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**NATIONAL BIKE  
WEEK 2023**  
TAKES PLACE FROM  
**May 13<sup>th</sup> to 21<sup>st</sup>**

**THERE ARE LOTS OF FREE  
EVENTS ON OFFER!**

**WE'RE KICKING THE WEEK  
OFF HERE IN WATERFORD  
WITH BIKEFEST DUNGARVAN  
SEE PAGE 14 FOR MORE INFO**



## CONGRATULATIONS to Michael Cox of Park Rangers AFC the 2022 Volunteer in Sport Award winner for Waterford

In March, the Federation of Irish Sport announced the winners of the 2022 Volunteers in Sport Awards proudly supported by the National Network of 29 Local Sports Partnerships. **The County Waterford award for 2022 was awarded to Michael Cox of Park Rangers AFC.**

The Volunteers in Sport Awards celebrate the contributions of the band of volunteers across the country who give their time to Irish sport and physical activity every year. Minister of State with responsibility for Sport and Physical Education Thomas Byrne TD was the special guest speaker at the awards, which took place on March 22<sup>nd</sup> at The Crowne Plaza Hotel, Blanchardstown.



Award winner Michael Cox from Park Rangers AFC pictured here with Park Rangers AFC Chair Avril Bowe and Rosarie Kealy, Sports Co-ordinator, Waterford Sports Partnership.

Michael Cox has been instrumental in the development of the Park Rangers AFC over the last decade. When Michael took over, the club had 8 teams, 8 coaches and a main pitch on a steep hill. Today there are over 30 teams, 63 coaches, two new pitches and a state of the art all weather pitch. There are also now more than 450 members in comparison to 150 back in 2013 highlighting the progress that has been made by the Club. Michael has continued to push for improvements in the area of inclusivity by starting up the 'Football for All' programme designed for children with additional needs and also the development of the 'Female Focus Campaign' which was set up to attract girls to play soccer. The club now has a 34% participation rate for females which is way above the national average.

*"I would like to congratulate all the winners at the Volunteers in Sport Awards. Sport Ireland and its network of Local Sports Partnerships are delighted to recognise the invaluable contribution of volunteers to the promotion of sport and physical activity in Ireland. The LSPs collaborate with and depend on the remarkable dedication of volunteers to create opportunities for all members of the community to participate in sport and physical activity. This ensures a culture where sport and physical activity is inclusive and accessible to everyone, regardless of their background or abilities. We are grateful for the inspiring efforts of the volunteers being celebrated today, and all volunteers across the country, who help us achieve*

**Well done Michael and all the volunteers and coaches at Park Rangers AFC!**

## MEET THE WSP TEAM

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

### Rosarie Kealy

Sports Co-ordinator

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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.

### Peter Jones

Programme Manager

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Sports Inclusion Disability Officer

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### Jordan Kelly

Aspire Graduate

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STAFF MEMBER	FOCUS AREA/PROGRAMMES	BASED IN
Peter Jones	Programme Management   Cycling   Schools	Dungarvan
Pauline Casey	Disability Programmes & Training	Waterford
Brian O'Neill	Youth at Risk   DEIS Schools   Youth Leadership   Safeguarding   Carrickphierish Hub	Waterford
Sinead Brannigan	Women   Men   Club/Coach Development	Waterford
Liz McEnaney	Older Adults   Outdoor Activities   West Waterford Sports Hub	Dungarvan
Elaine Mullan	Active Cities - Waterford	Waterford
Jordan Kelly	Schools   Disability	Dungarvan

**Dungarvan Office:** Civic Offices, Dungarvan, Co. Waterford | 058 21194  
**Waterford Office:** Regional Sports Centre, Cork Road, Waterford | 051 849 682



## Marathon Kids Programme 2023

The Marathon Kids Programme is a teacher led physical education programme. It is an 8-week programme that highlights the importance of regular exercise and most of all showing people how to have fun when doing so. The programme is targeted at 5<sup>th</sup> and 6<sup>th</sup> class students and covers healthy eating, hydration, health and well being and the benefits of taking part in sport.



Students from Cappoquin, Carriglea, Gaelscoil na nDéise, Our Lady of Mercy, Portlaw, Presentation, Rathgormack and Scoil Lorcáin primary schools took part in four running sessions each week for eight weeks, until they covered the distance of a Marathon which is 26.2 miles. The cost for each child to take part was €9. This includes a t-shirt, booklet, medal, and weekly resources that are emailed to each of the teachers.

Rathgormack National School and Our Lady of Mercy National School received a visit from Irish international track and field athlete, David Gillick. The children were delighted to meet David, the visits consisted of a meet and greet with teachers and students, a discussion on the Marathon Kids Programme and the benefits of participation, weekly marathon kids topics, questions and answers, taking photos, signing the kids t-shirts and completing the daily run for that day with the students.



*'I think the Marathon Kids programme is very worthwhile. We're gaining a lot both physically and mentally from it'*  
Teacher Comment

## Playground Markings

The purpose of playground markings is to encourage children to enjoy and engage in physical exercise during break, lunch, and other school-day breaks. To encourage children to play, have fun, and interact with other kids, markings are painted on the grounds of the school or childcare facility utilizing lines, shapes, and patterns. The primary goal of the playground markings is to improve the physical environment and offer playground layouts that encourage play and physical activity. Given that the markings are beneficial to reinforcing fundamental teaching content, they are also meant to appeal to teachers. The markings are intended to motivate teachers to include activity breaks in the daily schedule of classes. A stencil kit is available to schools across Waterford who wish to put down markings on their school yard. These Playground Markings promote movement



through Mathematics, Activity Circuit, Hopscotch, and a Maze and are suitable for children of all ages. WSP tutor and Athletics Ireland coach Pat Power coordinates with schools about relevant markings and assists teachers in using the marking effectively. The programme is making a huge difference to opportunities for children to develop physical literacy.

The following Waterford schools have installed Playground Markings this year: Ballyduff Lower N.S., Kilmeaden; Lismore Mochuda National School; St. Mary's N.S. Ballygunner and Knockanore N.S.

**For more information on Playground Markings please contact:**  
**Peter Jones on 087 101 5130 or**  
**email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

## SCHOOLS ORIENTEERING

*Upcoming event:*

Tuesday 23<sup>rd</sup> May

Orienteering in the People's Park  
for primary schools for World Orienteering Day





## Non-contact Rugby

Clonea N.S.; Crehana/Carrickbeg N.S., Carrick-on-Suir; Holy Cross N.S., Tramore; Portlaw N.S.; St. John of Gods N.S.; St. Mary's N.S., Grange; St. Paul's N.S., Waterford; St. Saviour's N.S. and Scoil Gharbháin took part in our Non-Contact Rugby programme in Partnership with Munster Rugby and Waterford City Rugby Club. This inclusive programme involves evasion/relay games, catch and pass games and focuses on movement, fun and participation. Fantastic to have the continued support of Munster Rugby on this initiative, as it provides opportunities for young people to be more physical active in a fun, safe environment.



## Non-Contact Rugby Blitz

In partnership with Munster Rugby, we concluded our Non-Contact Rugby Schools programme with a participation Rugby Blitz in SETU Arena, Carriganore, Waterford on Friday 21st April. 210 students from 10 schools took part in a 'Two Touch' participation Blitz with no semi-finals, finals and no trophy - just fun and games. The objective of this programme was to make Sport fun, inclusive and enjoyable for children and to develop a positive attitude towards physical activity and Sport amongst young people. Fantastic to have Munster Rugby's continued support and collaboration on this great schools initiative.



### GREAT FEEDBACK FROM SCHOOLS!

'I just wanted to acknowledge the hugely positive feedback from the children, teachers and parents after their day in SETU Arena. Well done to you and all concerned for giving such a fantastic and greatly appreciated opportunity to the children!'





### StartBox Programme

In partnership with St. Paul's Boxing Club, we delivered two I.A.B.A StartBox programmes to students in Our Lady of Mercy National School. The StartBox programme focuses on fun, participation and physical movement as opposed to the skills of Boxing. Well done to all the girls that took part!



### Balance Bike Programme

The WSP Balance Bike Programme has continued to receive great traction by giving teachers a ready made online resource and access to balance bikes and helmets for the school. The programme aims to develop and improve the physical literacy of young children through the use of balance bikes. Resources for parents are also available on the WSP Website and YouTube channel. The following schools took part last term: Aglish N.S. Cappoquin; Ballymacarbry N. S.; Knockanore N.S.; Scoil An Bhaile Nua, Newtown, Kilmacthomas; Scoil Gharbháin; Scoil Mhuire Butlerstown; St. Anne's N.S. Kilmacthomas; St. John of Gods N.S. and St. Mary's N.S. Grange.



### Youth Leadership with Munster Rugby

We partnered with Munster Rugby to deliver their fantastic Youth Leadership Transition Year Coaching Course Programme to students in St. Declan's Community College, Kilmacthomas, Co. Waterford. The programme introduced students to a holistic rugby development approach, whilst also supporting the students with coaching skills and event management.

### Schools Badminton

Waterford Badminton Club delivered a six-week schools Badminton programme to 5<sup>th</sup> and 6<sup>th</sup> class students in Gaelscoil na nDéise. Playing Badminton not only improves balance, flexibility, cardio & coordination but significantly improves motor skills. Delivered by Callum Thomas, the programme covered the basics of Badminton such as gripping the racket, using different strokes, proper serving form, having a strong stance, and footwork.

