



CAPPOQUIN LISMORE VILLIERSTOWN

SPORT & PHYSICAL ACTIVITY

HUB NEWS

ISSUE 2 | AUGUST 2021

WELCOME to the second edition of **Hub News** giving you information on programmes and activities currently running in the Cappoquin, Lismore, Villierstown Sport and Physical Activity Hub that you can get involved in as well as updates on what's been happening in the Hub over the summer months!



A message from your Hub Development Officer - Peter Jones

Hi everyone, we had a very busy summer in West Waterford with lots of activities for people of all ages, you can read all about the programmes we ran in this publication. We have lots of upcoming initiatives planned for the Autumn to help you get active and try something new! There are a selection of events planned for Positive Ageing Week and National Bike Week as well as 'Come & Try It' events in Cappoquin, Lismore and Villierstown. We hope you'll get involved and try something new this Autumn!

Please feel free to get in touch if you have any questions in relation to the Sports Hub on **087 101 5130** or email me at pjones@waterfordsportspartnership.ie



Positive Ageing Week West Waterford

We are running a series of **FREE** events for Positive Ageing Week which takes place from September 27th to October 1st 2021 .

PLACES ARE LIMITED SO BOOK EARLY TO AVOID DISAPPOINTMENT!

Walk & Talk	Monday 27 th September 10.30 to 12pm	<i>Enjoy a tutor led walk and tea/coffee and a chat!</i>	Affane/Cappoquin GAA Club
Tennis FREE TASTER <i>all equipment provided</i>	Tuesday 28 th September 1 to 2pm	<i>Join us for a Tennis taster session led by a qualified coach.</i>	Lismore Tennis Club
Rowing FREE TASTER <i>all equipment provided</i>	Wednesday 29 th September 10 to 11am	<i>Join us for a Rowing taster session led by a qualified tutor.</i>	Cappoquin Rowing Club
Lismore Castle <i>VIRTUAL TOUR</i>	Wednesday 29 th September 11am	<i>Enjoy a Virtual Tour of Lismore Castle (Dependant on Government Guidelines)</i>	Lismore Heritage Centre
Guided Tour of Lismore Town	Wednesday 29 th September 2pm	<i>Join us for a Guided Tour of Lismore Heritage Town.</i>	Lismore Heritage Centre
Come & Try Bowling	Friday 1 st October 10 to 11am	<i>Join us for a Bowling taster session led by a qualified tutor</i>	Causeway Bowls Club, Abbeyside, Dungarvan.



For more information and to book your place, please visit our website www.waterfordsportspartnership.ie or www.eventbrite.ie

Waterford Sports Partnership - Supporting Activity and Sport for All

YOUR COMMUNITY ...

PLAY

CONNECT

THRIVE

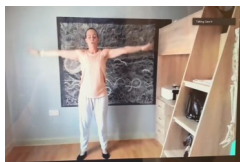
GET ACTIVE WEST WATERFORD

Men's Health Week 2021

International Men's Health Week ran from Monday June 14th to Sunday 20th June with the goal of increasing awareness of male health issues on a global level. We celebrated Men's Health Week in style in West Waterford.



We were delighted with the buy-in from local clubs and organisations, offering local opportunities to local people. Four activities were organised and delivered specifically for the men of West Waterford with a total of 38 men taking part in the following activities . . .



YOGA ONLINE

WSP tutor Sara Hearne took our men through their paces online as they managed to minimise time and travel pressures by exercising in their own home! Six West Waterford men participated in this programme.

ROWING @ CAPPOQUIN ROWING CLUB

Such was the demand for this programme, we had to put on additional sessions! We were delighted that thirteen novice men got the chance to try rowing for the first time under the expert tutelage of Stephen Landers and Karen Carey.



WHAT THE PARTICIPANTS SAID!

'Really enjoyed the tennis for Men's Health week, really enjoyed the hour, it went very quickly, very worthwhile and energetic so thanks a million to everyone involved'
Liam O'Brien

'The rowing was absolutely brilliant, Stephen and Karen were excellent and I will definitely do it again'
Darren Moynihan

TENNIS @ LISMORE TENNIS CLUB

The Club has done tremendous work this year and amazingly, the club was struggling for male members. We were delighted to work in partnership with Conor, Andy and the club in delivering a taster session for eleven local men, delivered by the club's professional coach.



FISHING @ CAPPOQUIN SALMON AND TROUT ANGLERS CLUB

This fully booked session was a huge hit, with the sun on the men's backs, under expert tuition from the club, we were delighted that eight local men had the chance to experience the beauty of the Blackwater. Thanks to Jeremy and all at the club for creating such awareness not only around fishing, but wildlife and nature in general.



