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#BEACTIVE NIGHT WATERFORD

SATURDAY 23rd SEPTEMBER | 5 to 7pm

Join us for 'Activity Fest' in the People's Park!

FREE EVENT FOR CHILDREN AND ADULTS

There will be lots of different activities and games for you to try out including; Pétanque, Table Tennis, Boxing, Balance Bikes, Activator Poles and more!

Come along and #BeActive!

ENTERTAINMENT FROM
THE BEAT FLEET PARTY **Beat.**

#activecitieswaterford



**Waterford
SportsAbility
Day**

**Sunday 1st
October
11am to 3pm
@ SETU Arena**



BoxUp Launch | Saturday 23rd September
Active Cities Waterford will be unveiling the **NEW** BoxUp Equipment Unit on the evening in the People's Park. Everyone will get a chance to see how it works and try it out!

MEET THE WSP TEAM

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

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Sports Co-ordinator

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Finance & Governance Officer

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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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Natalia Pocolujko

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STAFF MEMBER	FOCUS AREA/PROGRAMMES	BASED IN
Peter Jones	Programme Management Cycling Schools	Dungarvan
Sinead Brannigan	Physical Activity for Health programmes and initiatives and Club Development and Support	Waterford
Brian O'Neill	Youth at Risk DEIS Schools Youth Leadership Safeguarding Carrickphierish Hub	Waterford
Liz McEnaney	Older Adults Outdoor Activities West Waterford Sports Hub	Dungarvan
Natalia Pocolujko	Women Men	Dungarvan
Jordan Kelly	Disability Schools	Dungarvan
Lauren Walsh Kett	Active Cities Waterford	Waterford

Dungarvan Office: Civic Offices, Dungarvan, Co. Waterford | 058 21194

Waterford Office: Regional Sports Centre, Cork Road, Waterford

MEET THE WSP TEAM



Thank you Elaine!

We said goodbye and a huge thank you to Elaine Mullan in July. Elaine joined WSP in September 2021 as Waterford's first Active Cities Officer. We would like to acknowledge the work Elaine did in establishing the Active Cities project during this time. Laying the foundations for any new project of this nature is challenging and Elaine took on this challenge with great commitment and energy and has put in place a solid framework from which the project can grow and develop over the coming years. All the best Elaine and thank you for everything!

A NEW Role - Physical Activity for Health Officer

We are delighted to announce that Sinéad Brannigan has been appointed into a new role within WSP as Physical Activity for Health Officer (PAFHO). WSP was selected as one of six Local Sports Partnerships under the **Physical Activity for Health Officer pilot programme** which is being funded by Sláintecare via Sport Ireland. Sinéad, in her role as PAFHO, will seek to create opportunities, with our partners, to engage/re-engage those with a chronic condition in physical activity, especially those who may need additional support before participating in a current WSP programme. The role will ensure that those who need more attention and care engaging in or returning to community physical activity will be facilitated within these physical activity programmes and supported in their readiness to participate in mainstream WSP programmes that are on offer locally. Sinéad will also continue to work on WSP's Physical Activity for People with Chronic Conditions (PACC) project to ensure the learnings from PACC, its three associated pilot projects and from the Physical Activity for Health Officer Pilot are shared and aligned to maximise positive outcomes for all.



In taking up this role, Sinéad moves on from her role as Community Sports Development Officer (CSDO) with WSP, a role she has been in since August 2021. A huge thank you to Sinéad for her valuable contribution as CSDO, particularly in relation to her focus on men, women and club development during that time. We wish you the very best Sinéad as you bring your skills and experience to your new role and shape it in partnership with your colleagues in WSP, the wider LSP network, Sport Ireland and the health sector.



Meet Natalia Pocelujko

Our NEW Community Sports Development Officer

Natalia graduated from the University of Poland with a Master's Degree in Physical Education specialising in Sport Recreation Management, Health Education, Physiotherapy and Sports Nutrition. From an early age, Natalia has been passionate about sport and fitness. She swam from the age of 4 to compete at National level and then International level representing Poland in Kayak Polo. Since moving to Ireland ten years ago, Natalia has taught and managed in a number of fitness related industries across the country. At present she is focused on Ultra and Mountain running across Ireland and internationally. She is passionate about all outdoor activities and a sustainable

healthy lifestyle. Natalia is an energetic and very positive personality with strong communications skills. Natalia will be based in our Dungarvan Office, her targeted areas of work will be developing programmes and opportunities for women and men.