### Mount Sion Pitch & Putt Club

We assisted Mount Sion CBS with their after-school Pitch & Putt Club by providing Golf clubs to the students.

We also arranged a 50% discount for each student to play at the Regional Sports Centre (RSC) thanks to our partnership with the RSC Centre and Waterford City & County Council.



### Muay Thai

WSP partnered with Waterford Muay Thai to deliver a 4-week programme in schools for 1<sup>st</sup> – 6<sup>th</sup> class students. The programme was successful, and we are delighted to hear that the Club has seen their membership growing as a result. Nineteen classes in eight schools took part meaning that 385 students aged from 5–12 got a chance to try a new sport! The schools that took part were; Kilbrien N.S./S N Cill Bhriain Ballinamult; Aglish N. S.; Scoil Gharbhain, Dungarvan; St. James N.S, Stradbally, Passage East N.S.; St. John of God's N.S, Waterford and St. Joseph's Special School in Dungarvan.

For more information on Schools Programmes please contact  
Peter Jones on 087 101 5130 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



## Walk for Life

Over the course of four weeks in March and April, we hosted our Spring Walk for Life series. The four walks were held across Waterford in different locations: Kilmacthomas, Kilmeaden, Clonea & Mount Congreve. Each of the walks had lots of participants attending and at each of the walks the location provided us with some tasty teas and scones for afterwards. Over 80 participants took part in the walks! A big special thank you to the Centra in Kilmacthomas for sponsoring the scones, butter and jam for our first walk! Well done to all who took part!

**Keep an eye on our website and social media for dates for our Summer Walk for Life Series in July.**



## Over 50's Come & Try Sailing

We are running a three week Sailing Programme in conjunction with Waterford Harbour Sailing Club in Dunmore East.

**Starting on Wednesday 17<sup>th</sup> May from 6 to 8pm.**

**Cost €10pp, places are limited, book now on [www.eventbrite.ie](http://www.eventbrite.ie)**

*Come along and give this wonderful activity a go!*

*Bring along a change of clothes/shoes, a raincoat/windbreaker and a wetsuit if you have one!*

**FOR BOOKINGS OR FURTHER INFORMATION PLEASE CONTACT:**

**Liz McEnaney on 087 739 6050**

**or email [lmcananey@waterfordsportspartnership.ie](mailto:lmcananey@waterfordsportspartnership.ie)**





## Chair Based Yoga

Since January, WSP in partnership with Ardkeen and Dungarvan libraries, have co-ordinated and delivered two four week Chair Based Yoga Programmes in both locations. A third programme started on the 14<sup>th</sup> of April. All of the programmes have been fully attended with over 90 people taking part and the feedback from the participants has been really positive. Well done to all the participants who have taken part and a big thank you to Kiara and Tracy our Yoga tutors! A special thank you to Ardkeen and Dungarvan libraries for facilitating the programmes!



## Activator Pole Programmes | Dungarvan & Lismore

Over the past year we have run Activator Pole Programmes for over 50's in partnership with local libraries. Now that we are heading for some hopefully sunnier days, we have two Activator Pole Programmes planned for Dungarvan and Lismore. Activator Poles can be hugely beneficial to those with mobility issues and we have had some fantastic feedback from participants of our Activator Pole Programmes.

**NOW BOOKING! Four week Activator Pole Programmes**

Lismore | Starting Tuesday 6<sup>th</sup> June | 11am to 12pm | Meeting @ Lismore Library

Dungarvan | Starting Friday 9<sup>th</sup> June | 11am to 12pm | Meeting @ Dungarvan Library

**FREE PROGRAMMES | Book now on [www.eventbrite.ie](http://www.eventbrite.ie)**

**FOR BOOKINGS OR FUTHER INFORMATION PLEASE CONTACT:**

Liz McEnaney on 087 739 6050 or email [lmcenaney@waterfordsportspartnership.ie](mailto:lmcenaney@waterfordsportspartnership.ie)



## Activator Poles Borrow Scheme

In 2022, we launched the Activator Pole Borrow Scheme in partnership with four libraries (Lismore, Dungarvan, Kilmacthomas and Ardkeen). The poles are free to borrow for anyone registered as a member of the library. The feedback from the libraries is that the individuals using the poles are finding massive benefits with them and are getting more active. We plan to expand the Borrow Scheme to Carrickpherish Library and the Central library in the coming weeks.

**FREE**

### Activator Pole Borrow Scheme

You can borrow a set of activator poles from one of the following libraries: Lismore, Dungarvan, Kilmacthomas and Ardkeen.

*Coming soon - Carrickpherish & Central Library!*

Find out more on our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)



### WSP Women in Sport Week 2023

To celebrate International Women's Day 2023, Sport Ireland encouraged local sports partnerships and national governing bodies of sport to highlight and showcase all things women in sport related over the course of a full week in March.

The week was an opportunity for us to launch women's participation programmes and to facilitate a training session for sports coaches involved in coaching teenage girls.



### Coaching Teenage Girls in Sport Online Workshop

Nineteen coaches from a variety of different sports attended an online Coaching Teenage Girls in Sport Workshop. The workshop covered a variety of topics: dropout and engagement, meeting the psycho-social needs of girls in sport, body image and maturation, and preparing for the challenges of adolescence. It was very engaging, and contributions were made from a variety of different sports coaches from athletics, swimming, soccer, camogie, hockey, and ladies football. The workshop was facilitated by Community Sports Development Officer, Sinéad Brannigan and Sport Ireland Coaching Tutor, Ita Harris.



### Women on the Move Taster - Dungarvan

WSP explored the viability of co-ordinating a Women on the Move programme in Dungarvan. Eleven women attended the Women on the Move taster, which was led by WSP Tutor, Aoife O' Mahoney, in the Causeway Tennis Club. The women enjoyed a well-structured fitness session, targeting the upper and lower body, and some tummy work too. The level of interest received for this taster has meant that we are now running a 6-week Women on the Move programme in Dungarvan during April & May.

### KICK FIT - Women's Only Fitness Through Soccer

In partnership with the FAI Development Officer, Gary Power, a 6-week pilot soccer programme for women was launched in the Carrickphierish Sports Campus. This programme was aimed at women aged over 18 interested in improving their health and fitness through soccer in a fun and social environment. The programme was facilitated by Tommy Griffin (FAI Coach). Fifteen women attended the very first session on International Women's Day. All of the women of various abilities, non-experienced, played soccer locally before the pandemic, and one women even played in the past in America.



### Boxing Fitness

As part of Women in Sport Week, we organised an after-school Boxing Fitness session for girls in Our Lady of Mercy National School. Facilitated by Team Ireland High Performance Boxing Coach Lynne McEnery, the girls took part in a warm-up, shadow-boxing, fun games and pad-work. Thanks to Lynne for delivering a fantastic session.

### Swimmin' Women Midlife Programme

In partnership with Swim Ireland, an 8-week aqua aerobics programme for women was launched in the Kingfisher Club. Swimmin' Women was specifically designed to support women through life's milestones. The programme was facilitated by Kingfisher's Aqua Instructor, Elena and the first session delivered was a lively one. Thirteen women attended the very first session during Women in Sport Week, including women from the Minceiri Portlairge group (formally Waterford Traveller Development Project).

### Activator Poles Taster Session

We held a Come and Try Activator Poles taster session in the Dungarvan Rugby Club. Even with the day being a washout the session was fully attended by twelve women some of whom had never tried Activator Poles before. Our tutor, Sarah Hearne, delivered a fantastic session with both standing and seated exercises being introduced throughout the hour. All of the participants said that they found the poles very beneficial and had intentions of using them again, not all of the women were aware that the poles are available to borrow from Dungarvan Library! Well done to all the women who took part in the event, with a special thanks to the Dungarvan Rugby Club for the use of their facilities.



## HER MOVES

### Sport Ireland unveiled the “Her Moves” Campaign for Teenage Girls on International Women’s Day

On March 8th, International Women’s Day, Sport Ireland unveiled the **Her Moves** campaign, in a celebration which saw hundreds gather on the Sport Ireland Campus for the official launch of the exciting new campaign targeting teenage girls. This year’s theme for International Women’s Day was “Embrace Equity”. By creating this campaign and targeting teenage girls only, we are embracing equity to give girls a greater chance of being active and playing sport. For this reason, there was no better time to launch the campaign than on this day.

*Her Moves*, a new national campaign, speaks to inactive teenage girls or those at risk of drop out, reframing what sport is, opening their eyes to more opportunities and encourages girls to embrace sport and physical activity – sharing their experiences with friends. The campaign is also aimed at those who influence teenage girls and who can support them in being more active – parents, teachers, coaches and service providers.



The Her Moves campaign will see the creation of the Her Moves Online Hub. This is a resource for girls, parents, teachers and providers. As the campaign evolves the site will come to life with videos, demos, success stories and content aimed at supporting each target audience. Tackling the topics that truly matter to teenage girls, helping to build confidence and empower them to give it a try.

### Join the Her Moves Campaign:

Sport Ireland calls for everyone to join the Her Moves community on the new social media channels and online at <http://www.hermoves.ie> | Instagram –

<https://www.instagram.com/hermoves.ie/> | Facebook – <https://www.facebook.com/hermoves.ie/> | Twitter – [https://twitter.com/hermoves\\_ie](https://twitter.com/hermoves_ie) | TikTok – <https://www.tiktok.com/@hermoves.ie>

100% of girls surveyed agreed with the statement “I feel better when I move” – with fun and friendship the strongest drivers to inspire movement.