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CLUB SPOTLIGHT | CAPPOQUIN RAILWAY FOOTBALL CLUB

CLUB NAME: Cappoquin Railway Football Club

LOCATION: Danesfield, Cappoquin, Co Waterford

CONTACT DETAILS: Martin Reddy 085-1474208
Email Martin.reddy@hotmail.com
Search 'Cappoquin Railway Football Club' on Facebook

OPENING TIMES: Training times - Monday to Friday 5pm until 9.30pm for underage teams mostly.
Saturday/Sunday usually reserved for games.

AGE GROUPS: We cater for all age groups from four years to Adult.



HISTORY OF THE CLUB:

The club was only formed in 2018 as previous to that we had two clubs in the town Cappoquin FC and Railway Athletic FC. In 2018, both sides came together to form the new club Cappoquin/Railway and it has really taken off for us. We have so many children playing soccer from the area now it's just amazing really.

WHAT IS THE AIM OF THE CLUB?:

The aim of our club really is to provide association football in a safe environment for adults and children of the locality to enjoy.

WHAT IS THE BEST THING THE CLUB HAS DONE?:

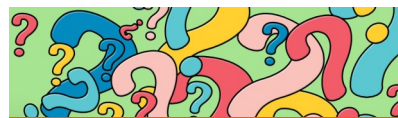
The walkway around the pitch has proven to be a huge success for the club as so many people are now using it on a regular basis and it's so safe and wheelchair friendly.

HAS THE CLUB WORKED WITH WSP?:

We here at Cappoquin Railway Football Club are very grateful to Waterford Sports Partnership (WSP) for helping us in the west of the county with what was a very successful Men on the Move Programme. We had a good attendance each night and the programme was very well run by the tutors. It was great to have something for the 'not so fit' men in the area and we hope to see it return in the Autumn. WSP were also to the forefront of an ambitious project which we as a club had planned to make a walkway around our playing area here in Cappoquin. With their help and financial support we successfully completed the first phase of our walkway which has been a huge success and the amount of people from the locality using it is fantastic. It has been a pleasure working with WSP and we would like to particularly thank Peter Jones, the Hub Development Officer for all his help and guidance in getting these two projects moving.

WHAT ARE THE PLANS FOR THE FUTURE?:

Our plans for the future are to extend our walkway over the second pitch. To erect a full size astro turf pitch one day is maybe a dream but it's something we will pursue over the next few years.



An interesting Fact . . .

We have four people originally involved with the club who now work with or hold positions within the FAI. Only one is still involved in helping out around the club.



Follow 'Cappoquin Railway Football Club' on



GET ACTIVE WEST WATERFORD

West Waterford | Come & Try it Sessions!

One of our key objectives is to strengthen local clubs and promote what they offer to local people. To help to promote these opportunities we ran a number of FREE taster sessions over the summer months for children and adults, linking in with a number of local clubs.

Here is a summary of what was on offer and a breakdown of the participants (male/female) that took part . . .

ACTIVITY	DATE	CLUB	MALE	FEMALE
Let's Get Rowing Four week programme	30 th June	Cappoquin Rowing Club	10	2
Come and Try Kayaking for Adults	5 th July	Villierstown Boating Club	9	7
Come and Try Kayaking for Children	5 th July	Villierstown Boating Club	8	6
Let's Play Tennis for Men Four week programme	6 th July	Lismore Tennis Club	11	
Come and Try Rowing for Adults	12 th July	Cappoquin Rowing Club	3	4
Come and Try Rowing for Children	12 th July	Cappoquin Rowing Club	4	3
Come and Try Kayaking for Adults	13 th July	Villierstown Boating Club	5	3
Come and Try Kayaking for Children	13 th July	Villierstown Boating Club	4	3
Come and Try Fishing	19 th July	Cappoquin Salmon and Trout Anglers	7	2
Come and Try Kayaking for Adults	27 th July	Villierstown Boating Club	3	5
Come and Try Kayaking for Children	27 th July	Villierstown Boating Club	4	4



WHAT THE PARTICIPANTS SAID!

NEW Cappoquin Rowing Club member
Aoife O'Brien said:

'I loved it, it was something I always wanted to try and I am so glad I gave it a go. The guys were brilliant for teaching and training and everyone was at the same level so it really worked out'

NEW Cappoquin Rowing Club member
Michael Moynihan said:

'Very enjoyable, I used to see it on television and I looked at the coordination and how they got it right, after being out on the water I realised how hard it actually is but I really enjoyed it'

Making a lasting difference!

