

## IN THIS ISSUE

SUBJECT	PAGE
WSP Wins Irish Sports Industry Award 2019	1
Meet the Team	2
Schools Programme Update	3 - 5
<b>Over 50's Update</b>	6 - 8
Training, Events & Programmes	9 - 12
Club Development	13
National Bike Week 2019	14
2018 Calendar of Training & Events	15
Disability Sport Update	16 - 21
Carrickphierish Sports Hub Update	22 - 23
Youth Sport Update	24 - 27
Useful NGB Contacts	28



Read all about our wonderful SportsAbility weekend on Page 16!



## WSP wins Irish Sports Industry Award 2019 for Soccer for Girls Programme

Brian O'Neill, YSDO Waterford Sports Partnership (centre) and Michael Looby, Development Officer, FAI are presented with the 20x20 Award by Sarah Colgan, 20x20 Co-Creator, during the Irish Sport Industry Awards presented by the Federation of Irish Sport at Crowne Plaza Blanchardstown on Monday 15<sup>th</sup> April.



The Awards recognise and reward excellence in Sport, whilst simultaneously highlighting the contribution of Sport in Ireland. Waterford Sports Partnership was shortlisted under the 20x20 category - an initiative that promotes female participation in Sport. The award we received was for our Soccer for Girls Programme - a collaboration with the FAI, Presentation Girls National School and Our Lady of Mercy National School.

We are very proud to have won this prestigious award and we would like to thank the two schools and the FAI for working with us. A special thanks to our Youth Sports Development Officer, Brian O'Neill who was the driving force behind this programme.



## 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@waterfordsportpartnership.ie



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



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



## Sports Development Team

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

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



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



Pauline Casey  
Sports Development Officer  
and Sports Inclusion Disability Officer  
Phone: 0761 10 2682  
Mobile: 086 783 7385  
pcasey@waterfordsportpartnership.ie



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



Rachel Sinnott,  
Community Sports Development Officer  
Phone: 0761 10 2199  
Mobile: 087 140 8323  
rsinnott@waterfordsportpartnership.ie



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

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



*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 January 2019:*

### 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 balance, agility, and co-ordination, through athletics. It has been a super term with many schools undertaking Sports Hall Athletics Teacher Training. Our tutor Pat Power has been visiting schools and delivering training to teachers and class groups to educate everyone on the use of the Sports Hall Athletics equipment. Each participating school can borrow WSP equipment for six weeks to practice the new skills that they have learned. Well done to the following schools who have recently taken part in the training: Crehana/ Carrickbeg N.S., St. Saviours N.S., Glenbeg N.S., Holy Cross N.S., Modeligo N.S. and Waterford Educate Together N.S.

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)



### 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 can be borrowed free of charge and schools can then arrange to have the markings put down 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. For more information, please contact Louise Barry on 0761 10 2619 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)



### TRAINING OPPORTUNITY !

#### Buntús Start & Refresher Training

Buntús Start is a comprehensive physical activity programme for children aged 2 to 5. It has been designed for use in pre-school settings so that the leaders can provide a wide range of learning opportunities for young children to develop their fundamental motor skills, manipulative skills, co-ordination and balancing skills and develop a positive attitude to physical activity. The programme is a joint initiative between Waterford 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 of training with a two hour follow up session approximately 6-8 weeks after the programme is used in the pre-school. If you require more information or wish to avail of this training please contact Waterford Childcare Committee on 051-295045/ [info@cccw.ie](mailto:info@cccw.ie) or Louise Barry on 0761 10 2619 [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)



SIGN-UP  
TODAY!

### The Daily Mile

Well done to the following Waterford schools who have signed up for the Daily Mile to date in 2019: Gaelscoil Philib Barún, Kilbrien N.S., St Mary's, Touraneena N.S., Scoil Naomh Gobnait, Crehana N.S., Bunscoil Bhothar na Naomh, St Saviour's N.S., Whitechurch N.S., Carriglea N.S., Villierstown N.S., Kilrossanty N.S., Rathgormack N.S., Waterford Educate Together N.S. The Daily Mile encourages children to be active every day. It 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 [www.thedailymile.ie](http://www.thedailymile.ie) and register your school today!

## Primary School Balance Bike Training

We have been delivering balance bike training to teachers around the county since January 2019. The Balance Bike sessions have been delivered locally in a number of schools where teachers in attendance were given instruction through demonstration and resource booklets on the delivery of balance bikes and 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. Well done to the following schools that have recently used Balance Bikes in their school: Rathgormack N.S., Newtown N.S., Waterford Educate Together N.S., Gaelscoil na nDeise, St. Saviours N.S., and Holy Cross N.S.

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)



## Pre-School Balance Bike Training

We work with Waterford Childcare Committee to offer Childcare Services an opportunity to take part in promoting cycling for young children. We invite staff and practitioners from services to access and attend Balance Bike Training and have the use of the bikes thereafter. We are encouraging all services to avail of the opportunity and express your interest to WSP or to the Waterford Childcare Committee. All those undertaking the programme will be provided with the newly developed Wiggly Wobbly Balance Bike Resource Booklet on the day that they can utilise at their facility following the training. Well done to Scallywags, Ballygunnar and Waterford Childcare Centre who following training, have been using the bikes over the past number of weeks.

If you require more information or wish to avail of this training please contact Waterford Childcare Committee on 051 - 295045/ [info@cccw.ie](mailto:info@cccw.ie) or Louise Barry on 0761 10 2619 [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)



## Gymnastics Teacher Training

On Monday 25<sup>th</sup> February, Waterford Sports Partnership in collaboration with Waterford Gymnastics Club held a Teacher Training Workshop for primary school teachers. There were 12 teachers in attendance representing; St. Saviours N.S, Presentation Primary, Aglish N.S, Scoil Naomh Gobnait, St. John of God, Scoil Mhuire, Mooncoin. The two hour workshop covered practical ways to lead and implement gymnastics as part of P.E with primary school children. The instructors from Waterford Gymnastics Club provided expert advice and demonstrations on the skills and techniques involved and made the workshop very enjoyable to participate in. For more information please contact: Louise Barry on 0761 10 2619 or [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)





# PRE SCHOOL/PRIMARY SCHOOL 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 in 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 appropriate for children in pre- school, junior infants and senior infant's classes. Waterford Sports Partnership invites 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 for 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 [grainnmurphy@swimireland.ie](mailto:grainnmurphy@swimireland.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)

## OVER 50'S UPDATE



### Tramore Dojo

WSP has partnered with Tramore Dojo since the end of 2018 and are delighted that over 50 older adults so far have 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. If interested, please contact Peter Jones on 076 1102191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

### Over 50's Circuit Training

To date in 2019 we have delivered circuit training for over 50's in Dungarvan, Kilmacthomas, Cappoquin, Waterford City and Tramore. We are delighted that over two hundred and fifty older adults have completed at least one session from January to May.