Meet Jordan Kelly our ASPIRE Graduate . . .

Hi everyone, my name is Jordan and I am WSP's ASPIRE Graduate. ASPIRE is a graduate employment programme that is funded by Sport Ireland. The aim of this programme is to enable recently qualified sport and physical activity graduates to gain relevant experience working in the sports sector and to develop relevant skills and knowledge. This is exactly what I have been doing!

Since joining WSP in February, I have been working alongside all the Sports Development Officers and their target groups and in particular the Sports Inclusion Disability Officer (SIDO) as this is my particular area of interest. The work involves developing, co-ordinating, delivering, and evaluating

sports and physical activity programmes. The programme itself has been fantastic as the courses Sport Ireland have provided (Communication Skills, Presentation Skills, Excel etc.) have taught me so much and have been extremely useful in the work that I have been doing. I am very grateful for this opportunity. I have loved my time to date in WSP and I look forward to the future.



OPPORTUNITIES FOR SCHOOLS

September to December 2023

We are committed to helping schools become more active and providing opportunities for teachers to participate in training courses.

TO HELP SCHOOLS ACHIEVE THIS, WE ARE OFFERING THE FOLLOWING OPPORTUNITIES:

PROGRAMME	COST	LOGISTICS
<p>Balance Bike Programme</p> <p>This programme aims to develop and improve the physical literacy of young children through the use of balance bikes. Suitable for children in pre-school, junior infants, and senior infant's classes. The school will have the use of 15 bikes and 15 helmets for 3 weeks.</p> 	<p>Programme Cost: €50.</p> <p>The school is responsible for collecting/dropping balance bikes from WSP office or from another local school.</p>	<p>Once we have received all the applications we will give your school a date and collection point for the bikes. We will also email online teacher training resources to you then too!</p>
<p>Playground Markings</p> <p>This programme involves the marking of a school's playground for use in delivering fundamental movement skills. Schools then receive a practical session with a WSP Tutor on how to use the markings effectively.</p> 	<p>Programme cost: €350 ,</p> <p>School pays: €175</p> <p><i>(Balance subsidised by WSP)</i></p>	<p>Once we have received all the applications we will give your school a date for the markings to be painted and a date for in person training.</p>
<p>Online Skipping Programme</p> <p>Skipping is a terrific form of exercise that can help improve agility, balance, and hand-eye co-ordination in children. WSP, in partnership with SKIP'n'ROPE, are offering discounted skipping ropes and online resources to deliver the programme in their schools. Each student will receive a skipping rope, so they can practice in school and at home.</p> 	<p>Cost is dependent upon class size. We will provide a 35% discount on the cost of the skipping ropes.</p>	<p>School will order ropes (using discount code) and give one to each student. We will send the school links to tutorial videos for teachers to help them teach the students how to skip safely and correctly.</p>

SPORT SPECIFIC PROGRAMMES

PROGRAMME	COST	LOGISTICS
Play Rugby WSP, in partnership with Munster Rugby, Dungarvan RFC, Tramore RFC and Waterpark RFC are offering non-contact rugby to schools developing basic fundamental movement and rugby skills. The programme can be delivered in a hall, school yard or field and includes 3 x 30-minute sessions. This is available for 1 st to 6 th class.	The subsidised cost of this programme is €25 per class and is subject to availability of the coaches from participating clubs.	Qualified Munster Rugby and local coaches will deliver these sessions to one class in the school. Option for multiple classes to avail of the programme upon request. Dates and times to be agreed.
Muay Thai Fitness We have linked with Waterford Muay Thai to deliver a 4-week Muay Thai Programme for 1 st – 6 th class students. Please note: This is for City based schools only.	We will fund 50% of the programme. Cost per school is €125 for four sessions .	The Programme is delivered by a qualified Muay Thai instructor on school premises at a date agreed between the school and WSP.
CYCLE RIGHT Training to promote competent and confident cyclists. WSP, in partnership with Cycling Ireland, have the capacity to deliver 6 x 60 minute sessions for two groups of 15 children in 4 schools. CYCLE RIGHT is the National Standard for Cycle Training and provides practical cycle safety and skills.	€10 per child. If bikes are required this can be discussed with WSP.	The programme is delivered by WSP Cycle Right tutors. Four sessions will be delivered on a suitable area in the school grounds. Two sessions will be delivered on the road.
Golf Fore Schools In partnership with Golf Ireland, we are hosting a one day taster session (60 minutes) for 4 th class students in SETU Arena. Students will have an opportunity to try putting, chipping and full swing shots into inflatable driving nets, rotating through each activity every 20 minutes.	FREE	Schools contact WSP, taster sessions will be delivered by Golf Ireland in SETU. Opportunity to avail of FREE training for teachers to deliver a Golf Programme in their school.