One of the key objectives for the West Waterford Sport and Physical Activity Hub is to showcase the opportunities on offer to local people and to make a sustained impact on physical activity levels. As a result of Men's Health Week and our 'Come & Try it' sessions, Lismore Tennis Club now has seven more members, Cappoquin Rowing club attracted nine new members and Cappoquin Salmon and Trout Anglers have four new members.

Local opportunities for local people are key!

Well done to the clubs and their volunteers for making such a positive difference.



Follow 'CLV Sport & Physical Activity Hub' on Facebook

GET ACTIVE WEST WATERFORD

OVER 50's - Walk West Waterford

It's not the years in your life that count, it's the life in your years!

West Waterford boasts some beautiful landscape and some fantastic walks. Utilising the expertise and talent of local tutors Shauna Walsh, Stephen Landers and Bláthnaid Foley, we set the people of West Waterford a challenge; four walks in four days.

A total of thirty eight local people took part in at least one of our socially distanced walks with the emphasis on getting out and getting active in a safe and social environment. Our four venues were; the fabulous Community Walkway at Affane/Cappoquin GAA Club, Glenshelane Woods, the Fairy Door Walk in Villierstown Village (refreshments in Villierstown Boating Club) and Ballysaggart Towers.



Keep an eye out on our Facebook Page and Website as we plan to hold a monthly walk for people in the locality.

West Waterford Women - Stretching and Striding!

We piloted a brand new 'Stretch and Stride' programme for women in Affane/Cappoquin GAA Club. The programme is a combination of yoga, mindfulness and aerobic conditioning! Led by our expert tutors, Bláthnaid Foley and Stephen Landers, we were delighted with the feedback from our six week programme. As word of mouth spread, we ended up with a fully booked programme. Our July programme was so successful, that we delivered a further four week programme from August 9th. In total, 19 local women took part. It's great that local people are getting local opportunities in local clubs led by local tutors.

PARTICIPANT
FEEDBACK!

'I'm really loving the stretch and stride activity, I really feel energised and motivated and it's great to be outside and meeting other people'



HER Outdoors Week

Sport Ireland's HER Outdoors Week ran from 9th to 15th August and was an opportunity for ALL females to escape to the outdoors and try something new. The campaign sought to empower females to find what the outdoors means to them by redefining the perception of outdoor sport whilst evoking the excitement that comes with discovering the outdoors.

We celebrated HER Outdoors Week in West Waterford in style. In partnership with the local clubs, we coordinated two events. Lismore Tennis club showed off their brand new nets, as eleven women, six of whom had never played tennis before, enjoyed a tennis taster session. The week also saw the start of our latest Stretch and Stride programme for women of all ages and abilities at Affane/Cappoquin GAA Club. Well done to all the women that took part.



YOUR COMMUNITY ...

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GET ACTIVE WEST WATERFORD

National Bike Week 2021

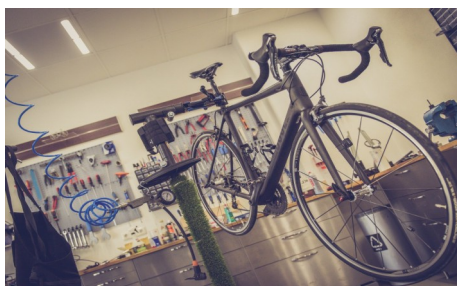
Bike Week is a celebration and promotion of the benefits of cycling. This year, Bike Week will kick off on Sunday September 12th and end on Saturday September 18th. The following initiatives will run in the West Waterford area!



*Calling all West Waterford primary schools and pre-schools
- Teach your students how to cycle!*

West Waterford Balance Bike Bonanza

We have 15 Balance Bikes that we can loan out to schools - first come first served
THE PROGRAMME IS ALSO SUPPORTED BY AN ONLINE TEACHING RESOURCE
The closing date for ONLINE Registration is Friday 10th September
Register now on www.eventbrite.ie



Learn how to repair your own bike and cycle safely through the winter!

Our **FREE ONLINE Bike Maintenance Workshop**
will teach you how to maintain your bike!

Monday 13th September | 7.30 to 8.30pm

ONCE YOU REGISTER WE'LL SEND YOU A FREE BIKE REPAIR KIT
LIMITED PLACES | BOOK EARLY TO AVOID DISAPPOINTMENT on www.eventbrite.ie



INDOOR TUTBO CYCLE TRAINING | for Adults & Older Adults

The evenings are getting dark and the roads are busy?
Why not try our turbo cycling sessions in partnership with Cycling Ireland!
These 45 minute sessions will allow you to enjoy an interactive cycle indoors.

