

IN THIS ISSUE

SUBJECT	PAGE
COVID-19 #BeActive	1
Meet the Team	2
Pre-School/Primary School Programme Update	3 - 5
Over 50's Update	6
Training, Events & Programmes	7 - 12
20x20 Clubs Charter	13
All Ireland Community & Council Awards	14
WIT Student Placements at WSP	15
Cappoquin, Lismore, Villierstown Community Hub	16 - 17
Disability Sport Update	18 - 22
Carrickphierish Community Sports Hub Update	23 - 24
Youth Sport Update	25 - 27
Useful NGB Contacts	28

COVID-19 #BeActive Update from WSP

As the COVID-19 outbreak continues, our aim in Waterford Sports Partnership is to continue supporting responsible sport and physical activity participation while minimising the spread of COVID-19. Sport and physical activity is essential to our physical and mental wellbeing, our sense of positivity and our long term health, now more than ever.

Key Guidelines:

- Try your best to #BeActive for at least 30 minutes a day, or 60 minutes a day for children.
- Wash your hands before and after being active, to avoid spreading or contracting the virus.
- Stay local and within a 5km radius of your home for exercise.
- **Exercise with members of your household or a maximum of 3 people from outside your household**
- **Observe physical distancing by keeping at least 2 metres apart.**

The most up to date advice, information and resources on social distancing can be found on: www.hse.ie and www.health.gov.ie

We have been working hard over the past few months to develop videos and resources that will help you and your family and friends keep active whilst adhering to the HSE Social Distancing guidelines. These are all available on our website: www.waterfordsportspartnership.ie and you'll find more details of them throughout this publication.

Here are some of the highlights . . .

Online WSP Home Workouts - A series of nine home workout videos
Active Homework Challenge - Online videos to help you keep the little ones moving at home!
Online Couch to 5k Programme - build up to 5k over the 8 week programme.
Fun Athletics at Home - 10 fun activities to try at home with daily how-to videos & top tips!
Online WSP Home Workouts for People with a Disability - A series of home workout videos
Online Camogie Skills Training Sessions - Led by members of the Waterford Camogie Team
Online NGB Training Opportunities - a list of upcoming webinars & online training
Men on the Move Online Programme - Men ONLY four week physical activity programme.
Mum & Me - Four week online programme for new mums.

Keep Active, Keep your Distance & Keep Safe
From all the WSP Team

Sign-up to the Clubs Charter

20x20 is excited to offer clubs the opportunity to champion the 20x20 movement in your community. We know that sports clubs are the heartbeat of many of our communities making sport happen in villages, towns and cities across the island of Ireland every day. Your club can have a real and lasting impact on women and girls in your community becoming more active and more involved in sport in any capacity. For more details See Page 13.

TO FIND OUT MORE VISIT www.20x20.ie
#20x20 #CantSeeCantBe #ShowYourStripes

In This Together

A Campaign from the Government of Ireland

The spread of COVID-19 is a new and challenging event. Everyone's lives and daily routines are affected by the measures that have been introduced to disrupt the spread of the virus, and keep us all safe. It's normal to be worried or to feel stressed during this difficult time, but there are many things we can do to help us mind our mental health and wellbeing. Here (www.gov.ie/en/campaigns/together/) you will find lots of advice and tips on how you can look after your mental wellbeing, stay active and stay connected. In This Together draws together a huge range of activities that you can pursue in your home or your locality, by yourself or with family members or with friends online. There are ideas and activities for people of all ages.
Whatever you are going through in isolation, let's stay connected and make it through, together.



Have something to share? **Don't forget to share your workouts and ideas on keeping active** by using the hashtags #BeActive and #ActiveWaterford on social media. Have something to add to our page? Are you a deliverer or club offering a different alternative to your usual? Email info@waterfordsportspartnership.ie, so we can help you promote it.

MEET THE WSP TEAM

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

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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.

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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 Cycling Club Development Safeguarding Rural Sports Hub	Dungarvan
Pauline Casey	Disability Women Walking Disability Awareness	Waterford
Brian O'Neill	Youth at Risk Young People Sport Leader	Waterford
Lauren Walsh-Kett	Pre school, Primary and Secondary Schools Teenage Girls Carrickphierish Hub	Waterford
Rachel Sinnott	Orienteering Rowing Swimming Outdoor Adventure Disability	Dungarvan
Sinead Brannigan	Community Based Programmes Older Adults Active Communities Volunteer Support	Dungarvan



Hoops For Girls

We started our Hoops for Girls programme in partnership with Wildcats Basketball Club in St. Ursula's Primary School, Waterford at the end of February.

Every Friday, coach Maria Palarino took the third class girls for forty minute sessions working on their basketball skills with fun and challenging activities. The girls really enjoyed the sessions and hope to be back playing basketball again soon!



Balance Bike Training

On Wednesday 12th February, WSP Sports Development Officer, Lauren Walsh-Kett delivered Balance Bike Training to the fifteen staff members of St. Joseph's Childcare Centre in Waterford City. The centre then received fifteen bikes and helmets on loan for three weeks for the children to use. All staff found the training very useful and were looking forward to getting the children on the bikes.

For more information, please contact Lauren Walsh Kett on 086 465 0063 or email lwalshkett@waterfordsportspartnership.ie



Try the Active Homework Challenge at home!

We have taken our school-based programme Active Homework Challenge online during the COVID-19 outbreak! The Active Homework Challenge consists of fifteen different exercises and every day the children aim to complete 100 repetitions of the exercise. All you have to do is download the Active Homework Diary from our website or make your own and colour in one star for every ten reps done!

All the 'how to' videos demonstrating the exercises are on our Website and YouTube Channel. Why not check them out and give the challenge a go with your family!

#BeActive & Flatten the Curve



Check out our
Active Homework Challenge
15 Fun Activity Videos

Waterford Sports Partnership YouTube Channel



YOUR HOMEWORK CHALLENGE						
DO 50 MINUTES OF DAILY PHYSICAL ACTIVITY FOR 3 WEEKS						
GET YOUR FAMILY TO BE ACTIVE WITH YOU!						
Colour in 1 star for every 10 repetitions (times) you complete the daily exercise						
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Week 1	Bumping Jacks	Squats	Kneel Ups	High Knees	Donkey Kicks	
Extra Physical Activity	What? How long for?	What? How long for?	What? How long for?	What? How long for?	What? How long for?	
Week 2	Lunges & Pumps	Star Jumps	Quick Feet	Side Lunges	Star Jumps	
Extra Physical Activity	What? How long for?	What? How long for?	What? How long for?	What? How long for?	What? How long for?	
Week 3	Star Jumps	Star Jumps	Circle Arm Swings	Importing Pumps	Star Jumps	
Extra Physical Activity	What? How long for?	What? How long for?	What? How long for?	What? How long for?	What? How long for?	
What do you like most about exercise?						
What do you dislike about exercise?						
What NEW Sport would you like to try?						



Rugby in Tramore

At the start of February 2020, WSP in conjunction with Munster Rugby, started delivering rugby sessions to 5th and 6th class students in four primary schools in Tramore. The sessions were led by Munster Rugby Coach Jack Jacob on a weekly basis. The children were really enjoying the sessions and we can't wait to get back sometime soon as we plan to hold a tournament for the participating schools. The schools involved in this programme were Glór na Mara, The Holy Cross, Gaelscoil Philib Barún and Fenor N.S.



Ready To Go Orienteering Teacher Training Course

In March, we held a 'Ready To Go Orienteering' teacher training course for eighteen teachers from nine Primary Schools in WIT Arena. This course was facilitated by Eileen and Anton from the Irish Orienteering Association. The tutors brought the group through a mixture of indoor and outdoor games which can be easily used throughout their own PE sessions. The teachers gained knowledge and confidence to develop orienteering in their school. Each school received an Orienteering Starter Pack which included kites, punches and a resource folder. Supported by Dormant Accounts Urban Outdoor Adventure Funding, each school will have their school mapped to assist them in developing the sport and creating an opportunity for their students to learn how to orienteer with the aim of participating in the upcoming schools and community events.

For more information or to register your interest in the next course contact Rachel Sinnott on 087 739 6050 or email rsinnott@waterfordsportspartnership.ie.