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. Check out our website for some videos of our programmes so far this year. CIRCUITS WILL RUN AGAIN from September. For more information please contact Peter Jones on 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



### WSP GFL Games Day

Twenty nine older adults took part in the Waterford Go for Life Games Day on Tuesday 21<sup>st</sup> May in WIT Arena. With fourteen different activities on offer, participants had a chance to try each activity in between tea, coffee and refreshments. As always there was plenty of fun and banter. We devised some new games to keep challenging the heart and the mind. This year we tried the following games to develop balance, coordination, competitiveness and memory retention: coordination games, chair beach volleyball, minefield (memory retention), memory games, basketball, adapted table tennis, balloon badminton, target games

(including lobbers and filisc), one pin bowling (scidls) and frisbee. It was a great training session in preparation for the Go for Life Games in Dublin on Saturday 8<sup>th</sup> June, a team of twelve will travel to the Games to represent Waterford.

This year we were delighted to be assisted by eight WIT volunteers. The students were responsible for sign-in and assisting with the games. They did a fantastic job. WIT student Katie Kelly said *'I really enjoyed the day, I loved every second'*.

Our adapted fun circuits and games will recommence in September in Cappoquin, Kilmacthomas, Tramore and Waterford City. If you are interested in any of these, please contact Peter Jones on 076 1102191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



### Walk for Life

We were delighted that 378 older adults and members of disability organisation enjoyed one of our four walks in February/March. The walks took place over four weeks on Tuesday mornings at 10.30 in Mount Congreve, Bilberry, Walton Park and Kilmacthomas.

### SUMMER SERIES

Our summer series kicks off on Tuesday 28<sup>th</sup> May with our Clonea Beach Walk. Each walk allows participants to walk at their own pace and enjoy a sociable cup of tea/coffee and scone post walk.

Please check out our list of walks below . . .



## WALK FOR LIFE 2019

SUMMER SERIES  
A SERIES OF ORGANISED WALKS  
FOR OVER 50'S & PEOPLE WITH A DISABILITY



DATE	WALK LOCATION	MEETING POINT
Tuesday 28 <sup>th</sup> May	Clonea Beach	10.30am @ Dungarvan Rugby Club
Tuesday 4 <sup>th</sup> June	Tramore Beach	10.30am @ Car Park opposite Majestic Hotel
Tuesday 11 <sup>th</sup> June	Anne Valley Walk Dunhill	10.30am @ Car Park beside fishing hut
Tuesday 18 <sup>th</sup> June	Waterford Greenway Kilmacthomas	10.30am @ Workhouse Car Park Kilmacthomas

**€5 per walk : includes tea/coffee/scone & reusable souvenir water bottle**

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



### Tramore Men's Fitness Training

We began a new venture with retired men from Tramore in February this year with 20 men taking part in a one hour physical activity session in Splashworld Leisure Centre delivered by WSP tutor Shane Dineen. The sessions focus on core movement skills with plenty of craic and banter. Pay as you go every Wednesday from 10.30-11.30. ALL WELCOME! If interested, please contact Peter Jones on 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



### LEARN TO SWIM

We have coordinated three learn to swim programmes and a further three follow on sessions for people aged 50 and over in 2019.

In total, 35 older adults have taken the plunge in the Park Hotel, Splashworld and the Kingfisher Club. The feedback from participants has been excellent with one person commenting 'it's an essential life skill that I never got to learn as a child'. We will be delivering further Learn to Swim programmes in September 2019. If interested, please contact Peter Jones on 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



**EQUIPMENT AND DEMONSTRATIONS** - We have 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 [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



### Deise Day Centre & St. Augustine's College TY Pilot Session

On Monday 29th April at St. Lawrence's Hall, Ballinroad, we ran a pilot activity session with eleven members of Deise Day Centre and eight TY students from St. Augustines College. This session, delivered by WSP tutor Teresa Keith gave participants the opportunity to get active and increase their aerobic capacity and some muscle strength/flexibility. A great time was had by all.

### WSP Fighting Fit *exercises adding life to your years!*

WSP, in conjunction with Dungarvan Boxing Club and Waterford Warriors, have delivered four 'Fighting Fit' programmes to fifty two older adults in Dungarvan and Waterford City. The Dungarvan sessions allow participants to learn some basic boxing skills including; stance, weight transfer, body movement when punching and some core fitness work utilising punch bags and shadow boxing. Our sessions in Waterford Warriors allow participants to utilise specialised equipment such as rings and medicine balls to improve strength and fundamental movement skills. Feedback has been fantastic with participants saying that their posture is better and they have less aches and pains. If you or anyone you know is aged 55 and over and interested in this programme, please contact Peter Jones on 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).



### NOW BOOKING! Greenway Pedal Pushers

*Want to experience the thrill of the Waterford Greenway?*

*Need a little bit of help to gain confidence on a bike*

**Don't have a bike but would be willing to try if someone could give you a bike?**

*Want to experience an electric bike to help you cycle?*

If you answer 'yes' to any of these, then the Greenway Pedal Pushers Programme is for you! Over the last two years, we have delivered various cycling programmes to over 50's with the aim of getting more people active and confident and enjoying lifelong physical activity. Our Greenway Pedal Pushers Programme consists of four sessions, based in Walton Park where participants will learn the basic skills of cycling including how to use the gears, cornering, changing directions and staying in control of the bike before venturing onto the Greenway. By the end of week four, participants will take part in a short cycle along the Greenway, enjoying the chat and stunning scenery and a well deserved coffee and scone.

**FOUR WEEK PROGRAMME:** Starting Wednesday 5th June | 10.30 to 11.30am

**Meeting @ Walton Park | €20 per person** (INCLUDES USE OF BIKE & HELMET) **or €10 per person** (BRING YOUR OWN BIKE & HELMET)

**BOOK NOW ON** [www.eventbrite.ie](http://www.eventbrite.ie) or contact Peter Jones on 0761 10 2191.

*'I have ticked off something on my bucket list, my Grandkids will be so proud!'*



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



### Dungarvan Women's Shed | Walk for Life

After meeting the members of the new Women's Shed in Dungarvan in January, we coordinated and delivered a six week walking and physical activity programme for women's shed members. The programme developed aerobic fitness as well as improving core strength and flexibility whilst having a bit of craic using the Waterford Greenway and Walton Park. We were delighted with the twenty nine women's shed members who took part in the activity delivered by WSP Development Officer Peter Jones and WSP tutor Teresa Keith. We look forward to working with the Women's Shed again in the future!

## 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



## Welcome Rachel!

We are delighted to welcome Rachel Sinnott to the WSP team as Community Sports Development Officer, based in Dungarvan. Rachel will focus on working on community based programmes and promoting outdoor activities including rowing and orienteering as well as supporting our work in promoting swimming, cycling and walking.

A native of Waterford, Rachel is a graduate from I.T. Tralee with a BSc in Health and Leisure, specialising in Adapted Physical Activity. She comes with a wealth of knowledge in the area of developing sports and activity through her experience working previously as a Community Sports Development Officer with Dun Laoghaire Rathdown Sports Partnership, Sports and Physical Activity Co-ordinator in a disability service and as a Swimming Instructor in the leisure centre industry. Rachel is delighted to be back home in Waterford and is looking forward to hitting the ground running over the coming months!