THE FOLLOWING TIMES & VENUES ARE AVAILABLE:

OLDER ADULTS | Tuesday 14th September @11am | Affane/Cappoquin GAA Club
ADULTS | Tuesday 14th September @6.30pm | Affane/Cappoquin GAA Club
OLDER ADULTS | Wednesday 15th September @11am | Lismore Community Centre
ADULTS | Wednesday 15th September @6.30pm | Lismore Community Centre
OLDER ADULTS | Thursday 16th September @11am | Villierstown Hall
ADULTS | Thursday 16th September @6.30pm | Villierstown Hall

LIMITED PLACES | BOOK EARLY TO AVOID DISAPPOINTMENT on www.eventbrite.ie



Does your child struggle to cycle?

Learn to Cycle for 5 to 12 year olds

Want to help them learn a skill for life?

SIGN UP FOR A 15 MINUTE PARENT AND CHILD LEARN TO CYCLE SESSION
Thursday 16th Sept - 2 to 3pm OR Saturday 18th Sept - 10 to 11am
@Cappoquin AFC

BOOK YOUR FREE PLACE TODAY on www.eventbrite.ie

The South East Spin



Join us for the The South East Virtual Spin this Bike Week!

Waterford Sports Partnership have joined up with Carlow, Kilkenny, Tipperary and Wexford Local Sports Partnerships, together with their Local Authorities to encourage people all around the South East to take part in their own virtual cycle, ANY DISTANCE, ANY DAY during Bike Week from the 12th - 18th September 2021.

You can register for your preferred distance, all registered participants will receive a certificate. There will be a limited number of snoods available for the first 200 people registered in each county.

Visit www.waterfordsportspartnership.ie to register!

GET ACTIVE WEST WATERFORD

Come & Try West Waterford

We are running a series of FREE 'Come & Try' sessions for Adults and Children this Autumn in partnership with local clubs in Cappoquin, Lismore and Villierstown.

ALL EQUIPMENT WILL BE PROVIDED

BOOK NOW!

PLACES ARE LIMITED SO BOOK EARLY TO AVOID DISAPPOINTMENT!

ALL EVENTS ARE FREE | BOOKING ESSENTIAL on www.eventbrite.ie

	DATE & TIME	VENUE
KAYAKING <i>for adults</i>	Mon 6 th Sept 6.30 to 7.30pm	Villierstown Boating Club
KAYAKING <i>for children</i>	Mon 6 th Sept 6.30 to 7.30pm	Villierstown Boating Club
TABLE TENNIS <i>for adults</i>	Tues 7 th Sept 10.30 to 11.30am	Villierstown Hall
TABLE TENNIS <i>for families</i>	Tues 7 th Sept 6.30 to 7.30pm	Villierstown Hall
FUN ATHLETICS <i>for children aged 5 to 17</i>	Wed 8 th Sept 6.30 to 7.30pm	Finisk Valley Athletics Club
FIT for LIFE Taster <i>for adults</i>	Wed 8 th Sept 6.30 to 7.30pm	Finisk Valley Athletics Club
INDOOR BOWLING <i>for adults</i>	Thurs 9 th Sept 10.30 to 11.30am	Villierstown Hall
INDOOR BOWLING <i>for families</i>	Thurs 9 th Sept 3.15 to 4pm	Villierstown Hall
OUTDOOR YOGA	Fri 10 th Sept 10.30 to 11.30am	Meet at Villierstown Hall
MEN on the MOVE	Mon 20 th Sept 6.15 to 7.15pm	Lismore Community Centre
TENNIS <i>for adults - all equipment provided</i>	Tues 21 st Sept 6 to 7pm	Lismore Tennis Club
ST. DECLAN'S WAY <i>7km Guided Looped Walk</i>	Wed 22 nd Sept 10am to 12pm	Lismore Heritage Centre
WOMEN on the MOVE	Wed 22 nd Sept 6.15 to 7.15pm	Lismore Community Centre
LISMORE TOWN TOUR <i>1 km (40 min) Guided Walk</i>	Thurs 23 rd Sept 10am to 11am	Meeting at Lismore Heritage Centre
BADMINTON <i>for adults</i> <i>all equipment provided</i>	Thurs 23 rd Sept 7 to 8pm	Lismore Badminton Club @ Lismore Community Centre
LISMORE TOWERS <i>3km Historical Guided Looped Walk</i>	Fri 24 th Sept 10.30am to 12pm	Meeting at Lismore Heritage Centre
VIRTUAL ORIENTEERING <i>Fun for all the family!</i>	Sun 26 th Sept 10 to 11am	Meeting at Lismore Heritage Centre
BADMINTON <i>for adult beginners</i> <i>all equipment provided</i>	Mon 4 th Oct 7 to 8pm	Tourin Badminton Club @ Cappoquin Community Centre
SNOOKER <i>Come & try Snooker for men!</i>	Tues 5 th Oct 7.30 to 9pm	Cappoquin Snooker Club
WALK & TALK	Wed 6 th Oct 10.30 to 12pm	Affane/Cappoquin GAA Club
INDOOR ROWING <i>for adults</i>	Wed 6 th Oct 6 to 7pm	Cappoquin Rowing Club
BADMINTON <i>for children aged 8 to 18</i> <i>all equipment provided</i>	Wed 6 th Oct 7 to 8pm	Blackwater Juvenile Badminton Club @ Cappoquin Community Centre
CAMOGIE <i>for girls aged 4 to 8</i>	Thurs 7 th Oct 6.15 to 7.15pm	Cappoquin Camogie Club
CAMÁN & TRY <i>Women's taster session</i>	Thurs 7 th Oct 6.15 to 7.15pm	Cappoquin Camogie Club
SNOOKER <i>Come & try Snooker for women!</i>	Thurs 7 th Oct 7.30 to 9pm	Cappoquin Snooker Club
OUTDOOR YOGA	Fri 8 th Oct 10.30 to 11.30	Affane/Cappoquin GAA Club
SOCIAL SOCCER <i>for women!</i>	Fri 8 th Oct 7 to 8pm	Cappoquin Railway FC
SOCIAL SOCCER <i>for men!</i>	Fri 8 th Oct 8 to 9pm	Cappoquin Railway FC
FOOTBALL FOR ALL <i>Come and Try it football for all for adults and children of all abilities.</i>	Sun 10 th Oct 10 to 11am	Cappoquin Railway FC
FUN FAMILY FITNESS <i>For families with children aged 6 to 14</i>	Sun 10 th Oct 11.30am to 12.30pm	Affane/Cappoquin GAA Club