Rowing - TrY Coaching Course

In January, we held our first TrY Coaching course of 2020 in St. Paul's Community College with 20 students from Transition Year taking part. Thank you to Mary and Aoife from Rowing Ireland who delivered the Introduction to Coaching Workshop, bringing the students through the key principles of coaching and the techniques of rowing using the rowing machines. The aim of the TrY Coaching programme is for the TY students to gain practical experience of coaching, develop their confidence and it also may open a new door to a sport for them! For the students to gain accreditation in coaching indoor rowing, they will pair with the 1st year students in their school and deliver 4 weeks of rowing sessions. Well done to the 20 students for taking part and thank you to Rowing Ireland for their support. For more information on Rowing for your school please contact Rachel on 087 739 6050 or rsinnott@waterfordsportspartnership.ie



Sportshall Athletics at Home

We reacted to the COVID-19 pandemic by trying to create resources to enable people to keep active during lockdown. In conjunction with Athletics Ireland, Blackwater AC, Ferrybank AC, Finisk Valley AC, KCK Athletic Club, Waterford AC, and West Waterford AC we devised a Sportshall Athletics online programme funded by Dormant Accounts funding through Sport Ireland. 326 families registered for the programme and were sent daily 'how to' videos covering ten athletics disciplines including Javelin, Long Jump and Target Throw. Each video included a warm-up followed by an explanation of the daily test and how to complete them using household items. A big thanks to local athletes Kate Veale, Megan Kiely and Anna O'Connor for featuring in the videos and to the six local athletics clubs for promoting the programme to their followers. The programme was a great success and we had participants from all over Ireland and Irish people living overseas in Cyprus, France, Spain, UK and America.

We were delighted with the feedback of the programme which included :-

'Challenges are quick and easy to set up and providing a scoring system is a great way to spark competitive instinct'

'The activities were explained very well and there was a good variety. Nice bonding time for the family'

'They were quick and the content was well explained'

'You didn't need equipment or an athletics background to follow them.'

'The use of other athletes added to Peter's presentation. The challenges were good. Great warm up tips each day '

'The fact that it was adapted to different ages, it was structured & achievable. The kids had something to aim for with the score sheets.'

The presenter was very clear with his teaching points. The videos were concise and active.'



#BeActive
& Flatten the Curve

**Sportshall Athletics
at Home**
FREE ONLINE PROGRAMME

Visit our Website for
'How to Videos' & Scorecards or
Checkout our YouTube Channel!



PRE SCHOOL/PRIMARY SCHOOL PROGRAMME UPDATE

Waterford Sports Partnership is monitoring the roadmap for the lifting of restrictions and ongoing public health advice and will consult and plan if/how our programmes and activities may be adapted for safe delivery once schools reopen again.

OPPORTUNITIES FOR PRIMARY SCHOOLS IN 2020

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 2020 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 infant and senior infant 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 sessions after school hours. The programme is designed for 7-8 year old children (1st & 2nd 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 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.

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 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 to roll out the programme.



For more information on any of the above opportunities please visit the '**Active Schools**' section of our website www.waterfordsportspartnership.ie or contact Lauren Walsh Kett on 086 465 0063 or lwalshkett@waterfordsportspartnership.ie

Over 50s Circuits

Raise the Bar Tramore went from strength to strength delivering circuits for over 50's on Mondays at 2pm, Darragh and Geina had up to thirty women waiting for their weekly fix of structured physical activity. We followed the COVID-19 recommendations and postponed the circuits for the foreseeable future due to the age profile of the group attending. However, Darragh and Geina did not rest until they made sure that the regular participants were able to exercise in their own homes. They created a workout video for over 50's to do at home. We have shared the video link by email with our older adult contacts and the video is available to view on our YouTube Channel.

#BeActive
& Flatten the Curve



Check out the Raise the Bar
Over 50's Workout Video
Waterford Sports Partnership YouTube Channel



There was a welcome return for the **Over 50's Circuit Sessions** @ Dungaravan Sports Centre at the end of January. Up to twenty women attended the circuit weekly. Tutor Craig Shead and work placement student Shane Molloy supported and encouraged all the participants to get involved. The circuit was fun and flexible. In addition to the circuit the group also tried their hand at basketball and badminton, and are hoping to give volleyball a go in the not too distant future.

ONLINE WORKOUTS FOR OVER 50's

Check out these YouTube Channels
For **FREE Over 50's Workouts**
Siel Bleu Ireland
Age & Opportunity



Walk for Life

The 'Greenway' was the theme for the first series of Walk for Life 2020. Participants were given the opportunity to walk along different sections of the 46km Waterford Greenway. The weather was mostly chilly and wet throughout the series except for the last day when we were treated to blue skies and sunshine. We kicked off the series in Dungarvan, followed by Durrow, Bilberry and Kilmacthomas. Thanks to all the venues that provided the essential cup of tea/coffee post walk; Waterford County Council Civic Offices, O'Mahoney's, Carrickphierish Library, and the Coach House. If you are an older adult, or involved in an older adult organisation get in touch so that we can keep you up to date with our walking activities. If you are interested in more information please contact Sinéad Brannigan on 087 459 6179 or email sbrannigan@waterfordssportspartnership.ie

ACTIVITY PLANNER

It's important that we all try to keep active during these challenging times. Sinéad our Sports Development Officer has a 'Daily Activity Planner' which she can send to you by post so that you can create your own daily physical activity routine. This is also available to download from our website. Please contact Sinéad if you would like some physical activity suggestions, or challenges.



EXERCISE DVD'S

Do you know someone who is continuing to cocoon, or limiting their activities outdoors? We have a small supply of Age & Opportunity exercise DVDs. These are ideal for individuals who may not have access to the internet or social media but would like to stay active. If you would like to receive a FREE copy by post, please contact Sinéad .

Sinéad Brannigan 087 469 6179
or email sbrannigan@waterfordssportspartnership.ie

Operation Transformation 2020

RTE's Operation Transformation teamed up once again with Sport Ireland and Local Sports Partnerships to organise the 2020 Operation Transformation National Walks. We were delighted to be able to host two walks in Waterford on Saturday 18th January. We held a walk along the Waterford Greenway starting at the Workhouse in Kilmacthomas and our second walk was held in the Cappoquin GAA grounds. On what was a chilly winter morning the Workhouse car park and Cappoquin GAA Club were a hive of activity with more than 350 participants attending between the two venues. Participants were treated to fun and friendly warm ups thanks to fitness tutors Shauna Walsh and Jane Crowley. Many of the participants used these walks as an opportunity to kick-start their own new year health transformations, and all of them had the option to do either a 3k or 5k walk. Thank you to all the volunteers that gave up their time to assist us to make both walks safe and enjoyable for all involved.



Learn 2 Love Fitness

Kilgobinet GAA was the first venue of 2020 to showcase the Learn to Love Fitness programme. Nine women signed-up to the six week gym educational programme. The women that signed up were from Dungarvan, Lemybrien, and Kilgobinet, and all had a common goal of wanting to learn a little bit more about exercise to do in the gym. Tutor Shauna Walsh demonstrated a variety of exercises, and guided the women on how to put exercises together to ensure a purposeful gym routine. At the end of the six weeks participants either used their knowledge to continue exercising in Kilgobinet GAA Sports Complex, or else joined gyms closer to their homes.



For more information please contact Sinéad Brannigan on 087 459 6179 or email sbrannigan@waterfordsportspartnership.ie



Women on the Move Kinsalebeg

In January, fifteen women began our first block of Women on the Move in Kinsalebeg. The programme ran for six weeks and was tutored by Shauna Walsh. All of the women that participated in the programme noticed improvements in their fitness, mobility and co-ordination skills as a result of Shauna's excellent tutoring. There is a great grá for the Women on the Move programme in this locality. The women participating have commented that it is an opportunity to meet others in the area, and that it's very convenient to be able to exercise near

their home rather than travelling to larger towns. We had thirteen women signed up to our second block in March, many of the participants were returning after completing the previous block. We followed the COVID-19 recommendations and postponed this programme. However, all the women that had signed up to the programme were invited to join our online Couch to 5k programme. When it is safe to resume activities in Kinsalebeg it is hoped that we will be able to incorporate more outdoor activities. For more information please contact Sinéad Brannigan on 087 459 6179 or email



Women's Try a TRI

This is an exciting new programme coming soon to Waterford. This programme is run in partnership with Triathlon Ireland, Tried and Tested Dungarvan and Waterford Triathlon Club. Over one hundred women have already signed up for the programme in Dungarvan and Waterford City. This will be a six week programme aimed at women that have not completed a triathlon before. There will be training sessions twice weekly for six weeks to build up to a mini triathlon event with both groups.