## Men on the Move 2019

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

Thirty eight men completed the eight week Men on the Move Programme in Waterford City and Dungarvan from January to March. It is great to see the men being more physically active, but also enjoying exercise in a social setting. We are delighted that Men on the Move has been running for nearly four years and we still have some of our original men coming to these sessions as it offers something that suits their lifestyle and needs. They want to be fitter and meet other men without being tied to a club! We are also **very thankful at WSP to have a talented team of tutors, so thank you to Damien O'Connell, Lauren Walsh Kett, Shane Dineen and Sinead Brannigan.**

Whilst Men on the Move is not a weight loss programme as it focuses on physical activity in a relaxed and enjoyable setting, there can be great improvement in physical health and men have commented on improvement on their physical health but, also more importantly as making exercise a habit and part of their weekly routine. We are delighted that the men are continuing to meet up outside of sessions to ensure they keep up two evenings a week as part of their exercise habit. Well done to all the men! *Checkout the table of results below for our city and county programmes!*

WATERFORD CITY 2019

	AVERAGE PRE	AVERAGE POST	AVERAGE IMPROVEMENT	TOTAL GROUP LOSS	% PARTICIPANTS IMPROVED
WEIGHT	94.15	92.47	-1.68 kg	-28.5kg	88%
WAIST	111	108	-3cm	-61cm	71%
1 MILE	12.34	10.38	1 min 56 secs	28 min 12 secs	100%
MOOD	January Blues	Buzzing!			



DUNGARVAN 2019

	AVERAGE PRE	AVERAGE POST	AVERAGE IMPROVEMENT	TOTAL GROUP LOSS	% PARTICIPANTS IMPROVED
WEIGHT	91.2	89.17	-2.2 kg	20.4kg	100%
WAIST	105.4	101.4	-4cm	43cm	100%
1 MILE	9.23	7.47	1 min 36 secs	26 mins 48 secs	100%
MOOD	January Blues	Buzzing!			

## Men's Fighting Fit

Following our very successful Men on the Move programme in Dungarvan, we were delighted that thirteen of the men took part in our six week 'Fighting Fit' programme in conjunction with Dungarvan Boxing Club. The six week programme included a Wednesday evening session in Dungarvan Boxing Club with Killian Walsh and a Monday evening session led by the participants themselves, utilising all of the information they learned during 'Men on the Move'. We were particularly delighted that due to the success of the sessions we began a further six week programme on Wednesday 8<sup>th</sup> May.

In Waterford city, twelve men are taking part in twice weekly sessions in Cill Barra Sports Centre every Tuesday and Thursday. These sessions focus on indoor circuit training and then some boxercise activities. Well done all!

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



*'brilliant, very, very tough but I loved it'*

*'In 45 minutes I sweated as if it was two hours, we jogged, boxed, skipped and boy did we sweat'*



## Buggy Buddies | Cill Barra

In January, Waterford Sports Partnership in collaboration with Cill Barra Community Sports Centre, offered a new six week block of the Buggy Buddies programme. Over the six weeks, the participants took part in sessions that aim to improve cardiovascular fitness, strength and overall fitness. Following on from this programme, Cill Barra Sports Centre now offer Buggy Fitness every Wednesday at 9.30 am. Well done to all everyone involved throughout the programmes and continued success to Cill Barra Sports Centre with Buggy Fitness!

For more information please contact: Sinead Brannigan, Cill Barra Sports Centre on 051-350800.

## Great turnout for Operation Transformation 2019 Walk

RTE's Operation Transformation teamed up once again with Sport Ireland and Local Sports Partnerships to organise the 2019 Operation Transformation National Walks. This year Waterford Sports Partnership was delighted to host the Waterford walk along the Waterford Greenway starting at the Workhouse in Kilmacthomas on Saturday 12<sup>th</sup> January. On a beautiful Winter morning the Workhouse car park was a hive of activity with more than 350 participants, over a quarter of which were children, all geared up to explore all that this section of the Greenway has to offer. Participants were spoiled for choice as they had the option of taking on a 3km and 5km walk as they kick-started their own Operation Transformation. Participants enjoyed fabulous views of the old railway station and of Kilmacthomas town as they crossed the Viaduct. A special thank you to our volunteers and Civil Defence who gave up their Saturday morning to help us run another successful event. Also thank you to the Coach House who offered us the use of their facilities to host this event.



## Operation Motivation Kilmacthomas

Following on our Operation Transformation Walk we ran a very successful six week outdoor fitness Programme called 'Operation Motivation' in Kilmacthomas. The programme which ran on Saturday mornings aimed to work on improving the participants cardiovascular fitness as well as strengthening muscles using only the natural environment.

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







## Sheds for Life

In April, we embarked on the 'Sheds for Life' Programme. A joint initiative between local sports partnerships, Get Ireland Walking and local men's Sheds. The aim of the programme was to assist Men's Shed members to get more physically active in their daily lives. WSP worked with four sheds in Waterford; Waterford Men's Shed, Deise Men's Shed, Waterford Estuary Men's Shed and Dungarvan Men's Shed. During the ten week programme the men took part in five 'tutor led' activities and were then given responsibility to co-ordinate their own activities for a further five weeks.

On Monday 13th May, we coordinated a celebration day for the ten week 'Sheds for Life' Programme at WIT Arena. Seventeen men from the four sheds took part in a ninety minute fun activity session to mark the end of the 10 week programme which saw laughter and sweat in equal measure. The celebration day involved 25 minutes of Fun and Run hosted by Eoin Breathnach from Waterford GAA; WSP Development Officer, Peter Jones delivered some fun Go for Life games and Mark Barry from the FAI delivered some walking football to round off a great morning. It was also great to see our 'Shed for Life' tutors Shane Dineen, Lauren Walsh Kett and Brian O'Neill present and a big thank you to them for all of their hard work.

The day was a great success and a suitable finale giving the men some more ideas to keep exercise as a natural part of their daily routine! Well done to all involved.

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



## Baby Bells

Waterford Sports Partnership teamed up with Waterford Warriors Strength and Conditioning to run three blocks of Baby Bells for mums of new babies 0-12 months. The programme gives new mums an opportunity to exercise with their baby. The programme is tutored by Rachael Wall who designed a specific programme suited to the new mums fitness level. Each week, Rachael increases 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 runs @ Waterford Warriors Gym

On Tuesdays & Thursday @ 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 mapping and installation of permanent courses in many areas across Waterford, there are now plenty of opportunities for everybody to take part in Orienteering.



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 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 Rachel Sinnott on 0761 10 2199 or [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie).

## ON YOUR MARKS!

For the sixth consecutive year Waterford Sports Partnership ran the 'On your Marks' event at the Waterford Festival of Food in collaboration with Waterford Childcare Committee, Glór na nGael, Tír na n-Óg Montessori School and members of Comhairle na n-Óg. We had a great turnout on the day where children and parents learned all about Road Safety awareness in a practical way through the use of balance bikes. A really positive educational event!



## Festival of Food Cycle Food Trail

We were delighted to be involved as leaders for the Festival of Food Cycle Food Trail on Friday 26th April! Twenty six cyclists braved the inclement weather for a fascinating tour of local excellence. Marie Power had samples of seaweed in Clonea and the Deise Bee company in Ballynacourty explained the importance of bees. At this point the weather was particularly harsh and the warmth and hospitality of a visit to Legacy Cider and Dungarvan Brewing Company was just the ticket! Many thanks to volunteers Ger Wyley and Darren Ware in assisting our Development Officer Peter Jones.