SUPPORT FOR LOCAL CLUBS

Helping local clubs to get funding to provide local opportunities!

SPORTS CAPITAL & EQUIPMENT GRANT 2021

WSP delivered online workshops and assisted local clubs with their Sports Capital grant applications. The equipment allocations were announced in early August and 23 Waterford Clubs shared a combined €281,318.



An Roinn Turasóireachta, Cultúir, Ealaíon, Gaeltachta, Spóirt agus Meán
Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media

We were delighted that this included four West Waterford Clubs who were allocated €26,820. Congratulations to Cappoquin Camogie Club, Finisk Valley AC, Lismore Cricket Club and Lismore Golf Club on their successful applications.

WEST WATERFORD CLUB	PURPOSE OF GRANT	SPORT	AMOUNT
Cappoquin Camogie Club	Club Expansion 2021-2022	Camogie	€3,936
Finisk Valley Athletics Club	Sports Equipment	Athletics	€4,338
Lismore Cricket Club	Mobile Covers	Cricket	€4,814
Lismore Golf Club	To buy equipment for course	Golf	€13,732



WATERFORD
SPORTS PARTNERSHIP

Supporting
Activity and Sport For All

SPORT IRELAND

WSP RETURN TO SPORT GRANT 2021

As part of our commitment to supporting local clubs, we coordinated a grant scheme to assist clubs in their return to sporting and physical activity, for recruiting new club members and offering opportunities to existing club members.

In total, 40 clubs, across Waterford City and County, were allocated €22,000. Again, we were delighted that this included six local clubs who were allocated €3,500. Congratulations to Cappoquin Camogie Club, Affane/Cappoquin GAA Club, Blackwater Badminton Club, Lismore Tennis Club and Villierstown Boating Club. We are excited that the funding allocated will further assist clubs in providing local people with opportunities to be physically active.



SUPPORT FOR LOCAL CLUBS LISMORE TENNIS CLUB

We are delighted with the development of Lismore Tennis Club over the past 12 months. The club volunteers have worked tirelessly to reinvigorate the club facilities and are also working hard to develop their juvenile section. The people of West Waterford are extremely fortunate to have the opportunity to play tennis on their doorstep.

Waterford Sports Partnership allocated €3,100 from Dormant Accounts Community Hub Funding (via Sport Ireland), to the club for the purchase of new tennis nets and a storage shed. The club are also working towards resurfacing their courts. Well done to Lismore Tennis Club for all their hard work!

If you want to find out more about the Club, visit their Facebook Page and maybe you could give Tennis a go!