If you require more information on this programme please contact Lauren at lwalskett@waterfordsportspartnership.ie



ON HOLD
DUE TO
COVID-19

#BeActive & Flatten the Curve



Check out our **FREE**
Mum & Me Programme
FOR NEW MUMS
Exercise with baby
in the comfort of your own home!

Waterford Sports Partnership YouTube Channel



Baby Bells

We teamed up with Waterford Warriors Strength and Conditioning to run a new block of Baby Bells for mums of new babies aged 2-12 months.



The six programme started on January 16th and aimed to give new mums an opportunity to exercise with their baby. The programme was tutored by Rachael Wall who designed a specific programme suited to the ladies fitness level. Each

week, Rachael increased the intensity of the workout, challenging the ladies in a safe and supportive environment. Rachael also gave the Ladies weekly nutrition tips that they could implement into their busy lifestyles each week. Well done to all the ladies who took part in this programme, and to Rachael who took care of the mums so well.

To find out more please contact Pauline on 086 783 7385 or email pcasey@waterfordsportspartnership.ie

Mum and Me Free Online Programme On Tuesday 5th May, we started our brand new Mum and Me four week online programme. This programme is aimed at mothers of babies from two months to twelve months. Over two-hundred women signed up for the programme. Each week the women will receive a text message with a link to their workout video. The programme concentrates on building strength and focuses on core strength particularly. Online programmes are now very important to help keep people active and healthy during the COVID-19 outbreak. For more information please contact Lauren on 086 465 0063 or email lwalskett@waterfordsportspartnership.ie.

Let's Run Waterford City

On Monday 20th January we started a new block of our 'Let's Run 0-5km Programme' for women only in Waterford City. The programme was aimed at women who always wanted to run but never had the confidence to try. The sessions ran in the Regional Sports Centre each Monday from 6.30-7.30pm and were facilitated by WSP tutors Jamie Knox and Jane Crowley. Twelve women took part in the six week programme where they improved their cardiovascular fitness and running technique. This group set themselves a goal of running a 5km route without stopping by week six and we are delighted that they all achieved that goal. Well done one and all!



Women on the Move | Kilmacthomas

Women on the Move (WOM) is a fun fitness programme aimed at women of all ages and abilities. WOM in Kilmacthomas was very popular this year. We ran a programme at the end of January in Rainbow Hall attended by fifteen women. Our second block of 2020 started on Monday 2nd of March. However, unfortunately this had to be postponed until further notice. Twenty women had signed up to the programme and we hope to see you all again soon!

ONLINE COUCH TO 5K PROGRAMME

We ran our first ever online Let's Run Couch to 5km Programme which started on Monday 30th March. 84 participants registered for this programme which ran over 8 weeks. Each Monday at 11am participants received a text with a video of their weekly training programme. Participants were encouraged to take a picture of their run and post to our Let's Run WhatsApp Group whilst always adhering to HSE Guidelines. With the restrictions being eased just in time for their 5km, we are pleased that so many were able to achieve their 5km running goal during this difficult time.

Well done to all those involved, keep those legs moving!!

Why not give this programme a go!

All videos are available on our YouTube channel and on our website!



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Men on the Move 2020

Men on the Move (MOM) 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.

WSP were delighted that fifty six men, including eight newcomers, completed the six week Men on the Move Programme in Dungarvan, Waterford City and Tramore. We always try different things with our men on the movers and for the start of the new decade this certainly didn't disappoint. We tried new activities, group messaging applications and self reflection. We also asked all men to give themselves three targets for the programme and were delighted that 86% of the men achieved these targets. As the saying goes, you cannot achieve a goal if you don't have one. We completed the programme in WIT arena on the 4th March where thirty six of the men from the three programmes took part in some fun team building exercises session.

TRAMORE: Huge thanks to Tramore GAA club for use of their facilities and to our tutors Sara Hearne and Aaron Grant. We were delighted to retain a lot of men from our pilot programme and also welcomed one newcomer. The guys were extremely fortunate to have the use of the promenade and made great use of their surroundings with planks down the stairs by the Majestic, body resistance exercises against metal bikes and a bar hang by the beach car park entrance! We were also delighted to offer the men a taster session in Tramore Dojo which they really enjoyed. With an average attendance of 90% we achieved some great results.



WATERFORD CITY: Waterford Regional Sports Centre as always is a great venue and we were indebted to WCCC for use of the facilities during the cold and windy nights for our MOM City Programme! Tutors Sara Hearne and Jack Lyons put the guys through their paces and the results were excellent. Delighted with the retention of these guys, four new members and also the return of some previous participants. The guys also enjoyed a Pilates session to help keep things interesting



TRAMORE	AVERAGE PRE	AVERAGE POST	% PARTICIPANTS IMPROVED	AVERAGE IMPROVEMENT
WEIGHT	104.5	102.6	100	-1.9kg
WAIST	108.5cm	104cm	73	-4.5cm
1 MILE	13.12	9.03	63%	-4.09
Average days/week doing 30 mins physical activity	2.6	3.1	35%	.5 days
Average Attendance		90%		

DUNGARVAN: Dungarvan GAA has assisted WSP since our first Men on the Move programme in 2015 and have been brilliant in allowing us the use of their facilities for measuring weeks. The guys in Dungarvan were also thrilled with the range of facilities our tutors Rosie Doherty and Craig Shead utilised and welcomed three newcomers to the group. We were also delighted to offer a taster session for Ganbaru Jiu Jitsu with Tony Keane. The Dungarvan group are also exceptional at organising their own separate sessions via the WhatsApp Group including a variety of exercises outside of MOM sessions.

DUNGARVAN	AVERAGE PRE	AVERAGE POST	% PARTICIPANTS IMPROVED	AVERAGE IMPROVEMENT
WEIGHT	86.5	86.7kg	45%	+2kg
WAIST	101.9cm	101cm	63%	-.9cm
1 MILE	8.41	8.06	100%	-35 seconds
Average days/week doing 30 mins physical activity	2.4	3	64%	.6 days
Average Attendance		83%		



WATERFORD	AVERAGE PRE	AVERAGE POST	% PARTICIPANTS IMPROVED	AVERAGE IMPROVEMENT
WEIGHT	110 kg	98kg	100	-12 kg
WAIST	98cm	85cm	100	-13cm
1 MILE	11.18	8.44	100	-2 minute 34 seconds
Average days/week doing 30 mins physical activity	2.5	3.2	63%	.7 days
Average Attendance		85%		



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Men on the Move ONLINE

In May we delivered a FREE four week MOM Online Programme with our four tutors: Sara Hearne, Rosie Doherty, Shauna Walsh and Lauren Walsh Kett. These 30 minute exercise videos show you how to utilise household items as weights and what exercises you can do in the comfort of your own home.

WE GOT SOME GREAT FEEDBACK . . .

'Brilliant to have these videos to have some encouragement to get active during this time'

'Thanks so much, I did the first session today, great way to pass a wet evening, tough going but really enjoyable'

All videos are available on our YouTube channel and on our website!

Women's ETB in Kilmacthomas

A large stone viaduct with multiple arches spanning a green landscape, with people walking on a path in the foreground.

These courses are located in . . .

You can download the maps from our website at
<https://www.waterfordsportspartnership.ie/orienteering/>



In January, we installed a new Orienteering course in the Tramore Inclusion Park. Well done to the 5th and 6th class students from Glór na Mara and Gaelscoil Philib Barún who took part in the event. The students had a great morning running around, navigating their way through the course. **Big thank you to Waterford Orienteers for running a great event and creating the course. If you'd like to try the course in Tramore you can download the map from our website!**



For the month of April we encouraged people to join us for our social media 'Walk on Wednesday' campaign. The aim of this initiative was to encourage people to walk more during COVID-19 when the 2km restrictions were in place. We encouraged people to complete 150 minutes of walking per week (30 minutes per day) as a way of staying/getting fit and healthy at this time. Walking is one of the easiest and cheapest ways to stay active and healthy. Walking has many benefits such as physical, social, mental and environmental benefits. With the COVID-19 restrictions in place there has never been so many people out walking and we hope that this continues!