By the age of 13-15 many girls have labelled themselves “not sporty” and are living by this label, with few attempts to counter it.

The most powerful barrier that prevents girls from taking part in sport and physical activity is not feeling good enough to join in.

Taking a sector wide approach, the Her Moves campaign will include Local Sports Partnerships and National Governing Body programmes specifically designed using an 8 Key Principle framework that ensures the programmes make sport and physical activity relevant and meaningful to young girls.



## Swimmin’ Women

We are currently being supported by Swim Ireland to deliver the much sought after Swimmin’ Women programme. It is an 8-week aqua aerobics specifically designed to support women through life's milestones. WSP and Swim Ireland are now finalising plans for the end of programme coffee morning which will include an informative discussion about menopause. This will be delivered by Dr Kelly McNulty, a postdoctoral researcher in women’s health from the Technological University of the Shannon (TUS). **For more information please contact Sinéad Brannigan, Community Sports Development Officer on 087-4596179 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)**





### Active Women @ Bohemians F.C.

We co-ordinated a six-week Active Women programme at Bohemians FC during February and March. The programme was set up in partnership with the club as an exercise opportunity for women that drop their children to training at the same time. 10 women attended the programme which was led by Kevin from Motiv8 Fitness. WSP will use the feedback from this programme to create and develop sustainable physical activity initiatives with more clubs into the future. Thanks to Bohemians F.C. for engaging with WSP to provide this opportunity in the Poleberry community.



### FEEDBACK

'I felt much better physically and mentally'  
'It gave me incentive to start getting fit again,  
I felt better physically and mentally feeling great  
after the session'

### Women on the Move

We just kicked off another 6-week term of Women on the Move.

There are three programmes happening during April and May. You're welcome to join at any stage. If you're based in **Cappoquin** the group meet in the **Cappoquin Community Centre @ 6.30pm on Mondays** (except Bank Holidays). If you're based in **Dungarvan** the group meet at the **Causeway Tennis Club @ 7pm on Wednesdays**. Finally, if you're based in **Waterford City** the group meet at the **Cill Barra Sports Centre @ 6pm on Thursdays**.

**If you would like more information about the Women on the Move Programme please contact Sinéad Brannigan, Community Sports Development Officer on 087-4596179 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)**

### KICK FIT - Women's Only Fitness Through Soccer

The WSP/FAI six-week Women's Kickfit Programme came to an end in April. The Kickfit programme included a mixture of skill development, and small sided games. The programmes aim was to improve women's health and fitness through soccer in a fun and social environment. This programme was a big hit! 21 women attended the programme, and they were really impressed with the programme delivery, and many were asking when it will return. We had women aged 18 all the way up to 60+ attend weekly, which is testament to the fun and social session that was delivered by the FAI. WSP is currently working with women that played to support them to arrange a weekly social soccer meet up. Thanks to the FAI Development Officer Gary Power and FAI Coach Tommy Griffin for facilitating a fun weekly session. We hope to reintroduce the structured programme again in Autumn/Winter 2023.



### HER Outdoors 2023

Sport Ireland's HER Outdoors is back this August. Last year we ran seven events which were all booked out and attended by a range of age groups. We have started to plan this year's week of events . . .

**More details coming soon!**







### Women's Beginner Triathlon Programme

In March, we launched a Women's Beginner Triathlon Programme. This is a new partnership programme with Triathlon Ireland. WSP had previously partnered with Triathlon Ireland in early 2020 to run a women's only programme. This programme was fully booked at the time. However, the pandemic meant that this programme was cancelled.

Fast forward to 2023 and a new beginner programme has been developed by Triathlon Ireland. To get the programme off the ground, WSP & Triathlon Ireland delivered an online information session about the programme to increase the

awareness of the aims of the programme and to address any questions that women might have before signing up to this type of programme. The online information session really helped to identify suitable women for the programme and increase their confidence to take part. It also allowed women that were no longer interested after receiving the information to opt out.

The programme is set up to introduce the three disciplines of triathlon: swim, bike and run. The programme takes place in a pool and spin studio in Splashworld, Tramore and the running takes place outside of the facility. Key to this programme is that the end goal is not dictated by distance, instead timing goals are being prioritised, 15 minutes of swimming, 15 minutes of constant spinning, and 15 minutes of running. These times can be adjusted up or down to suit each woman, but by the end the three disciplines plus transitions one after the other will be completed.

Six women have committed to take part in the programme every Tuesday morning. Eleanor from Triathlon Ireland is leading the coaching and the programme is due to finish at the end of May.

**For more information please contact Sinéad Brannigan, Community Sports Development Officer on 087-4596179 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)**

### Swimming Dunmore East

Last year, in partnership with the Dunmore East Swim Club and the Waterford Integration Service, we worked to deliver a 'Learn to Sea Swim' Programme for individuals in International Protection. From this programme we had two individuals who went on to join the club and both took part in the indoors lessons in the winter. This year the partnership hopes to deliver another programme to help to reduce the barriers for people to enjoy swimming in the sea in a safe environment. The programme is due to start during the Summer!



**For more information, please contact Liz McEnaney on 087 739 6050 or [lmcenaney@waterfordsportspartnership.ie](mailto:lmcenaney@waterfordsportspartnership.ie)**



### Open Water Swimming

Swim Ireland is running their sea swimming courses again this summer in different locations across Waterford. Their qualified coaches will deliver different levels of courses catering for beginners onwards.

**Dipper to Swimmer** programme looks to improve beginner's confidence in open water swimming with a goal of the participants being able to swim 50 – 100m at the end of the programme.

**Beach to Buoy** is designed to improve on the swimmer technique in open water and increase the distance they can swim. The programme aims to teach the participants the ability to swim 500m by the end of the programme.

**Open Water Skills** is aimed at more experienced sea swimmers who are looking to further improve their technique, skills and stamina in open water. This is aimed at people who can already swim 700m+ and are looking to increase this distance by the end of the programme.

**Bookings and more details about the courses can be found on Swim Ireland's website [www.swimireland.ie](http://www.swimireland.ie) (all bookings are handled by Swim Ireland)**



## Men on the Move

We co-ordinated eight-week 'Men on the Move' programmes in Waterford city every Monday at 6.15pm in the Butler Community Centre from February to April. Nineteen men attended the weekly session. All the men attending were from different backgrounds, however, the one thing that they all had in common every Monday evening was reaching the national recommendation of 30 minutes of physical activity, whilst meeting other men and having a chat. Thanks to WSP tutor Stephen Frampton for leading the programme.

### FEEDBACK

'I've less lower back issues,  
improved mobility, and  
strength'  
'I've more energy. Less tired'  
'Right level of intensity  
& great value'

## You can join Men on the Move too!

We have two programmes happening during May and June and you're welcome to join at any stage. If you're based in **Waterford City the group meet weekly in the Butler Community Centre @ 6.15pm on Mondays** (except Bank Holidays), and if you're based in **Dungarvan the group meet weekly at the Lookout @ 6.15pm on Tuesdays**.

If you would like more information about the Women on the Move please contact Community Sports Development Officer, Sinéad Brannigan, 087-4596179, or [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)



## CLUB Men on the Move - Clubs Wanted for Autumn 2023!

WSP collaborated with GAA clubs to host Men on the Move programmes in 2022. The programme was renamed CLUB Men on the Move to suit the club setting. The aim of this programme was to increase the physical activity level of the clubs non-playing male club members, and of local men living in the surrounding community too.

The request to host the programme must come directly from clubs and all the funds collected at the programme goes directly back to the clubs involved to help create a model of sustainability.

### FEEDBACK FROM CLUB MEN ON THE MOVE

*'The friendliness and easy-going nature.  
It wasn't a gym type scenario'*

*'Great range of exercises completed.  
The programme provides great  
motivation to increase activity'*

*'It was all inclusive and  
non-competitive'*

Check out Mount Sion GAA's experience of Club Men on the Move on Waterford Sports Partnerships You Tube channel.  
<https://www.youtube.com/watch?v=j9tqdGh0IYs>

If your club (*not limited to GAA Clubs*) would like to find out more information about the CLUB Men on the Move programme please contact Sinéad Brannigan, Community Sports Development Officer, on 087-4596179, or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)





## Social Hurling

Following the success of our social hurling pilot in November/December 2022, we partnered with Waterford GAA in February to run a 6-week social hurling programme for men aged 35 years and over. The two programmes were held on the astro-turfs in Butlerstown GAA club and Ballinameela GAA club. WSP and Waterford GAA used feedback collected after the 2022 pilot to develop the 6-week programme. A total of 18 men attended the programme over four weeks. Unfortunately, the numbers dwindled too low to organise games by week four. WSP and Waterford GAA were left with no other option but to cancel the programme much to the disappointment of the few remaining men. Upon discussion with the men that played, the 8pm time slot appears to have been too late to commit weekly and they felt that hurling skills are not as easy to learn/ relearn in comparison to football. Thanks to Eoin Breathnach and Eoin Morrissey from Waterford GAA for supporting the development of the programme, SETU placement students with Waterford GAA, Katie and Josh for co-ordinating the weekly games, referees for facilitating the games, and the men for attending and providing the valuable feedback.



## Orienteering Update

WSP in partnership with South East Viking Orienteers have developed and released a new Photo Orienteering Map for the Millennium Park in Lismore! The maps are available free in Lismore Heritage Centre and can also be downloaded from our website. A big thank you to Andrew Cox for his time in getting the map designed and published. We have five permanent Orienteering courses across Waterford: Dunmore East, Tramore, People's Park, Kilbarry Eco Park and Kilmacthomas. All the maps can be downloaded from our website



There are multiple **MapRun6** courses available on the APP across Waterford and nationwide.