CLUB SPOTLIGHT | VILLIERSTOWN BOATING CLUB

CLUB NAME: Villierstown Boating Club
LOCATION: Villierstown Quay, Villierstown, Cappoquin, Co. Waterford
WEBSITE: www.blackwaterecotours.ie
CONTACT DETAILS: blackwaterecotours@gmail.com / 089 2538699
OPENING TIMES: 9am to 8.30pm (*this is tide dependant so please check in advance*)

HISTORY: The boat club has been in existence since 2011, but, the club really only got up and running over the last four years. In this time we have managed to develop our facilities, equipment and membership base. We are now able to offer kayaking, canoes, paddle boards, river tours and self drive boats and have improved our facilities. We now have changing rooms, showers, wet suits, life jackets, eco pods for accommodation and a coffee shop. We have also developed the walkway to ensure that the quay is a hive of activity for local people and tourists.

AIM OF CLUB/FACILITY: To encourage enjoyable and safe access to the River Blackwater and offer a range of activities on the water for local people and tourists.

WHAT IS THE BEST THING THE CLUB/FACILITY HAS DONE?: The development over the last four years has been great and it is great to see so many children having safe access to the river. The ability to ensure that all the children have a life jacket and linking with the local school and community for various events has been a real positive.

PLANS FOR THE FUTURE: We plan to continue to develop our facilities and upskill our coaches to offer greater activities to local people. We also want to try to add something new every year, more paddle boards is our immediate aim.

WORKING RELATIONSHIP WITH WSP: Facilitating access to the river and operating free 'Come & Try' It kayaking sessions and liaising with WSP for European Week of Sport.

UNSUNG HERO: Too many to mention!



An interesting Fact . . .

The river Blackwater is tidal up to Cappoquin.



Follow 'Villierstown Boating Club' on Facebook!

VOLUNTEER FOCUS

Karen Carey | Cappoquin Rowing Club

Karen always had an interest in sports and used to play football, badminton, camogie, golf and kick boxing at different stages, she did a little kayaking and was in the Scouts. She used to look at the river as she would drive by with her family and in late 2017 started to ask if she could try rowing. Her family said 'no' because she already had too much on. Karen nagged for seven months straight and, one day at the strand, one of her friends told her when rowing was on, and that she should give it a go. The nagging intensified and in July 2018 (her parents caved!) Karen and her brother Roan started rowing on the tanks under the instruction of Michael Landers.



Karen never looked back and has honed her rowing skills and trained hard over the past few years. This year, sixteen year old Karen, is beginning to compete in regattas across the country and won the Castle Connell junior sprint regatta in Limerick. It's great to see Karen sharing her expertise to people of all ages in the community through her work as a club coach. Karen recently assisted the club in coaching twelve novice men for the 'Let's Row' Programme. Well done Karen!

FUN CORNER

WORDSEARCH

Ways to keep active!



R	M	G	B	X	T	W	R	M	W	J	S	S	Y	S	P	P	E	R	W
P	U	B	A	U	M	E	F	P	T	H	W	O	L	K	C	Z	F	F	D
Y	N	N	D	I	Y	N	K	C	R	I	Q	Z	T	I	A	R	N	F	H
B	C	L	M	K	Z	F	S	C	M	U	V	C	X	P	K	E	R	J	M
P	Q	J	I	F	L	X	S	E	I	R	W	G	U	M	A	A	N	Z	B
X	X	X	N	H	I	A	C	B	B	R	J	O	A	D	Y	V	C	I	R
Q	C	E	T	X	G	N	W	L	B	F	C	L	O	E	A	F	I	S	H
T	M	Q	O	R	A	M	D	A	P	U	O	F	Q	S	K	F	O	K	M
A	S	D	N	D	J	X	S	A	R	I	U	O	R	H	F	U	H	L	K
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J	V	T	W	O	V	W	X	C	E	S	D	W	O	M	M	S	K	H	J
D	V	L	O	J	X	G	F	Z	M	K	X	J	N	K	Z	I	O	G	P
F	W	J	W	R	O	W	Q	P	N	F	I	H	S	G	T	P	V	B	Z
P	O	A	A	L	P	U	Q	W	B	S	C	I	J	W	E	A	M	D	S