## Camogie Skills Development Initiative

Waterford Sports Partnership has worked closely with Waterford Camogie over the past few months to deliver a series of initiatives to develop and improve the skills of girls playing Camogie in Waterford. The series kicked off in January with a six week programme for girls born in 2005, 2006 & 2007. The sessions ran each Saturday morning at WIT Arena, 140 girls attended this six week programme. Following on from this very successful programme we ran three more one day sessions for non-county players for girls born in 2005, 2006 & 2007. Thirty eight girls attended each of these sessions, two of which were held at WIT Arena and the final session was held in the West of the County at Tallow GAA. This has been a really positive initiative and the feedback from coaches, participants and parents has been excellent.



## Strength and Conditioning

*for coaches of 12-16 year olds*

We delivered our third coach education course entitled 'Simple Strength and Conditioning course for coaches of 12-16 year olds' in Cappoquin Community centre in April and May and were delighted that 15 coaches from 10 clubs took part. These sessions aimed to give coaches the skills to deliver an efficient and effective warm up incorporating some simple body weight strength and conditioning exercises and how to implement these to team sports. Development Officer, Peter Jones, and course tutor, Irene Clarke, delivered the two hour sessions which focused on eleven simple mobility, activation and plyometric exercises that coaches could use with their athletes. During sessions coaches are learning how to do warm-ups/cool downs, mobility, drills, prehabilitation, muscle activations, plyometrics. At the end of workshops the coaches will be able to go back to their clubs and introduce all of this as a circuit for base training/off season or elements of it into every training session.

*We are using the following format for delivery:* Explain WHAT and WHY | Demonstrate | Practice as a group with general feedback | Practise in pairs with coach/athlete.

**The course aimed to improve simple body movements to enhance player's ability and reduce the risk of injury and we also trialled the use of video analysis during the session.**

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

*'it's about doing the simple things with our athletes. I couldn't believe how practical and beneficial the course was and I can put this into practice with my group straight away'*

John Tobin, Cappoquin GAA.



## WSP/WIT Coach Development Programme

WSP have liaised with the GAA, Ladies Football and the Camogie Association to work with WIT Coaching students to benefit local clubs. Thirteen WIT students attended a GAA dual foundation award in January, attended a Safeguarding 1 Course and in February attended a coaching session delivered by Peter Jones and NGB development officers. These students then coached in four local GAA, Ladies Football and Camogie clubs for eight weeks (Kilrossanty GAA Club, Mount Sion GAA Club, De La Salle GAA Club & St. Saviour's GAA Club).

The programme was a huge success with Eoin Breathnach from the GAA saying 'The partnership between National Governing Bodies, WSP and WIT has ensured that students gain valuable coaching experience, has made them more employable

and also ensured their expertise has assisted the next generation of coaches and players in the county'. We have also developed a coaching booklet for this programme entitled 'Learn to Coach' which has received favourable feedback from students, club mentors and NGB officers alike.



National Bike Week 2019 takes place from Saturday 22<sup>nd</sup> to Sunday 30<sup>th</sup> June, as ever there are a host of activities being organised by Waterford City & County Council and Waterford Sports Partnership right across the County. Here are some of the main events . . . .

## Mountain Biking | Portlaw | Sun 23<sup>rd</sup> June

One hour of off Road Mountain Bike Fun @ Portlaw Woods:  
Meet at Portlaw Church Car Park @ 7pm

**Over 16's. Limited places. FREE event.**

Registration essential. Register on [www.eventbrite.ie](http://www.eventbrite.ie).  
For more info contact Pauline 0761 10 2682.

## Try the Trishaw | Dungarvan | Mon 24<sup>th</sup> June

From 10.30 to 12pm @ Walton Park | Abbeyside | Dungarvan

**FREE 5 minute spins on our Trishaw for over 50's. Feel the wind in your hair as you are driven around by a qualified pilot! ENJOY A TEA/COFFEE ON US AFTERWARDS!**  
FREE event. Registration essential.

Register on [www.eventbrite.ie](http://www.eventbrite.ie) by Sunday June 23<sup>rd</sup>.  
For more info contact Peter 0761 10 2191.

## Family History Cycle | Durrow | Tues 25<sup>th</sup> June

Meeting at the Durrow Greenway Car Park @ 6.30pm  
Join us for a guided history cycle on the Waterford Greenway  
FREE Bike Hire Available!

Learn all about the history of this majestic route!  
FREE event. Registration essential.

Register on [www.eventbrite.ie](http://www.eventbrite.ie) by Monday June 24<sup>th</sup>.  
For more info contact Peter 0761 10 2191.

## Lunch Time Cycle | Dungarvan | Wed 26<sup>th</sup> June.

Meeting @ Walton Park at 12.45pm. Returning by 1.55pm.  
Take a break from your desk!

Join us for a leisurely lunchtime cycle to Clonea Strand  
where you can enjoy a light lunch on us!  
FREE Bike Hire Available!

Register on [www.eventbrite.ie](http://www.eventbrite.ie) by Monday June 24<sup>th</sup>.  
For more info contact Peter 0761 10 2191.

## Lunch Time Cycle | Waterford | Wed 26<sup>th</sup> June

Meeting at House of Waterford Crystal, The Mall @ 1pm  
6km Picnic Cycle via Green Route to Bilberry and on to the Greenway. Bikes, helmets and light lunch provided on the day.  
FREE Bike Hire Available! FREE event. Registration essential.  
Register on [www.eventbrite.ie](http://www.eventbrite.ie) by Monday June 24<sup>th</sup>.  
For more info contact Pauline 0761 10 2682.

## Evening Cycle | Waterford | Thurs 27<sup>th</sup> June

Meeting @ 7pm @ Waterford Greenway Car Park Carriganore.  
Short Cycle from Carriganore to the Suir Valley Railway. Longer Cycle from Carriganore to Kilmacthomas.  
Register on [www.eventbrite.ie](http://www.eventbrite.ie) by Tuesday June 25<sup>rd</sup>.  
For more info contact Gemma on 0761 10 2708.

## Mountain Biking | Colligan | Sat 29<sup>th</sup> June

One hour of off Road Mountain Bike Fun @ Colligan Woods:  
Meet at Colligan Woods Car Park @ 11am

**Over 16's. Limited places.**

Registration essential. Register on [www.eventbrite.ie](http://www.eventbrite.ie).  
FREE EVENT. For more info contact Gemma on 0761 10 2708.

## Street Velodrome | Waterford | Sat 29<sup>th</sup> June

12 to 6pm @ Millennium Plaza, The Quay, Waterford.  
For more information contact Gemma on 0761 10 2708  
Come along and have a go on the Pop-up Velodrome  
FREE EVENT. For more info contact Gemma on 087 214 2385

## Bike Parade | Dungarvan | Sun 30<sup>th</sup> June

Meeting @ 11am at the Clonea Road Greenway Car Park  
Bling your bike & join the cycle parade Greenway Car Park to Walton Park - Fun for all the family. FREE EVENT.  
For more info contact Hans on 087 296 7286

## Bike Parade | Waterford | Sun 30<sup>th</sup> June

Meeting @ 11am at the RSC Car Park  
Bling your bike and cycle along St. John's River Walkway to the People's Park. Prizes on the day for best dressed bike.  
FREE EVENT. For more info contact Gemma on 087 214 2385



The following fifty one pre-schools, schools and community groups are organising their own Bike Week events in June 2019.