WSP/WIT 'Learn to Coach' Programme

In early 2020, WSP delivered a 'Learn to Coach' development programme in conjunction with WIT, GAA, Camogie Association and Ladies Football. The programme aims to give WIT coaching students the necessary qualifications, and, more importantly experience and guidance to develop their coaching skills. The Learn to Coach steering groups delivered 5 training sessions to participants to prepare them for eight weeks of coaching in local clubs. We were delighted that twelve students completed the training course where they received:

- Safeguarding 1 qualification
- GAA Dual Course qualification
- Camogie/Ladies Football coaching accreditation
- Peer coaching review

WSP Development Officer Peter Jones together with Aaron Beresford (Ladies Gaelic Football), Eoin Breathnach (GAA) and Stephen Landers and Stuart Reid (Camogie Association) also delivered in house sessions on fun warm-ups, fundamental movement skills, skill development, games for understanding and interactive cool downs. Post training, coaches were given a link mentor from WIT/WSP/NGB and also a mentor for their club.

We were delighted that coaches were given the opportunity to coach children in Erin's Own Ladies Football Club, Tramore Ladies Football Club, De La Salle Camogie and St. Saviour's GAA Club. We were all delighted with the progress and students had completed two weeks of coaching placements and utilised the Learn to Coach booklets given to them to assist with coach delivery. Unfortunately, due to COVID-19, the students were unable to complete their eight week placements but this programme will be one we will deliver again in the future. Feedback from students was great with Shane Molloy saying 'it was a great opportunity for me to learn how to coach, something I'd never done before and also upgrades my CV for post college'.

For more information please contact Peter Jones on 087 785 5940 or email pjones@waterfordsportspartnership.ie.



Safeguarding Training Update

#BeActive & Flatten the Curve

In light of the Covid-19 outbreak, Waterford Sports Partnership has postponed all upcoming courses/workshops following government advice. We deliver the three Sport Ireland Safeguarding workshops (Safeguarding 1, 2 & 3).

We were scheduled to deliver a number of these workshops in the coming weeks which have now been postponed. WSP, following guidance from the Sport Ireland Ethics Unit, will endeavour to fulfil these workshops when it is safe to do so and in line with government protocols.



In the short term, the Sport Ireland Ethics Unit and WSP recognise it is possible there will be a backlog of people within sport who will need to attend a face to face safeguarding workshop once the sector is in a position to resume normal operations. To this end the Sport Ireland Ethics unit have provided all National Governing Bodies of Sport with interim measures to assist them with any back log of Safeguarding workshops that may occur due to the COVID-19 outbreak.

It is important to note that these interim measures do not remove the requirement that individuals need to complete a face-to-face safeguarding workshop. It is still the position of the Sport Ireland Ethics Unit that every relevant individual who undertakes the suggested interim measures must also attend a face to face safeguarding workshop as normal once the sector is in a position to resume operations.

*Please note: Individuals who have any queries on this should liaise directly with their NGS's National Children's Officer who will be in a position to further assist their clubs/members in this regard. Contact details for each National Children's Officer can be found on the Sport Ireland website in the Ethics section or through the following link - <https://www.sportireland.ie/ethics/national-children-officers>

For any further questions on this, please contact Peter Jones on 087 785 5940 or email pjones@waterfordsportspartnership.ie.

Waterford Camogie Development Initiative

As part of the 20x20 Campaign, Waterford Sports Partnership worked alongside Waterford County Board to run a Camogie Development Initiative for girls born in 2006/2007. The aim of the initiative was to encourage girls to stay playing Camogie at an age where there is a high dropout rate. The initiative ran over 8 weeks from 10.30am – 12.30pm in WIT Arena. Over 140 girls from various clubs from across Waterford City and County were in attendance each week and were coached by experienced coaches such as Tom O' Brien, John Doxer Burns and senior Camogie players Beth Carton, Niamh Murphy, Brianna O'Regan and Iona Heffernan.

We ran a second initiative for girls born in 2008/2009 in Cappoquin/Affane GAA Club. This was the first time a development initiative was run in the West Waterford area. Similar to other development initiatives this was a sell out in a number of days with 70 girls registered to take part. The first session took place before the COVID-19 outbreak and we had some very positive feedback coming from parents. We are hoping to get this initiative run at some stage during 2020 in line with HSE and Government guidelines. Well done to all the girls who took part in the initiative. We are looking forward to seeing you on the pitch again in 2020!

As we had to postpone the remainder of our Camogie Initiative this March we ran an online skills challenge for girls to take part in. The initiative ran on Saturday mornings on Facebook for the month of April. Each Saturday morning a player from Waterford Senior Camogie Team set a challenge for the week. The first challenge was set by 'All Star' Lorraine Bray who challenged the girls to beat her in a 30 second roll lift challenge. Week two saw Fiona Morrissey challenge the girls in another 30 second challenge, this time counting how many times they could strike the ball off the wall and back into their hand using both sides. In week 3, things got very interesting with Niamh Rockett setting the trampoline challenge, encouraging girls to work on their shooting skills. To wrap up this initiative Orla Hickey challenged girls to work on their handpass skills for 30 seconds against a wall, again using both hands. Well done to all the girls who took part in our challenge and to the Senior Camogie Players for setting fantastic challenges over the four weeks.



Volunteer Support Training

Waterford Sports Partnership was successful in securing Volunteer Support Funding from Dormant Accounts through Sport Ireland. We recognise the importance volunteers/coaches play within our clubs and communities. Through this funding Waterford Sports Partnership assisted a number of volunteers and coaches in Camogie Clubs, with a particular emphasis on female coaches by offering a suite of certified training courses all of which are heavily subsidised.

On Saturday 22nd February, we held a Foundation Level Camogie Course for nineteen volunteers in Ballinameela Community Centre. The course included a mixture of theory and practical work. A number of participants that were in attendance were supporting the Camogie Development Initiative that was taking place the following week in Cappoquin GAA, and putting their new skills straight to use.

We had a number of other training courses planned to support females in Camogie Clubs, including First Aid and Train the Trainer. We will be looking forward to rescheduling these for later date in the year. Well done to all the participants who availed of this programme, we hope that your new skills will support your club in the future.

#BeActive & Flatten the Curve



Check out the
WATERFORD SENIOR CAMOGIE SQUAD
SKILLS CHALLENGES
ON
Waterford Sports Partnership
YouTube Channel



WSP UPCOMING PROGRAMMES, TRAINING & EVENTS

All our Programmes, Events
& Training Courses
are currently suspended.

We hope to be in a position to publish a schedule
of Programmes, Events & Training Courses
in our September Newsletter.



20x20 Clubs Charter

20x20 is about creating a cultural shift in our perception of girls and women in sport.

By increasing visibility of women's sport it will become a greater part of who we are and what we follow. There is already so much to celebrate when it comes to women's sport in Ireland, but there isn't enough noise. The initiative seeks to change the subliminal bias in the Irish psyche that exists around girls and boys, or women and men, when it comes to sport.

The name of the initiative is shorthand for 20% by 2020, these are the targets set for the initiative:

20% more media coverage of women in sport by the end of 2020

20% more female participation whether at player, coach, referee or administration level by the end of 2020

20% more attendance at women's games and events by the end of 2020



This isn't a 'women for women' initiative, it's 'all of society for all of society'. If sport is good, which we know it to be, then more sport is better. If we all play, we all win. 20x20 is asking all sections of Irish society to show their stripes and pledge one small action to increase the visibility of women's sport in Ireland because if she can't see it, she can't be it.

20x20 is excited to offer clubs the opportunity to champion the 20x20 movement in your community. We know that sports clubs are the heartbeat of many of our communities making sport happen in villages, towns and cities across the island of Ireland every day. Your club can have a real and lasting impact on women and girls in your community becoming more active and more involved in sport in any capacity.