Badminton

Basketball

Canoe

Cricket

Cycle

Dance

Fish

Football

Golf

Hop

Hurl

Jump

Kayak

Ride

Row

Run

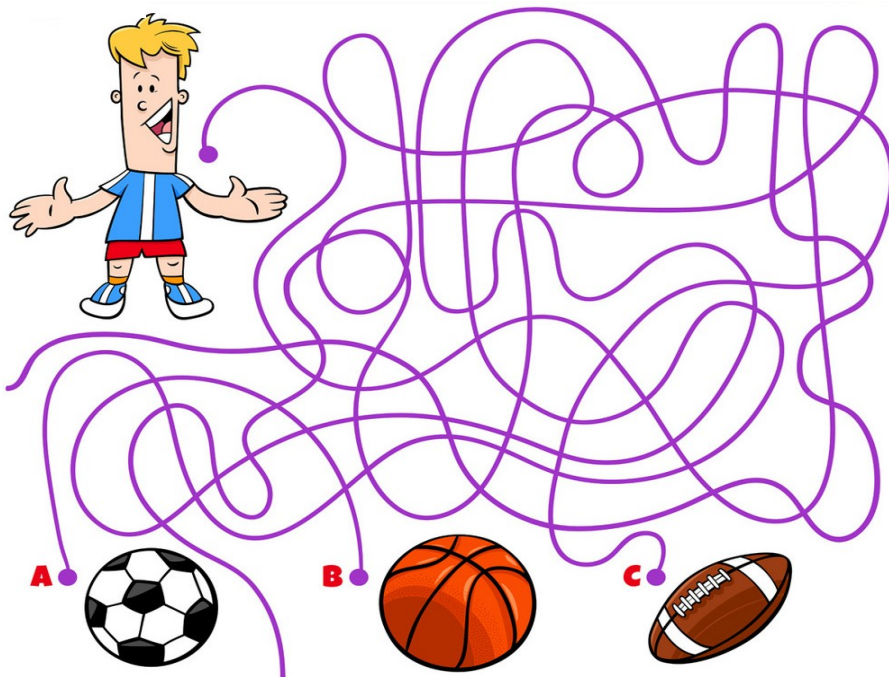
Skip

Swim

Tennis

Walk

WHICH SPORT WILL KEVIN PLAY TODAY?



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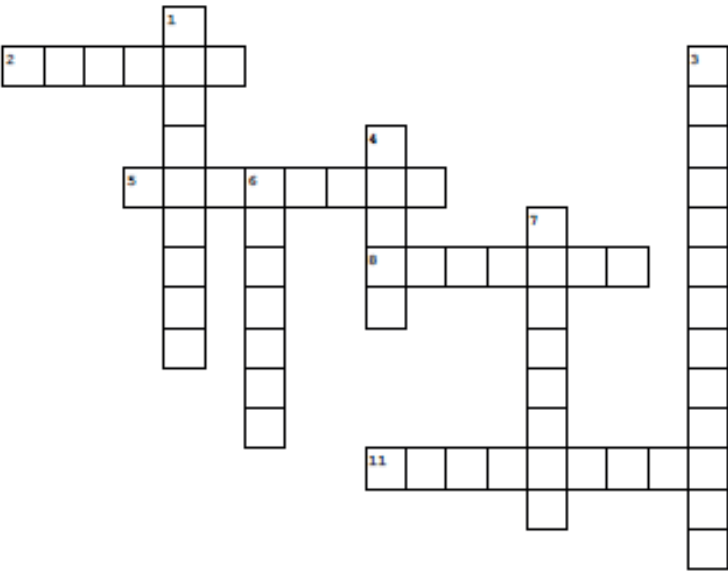
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C