The MapRun6 App can be downloaded from the app store on your smart phone.

Instructions on how to use the app can be found on our website.

CHECK OUT THE ORIENTEERING SECTION OF OUR WEBSITE: [www.waterfordsportspartnership.ie/orienteering](http://www.waterfordsportspartnership.ie/orienteering)

## Healthy Ireland Community Walks

In December 2022, we launched our Healthy Ireland Community Walks Grant Scheme which was open to clubs, services and community groups to run a six week Walking Programme in their local community. Thirteen clubs and groups applied for the funding. The clubs and groups went on to deliver 6-week walking programmes in January/February 2023 for people in their local communities. The walks were held across Waterford with many of the services utilising local parks and amenities such as the Kilbarry Eco Park, Walton Park and the Waterford Greenway. The clubs involved all used their pitch or clubhouses as their walking location. All of the programmes had great turn outs with some of the clubs having over 100 people at some of the walks! Some of the clubs carried on community walks after the 6 weeks had finished as it was so successful!

**Well done to Carbally Community Development Project, Carriglea Cairde Services, Clashmore and Kinsalebeg Community Council, Dunhill GAA Club, Mount Sion GAA Club, Rehab & Recovery Service and St. Declan's & Ardmore GAA for facilitating the walks and for encouraging their local communities to come out and get active on dark winter evenings!**



Dunhill Group



Mount Sion Group



## Waterford Bike Week 2023 - May 13<sup>th</sup> to 21<sup>st</sup>

Bike Week is a celebration and promotion of all that's great about bikes and cycling. Held over an extended week each year, with bike themed events organised by local authorities, local sports partnerships, community groups and cycling groups throughout Ireland.



# BIKEFEST DUNGARVAN

This year, Waterford Bike Week will kick off on **Saturday May 13<sup>th</sup>** with **BIKEFEST**, a partnership between Cycling Ireland, Waterford Sports Partnership and Waterford City & County Council, with lots of fun cycling activities for all ages. This Family Cycling Festival will be based at the **'Learn to Cycle Park' in Fairlane Park, Dungarvan** and take place between **10am and 2pm** and there will be lots on offer including:

**Learn 2 Cycle Zone – coaching for 3-7 year olds**  
**Cycle Right Zone – coaching for 5-12 year olds**  
**Cycling Skills Coaching**  
**Stunts Display – BMX, Skate boarding, Scooter at the Skatepark**  
**Bike Maintenance Stand – For basic bike repairs**  
**Bike Challenges: Watt Bike, Cycling Ireland**

There will also be three Community Bike Rides hosted by Cycling Ireland starting from Fairlane Park as follows:

**Group Ride 44km – 11am Dungarvan to Kilmacthomas return**  
**Group Ride 25km – 11.30am Dungarvan to Durrow return**  
**Group Ride 12km – 12pm Dungarvan to Clonea Beach return**

**BOOK YOUR SPOT NOW ON [www.communitybikerides.ie](http://www.communitybikerides.ie)**

**Finally from 10.30am-1pm there will be The Power Tower (2 bikes with Smoothie makers) & Pedal Powered Scalextric hosted by 'smoothie bikes'.**  
**Food and drinks stands will be available on site!**

In addition to Bikefest, during Bike Week we are planning lots of events including five FREE events open to the public. Opportunities include school cycle bus, learn to cycle for people with disabilities, high tea cycle, school bike maintenance workshops and a lunchtime cycle. Including our online resources, there is something for everyone to get active and get on their bike.

**All events are free and if you have no bike, no problem, we have some bikes that we can loan out.**

**Check out these FREE events:**

EVENT/PROGRAMME	DATE & TIME	LOCATION
<b>Bike Photo Orienteering</b> <i>Fun for all the family!</i>	<b>ANYTIME!</b> <i>You'll find the Maps on the Bike Week Page of our Website</i> <a href="http://www.waterfordsportspartnership.ie">www.waterfordsportspartnership.ie</a>	Kilmacthomas & Kilbarry Eco Park
<b>Women's High Tea Cycle</b>	Saturday 13 <sup>th</sup> May   10.30am to 1pm	Bilberry Greenway
<b>Women on Wheels</b> <i>- 6 Week Cycling Programme</i>	Tuesday 16 <sup>th</sup> May   6.30 to 8pm	Walton Park   Abbeyside   Dungarvan
<b>Female Bike Maintenance</b>	Tuesday 16 <sup>th</sup> May   7 to 8.30pm	St Saviours GAA   Ballybeg   Waterford
<b>Lunchtime Cycle</b>	Wednesday 17 <sup>th</sup> May   12.30 to 2pm	Walton Park   Abbeyside   Dungarvan

**Book now on [www.eventbrite.ie](http://www.eventbrite.ie)**

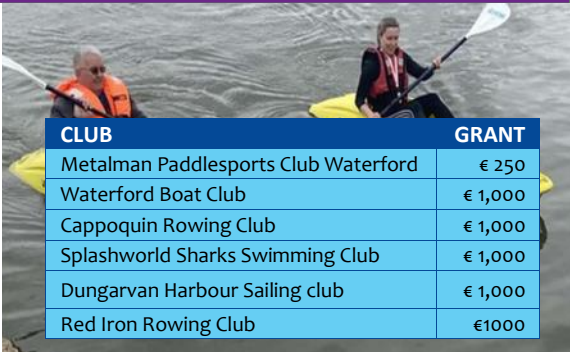
For more information please contact:

Peter Jones on 087 101 5130 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



### WSP Water Sports Grant Scheme

In January, we advertised a Watersports Grant Scheme to help develop and assist clubs. The Grant was open to all of the water-based clubs in Waterford. We had six successful applicants for the grant for which the funding requested will be used for equipment and training. All of the clubs who received funding will be working with us to deliver some Come and Try sessions and we will work to develop a relationship with the clubs to increase participation in Water Sports in Waterford. We are looking forward to working with these clubs more over the coming weeks and months!



CLUB	GRANT
Metalman Paddlesports Club Waterford	€ 250
Waterford Boat Club	€ 1,000
Cappoquin Rowing Club	€ 1,000
Splashworld Sharks Swimming Club	€ 1,000
Dungarvan Harbour Sailing club	€ 1,000
Red Iron Rowing Club	€1000



### WSP Club Development Grant

**OUR CLUB DEVELOPMENT GRANT IS OPEN FOR APPLICATIONS!**

The WSP Club Development Grant aims to support initiatives that will lead to an increase in participation levels in sports clubs across Waterford. Priority for funding will be given to minority sports clubs, and/or for initiatives targeting low participation groups and the target groups identified in the WSP Strategic Plan 2018-2022. Sports clubs that also commit to signing the Active Disability Ireland Sports Inclusion Disability Charter and display an interest in attending WSP training opportunities will be prioritised.

The closing date for applications is 5pm on Wednesday 31st May.

**PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION**

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

## VOLUNTEER SUPPORT



### Archery Instructors' Course

Congratulations to Declan Kelly and Anthony Corcoran on completing their Archery instructors' course in SETU Arena, funded by Dormant Accounts via Sport Ireland's Volunteers Support Fund. We hope to implement a number of Archery programmes now as a result. *Watch this space!*



## Sports Club Volunteers Training Supports Available!

Is your club located in Cappoquin, Lismore, Villierstown, Kilmacthomas or Carrickphierish area?

**Please register your sports clubs volunteer training needs with WSP**

By emailing Sinead: [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)

Please note expression of interest does not guarantee that we can provide your requested training needs.

Supports may include Sports First Aid Training, Disability Inclusion Awareness Training, Safeguarding Training, NGB Coaching Awards etc.

*This list is not exhaustive and we're waiting to hear from your sports club!*

**THE CLOSING DATE FOR 2023 EXPRESSIONS OF INTEREST IS 31<sup>st</sup> AUGUST 2023**

### Volunteer Support Training for Waterford Camogie

In April, we supported Waterford Camogie by providing club coaches with a subsidised sports first aid training opportunity. Twelve coaches attended the certified training, and can all now put their first aid skills into action in their respective clubs. Thank you to Premier First Aid Training for facilitating the course which was funded by Sport Ireland Dormant Accounts Volunteer Training & Support Initiative. The volunteer supports initiative aims to successfully identify and assist targeted individuals who are volunteering in disadvantaged communities or with people with disabilities to gain community sport and physical activity leadership skills e.g. as coaches, leaders, referees, committee members etc.