Butlerstown N.S. | Inis Leamhnachtha | Carbally Community Development Project | Carbally Active Retirement Group | White Strand Foróige Youth Club | St Anne's N.S. | Garranbane N.S. | Deise Womens Shed | Kilmacthomas N.S. | Knockmahon N.S. | Clonea Power N.S. | Manor St John Youth Services | Gaelscoil Phort Laíge St John of God | Waterpark N.S. | Glór na Mara Tramore | Tigh Sugrath | St. Mary's Touraneena N.S. | St Saviours N.S. | Mid Waterford Community Mental Health Team | Waterford and South Tipp Youth Services | Our Lady of Good Counsel G.N.S. | Solas Cancer Support Centre | St. John's Special School | Waterford Educate Together N.S. | Our Lady of Mercy N.S. | Portlaw N.S. | WYTEC | Passage East N.S. | Waterford Comhairle na nOg | Rathgormack N.S. | Rehabilitation and Recovery Service | Clonea Rathgormack Community Playgroup | Carriglea Cairde Services | WWETB - Lismore Women's Group | WWETB Tramore - Twist it Tuesday Women's Group | WWETB - Kilmacthomas Women's Group | WWETB - Portlaw Women's Group | Cheekpoint & Faithlegg Development Group | Faithlegg N.S. | Youth Reach | St Paul's B.N.S. | AXA Community Bike Rides | Presentation Primary School | Scoil Gharbhain | Renew Enterprises | Polish Educational Association | Ignite Youth Group | Little Conquerors (West Waterford Autism Support Network) | DC Dynamos | St. Mary's N.S.



## 2019 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
May 2019				
Tuesday 28 <sup>th</sup> May	Walk for Life   Clonea Beach	10.30am	€5pp	Meeting @ Dungarvan Rugby Club
June 2019				
Tuesday 4 <sup>th</sup> June	Walk for Life   Tramore Beach	10.30am	€5pp	Meeting @ Car park opposite the Majestic Hotel
Saturday 8 <sup>th</sup> June	Carrickphierish Fest	1 to 4pm	FREE	Carrickphierish Community Campus <i>See page 22 for more details</i>
Monday 10 <sup>th</sup> June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
Tuesday 11 <sup>th</sup> June	Walk for Life   Anne Valley Walk Dunhill	10.30am	€5pp	Meeting @ Car Park with Fishing Hut
Saturday 15 <sup>th</sup> June	Remote Emergency Care First Aid Course	9 am to 5pm	€45pp	WIT Arena, Carriganore, Waterford.
Monday 17 <sup>th</sup> June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Tuesday 28 <sup>th</sup> May	Walk for Life   Waterford Greenway Kilmacthomas	10.30am	€5pp	Meeting @ Waterford Greenway Workhouse Car Park   Kilmacthomas
Sat 22 <sup>nd</sup> to Sun 30 <sup>th</sup> June	National Bike Week 2019	VARIOUS WATERFORD EVENTS   SEE PAGE 15 or visit <a href="http://www.bikeweek.ie">www.bikeweek.ie</a>		
September 2019				
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 – <b>Club Children’s Officer</b> Training	6-9pm	€15pp	Dungarvan Enterprise Centre
October 2019				
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.
November				
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.

### CHECK OUT OUR 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 SportsAbility Weekend 2019 – a Great Success!

The Waterford SportsAbility Weekend 2019 took place on Friday 26<sup>th</sup> and Saturday 27<sup>th</sup> April and received extremely positive feedback from those who attended. The 2019 event, which was funded by the HSE in association with the WIT Arena, built on the success of the 2018 SportsAbility Day by expanding to a two day event. The event is a key action of the Waterford SportsAbility Forum, an initiative of Waterford Sports Partnership.

The weekend got off to a great start with a well attended and interesting seminar on Friday evening. Our MC on the night was Eoin Breathnach, Waterford GAA Games Development Manager and member of the SportsAbility Forum. The panel discussion was facilitated by Paul Ryan of Irish Wheelchair Association Sport and the panel of Karen Power, Jim Walsh, Hayley Fitzsimons and Niamh Rockett gave their very real, honest and inspirational perspectives and experiences of the impact and importance of sport in the lives of those with disability and the challenges they met along the way. This was followed by a really energetic and informative presentation from Patricia Hamm of Waterford



Warriors on their ethos and approach to fitness, health and inclusion. Finally, our Keynote Speaker, Paul Ryan of IWA Sport, told his story of acquiring a disability at a young age and of the key role sport and physical activity has played in his life. It was clear from the level of contribution and engagement from the audience that it was a thought provoking and inspirational evening and we thank all of our speakers for their generosity of time and contribution.

The event continued on Saturday from 11am to 2pm with the Come and Try It and Information Day. MC for the day was Karen Power and throughout the day Karen maximised every opportunity to strengthen relationships and develop linkages between the various organisations present. In her opening address, Rosarie Kealy, Sports Co-ordinator, Waterford Sports Partnership, welcomed all participants and representatives from over 20 local sports clubs, national governing bodies of sport, leisure facilities and disability organisations who hosted information stands to provide information, support and advice on the many opportunities for participation in sport and physical activity in Waterford. An informal discussion circle took place between all these organisations during the morning to share information and ideas and this proved extremely useful with many important connections being made for future opportunities.

The hall was a hive of activity for the SportsAbility Day which showcased a wide range of Come & Try sessions including Athletics, Wheelchair Basketball, Fun & Run (Waterford GAA), Football for All (FAI), Muay Thai (Waterford Muay Thai), Boccia, and Enjoy Tennis (Mark White) just to name a few. Upstairs in the studio, the Yoga sessions (Tracy Boland) proved very popular with children and adults alike while many took advantage of the opportunity to try out handcycles, trikes and electric bikes which were available on site. For those who needed some quiet time during the day there was also a sensory room on site.



With well over 200 participants in attendance over the weekend, the event was a huge success and showcased all the exciting opportunities for people with a disability to participate in sport and physical activity in Waterford. Well done and thank you to all our partners who contributed to the organising and hosting of this event.

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

*Here is some of the great feedback:*

*'Excellent networking opportunity for the different organisations and clubs, a really well organised event, we gained a number of new Club members over the weekend and we were delighted to launch our Teenage Club at the event. - DCDynamos.*

*'Particularly enjoyed the Panel Discussion on Friday night, made contacts and we were able to offer advice to other groups in attendance. - Cill Barra Sports Centre.*

*'Great to discover other support organisations and potential for linking up in the future.' - Active Connections.*





## WSP Commits to Sports Inclusion Disability Charter

On Saturday 27th April at our SportsAbility Event at WIT Arena we welcomed Doireann Ní Mhuirheartaigh who had travelled from the Cara Centre in Tralee to support the event and to witness **Waterford Sports Partnership's public signing of Ireland's first ever Sports Inclusion Disability Charter** specific to the participation of people with disabilities in sport and physical activity.