FUN CORNER

FUN FAMILY CROSSWORD

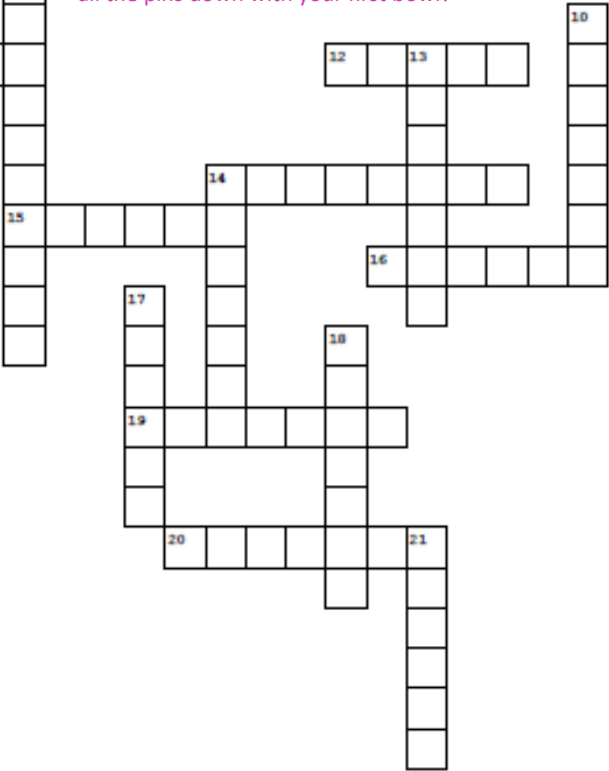


ACROSS

- 2. What colour jersey is won by the leader in the Tour de France?
- 5. With which Formula 1 team does Lewis Hamilton currently drive?
- 8. Which sport takes place in a velodrome?
- 11. Ping-pong is an alternative name for which sport?
- 12. What colour belt are martial arts experts entitled to wear?
- 14. Crawl, backstroke and butterfly are different methods in which sport?
- 15. With five victories to date, what team had won the FIFA World Cup the most times?
- 16. How many players are there in a Soccer team (not including substitutes)?
- 19. The Liam McCarthy Cup is the trophy for which sport?
- 20. What term is used in cricket for the two men on the field who decide on whether batsmen are out, and signal for extras and boundaries?

DOWN

- 1. What is the name of the Australian throwing stick that can return to its thrower?
- 3. Which famous horse race is run at Aintree on a Saturday in spring?
- 4. What term is used in tennis for 40-40?
- 6. Which team won the 2021 UEFA Champions League?
- 7. How many holes are there on a standard golf course?
- 9. In which sport might you do a slam dunk?
- 10. How many players are there in a Gaelic Football team?
- 13. What is the name of Liverpool's home ground?
- 14. What is the object hit by the players in Hurling called?
- 17. Which chess piece can only move diagonally?
- 18. From what country does Lego come?
- 21. What term in tenpin bowling describes having knocked all the pins down with your first bowl?



SPOT THE DIFFERENCE

Can you find the 5 differences?



SUPPORT FOR LOCAL CLUBS

WSP Club Development Webinar Series 2021

NOW BOOKING! WEBINAR 3

Effective Communications for Sports Clubs

Monday 30th August @7.30pm via Zoom

FREE WEBINAR | Book now on www.eventbrite.ie

Webinar details . . .

Help your club to tell the great stories that your members and teams are creating.

Learn about the different channels you can use and how to make your club a vibrant part of the local community.

Topics that will be covered include:

- The strengths and weaknesses of WhatsApp/email/social media
- Playing to the strengths of those within your club
- How to set up and manage a group of different people on different channels
- Knowing your audiences and the different tone required for different methods of communication
- Making sure you don't think just because it's out there that it has been heard
- The value of recognition and more . . .

For more information please contact Peter Jones on 087 101 5130 or pjones@waterfordsportspartnership.ie



Online Safeguarding Training for Club Volunteers

WSP in partnership with Sport Ireland has continued to evolve our offering during the pandemic to ensure that Safeguarding Courses can be delivered extensively to club coaches in Waterford.

We have continued to deliver our three hour Online Safeguarding 1 Basic Awareness Training Course and Safeguarding 2 - Club Children's Officer Training on the Zoom platform, and received great feedback from participants regarding the interactive nature of the courses.



IMPORTANT COURSE INFORMATION

Participants will need a tablet/laptop and a good internet connection for this online interactive training course. The 'Zoom' access link for the course and relevant course materials will be emailed to participants in advance in word and PDF formats.

TO GAIN ACCREDITATION, PARTICIPANTS MUST COMPLETE THE FULL COURSE.



Check out our website www.waterfordsportspartnership.ie for upcoming dates for Online Safeguarding 1, 2 & 3 Training Courses. The course fee is €15 per person, all courses can be booked online on www.eventbrite.ie.

For any further questions on this, please contact Peter Jones on 087 101 5130 or email pjones@waterfordsportspartnership.ie.

HUB STEERING COMMITTEE	Don Tuohy	Waterford City & County Council	Denis McCarthy	Cappoquin Regeneration Community Group
	Rosarie Kealy	Waterford Sports Partnership	Vincent Mernin	Villierstown Education and Culture Project
	Peter Jones	Waterford Sports Partnership	Mealla Fahey	Lismore Community Centre
	Jimmy Taaffe	Waterford Leader Partnership	Siobhan Hubbard	Waterford Area Partnership
	Joanne Roche	Lismore Community and Social Economic Group	Eamonn O'Leary	Waterford City & County Council
	Tom Feerick	Cappoquin Regeneration Community Group		



We have a webpage dedicated to the Cappoquin, Lismore, Villierstown Sports & Physical Activity Hub on our Website, see www.waterfordsportspartnership.ie/west-waterford-rural-hub/ Check out the CLV Facebook Page - Search CLV Sport & Physical Activity Hub



If you have any questions in relation to the Sports Hub please contact Peter Jones on 087 101 5130 or email pjones@waterfordsportspartnership.ie