PLEASE COMPLETE THE EXPRESSION OF INTEREST FORM available on the **‘Active Schools’** section of our website www.waterfordsportspartnership.ie/schools by **5pm on Friday 29th September** or email Peter Jones at pjones@waterfordsportspartnership.ie

ADDITIONAL OPPORTUNITIES FOR DEIS SCHOOLS

Urban Hoops Taster Sessions In partnership with Hoops Life Ireland, we are facilitating 30 minute Basketball taster sessions over one full day. The objective of the sessions is to introduce students to the game of basketball with the aim to implement a follow-on 4 week Basketball programme. Cost per full day of tasters: €50.	Athletics Taster Sessions We are currently taking expressions of interest for a 30 minute Athletics taster sessions over one full day. The objective of the taster sessions is to introduce students to Athletics with the aim to implement a follow-on 4 week Athletics programme. Cost per full day of tasters: €50.	Camogie Programme In partnership with Waterford Camogie, we are planning to implement a four week Camogie Programme in schools. Cost TBC
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For more info or to register your interest for DEIS Schools Programmes please contact Brian O’ Neill:
boneill@waterfordsportspartnership.ie or 086 0201219

LEARN TO CYCLE TRACK & LEARN TO CYCLE VIDEOS

We worked with Waterford City and County Council to establish the Learn to Cycle/BMX Pump Track in Fairlane Park, Dungarvan. We have developed online resources for teachers to assist them to use the space to teach children how to cycle using balance bikes and also developed videos to assist older groups in pedalling, turning and cycling in traffic. **CHECK THEM OUT ON THE CYCLING SECTION OF OUR WEBSITE.** Please email Peter Jones at pjones@waterfordsportspartnership.ie if your school is interested in using the Learn to Cycle Park and if any assistance is needed.



Sailing Programmes

In May and June, we partnered with two clubs to deliver a new programme – *Over 50s Come and Try Sailing*. In May we worked with Waterford Harbour Sailing Club to deliver a four week beginners sailing programme for a group of six older adults. Later on in June Dungarvan Harbour Sailing club delivered a full day introduction to sailing programme to a group of twelve over 50's! Both of these programmes had fantastic feedback and was thoroughly enjoyed by all who took part! A big thank you to both clubs for delivering two great programmes!



Activator Poles

In June, in partnership with Waterford libraries, we delivered six-week Activator Pole programmes in Dungarvan and in Lismore in West Waterford. Both programmes had great numbers attend with a total of 19 individuals attending between the two locations.

Our tutors, Blathnaid and Kiara delivered two fantastic programmes with both of them incorporating some of their yoga backgrounds into the weeks. All of the participants had great feedback for the programmes and have said that they will continue to borrow the poles from the libraries. A big thank you to Blathnaid and Kiara for delivering two very enjoyable programmes and well done to all of the participants!

For more information please contact:
Liz McEnaney on 087 739 6050 or email
lmcananey@waterfordsportspartnership.ie

Dragonboating

Over the summer months we began working closely with the newly renamed Waterford Dragon Boat Club. The club has delivered two sets of four-week programmes for older adults. The feedback from the groups has been fantastic and a number of the participants have gone on to join the club as a result of the programme. A big thank you to the club for facilitating the programmes. Well done to all who took part!



FREE

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 very soon! Find out more on our website www.waterfordsportspartnership.ie

Positive Ageing Week 2023

We're running a series of events for **Positive Ageing Week (PAW)** which takes place from **Sunday 1st to Saturday 7th October 2023**. PAW is an Age Action initiative to promote the agency of older people and to celebrate the contribution they make to our families, workplaces, communities, and society as a whole.

Bookings open on www.eventbrite.ie on Friday 1st September at 10am.