The Charter, which was developed by the Cara Centre in partnership with people with disabilities, clearly outlines the five key areas people with disabilities are asking all organisations to consider in making active and healthy lifestyles possible for them.



Following the signing WSP Co-ordinator **Rosarie Kealy** said 'we wanted to use this public opportunity to show our support and formally sign up to the Sports Inclusion Disability Charter, promote its importance and encourage all organisations to sign up to the Charter too.'

By signing the Sports Inclusion Disability Charter we have committed to:

1. Openness: Be open to and understanding of all people with disabilities
2. People: Access training for our staff/volunteers to facilitate the inclusion of people with disabilities
3. Activities: Develop and deliver inclusive activities
4. Facilities: Review our facility/venues/equipment to make our organisation more accessible
5. Promotion: Promote the inclusive nature of our activities, in a variety of formats



For more information on the Sports Inclusion Disability Charter and how your organisation can get involved please visit <https://caracentre.ie/sport-inclusion-disability-charter/>.

## Walk for Life | Summer 2019

Our summer series kicks off on Tuesday 28<sup>th</sup> May with our Clonea Beach Walk. Each walk allows participants to walk at their own pace and enjoy a sociable cup of tea/coffee and scone post walk. Check out the full list of walks on Page 20!



## Cycling for Children with Dyspraxia

We are mid-way through our six week Cycling for Children with Dyspraxia Programme which is being held at the Regional Sports Centre in Waterford on Wednesday evenings facilitated by Donal and Ollie from Greenway Waterford Bike Hire.

We have two groups, the first group is for children aged 6 to 11 and the second group is for 12 to 15 year olds. The children are learning how to cycle in a safe, fun environment. In week one the children were shown how to fit on their helmet correctly, how to mount and dismount their bike safely and how to enter corners and use the brakes correctly. They are progressing on to further challenges each week. Well done all!

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





## 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. Our next Boccia session is on Wednesday 11th September - Hope to see you all then!

If you or your organisation is interested in taking part please contact Pauline Casey on 076 110 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 30<sup>th</sup> May 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)

## Enjoy Tennis

Enjoy Tennis is an initiative developed by Tennis Ireland aimed at enabling people with disabilities to get involved in this exciting sport.

**We were delighted to run an 'Enjoy Tennis' Programme this spring in conjunction with Tramore Tennis Club.**

**Eight members of 'The Meeting Place' a group of adults with special needs from Brothers of Charity took part in this fun programme. Well done to all involved!**

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





MORE PHOTOS FROM OUR SPORTSABILITY WEEKEND!



## Deise Dragons

Multi Sport Club for Children with a Physical Disability  
Paul Curran | deisedragons@gmail.com



Down  
Syndrome  
Ireland

Waterford & South Kilkenny Branch  
dsiwaterford.ie

## Down Syndrome Waterford Branch

info@dsiwaterford.ie

## Dyspraxia Ireland

DCDynamo Multi Activity Club Waterford  
dyspraxiadcdwaterford@gmail.com



## Halliwick Swim Club (PAN Disability)

Sarah Flynn | 083 1376847 | vikinghalliwicksc@gmail.com

## Waterford Autism Social and Sport Action (WASSA)

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



## Little Conquerors Autism Group

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

## 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

# HANDCYCLES

Available

ON LOAN




For more information contact

Pauline on 076 110 2682

or email pcasey@waterfordsportspartnership.ie





# DISABILITY CALENDAR | MAY TO SEPTEMBER 2019

Programme	Date /Time /Location	Description	Cost/Booking
WALK FOR LIFE			
	Tuesday 28 <sup>th</sup> May @ 10.30am Clonea Beach Meeting at Dungarvan Rugby Club.	PAN Disability Walk for Life is back this Summer - Waterford Sports Partnership is hosting a series of walks for people with a disability, all which can be modified to cater for all abilities 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>€5 per walk</b> includes tea/coffee/scone & reusable souvenir water bottle  <i>Booking Essential</i>  Please contact Pauline on 076 1102682 Or Text Org Name & Participating Numbers to 086 7837385  <i>**Please Note:</i> Toilet Facilities may not be available at meeting point, please contact WSP for details in advance
	Tuesday 4 <sup>th</sup> June @ 10.30am Tramore Beach Meeting in the car park opposite the Majestic Hotel.		
	Tuesday 11 <sup>th</sup> June @ 10.30am Anne Valley Walk Dunhill Meeting at Fishing Hut.		
	Tuesday 18 <sup>th</sup> June @ 10.30am Waterford Greenway Kilmacthomas Meeting at the Workhouse Carpark.		
BOCCIA			
	Wednesday 22 <sup>nd</sup> May 11am – 12.30pm WIT ARENA	Pan Disability Boccia is a target ball game similar to bowls or petanque. Boccia is ideal for mixed ability participants. Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls — coloured red or blue as close as they can to a white target ball, or jack.	<b>€2pp</b> Booking Essential Please contact Pauline ( <i>Details Below</i> ) Or Text Organisation Name & Numbers Participating to 086 783 7385
	Wednesday 11 <sup>th</sup> September 11am -12.30pm WIT ARENA		
KICK TO RECOVERY - SOCCER			
	Wednesday 1 <sup>st</sup> May to Wednesday 29 <sup>th</sup> May  (5 week block)  11am – 12pm  Kingfisher Club Waterford	People in Mental Health Services We are working in partnership with the FAI to deliver a six week block of soccer for participants in mental health services. Participants will have the opportunity to experience 60 minutes of quality soccer training instruction provided by an experienced FAI coach.	<b>€3pp</b> Booking Essential Please contact Pauline ( <i>Details Below</i> ) Or Text Organisation Name & Numbers Participating to 086 783 7385



# DISABILITY CALENDAR | MAY TO SEPTEMBER 2019

Programme	Date /Time /Location	Description	Cost/Booking
SOCIAL SOCCER			
	Thursday 30 <sup>th</sup> May 1-2pm Dungarvan Sports Centre	PAN Disability Social soccer offers something for all participants. Two groups will be <b>formed based on the participants’</b> 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> Booking Essential Please contact Pauline <i>(Details Below)</i>  <i>Or Text Organisation Name &amp; Numbers Participating to 086 783 7385</i>
	Thursday 27 <sup>th</sup> June 1-2pm Dungarvan Sports Centre		
	Thursday 26 <sup>th</sup> September 1-2pm Dungarvan Sports Centre		
TAG RUGBY			
	Wednesday 15 <sup>th</sup> May 2.30 - 3.30pm Dungarvan Sports Centre	Mild to Moderate Intellectual Disability 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> Booking Essential Please contact Pauline <i>(Details Below)</i>  <i>Or Text Organisation Name &amp; Numbers Participating to 086 783 7385</i>
	Wednesday 19 <sup>th</sup> June 2.30 - 3.30pm Dungarvan Sports Centre		

## TRAINING & EDUCATION

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

Disability Awareness in Sport Training	2 hour course <b>€20pp</b>	This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.
Disability Inclusion Training	6 hour course <b>€45pp</b>	This course is designed to provide attendees with the knowledge, skills and ideas on how to adapt and modify your sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities.
Inclusive Fitness Training	6 hour course <b>€50pp</b>	This course is designed to increase the confidence and awareness of fitness managers, fitness professionals and all front line staff to work with people with disabilities in the fitness sector.
Autism in Sport Workshop	3 hour course <b>€40pp</b>	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)

# CARRICKPHIERISH COMMUNITY SPORTS HUB UPDATE



Carrickphierish Fest 2019 | Saturday 8<sup>th</sup> June 2019 | 1 to 4pm

@ Carrickphierish Community Campus

*A fun day of FREE activities and information for the Carrickphierish community!*

The fun day will take place in the Carrickphierish Community Sports Hub and Library Services. All members of the community are welcome, a great chance to meet your neighbours and get involved in your community.