Benefits of signing up to the Charter:

- The club benefits from the public support and positive PR associated with supporting a drive towards gender equality in sport.
- As a 20x20 Club Member, you will receive a 20x20 Club Member Flag which can be displayed at your club house/ training facility/events.
- You will receive a 20x20 Member Club Charter to display in your club house/ training facility.
- The right to display 'Member of 20x20' logo on website, social media channels and communications. Strengthened public perception of the importance of women and girls in sport in your club and locality, along with its contribution in terms of the economy and generating social capital.

HOW CAN YOUR CLUB GET INVOLVED?

20x20 Pillars

Pillar 1: Increasing Media Coverage

Actively increasing visibility of our female teams/athletes and club competitions at all levels by 20% by the end of 2020.

Pillar 2: Increasing Participation

Actively increase female participation at player, coach, referee, volunteer or administration level by an overall average of 20% by the end of 2020.

Pillar 3: Increasing Attendance at female sports events/games

Actively promoting and planning to increase attendance at female sports games and events by 20% by the end of 2020.

Below are some suggestions and ideas for your club's three actions, but please feel free to create your own. These agreed actions should be realistic and also progressive in your club.

1. Increasing visibility (media coverage):

- All members (and all sports where applicable) will be represented in our club news in the local newspaper, newsletters, noticeboards, posters and on our social media channels.
- We will have live tweets and match/event updates at the women's and girl's events.
- We will profile both female and male athletes on posters, noticeboards, social media, events/medal presentations, club correspondence, and marketing assets etc.
- We will publicise all club fixtures/ events/ matches (if possible, together with boy's and men's events).
- We will create opportunities for double headers and dual events in the club. We will look at the order of these double headers so at times male events are followed by female events.
- (If applicable) We will have underage girls' teams/athletes participating at half time/during breaks of adult fixtures/ events (men's and women's).
- We will have joint club events, fundraisers or taster/ open days for girls and boys.
- We will publicly show that we are a 20x20 Member Club by ensuring the Flag, Charter and our 20x20 three actions are visible in the club and online.

2. Increasing participation:

- We will establish a girls or women's membership in our club.
- We will organise a participation-focused event to highlight what is available for local girls and women to encourage them to try the sport and be more active.
- We will run a recruitment drive with schools in the area using the club-school link running events with local school, college or with another club.
- We will put a schedule in place for allocation of equipment, coaching, training facilities and pitch times for all athletes and teams.
- We will create coaching opportunities for our club's female members and players.

3. Increasing attendance at female sports events/games:

- We will encourage families and the whole community to go to club events irrelevant of whether it is a women's event or a men's event.
- We will encourage all members to attend and tune into female sporting events across all sports.
- We will share details of events with the local school, college and within our community.
- We will encourage those at the sporting events or matches to share details on social media with comments, pictures, 'check in', and encourage them to #ShowYourStripes.

FOR MORE INFORMATION
PLEASE VISIT
www.20x20.ie/clubs-charter/

Waterford wins Gold and two Bronze at prestigious All-Ireland Community Awards



We were very proud to be announced as winners at this year's All Ireland Community & Council Awards. The ceremony presented by IPB Insurance and LAMA took place on Saturday the 15th February 2020 in Croke Park Stadium, Dublin.

The prestigious awards recognise and celebrate community groups and councils working together across Ireland. They highlight the extraordinary work carried out within communities and reward unsung heroes for the phenomenal contribution they make throughout the year. With over 200 entries received, there were 24 well deserving winners crowned in the various different categories. Now in its 14th year, Waterford Council/Waterford Sports Partnership received awards under the following:

Best Education/Training Initiative Gold Award Winners

- Waterford Sports Partnership and TREO Port Lairge **'Active Body Active Mind Programme'**

Best Community Health Project- Bronze Award Winners

- Waterford Sports Partnership and the FAI **'Soccer for Girls Programme'**

Best Community Sports Club/Team -Bronze Award Winners

- St .Paul's Boxing Club

Social enterprises, councils, organisations, projects and individuals working within the communities across Ireland all entered this year's event, which experienced the highest level of competition yet. This year entrants were required to provide information on the project they were submitting, the people involved and their achievements over the past year.

Commenting on this year's awards, Youth Sports Development Officer Brian O' Neill said, "To be even shortlisted for these prestigious awards is an achievement, but to come away with a Gold Award and two Bronze Awards is fantastic. It's great for Waterford to be recognized for the work Waterford City and County Council, Waterford Sports Partnership and local club volunteers do, particularly TREO Port Lairge, the FAI and St. Paul's Boxing Club in this instance".

For more information on the All Ireland Community & Council Awards, please see <https://lamaawards.org/>



Shane Molloy | Student Placement @ WSP

Hi, I'm Shane Molloy, I'm a Nenagh native and a third year Recreation Management student at WIT. From January to March this year I did a placement as a Student Sports Development Officer in Waterford Sports Partnership based in the County Office in Dungarvan.

My time spent with WSP was a great experience which gave me a great insight into the planning, delivering and evaluation of different programmes such as the Men on the Move Programme, Social Soccer for People with a Disability, the Walk for Life Programme and many more. Furthermore, it developed my skills in an office setting. I developed skills such as general office work and the ability to use applications such as Salesforce and Microsoft Excel. The placement really helped me to develop my communication skills, meeting lots of different groups while doing these programmes and gave me a great insight into how effective these programmes are at getting people active and improving their health. This is most definitely something I would consider as a career path in the future. The placement provided me with great moments such as the Men on the Move celebration night in WIT Arena, Social Soccer, Sports Hall Athletics, Over 50's Circuits and loads more. **I learned many skills from this placement** as I worked in two different settings; in an office and out doing programmes, both beneficial to me and I feel I would be comfortable in either setting in the future. I was disappointed when Covid-19 cut short the final few weeks of my placement as I felt it was a career path I could pursue in the future and was enjoying gaining experience. Overall, I could not have asked for a better place to do my placement and was made feel very welcome by all the team. I would like to say a special thanks to Peter Jones who was my supervisor throughout and was incredibly helpful, welcoming and we could have a laugh together too. I would highly recommend WSP as an organisation for students to do their placement with.



Mairéad Breen | Student Placement @ WSP

Hi, I'm Mairéad Breen, I'm an Enniscorthy native and a third year Recreation Management student at WIT. From January to March this year I did a placement as a Student Sports Development Officer in Waterford Sports Partnership based in the City Office at the Regional Sports Centre in Waterford.

Being a student on work placement with Waterford Sports Partnership (WSP) has been **one of the best places I've ever been on placement giving me a very useful insight for a future career path as a Sports Development Officer.** It has also allowed me to gain many beneficial skills such as my interpersonal skills as I had to communicate with so many different people during the various programmes and I learned IT skills such as the ability to use Salesforce and Microsoft Outlook. I also improved my organisational skills as I had to ensure I completed all the tasks I was set out to do each week by my supervisor as well as preparing warm-ups for programmes. I really enjoyed helping out and participating in programmes related to working with people with a disability to promote their participation levels in sport and physical activity such as Boccia, Rehab Care Gym Programme, Tag Rugby for Special Schools and Walk for Life. I realised that I have a keen interest in this specific target group, and I also found the work very rewarding. The most valuable thing I learned from my placement was the importance of planning and organising a programme to be able to deliver a sustainable physical **activity programme for any specific target group that was in line with WSP's Strategic Plan.** I would highly recommend future students to consider completing their work placement with WSP as you gain so many valuable skills for any future career path and you get the opportunity to complete a wide range of training courses that are certified such as Autism in Sport Training Course, Safeguarding 1 - Child Welfare & Protection Awareness Workshop and Ready to Go Orienteering Teacher Training Course. Finally, I would like to say thank you to all the staff members at Waterford Sports Partnership for their tremendous help throughout my time on placement. Especially my supervisor Pauline Casey, as she was not only extremely helpful and kind, but she also took time from her own schedule to check up on me each week to see how I was doing on my placement. Pauline also shared her own personal career journey with me and I really appreciate this as it has motivated me to not give up on achieving my future career goal. The people of Waterford are incredibly lucky to have a Sports Development team who are dedicated on developing many opportunities for so many target groups to participate in sport and physical activity.