Places at all events will be limited. **EVENTS PLANNED ARE AS FOLLOWS . . .**



DATE & TIME	COME & TRY	VENUE	COST
Monday 2 nd October 10am to 12pm	Pickleball	Cappoquin Community Centre	FREE
Monday 2 nd October 2 to 4pm	Pickleball	Cill Barra Sports Centre Ballybeg	FREE
Wednesday 4 th October 10.30am to 12pm	Short Mat Bowling	Cill Barra Sports Centre Ballybeg	FREE
Wednesday 4 th October 11am	Activator Poles	Dungarvan Library	FREE
Wednesday 4 th October 7.30 to 9pm	Short Mat Bowling	Lismore Heritage Centre	FREE

Chair Yoga Now Booking!

Six Week Programmes starting

Thursday 21st September @11am at Ardkeen Library

Friday 22nd September @ 11am at Dungarvan Library

FREE PROGRAMMES

Book now on www.eventbrite.ie



Walk for Life Summer Series

Over the last number of weeks, we co-ordinated our Walk for Life Summer Walking Series for over 50's. We had a great turn out for each of the walks despite the first walk being on a rather wet and windy morning in Tramore! We had fabulous weather for the rest of the walks at the Boardwalk in Youghal, the Anne Valley Eco Park and the Boardwalk on Bunmahon beach! Over 40 older adults attended the walks across all of the venues and each week we had lovely tea and scones in the various locations! A big thank you to the businesses who provided refreshments for the groups each week! Well done to all who took part, we hope to see you for our Autumn Series in September!

Check out the details below . . .



WALK FOR LIFE AUTUMN 2023

DATE & TIME	WALK LOCATION
Tuesday 19 th September 10.30am – 12pm	The People's Park Waterford - Meeting @ the Park Lodge Cafe
Tuesday 26 th September 10.30am – 12pm	Crough Woods Mahon Bridge - Meeting @ Crough Coffee
Tuesday 3 rd October 10.30am – 12pm	Cappoquin GAA Club - Meet @ the Clubhouse
Tuesday 10 th October 10.30am – 12pm	Waterford Nature Park Kilbarry - Meet @ the Kingfisher Club Car Park

COST PER WALK: €5 includes tea/coffee/scone

All places **MUST** be booked in advance on www.eventbrite.ie

FOR FURTHER INFORMATION PLEASE CONTACT:

Liz McEnaney on 087 739 6050 or email lmcananey@waterfordsportspartnership.ie



FEEDBACK from 2023 Men on the Move participants:

'I've less lower back issues, improved mobility, and strength'
'More energy. Less tired. Stretching exercises great for lower back issue'
'Right level of intensity & great value'

Men on the Move

We co-ordinated an eight-week 'Men on the Move' programme in Waterford City and Dungarvan from April to June. Over 20 men attended the weekly session, all from different backgrounds. However, the one thing that they all had in common every Monday and Tuesday evening was reaching the national recommendation of 30 minutes of physical activity, whilst meeting other men and having a chat. Thanks to WSP tutors Stephen Frampton and Lauren Walsh-Kett for leading the programme. To celebrate the ongoing success of the Waterford City Men on the Move programme we provided a taster activity to



showcase an option to stay active throughout the summer when Men on the Move ended. John Walsh from Waterford Muay Thai kindly delivered this taster session. The men really enjoyed the variety of exercises, and some showed a keen interest in joining John for a Muay Thai session at his gym in the Lacken Business Park. Many thanks to John for facilitating the session and sharing his advice to the men about the benefits of staying active for health and longevity.

Men on the Move is back, indoors, this September in Dungarvan & Waterford !

SIX WEEK PROGRAMMES

Starting Monday 18th September | 6.15 to 7pm

@ Butler Community Centre | Waterford City

@ The Causeway Tennis Club | Abbeyside | Dungarvan

€20pp | Book on www.eventbrite.ie

FOR FURTHER INFORMATION PLEASE CONTACT:

Natalia Pocelujko on 086 165 4305 or email npocelujko@waterfordsportspartnership.ie



Women on the Move

We were delighted with the response to our 'Women on the Move' programmes in April. Over 50 women signed up to the six-week programmes in Dungarvan and Waterford city. The women were provided with a weekly structured exercise session and had the opportunity to meet other women and have fun too. Thanks to WSP tutors Aoife, Jess, and Rachel for delivering an engaging, fun, and enjoyable programme. Women on the Move will be back up and running this Autumn and we're excited to welcome participants old and new. Women on the Move is suitable for all fitness levels and focuses on cardiovascular fitness, increasing your strength and improving your muscle tone. This programme will run over six weeks in two locations across Waterford City and Dungarvan.