## COMMUNITY PROGRAMMES

**Breakfast- Activity Club:** The Breakfast Club for primary school children takes place on Tuesday mornings at Carrickphierish Community Campus. The children participate in thirty minutes of physical activity in the Sports Hub developing their fundamental movement skills through games and skills followed by a healthy breakfast in the library. They then have the opportunity to avail of the library services before school starts. The current block will finish on May 28<sup>th</sup> and run again in September 2019.

**Multi-Activity After-School Programme:** With the support and partnership of the Northern Suburbs Youth Project (NSYP), the Multi-Activity After-Schools programme has continued to run weekly since January with many new children joining the fun. This multi-activity programme is a place for children to come and play games and activities after school, enabling them to increase their physical activity levels and meet the recommended sixty minutes a day of exercise, while having fun. This activity will run again in September 2019.

**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. The cost is €1 per session, new members are most welcome.

**Let's Move:** Following the success of the Women on the Move Programme, we started a new programme at the Sports Hub in April called 'Let's Move'. The programme is designed for men and women to participate in physical activity at an intensity to suit all levels of fitness. With fourteen people registered and attending, the programme has been a positive addition to the activities on offer. The programme will take a break for the summer months and an updated timetable will be available in early September 2019.



### Multi- Activity Club

In early 2019 WSP ran a six week programme for children from the Carrickphierish area. The aim of the programme was to encourage physical activity after school hours and a chance to try out many different sports. The programme ran every Monday from 5- 6pm. Fifteen children registered and attended the sessions led by a WSP tutor. Well done all!



**Let's Cycle Kidz Programme:** On Sunday March 30<sup>th</sup> and Sunday April 7<sup>th</sup>, Waterford Sports Partnership along with NSCYP organised and ran the 'Let's Cycle Kidz' programme for the children linked to the youth project. The cycle sessions were run by Donal Jacob and Ollie Walsh who delivered two fantastic sessions on the skills and safety of cycling. If you live in the Carrickphierish/ Gracedieu area and interested in taking part in a safe cycling programme, please express your interest to Louise Barry, Hub Development Officer on 086 4650063 or [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)

**Women on the Move:** Women on the Move continues to grow. Since the start of the year more than fifty women registered for the programme with approximately thirty attending each week. The sessions have been very popular as they suit all levels of fitness and there is an emphasis on fun and socialising. We are running a six week Women on the Move outdoors in June/July see details below:



## NOW BOOKING! Women on the Move | Carrickphierish

Starting Wednesday 5<sup>th</sup> June to Wednesday 10<sup>th</sup> July from 7 to 8pm

Venue/ Meeting Point: WEEK 1: Carrickphierish Community Sports Hub

WEEK 2: Carriganore - meeting at Waterford Greenway Car Park | WEEK 3: Bilberry - meeting at Waterford Greenway Car Park

WEEK 4: Meeting at Butlerstown Retail Park outside Home Store and More | WEEK 5: Kilbarry Nature Park - Meeting at Kingfisher Car Park

WEEK 6: People's Park at Main Entrance

Cost: €20 pp for 6 week block/ €5pp Pay as you go!

Booking is essential! Contact: Louise Barry, 086 4650063/ [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)



## Easter Multi-Activity Camp

There was plenty of action at the Sports Hub over the Easter break with two camps taking place. The Multi- Activity Camp for 4-8 year olds took place on Tuesday 23<sup>rd</sup> and Wednesday 24<sup>th</sup> April, where there were opportunities to play GAA, Rugby, and Soccer and many more activities including library time. On Thursday 25<sup>th</sup> and Friday 26<sup>th</sup>, WSP in partnership with the Northern Suburbs Community Youth Project (NSCYP) held the Multi- Activity Easter Camp for 9 to 15 year olds. Again, the participants had the opportunity to take part in GAA, Rugby and Soccer and much more! Well done to everyone who took part. We hope to see you all again in the summer. New children are most welcome to join!



# CARRICKPHIERISH COMMUNITY SPORTS HUB UPDATE



SUMMER CAMP	DATES	TIME	BOOKINGS/ INFORMATION	COST
Multi- Activity (4- 8 years)	Tuesday 9 <sup>th</sup> July Wednesday 10 <sup>th</sup> Thursday 11 <sup>th</sup> July	11am to 2pm	Louise Barry, Waterford Sports Partnership 0761 10 2619 or lbarry@waterfordsportspartnership.ie	€15 per child €10 per sibling
Multi- Activity (9- 15 years)	Tuesday 23 <sup>rd</sup> July Wednesday 24 <sup>th</sup> July Thursday 25 <sup>th</sup> July	11am to 2pm	Louise Barry, Waterford Sports Partnership 0761 10 2619 or lbarry@waterfordsportspartnership.ie or Northern Suburbs Community Youth Project 086 6093130 or northsuburbscyp@wstcys.ie	€15 per child €10 per sibling
FAI Soccer Summer Camp	Wednesday 7 <sup>th</sup> August Thursday 8 <sup>th</sup> August Friday 9 <sup>th</sup> August	11am to 2pm	Louise Barry, Waterford Sports Partnership 0761 10 2619 or lbarry@waterfordsportspartnership.ie or Northern Suburbs Community Youth Project 086 6093130 or northsuburbscyp@wstcys.ie	€15 per child €10 per sibling
Fun Fridays (4- 8 years)	Friday 5 <sup>th</sup> July Friday 12 <sup>th</sup> July Friday 19 <sup>th</sup> July	3 to 5pm	Louise Barry, Waterford Sports Partnership 0761 10 2619 or lbarry@waterfordsportspartnership.ie or Eoin Breathnach, Waterford GAA Coaches & Games Development on 087 921 9345	€2 per child, per session

## HUB WHAT'S ON - FROM JUNE TO AUGUST 2019

TIME	ACTIVITY	COST/ AGE GROUP	CONTACT FOR BOOKINGS & INFO
MONDAY			
8 – 9pm	Drop- in Soccer FAI & NSCYP	€1pp	Rachel Walsh 086 6093130 northsuburbscyp@wstcys.ie
TUESDAY			
6 - 7pm	Waterford Vikings Basketball Club	Girls U13 & U15	Contact Ruth Sheehan on 086 1246668
7 - 8pm		Boys U14	
8 - 9pm		Boys U16	
WEDNESDAY			
7- 8pm	Women on the Move SIX WEEK PROGRAMME STARTS 5th JUNE 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	BOOKING ESSENTIAL Please contact Louise Barry 0761 10 2619
THURSDAY			
6- 7pm	Waterford Vikings Basketball Club	Boys U12	Ruth Sheehan 086 1246668
7 - 8pm		Boys U18	
8 - 9pm		Boys U16	
FRIDAY			
6.30- 8.30 pm	Déise Dragons Sports Club	Contact for more information	Mary Condon on 085 1034072
SATURDAY			
9.30- 10.30am	Céilí Dancing	Contact for more information	Mary Scanlon 086 8514922
10.30- 12pm	Irish Dancing		
12 - 1pm	Waterford Vikings Basketball Club	Boys U18	Ruth Sheehan 086 1246668
1 - 2pm		Academy Boys & Girls Age 7—10	
2 - 3pm		Boys U12	
3 - 4pm		Girls U13 & U15	
4 - 6pm		Boys U14	

Our timetable will continue to be updated...