## 2023 CALENDAR OF TRAINING & EVENTS

DATE	COURSE/EVENT	TIME	COST	VENUE
May 2023				
Sat 13 <sup>th</sup> to Sun 21 <sup>st</sup> May	National Bike Week	SEE PAGE 14		
Monday 22 <sup>nd</sup> May	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
June 2023				
Tuesday 20 <sup>th</sup> June	Walk for Life - Tramore Meeting @ the Car Park opposite the Majestic Hotel	10.30am to 12pm	€5pp	Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
Tuesday 27 <sup>th</sup> June	Walk for Life - Bunmahon Boardwalk Meeting @ the Car Park beside Playground	10.30am to 12pm	€5pp	Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
July 2023				
Tuesday 4 <sup>th</sup> July	Walk for Life - Youghal Boardwalk Meeting @ the Car Park opposite the Majestic Hotel	10.30am to 12pm	€5pp	Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
Tuesday 11 <sup>th</sup> July	Walk for Life - Anne Valley Walk (Dunhill) Meeting @ the Car Park with toilet.	10.30am to 12pm	€5pp	Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
August 2023				
Mon 14 <sup>th</sup> to Sun 20 <sup>th</sup> August	HER Outdoors Week	More details coming soon on <a href="http://www.waterfordsportspartnership.ie">www.waterfordsportspartnership.ie</a>		
Monday 28 <sup>th</sup> August	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
September 2023				
Monday 18 <sup>th</sup> September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
Saturday 23 <sup>rd</sup> to Saturday 30 <sup>th</sup> September	European Week of Sport	More details coming soon!		
Monday 25 <sup>th</sup> to Saturday 30 <sup>th</sup> September	National Walking Week	More details coming soon!		
October 2023				
Sunday 1 <sup>st</sup> to Saturday 7 <sup>th</sup> October	Positive Ageing Week	More details coming soon!		
Friday 6 <sup>th</sup> October	Safeguarding 2 - Club Children’s Officer Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
Monday 16 <sup>th</sup> October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
November 2023				
Monday 6 <sup>th</sup> November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
Thursday 16 <sup>th</sup> November	Safeguarding 3 - Designated Liaison Person Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>

### Online Safeguarding Training

To date in 2023, we have delivered a total of nine Safeguarding (SG) courses (seven SG1, one SG2, one SG3) to a total of 111 club volunteers. By following the principles, policies and practical guidelines, coaches can play their part in providing a safe and enjoyable environment for young people to learn and thrive. For more information please contact Brian O'Neill on 086 020 1219 or [boneill@waterfordsportpartnership.ie](mailto:boneill@waterfordsportpartnership.ie). CHECK OUT THE UPCOMING DATES ON THE CALENDAR ABOVE. BOOK ON [www.eventbrite.ie](http://www.eventbrite.ie)







## Waterford City - Winter League

Active Cities Waterford was delighted to support Waterford Road Runners to re-establish the Winter League after two years of hibernation due to the pandemic. The event ran for six weeks from

mid-February to late March, and attracted between 120 and 180 runners who ran the 5k route from the RSC out to the roundabout at the Six Crossroads Business Park and back again each Wednesday night.

**For those who want to keep running, or would like some company:**

**Waterford Road Runners meet on Wednesday nights at 7pm, at Supervalu Tramore Rd., for an easy 5k: no fee, no numbers, no timing!**



## Couch to 5k

We ran a Couch to 5k Programme in tandem with the Winter League for those who were new to running or wanted to work back up to running 5k. WSP instructor Sara Hearne led the fifteen participants through the six week programme that moved from more walking and less running to less walking and more running. The group were delighted to take part in the Winter League on the final night. All thoroughly enjoyed the programme and are keen to keep running and walking.

*'The instructor was fab, so welcoming and encouraging'  
'I would highly recommend this programme'*

## St Patrick's Day Festival - Fun & Games

We ran play and balance bike events in Arundle Square during the St. Patrick's Day Festival in March. Both children and adults alike had fun with our tug of war rope, space hoppers, and obstacle course. Unfortunately, the bad weather prevented us running the planned skateboarding and break dancing events.



Check out the  
**Exercise Videos** on the  
Waterford Sports Partnership  
**You Tube Channel!**

## People's Park Outdoor Gym How-To Videos

In September 2022, Outdoor Gym Equipment was installed in The People's Park in Waterford City. The equipment was funded by Waterford City and County Council and the Active Cities Waterford Project. Now you can kick-start your fitness with our new, beginner-level videos on how to use the outdoor gym equipment in the Park. We have made 10 short videos, on how to do 10 different exercises: Seated Row, Leg Press, Chest Press, Sit-ups, Push-ups, Mountain Climbers, Pull-ups, Step-ups, Dips, Balance.

We recommend that you warm up for about five minutes before doing any of these exercises. For example, do a brisk walk, a gentle run, some jumping jacks or running on the spot, or a mixture of all of these. For all the exercises, aim to do 8 to 10 repetitions, slowly, and break for about one minute. Repeat this three times. Bring a towel to wipe the equipment, if wet, and, bring some water to keep you hydrated!

**Check out the Exercise Videos on the  
Waterford Sports Partnership You Tube Channel!**







## Playful Streets

Active Cities has also teamed up with **A Playful City** [www.aplayfulcity.com](http://www.aplayfulcity.com) to promote the concept of **A Playful Street**. Playful Streets are a low cost and easy way to create play spaces by temporarily restricting traffic movements on your street/in your housing estate, so children and neighbours can play outside — just like you did when you were young!

Studies have shown that children who play outdoors are more physically fit, have better physical and social skills, better mental health, and are less likely to be overweight or obese. However, many children are not allowed out on to the street to play because of parents' safety concerns. Much of this is due to the increased volume and speed of car traffic on residential streets.

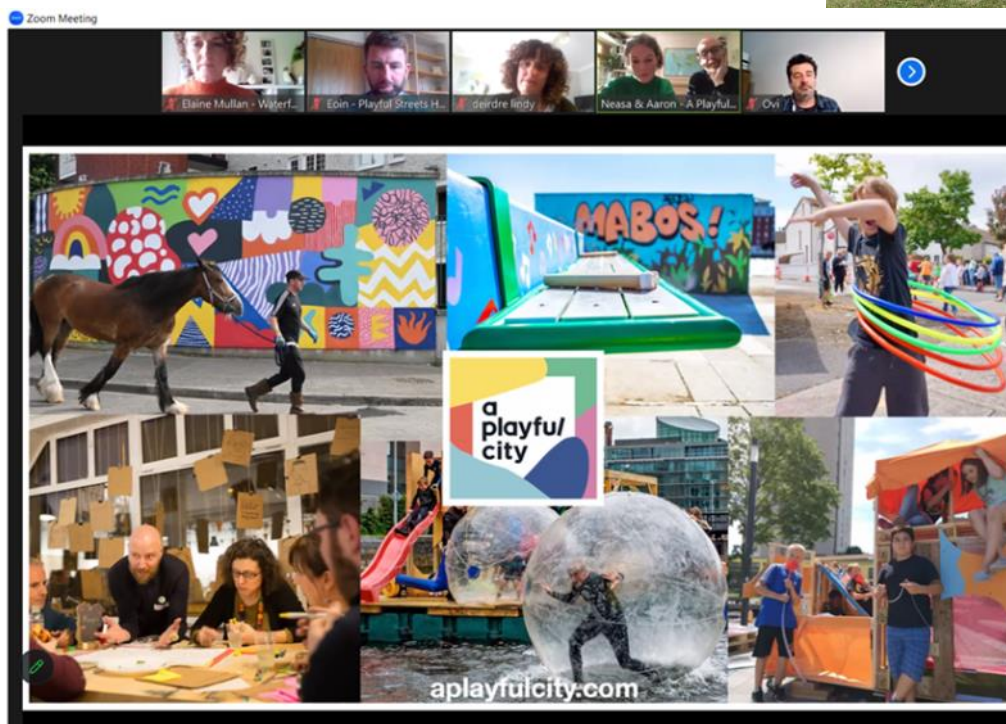
**Sign up now to make the street where you live a Playful Street:**

**<https://www.changex.org/ie/playful-street>, or to host a Street Feast:**

**<https://streetfeast.changex.org/ie/>.**

**FOR MORE INFO VISIT [www.healthywaterford.ie/playfulstreet/](http://www.healthywaterford.ie/playfulstreet/)**

We ran an information and discussion online **webinar** about the Playful Streets concept, with A Playful City co- directors Neasa Ni Bhriain and Aaron Copeland, on the evening of Wednesday April 26<sup>th</sup> in order to give those interested an opportunity to find out more about it and ask questions about how to run one. Fifteen people attended, representing a mix of residents' associations and organisations and we had a good discussion about logistics and insurance concerns.



We will run a show case event with A Playful City on the evening of Thursday June 1<sup>st</sup>, International Children's Day, in Grange Manor housing estate, Waterford City, where we will bring along some play/games/fun equipment to play with and we'll be on hand to talk you through the logistics of organising your own Playful Street.



## Saturday Play in the Cultural Quarter

Starting on the 22nd April we will run play and balance bike events in O'Connell Street every Saturday from 12-3pm, in conjunction with the Cultural Quarter Craft Market. As with all of our play events, this is a free, inclusive, open-to-all event. We will have obstacle courses, giant Jenga, skipping and elastics, giant parachute, bean bags for throwing, a big tug-of-war rope, space hoppers, pogo balls, bubble makers, musical instruments and chalk for drawing on the ground.

***We look forward to seeing you there!***



Outdoor Table Tennis coming soon to the People's Park!

## Cycle Skills Training

***for schools and community groups***

Active Cities Waterford is delighted to be sponsoring cycle skills training in Mount Sion Secondary School. Training will be provided by our newly qualified Cycle Right tutors, Declan Kelly and Jess Sanderson. WSP will also provide the bikes and helmets. Training will take place in the school playground and on the road.