Cappoquin, Lismore and Villierstown Community Hub

Waterford Sports Partnership is in the process of establishing our West Waterford Community Sports hub in the areas of Cappoquin, Lismore and Villierstown. This initiative is funded by Dormant Accounts via Sport Ireland and our focus over the next three years is to:-

- Provide pathways for Sport and Physical Activity
- Produce well trained people to develop the capacity of sport on a local level
- Create strong organisations
- Support the provision of quality facilities



We have started to deliver sample activity programmes in the community whilst focusing on engaging in background discussions regarding creating a sustainable hub. WSP would love to hear from you on ways in which we can increase physical activity opportunities. Below are a few highlights of what has been happening so far this year.

COMMUNITY

Increasing opportunities for the community to become active is a key component of Waterford Sports Partnership's role and in 2020, WSP's priority is to ensure the local community engage in national events locally throughout the year.

Operation Transformation

On Saturday 18th January, 176 people of all ages took part in the inaugural West Waterford Operation Transformation Walk held in conjunction with Cappoquin Affane GAA Club. This was one of 143 walks that took place across the country on the day with over 17,000 people taking part. On arrival, all participants were given fruit and water for the walk ahead and then given a number of fundamental movement challenges with their families on the GAA clubs Astroturf. These challenges proved very popular with families, facilitated by Development Officer Peter Jones, WSP tutor Shauna Walsh and Cappoquin GAA members Elaine McCarthy, Trisha McCarthy and James Leacy. Following this, WSP tutor Shauna Walsh put the group through their paces with a fun warm-up, then participants completed a 30 minute walk around a pre planned route of the GAA Club grounds. 30 minutes represents the daily physical activity guidelines for adults and it was great to see young and old alike getting out, getting healthy and getting active in their local community. A vital component of WSP's success in the hub development is the engagement of clubs in the local community, and we extended a huge thank you to Cappoquin Affane GAA Club members; **Noel Connors, James Leacy, Elaine McCarthy in particular and Mick O'Meara as MC who provided fun entertainment for all.** WSP had planned a four week family follow on programme from OT but unfortunately this programme was cancelled due to low numbers.



SCHOOLS

WSP had planned a range of programmes and events for schools in conjunction with local clubs for the first half of the year, some of which had to be cancelled due to COVID-19.

Sportshall Athletics Training for Primary Schools

WSP liaised with local athletics clubs Blackwater AC and Finisk Valley to deliver a sustainable Sportshall Athletics programme to 1st and 2nd class students in the seven local primary schools. We were delighted to offer primary schools and clubs Sportshall Athletics Training on Monday 9th March, delivered by Athletic Ireland tutor Pat Power. Twelve people from local athletics clubs and schools attended the two hour training session. Many thanks to Whitechurch N.S. School for the use of their facilities. The plan was to then loan out SportsHall Athletics Equipment to the schools rounded off by a West Waterford Sportshall Athletics Tournament when the programme was interrupted by COVID-19.

COVID-19 | Cancelled programmes

ROWING: WSP in partnership with Cappoquin Rowing Club had two programmes planned. Firstly, we'd planned a two hour 'Introduction to Rowing', 14 teachers had signed up. We also had planned a three week 'Learn to Row' programme with six of the local primary schools in May 2020. This programme was aimed at 5th and 6th class pupils and 195 pupils had signed-up. Unfortunately, due to COVID-19 both events had to be postponed. Many thanks to Stephen Landers and the team in Cappoquin Rowing Club. We hope to run these programmes in the not too distant future.

BIKE WEEK 2020: WSP had planned two initiatives for Bike Week in June for West Waterford schools. Firstly, we'd planned to deliver a 'Balance Bike Cycle Programme for junior and senior infants. This programme involves some teacher training and FREE use of WSP balance bikes and helmets. We then planned to host a 'Balance Bike Extravaganza' in Cappoquin Community Centre. Our second programme was a pilot 'Learn to Cycle' programme for senior infants/1st class students where we would deliver training to teach a child to cycle on their own. We are currently looking at how we could potentially deliver this programme online, giving parents the necessary knowledge to teach their child how to cycle.

SPORTS CLUBS

WSP focus has been on liaising with clubs to support them in the work they do in the community, as demonstrated in our school/club liaison work with Cappoquin Rowing Club, Finisk Valley AC and Blackwater AC. We will continue to assist clubs in the local area.

MANAGEMENT

West Waterford Hub Steering Committee

Waterford Sports Partnership are delighted to have brought together a provisional steering committee to assist us in developing the hub and understanding the needs of the local community. We have representation from the following groups: Waterford Area Partnership, Waterford Leader Partnership, Waterford City and County Council, Cappoquin Community Project, Lismore Community Centre and Villierstown Education and Culture Project. To date, the steering committee have met twice to enable WSP to gain an understanding of what is needed for the three areas of the hub and to discuss relevant ideas. This steering committee will assist WSP in coming up with an action plan and communicating opportunities to the local communities.



Needs Analysis

WSP have engaged in a tender process for an external independent facilitator to assist us with a Needs Analysis for the West Waterford Community Hub. This needs analysis will assist us in formulating an action plan to make sure that the Hub is sustainable and that physical activity can continue to thrive post Dormant Accounts Funding. The needs analysis was originally due to be completed by May 2020, however due to COVID19, we are currently considering the most effective way of consulting with local people from all target groups in the most efficient and timely manner.

WIT/West Waterford Project

We were delighted to work in partnership with WIT to develop a provisional needs analysis for the West Waterford Hub. Peter Jones delivered a presentation on Thursday 6th February to 35 first year Recreation and Sports Management students. The students were then given the following brief:



Waterford Institute of Technology
INSTITIÚID TEICNEOLAÍOCHTA FHORT LAIRGE

‘You work for Waterford Sport Partnership (WSP). You have been tasked with increasing the number of people participating in sport and physical activity for all ages in the areas of Lismore / Cappoquin / Villierstown (West Waterford).’

We were delighted with the feedback from students which included the following ideas: -

Cappoquin

- Walking group.
- Weekly Physical literacy session for primary school children.
- Exercise to music class for 40-49 age bracket.
- Walking Football in Cappoquin Community Centre.
- Weekly bowls tournament in the Community Centre.
- Amalgamating the two Ladies Soccer clubs to field an U14 team.
- **Building a children’s playground/activity park.**
- Ground hurling for older generation in community centre.
- Floodlit gravel track around soccer pitch.
- Basketball, boccia and archery to be held in community centre of people with a disability.
- Walking trail linking Cappoquin/Villierstown.
- Develop and promote fishing.

Lismore

- Outdoor gym.
- Cycle lanes in the town centre.
- 2km walking track around the GAA field.

Villierstown

- Promotion of boating, swimming and fishing opportunities.
- Develop safe and lit walkways in the village.
- Set up a park run.
- Dance and circuit classes in the community hall.

A special thanks to WIT lecturer Laura Finnegan. We look forward to developing this partnership with WIT in the future .



Sports Development Officer Peter Jones is leading this project on a part time basis. Peter will be based in the community for one day a week in 2020. For further information or if you have any questions in relation to the Rural Sports Hub please contact: Peter Jones, Hub Development Officer on 087 785 5940 or email pjones@waterfordsportpartnership.ie

Waterford SportsAbility 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 what physical activity opportunities are available for people with a disability in Waterford. The forum's secondary aim is to increase the awareness of the physical activity opportunities for people with a disability in Waterford. In early January, we held our first SportsAbility Meeting of 2020 where we formed a subcommittee to work on organising this year's SportsAbility Weekend.



The sub group met in February and has since announced that this year's event is scheduled to take place on Friday 11th and Saturday 12th September in WIT Arena. Due to COVID-19, plans for the weekend are now under review, however the forum is committed to providing, at a minimum, a smaller scale initiative with a big impact.

Details will be confirmed in the coming weeks. The Waterford SportsAbility Forum would like to take this opportunity to thank WIT Arena and John Windle for their continued support in sponsoring this event.

The Forum is always looking for new members, if you or your organisation is interested in joining please contact Pauline on 086 783 7385 or email pcasey@waterfordsportspartnership.ie.



In other news the **Waterford SportsAbility' Facebook Page** is now up and running and we now have over 400 followers. This page is to keep you up-to-date with news, upcoming physical activity programmes and events for people with a disability in Waterford. We are focusing on increasing our followers and would encourage you to like and share our page, You'll find us on Facebook @WaterfordSportsability. If your organisation has anything they would like us to share please tag us in your posts or message the page privately and we will be happy to share!

share

Boccia

Boccia is one of the most popular activities that we run for adults with a disability. Boccia runs once a month in WIT Arena 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, The Journey Man, Carriglea Chairde Services and Activation Therapy Unity (St. Otteran's).