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



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

## Muay Thai Fitness

Members from the Subla and TREO projects took part in a 4 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. The Subla Centre has continued on with this activity which is great to see. Well done guys and thanks to Shane for facilitating this fantastic programme!



## Urban hoops- Mercy National School

We completed our final Urban Hoops programme in January with the Mercy National School. Facilitated by Dimitrios Zacharias, Head Coach of Wildcats Basketball club, this four week HSE funded programme focused on participation, activity and fun. The programme also included Basketball equipment for the school, enabling them to continue with Basketball sessions for the remainder of the school year. As a result, the school implemented an after-school Basketball blitz for another four weeks.

## Sprit of Rugby Conference

Our Youth Sports Development Officer Brian O'Neill attended the first ever Sprit of Rugby conference, organised by the IRFU in Avia stadium last weekend. The theme of the conference was *Play Your Part, Let Them Play*, reminding coaches and parents why young people play and the importance of letting young people enjoy their game. Sport and physical activity are fundamental to **children's development**. Research has shown that those involved in sport and physical activity achieve high grades and have higher levels of self-esteem. The conference was opened up by Irish senior men's Rugby coach Joe Schmidt, and concluded by John O Sullivan- founder of Changing the Game Project, a U.S. organisation dedicated to improving the lives of children through Sport



## Boxing Fitness Saviours NS

A sixth class from St. Saviour's National School Ballybeg took part in a 4 week Boxing Fitness programme, facilitated by Saviour's Crystal Boxing Club. The aim of programme was to increase physical fitness amongst the students as well as eaching the students the skills of Boxing. The programme covered all areas of Boxing such as shadow boxing, bag work, 'school-boy' sparring, circuits and fun games. All sessions began with a warm up and concluded with a cool down including stretching. Each student received an I.A.B.A StartBox certificate. Special thanks to Saviour's Crystal Boxing Club coaches for delivering an excellent, fun activity. Hope to see some of you at the clubs training sessions soon!!







## Mercy Secondary School Health Week

Mercy Secondary Girls School held their Schools Health Week in January. We assisted the school with two activities during the week - Yoga and Zumba Dance. For most of the girls, it would have been the first time that they had tried these activities. Well done girls!!

## Boxing Fitness DAY Project

Four young boys from the DAY Youth project in Dungarvan completed a six week StartBox Fitness Programme, facilitated by Dungarvan Boxing coaches. The StartBox Programme focuses more on physical literacy and fitness, as opposed to the skills of Boxing. The programme included warm-ups, shadow boxing, pad work, bag work, skipping, circuit training and cool downs. The boys really enjoyed this programme and received I.A.B.A StartBox certificates, as they really put in a great effort. Well done boys.

## 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**

## Sport Leader Award | Kilmacthomas

Twenty TY students from St. Declan's Community College in Kilmacthomas completed their Level 1 Qualification in Sports Leadership (SL1). The SL1 award is a Sport Leader UK qualification (recognised by Sport Ireland) delivered through Local Sports Partnerships. The award enables leaders to assist and lead, deliver and evaluate physical activity sessions to young people.

The award is divided into two modules:

Unit 1-Establishing leadership skills

Unit 2-Plan, assist in leading and evaluate sports/physical activity sessions.

Each week, the students grew in confidence in their planning and delivery of the activities. Great to see such improvements over the 5 weeks. Special thanks to Ms. Hobson for her support throughout the course. Well done guys!!





## Munster Rugby Coaches Workshop

Seventeen coaches from five Rugby clubs attended a Rugby coach's workshop at Waterford City Rugby Club. Facilitated by Munster Rugby's Coach and Player Development Officer Brendan O'Connor, the workshop focused on catch/pass and evasion skills. The workshop began with a short classroom presentation, followed by a pitch session with the Waterford City U-16 team. Thanks to Munster Rugby for delivering an excellent, informative session and to Waterford City Rugby Club for hosting the event.



## Swimmer Improver Programme

We started a six week Swimmer Improvers programme for three teenage girls from the Ballybeg Youth Project this week. Thanks to Crystal Sports & Leisure Centre for providing this service and to Swim Ireland for providing hats and goggles for the girls.



## St. Paul's Boxing Fitness

Thirteen students from St. Paul's Community College took part in a four week Boxing fitness programme.

The programme was facilitated by local Boxing coach Seamus Cowman. Each session began with a warm-up, shadow Boxing, bag work, pad work and concluded with some circuit training and a cool down. The lads really put in great effort which is a credit to them.

Hope to see some of you again training at the Boxing Club.



## Gym Education Programme- Traveller Youth Support Project

Eight teenage girls from the Traveller Youth Support Project in Waterford City took part in a four week Gym Education programme, facilitated by Cill Barra Sports Centre in Ballybeg. The aim of the programme was to show the girls how to use the gym equipment correctly and to also show them correct lifting technique and the exercises required for each body part. The project now intends to continue with weekly gym visits for the girls. Thanks to Julie in Cill Barra for delivering an excellent, enjoyable gym programme. Well done girls!!





## Zumba- Mercy National School

Almost 100 students took part in a 4 week Zumba Dance programme at Our Lady of Mercy National School.

Zumba is a fun activity that caters for all levels of skill and fitness levels. The school continued with Zumba Dance as an after school activity for another 4 weeks. Great stuff!!



## Irish Street League.

Every April, the Irish Soccer Street League finals take place in Dublin. This year, the group started training early February at Villa Football Club. Waterford was represented by members from TREO, WYTEC, Simon Community and the Intercultural Health Hub. The group started training late January, once a week, every week until April. Unfortunately, due to unforeseen circumstances, the group was unable to attend the finals in April but numbers this year at training were very encouraging.

## Tag Rugby Blitz

In partnership with Munster Rugby, we held a Two Touch Rugby blitz at Waterpark Rugby Club with over 150 primary aged students taking part. Sponsored by ALDI PLAY Rugby, several teams from St. Paul's, St. Saviour's, Mount Sion, Presentation and Piltown national schools played in this participation blitz. Thanks to Waterpark Rugby Club for hosting the blitz and to the Munster Rugby Development Officers John, Ray and Rebecca for organizing this fantastic event.



## 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).**

## 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](mailto: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@cgigolf.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	Corrairie 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)

