involved in the different activities. Thanks to all the clubs who provided the activities on the day.



## Tag Rugby- St. Saviours NS & St. Paul's NS

Two 6<sup>th</sup> classes from St. Saviour's National School and 3 classes from St. Paul's National School completed a 4 week Tag Rugby programme. Facilitated by the WIT Munster Rugby Officer and Waterford City Rugby Coach Dean Cox, the sessions included fun evasion games, passing skills, relays and development through play. Thanks to Waterford City Rugby club for providing free passes to both schools for the clubs training sessions on Sunday mornings. Hope to see some you at the Rugby Club!



## 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	jim.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.gda.waterford@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	Corraire 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



**REMEMBER TO CHECK OUT OUR NEW WEBSITE  
@ [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**



## WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford | 0761 10 2194  
Regional Sports Centre, Cork Road, Waterford | 0761 10 2619  
[info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie) | [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