Boccia is a target ball game similar to bowls or petanque and is ideal for mixed ability participants. Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls — coloured red or blue as close as they can to a white target ball, or jack. Before COVID-19 we ran two Boccia sessions with 52 participants in January and 33 in February. Both sessions were facilitated by Chris Dempsey from OLR Fitness and staff from the disability services. We are looking forward to getting back to Boccia in the Autumn of this year in line with the Government's latest recommendations.

If you or your organisation is interested in taking part or requires more information please contact Pauline Casey on 086 783 7385 or email pcasey@waterfordsportspartnership.ie



Rehab Care Waterford Vita Group - Operation Transformation

Waterford Sports Partnership teamed up with Niall Devereux Fitness to run an Operation Transformation Gym Programme with participants from Rehab Care Waterford Vita. The programme was due to run over ten weeks, with nine being completed before Covid19 hit our shores. Thirteen participants from Rehab Care Waterford Vita group took part in the programme every Tuesday in the Crystal Leisure Centre from 11am – 12pm. The aim of the programme was to introduce participants to a community gym and teach them how to use the equipment correctly. In addition to this, the group aimed to get fitter and healthier for 2020 and Niall included fortnightly weigh ins and some basic nutrition guidelines for participants. It was clear that participants were getting fitter, stronger and even shedding a few pounds as the weeks went on. Well done to all the participants for changing their lifestyle for the better and to Niall for running 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. Four walks were planned as part of the Series all along the beautiful Waterford Greenway in Dungarvan, Durrow, Bilberry and Kilmacthomas. The Series kicked off on Tuesday 11th February at 10.30am in Walton Park Dungarvan. Despite the cold and wet start to the day, 35 eager participants joined us as we completed a 20 minute walk around Walton Park and onto the Dungarvan Greenway.

Our second walk of the series took place on Tuesday 18th February along the Greenway in Durrow. Over 40 participants joined us as we discovered all this part of the Waterford Greenway had to offer. Participants were most impressed by Ballyvoile tunnel and all the hidden treasures inside. Participants increased their walking distance on this walk completing between 20–30 minutes of a walk before returning for some light refreshments. On Tuesday 25th February our third walk of the series took place at the Bilberry section of the Waterford Greenway. Spoilt by beautiful views of the River Suir participants completed a 25-35 minute walk. After this walk, participants were invited to Carrickphierish Community Library where they had an opportunity to view the library and their offerings over a cup of tea/coffee and a scone.

Our final walk of the series took place on Tuesday 3rd March along the ever popular Waterford Greenway Kilmacthomas. This walk always attracts a large crowd giving participants an opportunity to walk between 30-40 minutes on the day.

Well done to all the organisations who took part in our Walking Series we are looking forward to seeing you all again later in the year.



Tag Rugby at Dungarvan Sports Centre

In partnership with Munster Rugby, we run monthly Tag Rugby sessions for adults with a mild intellectual disability in the Dungarvan Sports Centre. A big thank you to Rebecca O'Reilly for delivering the sessions, developing the groups passing, catching and tagging skills before playing some friendly matches. These sessions are open for people to drop in and to come and give Tag Rugby a try! For more information on these sessions please contact Rachel 087 739 6050 on email rsinnott@waterfordsportspartnership.ie.



ON HOLD
DUE TO
COVID-19



Social Soccer

In partnership with the FAI, on the last Thursday of each month we run Social Soccer in the Dungarvan Sports Centre from 1-2pm for adults with a disability. A variety of disability groups from across the city and county come together each month to develop their skills and play soccer matches. With the assistance of the FAI we run two groups; one for participants of low level ability and another for those with a higher level who want to play competitively. This could not be done without the work of FAI Sports Development Officers Michael Looby and Gary Power. If you require more information or would like to get involved please contact Rachel 087 739 6050 on email rsinnott@waterfordsportspartnership.ie

Tag Rugby Blitz

In partnership with Munster Rugby, we hosted a Special School's Tag Rugby Blitz at WIT Arena in February with two Waterford schools; St. John's Special School, Dungarvan and St. Joseph's Special School, Waterford. The schools took part in a four-week Tag Rugby Programme in late 2019. The sessions were coached by Munster Rugby Development Officers John O'Neill and Rebecca O'Reilly. Each week the participants developed their skills of passing, tagging, scoring and working as a team. The Blitz at WIT Arena was a great way to round off the programme for all the participants. Well done to all the students who took part in the programme and on the day of the event! A big thank you to the coaches and teachers for their continued support.



Kick Start to Recovery Programme

The Kick Start to Recovery programme has been growing in strength over the past number of years in Waterford. The programme was developed by the FAI in partnership with the HSE Mental Health Teams and with the support of the Sports Inclusion Officers in Local Sports Partnerships to bring football into the lives of those with mental health difficulties. The programme allows the participants to use football as a platform for enabling them to improve their mental health as well as reaping many physical and social benefits.

The programme is facilitated by Tommy Griffin from the FAI with each block running for 6 weeks from 11am – 12pm in the Butler Community Centre, with an average of 10-12 participants in attendance. We are looking forward to resuming our Kick to Recovery Programme later in 2020. We are always looking for new participants and are encouraging those in mental health services to join us.

If you are interested in taking part or would like more information please contact Pauline on 086 783 7385 or email pcasey@waterfordsportspartnership.ie



#BeActive & Flatten the Curve



Check out our Gentle Exercise
VIDEO WORKOUTS
FOR PEOPLE WITH A DISABILITY

[Waterford Sports Partnership YouTube Channel](#)



THERE ARE MORE FREE
ONLINE WORKOUTS
FOR PEOPLE WITH A DISABILITY



On the CARA Centre
Website & Facebook Page



On the Special Olympics Ireland
Website & Facebook Page

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	This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.
Disability Inclusion Training	6 hour course	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	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	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.

For more information on training please contact Pauline Casey our Sports Inclusion Disability Officer by phone on 086 783 7385 or by email pcasey@waterfordsportspartnership.ie

Deise Dragons

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



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@wassai.ie



Little Conquerors Autism Group

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

Whitestrand 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 aged 16 and over
Jason Ryan 086 028 818 or info@waterfordbohs.com

Park Rangers AFC - Football for All Club

for young people aged 6 to 16
Call Janet on 086 330 1990 or email Susan: susanelliott72@gmail.com



FOR MORE INFORMATION ON DISABILITY SPORT

Please contact our
Sports Inclusion Disability Officer,
Pauline Casey
by phone on 086 783 7385 or by email
pcasey@waterfordssportspartnership.ie



DISABILITY UPCOMING PROGRAMMES TRAINING & EVENTS

All our DISABILITY
Programmes, Events
& Training Courses
are currently
suspended.

We hope to be in
a position to publish
a schedule
of Programmes, Events
& Training Courses
in our
September Newsletter.





Mobility & Falls Prevention Class

Following the success of our Mobility & Falls Prevention class that was run in late 2019 we decided to run another programme in March 2020. The class proved very popular with the older adults in the Sports Hub. SIEL BLEU tutor Darren did an excellent job, engaging all the participants and helping them improve their balance, strength and co-ordination.

SIEL BLEU have now taken their classes online for anyone that would like to give them a go check out www.sielbleu.ie

For more information please contact Lauren on 086 465 0063 or email lwalskett@waterfordsportspartnership.ie

FAMILY YOGA

Our Family Yoga Programme is proving very popular in the Sports Hub. We finished up our January programme with sixteen adults and children in attendance. Waterford Sports Partnership tutor Tracey Boland delivers an excellent class every time engaging all participants and making the sessions fun for all! We had just started our March programme, but had to suspend this due to the COVID-19 outbreak. We hope to get back to our yoga sessions in the not too distant future.

For more information please contact Lauren on 086 465 0063 or email lwalskett@waterfordsportspartnership.ie



Waterford Sports Partnership is monitoring the roadmap for the lifting of restrictions and ongoing public health advice and will consult and plan if/how our programmes and activities may be adapted for safe delivery once schools reopen again.