**If your school or community group would like cycle skills training please contact us. We can provide for all levels from beginners to cycling in traffic, and from one-off to six week programmes.**

**For more information please contact:**

**Elaine Mullan on 087 117 8578**

**or email: [emullan@waterfordsportspartnership.ie](mailto:emullan@waterfordsportspartnership.ie)**







Join us in O'Connell Street

**EVERY SATURDAY | 12 to 3pm**  
for  
**FREE ACTIVE PLAY**

OBSTACLE COURSES | GIANT JENGA | SKIPPING & ELASTICS  
GIANT PARACHUTE | BEAN BAGS FOR THROWING | TUG-OF-WAR SPACE  
HOPPERS | POGO BALLS | BUBBLE MAKERS  
MUSICAL INSTRUMENTS | CHALK FOR DRAWING ON THE GROUND

*We look forward to seeing you there!*






## Coming soon to the People's Park

We are delighted to announce that concrete table tennis and teqball tables, and, an additional Boules court, funded by Active Cities waterford, will be installed by Waterford City and County Council over the next couple of months. Soon after, a set of free-to-use, outdoor games equipment storage lockers will be installed, from which people can borrow equipment like table tennis bats, a skateboard, football etc., to use in the park.



## Elaine Mullan is our Active Cities Officer

You can contact Elaine  
by phone on 087 117 8578 or by email  
at [emullan@waterfordsportspartnership.ie](mailto:emullan@waterfordsportspartnership.ie)  
Check out the Active Cities Section on our website  
for more information on the project  
<https://www.waterfordsportspartnership.ie/active-cities-waterford/>





## Walk for Life – Spring Series

Walk for Life was back with a bang this Spring as we showcased some of Waterford's finest walks as part of our Spring Walk for Life Series for people with a disability. Four walks were planned as part of the Series utilising the Waterford Greenway; Kilmacthomas, Suir Valley (Kilmeaden), Clonea and Mount Congreve. The walks had fantastic attendance with an average of 40 participants taking part in each walk. All walks were fully accessible which allowed participants of all abilities to attend, giving participants the option of walking 20 to 40 minutes at a pace that was suitable and enjoyable to them.

After each walk participants had the opportunity to mix with other groups and chat over a well-deserved cup of tea or coffee. A special thank you must go to Centra Kilmacthomas who kindly donated the scones for our Kilmacthomas walk your generosity was much appreciated. Also, to the staff in the Suir Valley, Railway Cottage and Mount Congreve who facilitated us and showed excellent service and kindness to our participants.

We will be kicking off our Summer Series of walks showcasing our beautiful coastline starting on Tuesday 20<sup>th</sup> June. Be sure to check out our calendar of events on PAGE 24/25 for full details.



## Blind/Vision Impaired Tennis

After another successful programme for Junior VI/Blind Tennis in Waterford, in partnership with Vision Sports Ireland, we were excited to launch a new 4 week programme, which began on Saturday April 22<sup>nd</sup>. The first session runs from 1-1.45pm for our B1 group (no vision) and the second session runs from 1.45- 2.45pm for our B2/B3 group (low/useful vision). The sessions take place once again at the Butler Community Centre and will be facilitated by the wonderful coach Mark again. **Registration is essential and can be made via [www.visionsports.ie](http://www.visionsports.ie) or for more information please contact Pauline Casey on 086 7837385 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)**



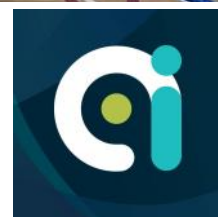
sport inclusion disability  
**charter**

## Disability Charter

Waterford Sports Partnership is calling on all Waterford organisations working in the Sport and Physical Activity area to sign 'The Sports Inclusion Disability Charter'. The Charter was developed on feedback from a survey that Active Disability Ireland (formerly CARA) carried out in partnership with Local Sports Partnerships across 22 counties.

The Charter clearly outlines five key areas people with disabilities are asking all organisations to consider in making active and healthy lifestyles possible for them.

**For more information on the Charter or to sign up please go to [www.actedisability.ie](http://www.actedisability.ie)**





## Social Soccer

On the last Wednesday of every month from 1-2pm the FAI and WSP run Social Soccer for adults with PAN disability in Dungarvan Sports Centre. Social Soccer is made up of various disability groups from right across the City and County who come together each month to play soccer. With the assistance of the FAI two sections are run, one section for participants of low level ability and another section for higher level ability participants who want to play more competitive soccer. A big thank you to FAI Sports Development Officer; Gary Power and assistant coach Jamie for facilitating this programme. Be sure to check out our calendar of events to see our next social soccer dates for the coming months.

If you require more information or your organisation would like to get involved please contact Pauline Casey on 086 7837385 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)



## Communication Boards

Waterford Sports Partnership in conjunction with Waterford City and County Council have been working on developing Communication Boards for all Waterford playgrounds. These communication boards will be installed in all playgrounds across Waterford City & County in the coming months. A communication board is a form of AAC (augmentative and alternative communication) that non-verbal people use to communicate with. The communication board will have symbols or words that people can use to communicate what they want or need. These communication boards will not only make our playgrounds more inclusive but will raise awareness, offer social and emotional growth as well as support socialisation opportunities.

## Disability Club Development

We were delighted to support Waterford Special Olympics earlier this year by providing them with a Safeguarding 1 Child Protection and Basic Awareness Workshop. The workshop was held in SETU Arena for sixteen volunteer coaches. The course aims to heighten participants awareness around best practice in relation to keeping children and young people safe in sport.

The course was tutored by WSP Staff Pauline Casey and Sinead Brannigan who provided a very interactive workshop with the group.



### GAA for ALL Camp

We are currently running a GAA for ALL Camp in partnership with Brickey Rangers GAA Club for primary school aged children with a mild to moderate intellectual and sensory disability. The camp is running on Sunday 7<sup>th</sup>/14<sup>th</sup>/21<sup>st</sup>/28<sup>th</sup> May from 9.30 to 10.30am at Brickey Rangers GAA Club. COST: €5pp . Please note: Parents are required to stay on site for the duration of the session.

For more information please contact Pauline Casey on 086 783 7385 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie) or call Siobhan O' Connell on 085 703 7772



### EQUIPMENT FREE HIRE AVAILABLE Boccia Kits | Pitch & Putt Clubs | Activator Poles

For more information please contact  
Pauline on 086 7837385 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)



### Summer Camp Assistance Programme

*for Children aged 6 to 12 with Mild to Moderate Disabilities*

Assistance towards the provision of an SNA is available for the following Camps:  
FAI Summer Camps | GAA Cúl Camps,  
Kingfisher Club Summer Camps | SETU Arena Summer Camp  
*Please note the age range of the camp your child would like to attend.*

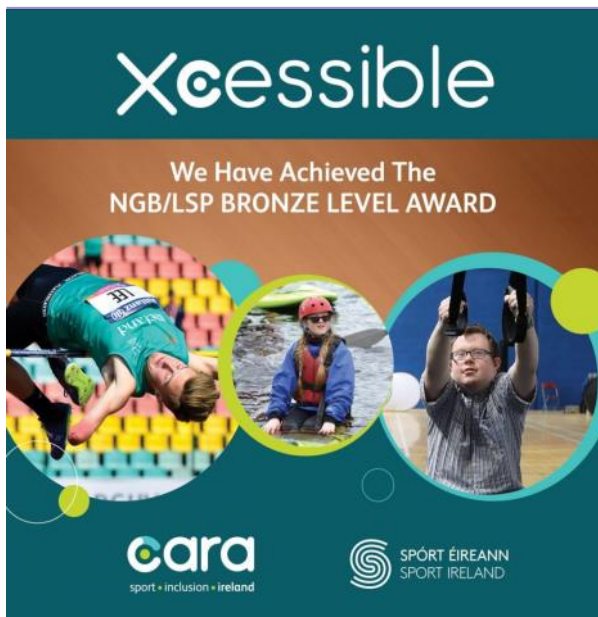
**Please register your interest via [www.eventbrite.ie](http://www.eventbrite.ie)**

Please note: Completion of the registration form does not guarantee a place on a camp and places will be allocated on first come first served basis. Participants must also register with their chosen camp. As some camps are outdoors please check directly with the camp organisers to see if the grounds/surfaces are suitable for your child.

**Closing date for applications is Monday 22<sup>nd</sup> May | PLACES ARE LIMITED AND ARE OFFERED ON A FIRST COME FIRST SERVED BASIS**

For more information please contact: Pauline Casey on [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie) 086 7837385

or Jordan Kelly on [jordankelly@waterfordsportspartnership.ie](mailto:jordankelly@waterfordsportspartnership.ie) 086 1675642



### Xcessible Bronze Award

Xcessible has been developed by Active Disability Ireland (formerly CARA) to help support and empower National Governing Bodies (NGBs) and Local Sports Partnership (LSPs) to provide positive and meaningful opportunities for people with disabilities to take part in sport and physical activity. Xcessible is a three-staged resourced pathway designed to ease an NGB or LSP into the area of inclusion and supports them through the process of developing and increasing their capacity to support people with disabilities and to be active in their sport in terms of participation, coaching, volunteering, officiating and employment. Xcessible has been developed using the Sport Inclusion Disability Charter as a guiding tool. Waterford Sports Partnership is delighted to announce that we are currently working towards achieving the Bronze Award. In order to achieve the award, we will be required to provide evidence of our work and journey and present to the Xcessible panel at a date to be confirmed on our experiences, results and the outcomes of work completed in line with the objectives of the Xcessible Award.

Pauline Casey our Sports Inclusion Disability Officer will be leading this for WSP and is excited to implement positive changes across the organisation.



# DISABILITY SPORT UPDATE

**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.

**Sports Inclusion & Disability Awareness Online Workshop:** This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity. On completion of the course all attendees will receive a Cara Certificate of Participation endorsed by Sport Ireland.

**Disability Inclusion Training Online Workshop:** This workshop is designed to provide participants 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. Attendees will be engaged through interactive group work, theory content and will be introduced to adaptation tools which will be applied to a variety of games and activities on how to make these inclusive for all ability groups.