Breakfast Club

Our Breakfast Club runs every Tuesday morning from 8am until 9am. This programme usually runs for the full academic year but with the school closures we finished up in March. The programme is run for both schools located at The Sports Hub, Waterford Educate Together N.S and Gaelscoil na Déise. The children do half an hour of physical activity in the hall then they head into the library to have their healthy breakfast. This is then followed by ten minutes of library time before being escorted into school. Every week we have around twenty-five children participating. This programme which is run in partnership with Waterford GAA Coaching and Games Development and Carrickphierish Library is currently on hold.



Multi-Activity After-Schools

This programme also usually runs for the full academic year. It takes place every Thursday for an hour after school from 2:40-3:40. The children participate in a number of different activities, sports and games. This programme, which is run in partnership with the Northern Suburbs Community Youth Project, is currently on hold.

ON HOLD
DUE TO
COVID-19

St. Paul's Soccer @

Carrickphierish Community the Sports Hub

St. Pauls F.C. kicked off their new community training hour for children between the ages of 5 – 10 years in the Sports Hub in January. The session was proving very popular with up to fifteen children attending weekly. The sessions ran on Mondays from 4-5pm for 5-10 year olds with a later session from 6-7pm that catered for children aged 10 years and older. The sessions are currently on hold.





Women on the Move

Women on the Move Carrickphierish was in its second block of the year when the programme had to be postponed due to COVID-19. We ran our first block of 2020 in January with forty-five women signing up for the programme. Thirty women had signed-up for the second block which started on 4th March. We hope to get back to our Women on the Move classes soon! This is a fun fitness class run by our excellent tutors Anna Hawrylak and Chris Dempsey. For more information please contact Lauren on 086 465 0063 or email lwalshkett@waterfordsportspartnership.ie



PLEASE LIKE

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:

Lauren Walsh-Kett,
Hub Development Officer
on 086 465 0063 or email
lwalshkett@waterfordsportspartnership.ie



CARRICKPHIERISH COMMUNITY SPORTS HUB

UPCOMING PROGRAMMES TRAINING & EVENTS

All our Programmes, Events
& Training Courses
are currently suspended.

We hope to be in a position
to publish a schedule
of Programmes, Events
& Training Courses
in our September Newsletter.



Basketball- St. Saviour's National School

Students from two fifth classes from St. Saviour's National School took part a four week Basketball programme. Facilitated by 'Sport Changes Lives' Victory Scholar and WIT Vikings American Basketball player Michael Grassey, the programme focused on fun, enjoyment and participation. The programme concluded with a mini 3-on-3 Basketball Blitz between the two classes, with each young person receiving an equal amount of playing time.

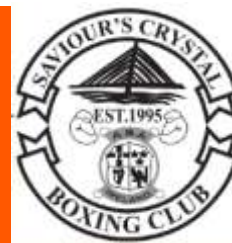


Irish Homeless Street League

In partnership with TREO Port Lairge, Soccer sessions for the Irish Homeless Street League began in January. An in-depth description of this programme can be found on <https://irishstreetleague.com/>. Participants were recruited from various projects such as TREO, Focus Ireland, Ceim Eile, Homeless Hostel, Direct Provision Centres, Youthreach and WYTEC. Players would have been selected to represent Waterford at the Irish Homeless Street League Finals, a one day event in Dublin in April, which was postponed due to the COVID-19 outbreak

StartBox Programme - St. Saviour's N.S.

A 6th class from St. Saviour's National School took part in our four week StartBox programme- an activity that focuses on physical movement and exercise, as opposed to the skills of Boxing. Facilitated by coaches from Saviour's Crystal Boxing Club, the students made took their way over to the Boxing Club, where they were shown how to use various types of gym equipment correctly. Each young person received an official I.A.B.A StartBox certificate, presented by a local Community Garda and also two free training passes if they wish to continue training with the club. Well done boys and girls!



Late Night Soccer League

In partnership with the FAI, a four week Late Night Soccer League began in February for at risk youth projects. The focus of the League was participation; teams from each project were mixed together, no scores were recorded or points given each week. Projects that took part were SWAY & PACT Garda Youth Diversion Projects, AXIS Project Ballybeg, SHY Project St. John's Park and Manor St. John Youth Services. Over 35 young people aged between 13 and 16 years of age took part. Thanks to the FAI and the youth projects for their assistance in running the league.



Muay Thai Fitness - SWAY Garda Youth Diversion Project

Five older teenage boys from the SWAY Garda Youth Diversion Project started a four week Muay Thai Fitness programme, facilitated by Waterford Muay Thai Club. Unfortunately this programme was cancelled after one session due to the COVID-19 outbreak.

Soccer for Girls at Mercy National School

Our award winning Soccer for Girls Programme started up again in March in Mercy National School. The school planned to enter two teams into the SPAR 5-a-side League in April. The girls had a guest professional coach from Waterford FC, Fran Rockett, who facilitated an excellent session. It was planned for an FAI qualified coach to deliver two more training sessions for the girls, but this had to be postponed due to the COVID-19 outbreak.



Camogie in DEIS Schools

In partnership with Waterford Camogie, we began this initiative in late February in the Presentation and Mercy National Schools, catering for 6th & 5th class students. Each school had three coaches available for each class, teaching the students the basics required for Camogie. Unfortunately, this programme was postponed two weeks in due to the COVID-19 outbreak.



Coach Education Programme- St. Paul's Soccer Club

Working with St. Paul's Soccer Club in collaboration with the FAI, we began our Coach Education Programme for Soccer Clubs in disadvantaged communities. The Coach Education programme ensures community volunteers are certified to coach young people, are Garda Vetted attended Safe Guarding 1 Child Welfare Education Workshop and a First Aid Course. The FAI Development Officer delivered PDP 1 (FAI Coaching Qualification) to volunteer coaches in St. Paul's Soccer Club, including five TY Students. A requirement of this programme was that all volunteer coaches were required to undertake a number of coaching sessions with children, under the observation of the FAI Development Officer. Unfortunately these coaching sessions did not take place, due to the COVID-19 outbreak



Boxing Fitness

- St. Paul's Community College

Eighteen young people from St. Paul's Community College took part in a four week Boxing Fitness activity. Facilitated by St. Paul's Boxing Club, this programme incorporated a number of fitness exercises regularly implemented in Boxing Clubs. The boys put in an excellent effort. Well done boys.



GAA Coaching Conference

Our Youth Sports Development Officer, Brian O'Neill, attended the Waterford GAA Coaching Conference in February at WIT Arena. The aim of this workshop was to improve the standard of coaching in Gaelic games so young people will still be involved in Sport for longer. This workshop was very beneficial to the YSDO as it was very child-centered and encouraged coaches to allow children to be more involved in training sessions.



Waterford Garda Youth Awards

Our Youth Sports Development Officer, Brian O'Neill, was delighted to attend the first ever Waterford Garda Youth Awards. This event recognises the positive work and achievements of young people in Waterford. Congratulations to all the young people who were nominated and to all the winners. A great achievement.

Communities Integration Fund



We recently received funding from the Communities Integration Fund, under the Sport & Community Games section. This fund is to support the integration of migrants, by improving their mental and physical well-being, by encouraging them to get involved in Sport. WSP can assist towards the financial cost of club membership or sports camp for any person under twenty one years of age should any migrants wish to join your club.

For further information on the Communities Integration Fund, please contact:
Brian O'Neill on 086 020 1219 or email 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 please contact:

Brian O'Neill on 086 020 1219

or email boneill@waterfordsportspartnership.ie.

Youth Coaching Fund

A limit coaching fund is available for any club, or young person, who wishes 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 email boneill@waterfordsportspartnership.ie.



EQUIPMENT - FREE HIRE

We have 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 please contact: Brian O'Neill on 086 020 1219
or email 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/Munster Cricket	Jim Doran Joseph Moynihan	086 8169667 085 873 6370	jim.doran@cricketireland.ie manager@munstercricket.ie	www.cricketireland.ie www.munstercricket.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 Gearóid Balfry	087 2520550 083 3534875	secretary@munsterladiesgaelic.ie gdo.munster@lgfa.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 WEBSITE
@ 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 | www.waterfordsportspartnership.ie