**Inclusive Fitness Training Online Workshop:** 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 Online Workshop:** This online workshop will provide attendees with an understanding of Autism focussing on the delivery of sport. It will help participants 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.

**Inclusive Adventure Activities Training Online Workshop:** This workshop is designed to inspire participants to help make their adventure activities and outdoor environments more accessible and inclusive for people with disabilities. The training will provide access to resources that will increase the knowledge related to Inclusive Adventure Activities. This online theory based workshop will involve exploring equipment and facilitating how to engage people with disabilities in an adventure environment, planning for adventure activities, planning for the unplanned with plenty of scenarios and practical activities (land and/or water based).

**Inclusive Design for Outdoor Recreation Online Workshop:** This training is designed to give an overview of the best practice outlined in **Great Outdoors, A Guide for Accessibility** and a foundation understanding of how to approach implementation of the guiding principles and recommendations of this document. It will cover use of the Self Assessment Checklist (auditing tool) and the preparation of an Access Improvement Plan for your amenity. The guidance is relevant to **all publicly accessible outdoor landscapes including high and lowland areas, parks, national parks, boglands, forests and forest parks, playgrounds, greenways, waterways and beaches** and their associated amenities and facilities.

If you or your organisation is interested in any of the Disability Training options on offer please contact Pauline Casey on 086 7837385 or email [pcasey@waterfordssportpartnership.ie](mailto:pcasey@waterfordssportpartnership.ie)

## Beach Wheelchair Available for FREE HIRE in TRAMORE

ONLINE  
BOOKING  
COMING  
SOON!



For more information contact: Pauline on 086 783 7385  
or email [pcasey@waterfordssportpartnership.ie](mailto:pcasey@waterfordssportpartnership.ie)

### Disability NGB Contacts

#### Special Olympics

Sinead Costello - [sinead.costello@specialolympics.ie](mailto:sinead.costello@specialolympics.ie)

#### Vision Sports Ireland

Padraig Healy - [padraig.visionsports@ncbi.ie](mailto:padraig.visionsports@ncbi.ie)

#### Golf Ireland:

Sarah Banville - [sarahbanville@golfireland.ie](mailto:sarahbanville@golfireland.ie)

#### Football For All Development Officer

Brendan Corish - [brendan.corish@fai.ie](mailto:brendan.corish@fai.ie)

#### Irish Wheelchair Association Sport

Joanne Wall - [joanne.wall@iwa.ie](mailto:joanne.wall@iwa.ie)



Down Syndrome Waterford Branch  
[info@dsiwaterford.ie](mailto:info@dsiwaterford.ie)

Dyspraxia Ireland  
DCDynamo Multi Activity Club Waterford  
[dyspraxiadcdwaterford@gmail.com](mailto:dyspraxiadcdwaterford@gmail.com)



Halliwick Swim Club (PAN Disability)  
Sarah Flynn | 083 1376847 | [vikinghalliwicksc@gmail.com](mailto:vikinghalliwicksc@gmail.com)

Waterford Autism Social and Sport Action (WASSA)  
Bernie Murphy | 086 663 7055 | [contact@wassai.ie](mailto:contact@wassai.ie)



Little Conquerors Autism Group  
West Waterford Autism Parents Support Group  
Kevin Murphy | 086 823 1653 | [canalmore@gmail.com](mailto:canalmore@gmail.com)

Whitestrand Foroige Club  
for young children (10-17 years) with High Functioning Autism  
Contact Kara on 087 610 4430 | [whitestrandforoige@gmail.com](mailto:whitestrandforoige@gmail.com)



Bohemians FC - Football for All Club  
for young people aged 16 and over  
Jason Ryan 086 028 818 or [info@waterfordbohs.com](mailto:info@waterfordbohs.com)

Park Rangers AFC - Football for All Club  
for young people aged 6 to 16  
Contact: [parkrangersffa@gmail.com](mailto:parkrangersffa@gmail.com)



Little Vikings - Special Olympics Club  
for children with an intellectual disability, aged 4-12 years  
Contact: [membership@littlevikings@gmail.com](mailto:membership@littlevikings@gmail.com)

Cappoquin Railway Football For All  
Contact: [brendan.corish@fai.ie](mailto:brendan.corish@fai.ie)



Special Olympics Waterford  
Contact: [louise.mcsweeney@bocsi.ie](mailto:louise.mcsweeney@bocsi.ie)

# DISABILITY SPORT CALENDAR

	DATES & TIMES	LOCATION	COST	DESCRIPTION	BOOKING
<b>Blind/ VI Tennis</b>	Saturday 22 <sup>nd</sup> April Saturday 6 <sup>th</sup> May Saturday 13 <sup>th</sup> May Saturday 20 <sup>th</sup> May Block 1 : 1-2pm Block 2: 2-3pm	Butler Community Centre	€20pp	<b>For Children Aged 6-17years with visual impairment or blind</b> Introducing participants to Tennis through a fun social fitness Session.	<b>Booking Essential</b> BOOK NOW ON: Visionsports.ie . Please contact Pauline (see details below)
<b>Kick to Recovery</b>	Tuesday 25 <sup>th</sup> April to Wednesday 13 <sup>th</sup> June (8 week block) 11am - 12pm	Butler Community Centre	€3pp per week	<b>Adults in Mental Health Services</b> We are working in partnership with the FAI to deliver a six week block of soccer for participants in mental health services. Participants will have the opportunity to experience 60 minutes of quality soccer training instruction provided by an experienced FAI coach.	<b>Booking Essential</b>  Numbers are limited  Please contact Pauline: <i>see details below</i>
<b>Social Soccer</b>	Wednesday 26 <sup>th</sup> April Wednesday 31 <sup>st</sup> May  1-2pm	Dungarvan Sports Centre	€3pp	<b>For Adults with a Disabilities</b> Social soccer offers something for all participants. Two groups will be formed based on the participants' ability. Those with mild to moderate disabilities take part in a competitive match and those with moderate – severe take part in fun activities and games.	<b>Booking Essential</b>  Numbers are limited  Please contact Pauline: <i>see details below</i>
<b>GAA For All Camp</b>	Sunday 7 <sup>th</sup> May to Sunday 28 <sup>th</sup> May  9.30-10.30am	Brickey Rangers GAA Club	€5pp	<b>Primary School Aged Children with mild to moderate intellectual or sensory disability</b> Waterford Sports Partnership in partnership with the Brickey Rangers GAA club are hosting a 4 week GAA for All Camp that is guaranteed to be action packed and fun filled aiming to introduce children to GAA in a child centred way using fun games and activities. The sessions will be led by club volunteers.	<b>Booking Essential</b> BOOK NOW ON: www.eventbrite.ie  For more information Please contact Pauline (see details below)
<b>Ready Steady Pedal</b>	Monday 19 <sup>th</sup> June to Monday 24 <sup>th</sup> July 10.30 - 11.30am (Group 1) 11.30am – 12.30pm (Group 2) 12.30 – 1.30pm (Group 3)	Waterford Regional Sports Centre	€20pp 6-8 participants	<b>For Adults with Mild – Moderate Disabilities</b> This Cycling programme will be car park based with Bikes & Helmets provided for participants. The programme is aimed at adults who may have previously cycled as children or for those who wish to learn a new skill. This programme aims to increase cycle confidence and learn the basics of cycling such as balancing, cornering, braking and ready position.	<b>Booking Essential</b>  Numbers are limited  Please contact Pauline: <i>see details below</i>

For more bookings or more information please call Pauline on 086 7837385  
or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)



# DISABILITY SPORT CALENDAR

	DATES & TIMES	LOCATION	COST	DESCRIPTION	BOOKING
<b>Walk for Life Summer Series</b>	Tuesday 20 <sup>th</sup> June 10.30am – 12.00pm	Tramore Meeting @ the Car Park opposite the Majestic Hotel	€5pp	<p><b>For People with a Disability</b> Waterford Sports Partnership is hosting a series of walks for people with a disability, all which can be modified to cater for all abilities but be sure to check out the details before travelling.</p> <p>The aim of the series is to give people the opportunity to create links with others in their locality and experience some of the wonderful Waterford Walks.</p>	<p><b>Booking Essential!!</b></p> <p><b>All bookings must be made by 12pm the previous Monday</b></p>
	Tuesday 27 <sup>th</sup> June 10.30am – 12.00pm	Bunmahon Boardwalk Meeting @ the carpark beside the playground			
	Tuesday 4 <sup>th</sup> July 10.30am – 12.00pm	Youghal Boardwalk Meeting @ Aura Leisure Centre Car Park Youghal			
	Tuesday 11 <sup>th</sup> July 10.30am – 12.00pm	Anne Valley Walk (Dunhill) Meeting @ the Car Park with the toilet			
<b>Powerchair Football</b>	Thursday 4 <sup>th</sup> May to Thursday 8 <sup>th</sup> June	Presentation Secondary School, Grogan's Road, Slippery Green, Wexford Y35 XV70	FREE	<b>For Powerchair Users</b>	<b>Contact Brendan Corish</b> <a href="mailto:brendan.corish@fai.ie">brendan.corish@fai.ie</a>
<b>Pitch &amp; Putt</b>	4 Week Programme Wednesday June 14 <sup>th</sup> – July 5 <sup>th</sup> 11am-12pm	Waterford Regional Sports Centre	€15pp	We are teaming up with Aaron Cashin PGA with Tramore golf club to deliver a 4-week pitch & putt sessions for adults with a mild to moderate intellectual disability. Aaron will teach participants some of the basics such as putting and chipping.	Booking is essential. Numbers are limited. Please contact Jordan at <a href="mailto:jordankelly@waterfordsportspartnership.ie">jordankelly@waterfordsportspartnership.ie</a> or on 086 167 5642



For bookings or more information please call Pauline on 086 7837385 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)



LIKE US ON FACEBOOK!

Follow 'Waterford SportsAbility' on Facebook!



## Women on the Move

Women on the Move started back in Cappoquin in January after a break over the Christmas period. Since then WSP tutor Aoife has delivered two fantastic 6-week programmes that had great numbers each week with more than 35 women taking part in the programme. The most recent block of the programme started on Monday 17<sup>th</sup> of April with 30 women there on the night! The programme focuses on various cardiovascular and strength-based activities with adaptations made to suit each individual's ability levels! Well done to all who have taken part in the two programmes to date in 2023!

**For more information, please contact Liz McEnaney**  
on 087 739 6050 or [mcenaney@waterfordsportspartnership.ie](mailto:mcenaney@waterfordsportspartnership.ie)



## NOW BOOKING! Couch to 5K

### - Adult Kayaking Programme

WSP in partnership with the Villierstown Boat Club are running a 6-week Couch to 5K Kayaking Programme starting at the end of May. The programme which will be led by a qualified coach will look to get complete beginners into the sport of Sit-On-Top Kayaking in a safe and calm environment. The programme will be led by one of the Boat Clubs most experienced members who will run through the basics on week one and look to increase the participants ability, knowledge and confidence in a kayak over the six weeks with an end goal of kayaking from Cappoquin and finish at Villierstown!

**Six week Programme Starting Tuesday 23<sup>rd</sup> May from 7 to 9pm**  
**@ Villierstown Boat Club**

**Cost: €20 per person | Book now on [www.eventbrite.ie](http://www.eventbrite.ie)**

## NOW BOOKING!

### Short Mat Bowling

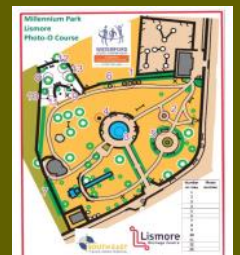
Following on from a taster session for the Lismore Men's Shed and the No Limits Club on Tuesday the 2<sup>nd</sup> of May, WSP in partnership with the Lismore Heritage Centre are delivering a three week 'Come and Try Short Mat Bowling' Programme starting on Friday 26<sup>th</sup> May from 7-9pm. These sessions will be lead by Michael O'Rourke from the Bowling Club in Tallow. The men and women who attended the taster session at the start of May all thoroughly enjoyed it, most of them had never played before and with clear instructions from Michael everyone got to play a few games before the end of the session. We look forward to seeing how the sessions go in May as some of the participants have already expressed an interest in setting up a club.

**FREE Three week Programme Starting Friday 26<sup>th</sup> May from 7 to 9pm**  
**@ Lismore Heritage Centre | Book now on [www.eventbrite.ie](http://www.eventbrite.ie)**



## Orienteering in Lismore

A special thank you to Andrew Cox from South East Viking Orienteers for creating our new Photo Orienteering Map for Millennium Park in Lismore!



The maps are available free in Lismore Heritage Centre and can also be downloaded from our website:  
**[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**



## Did you know?

There are multiple MapRun6 courses available on the APP across the county of Waterford as well as the rest of Ireland! The MapRun6 App can be downloaded from the app store on your smart phone. The instructions on how to use the app can be found on our website.



**Liz McEnaney**

**Hub Development Officer**

Please feel free to get in touch if you have any questions in relation to the Sports Hub  
on **087 739 6050** or email me at  
**[lmccenaney@waterfordsportspartnership.ie](mailto:lmccenaney@waterfordsportspartnership.ie)**



## CARRICKPHIERISH COMMUNITY SPORTS HUB

**BADMINTON @ the HUB:** We assisted Waterford Badminton Club in securing hours at the Carrickphierish Sports Hub. The club has booked weekly slots on Mondays from 7-9pm. We will be offering taster Badminton sessions for residents in the surrounding communities in 2023.

**For further information on Waterford Badminton Club, email [ladylanebc@gmail.com](mailto:ladylanebc@gmail.com)**

**NSCYP back @ the HUB:** Great to see the Northern Suburbs Community Youth Project make a return to Carrickphierish Sports Hub, providing physical activity opportunities for young people to engage in a safe, fun environment. **New Members**

**Welcome! For more information please email: [northsuburbscyp@wstcys.ie](mailto:northsuburbscyp@wstcys.ie)**

**Irish Dancing @ the HUB:** Waterford Academy of Irish Dance have also returned to the HUB providing Irish dancing classes to children of all ages, in a fun and friendly environment. **They can be contacted via their Facebook page.**

Contact  
US

For more information on activities at Carrickphierish Community Sports Hub please contact Brian O'Neill on [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie) or 086 020 1219.  
For HALL BOOKING queries please contact Darren Sealy on [dsealy@waterfordcouncil.ie](mailto:dsealy@waterfordcouncil.ie).

## YOUTH SPORT UPDATE

### Déise Óg & Waterford GAA Youth Forum

Our Youth Sports Development Officer Brian O'Neill attended the Déise Óg and Waterford GAA Youth Forum in Dungarvan. This event provided an opportunity for young people to give feedback on topics such as coaching, officials, development squads, club/school matches, dual players etc. The young players also suggested some recommendations that Waterford GAA, Waterford Camogie and Waterford Ladies Football could implement, so young people can keep playing Gaelic Games for longer. The event concluded with a Q & A session with Megan Dunford, Beth Carton, Tadhg de Búrca and Michael 'Brick' Walsh. Great to see sporting organisations provide a platform and safe space and for young people to express their opinions and views on the games they play.



### Improver Swim Programme

Young members from Northern Suburbs Community Youth Project completed a four-week Swim Programme. Such improvements were made over the four weeks, that the group will now be making regular visits to the swimming pool. Thanks to Kingfisher Club Waterford for facilitating this fantastic initiative.

### Youth Coaching Fund

A limited Coaching Fund is available for any club 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 stage 1 to stage 2.

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

### Activity Day Taster Sessions

#### - Northern Suburbs Community Youth Project

We assisted Northern Suburbs Community Youth Project with taster sessions that included Badminton, Dodgeball, Basketball and an Obstacle Course. Great to see the local youth club avail of the Sports Hub in Carrickphierish.

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



### Teenage Girls Climbing Programme - Manor St. John

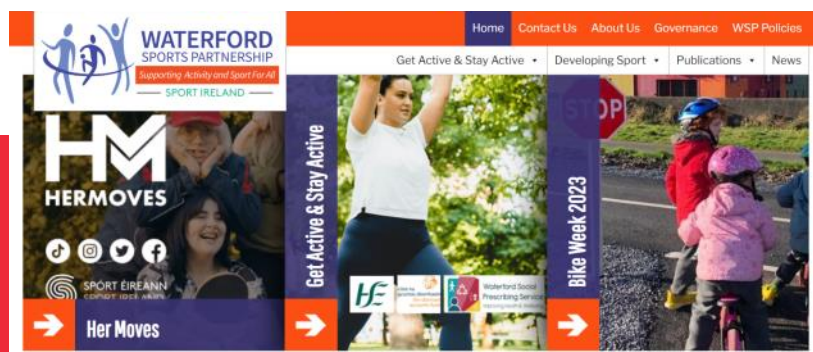
A Teenage Girls group from Manor St. John Youth project began a Climbing programme. The girls will learn the basics tips on climbing techniques and how to use auto belays, belaying and top roping in Activate Waterford, before progressing to climbing outdoors.

# 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	Ciaran O'Sullivan	0857610665	cosullivan@basketballireland.ie	www.basketballireland.ie
Camogie Association	Stuart Reid Jonathan Tallon Munster Participation & Growth Co-Ordinator	086 7961858 086 796 1858	stuart.reid@camogie.ie Jonathan.tallon@camogie.ie	www.camogie.ie
Confederation of Golf in Ireland	Carton Demesne	01 505 2075	info@cgigold.org	www.cgigolf.ie
Cricket Ireland/Munster Cricket	Jim Doran Joseph Moynihan	086 8169667 01 894 7914	jim.doran@cricketireland.ie manager@munstercricket.ie	www.cricketireland.ie www.munstercricket.ie
Cycling Ireland	Margo Finnegan	086 771 0712	margo.finnegan@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	085 859 5094	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
Munster Rugby	Olan Daly East Munster Participation Lead	086 062 6130	olandaly@munsterrugby.ie	www.munsterrugby.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
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	Liz Clifford	087 758 1214	liz.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	Padraig Healy	085 850 0193	padraig.visionsports@ncbi.ie	www.visionsports.ie
Volleyball Ireland	Conor Flood Amanda Burgio Club Support & Participation Officer	087 099 7659 086 817 3990	cdo@volleyballireland.com amanda@volleyballireland.com	www.volleyballireland.ie
Weightlifting Ireland	Colin Buckley Áine Byrne (Special Projects Manager)	086 2577875 086 3486119	colinbuckley37@gmail.com wis@weightliftingireland.com	www.weightliftingireland.com



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



**WATERFORD SPORTS PARTNERSHIP**

Civic Offices, Dungarvan, Co. Waterford | 058 21194

Regional Sports Centre, Cork Road, Waterford | 051 849 682

[info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie) | [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)



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