Women on the Move is back, indoors, this September in Dungarvan & Waterford !



Six Week Programmes

Starting Monday 18th September | 6.30 to 7.30pm

@ Cappoquin Community Centre

Starting Wednesday 20th September | 7 to 8pm

@ The Causeway Tennis Club | Abbeyside | Dungarvan

Five Week Programme

Starting Wednesday 27th September | 8 to 9pm

@ Carrickphierish Sports Hall | Gracedieu | Waterford

€20pp | Book on www.eventbrite.ie

Let's Walk - Dungarvan

In July, we co-ordinated a six-week summer walking programme for men and women living in Dungarvan. This programme was first organised in June 2022 and the participants from that programme continued the weekly walk after the programme ended last year. The aim of this years 'Let's Walk' programme was to recruit new participants for the weekly group walk. The walk was held every Tuesday evening, and we had a mix of WSP staff, tutors and one of the previous participants helping with the warm up, and devising the walking route. Over 20 people attended the Let's Walk programme. Each week participants enjoyed varied walks through different parts of Dungarvan. The weather was certainly not your typical 'summer' weather for the programme, but we were lucky that the habit was embedded by week 6 and participants enjoyed a rainy final night walk, no ice creams this year! Special thanks to Jenny from the walking group for providing support and leadership for the programme.



National PLAY Day/Week

We assisted Waterford City & County Council with National PLAY Day 2023.

We delivered a Cycling skills session to over 30 students in St. Joseph's primary school, Dungarvan, facilitated by Cycling instructors Donal Jacob and Ollie Harrold.

We also administered PLAY Packs for young people to the West Waterford Community and Family HUB in Cappoquin, Portlaoise Community Resource Hub and the TYRE Youth project. Each pack contained a Football, Skipping rope, Tennis ball, Frisbee, Chalk, Bubbles, Markers and Colouring books to encourage young people to engage in Play.

We concluded the week with a Surfing lesson for over 20 young people in Waterford School Completion Programme and a Surfing lesson for 25 Teens from the public. Thanks to Waterford City & Council for funding this fantastic initiative.



National Walking Day | Glenshelane Family Walk

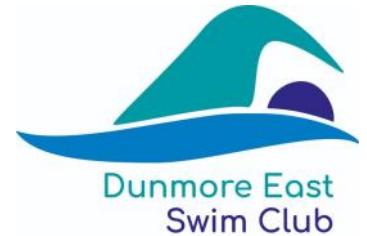
To celebrate National Walking Day 2023, which takes place on Sunday 24th September, we are hosting a FREE guided Family Nature Walk in the beautiful Glenshelane Woods near Cappoquin. Come along and join us, we are meeting at the car park at the woods at 11am. Bring the family, bring the dog!

Book your free places now on www.eventbrite.ie.



Swimming Dunmore East

As a follow on programme from our Migrant Swimming Programme that was delivered last year in partnership with the Dunmore East Swim Club, we partnered with Swim Ireland, Sanctuary Runners and the club again to co-ordinate and deliver a four week swimming programme to provide sea swimming classes to international protection applicants who reside in direct provision centres in Waterford and also members of the Ukrainian community.



Twelve participants, some of whom had never been swimming in the sea before, took part in the initiative which started on Saturday 29th July. Over the four weeks the instructor worked on developing the participants confidence in the water and began to introduce some swimming techniques. A big thank you to Rachel for delivering the programme and to the Dunmore East Swim Club, Sanctuary Swimmers and Swim Ireland for assisting in facilitating the programme. Finally, a big congratulations to all of the participants who took part in the programme, we hope you continue to develop your swimming skills!

For more information, please contact Liz McEnaney on 087 739 6050 or lmcenaney@waterfordsportspartnership.ie



Table Tennis @ SETU Arena

After a lengthy wait, we are delighted to announce the setup of the Waterford Table Tennis Club, based in SETU Arena! A special thanks to Eoin Kelly and Philip Shaw from Munster Table Tennis for their continuous help and assistance over the last twelve months in getting the club formed and for delivering two six-week start up programmes. The latest programme started on the 8th of August and is running for six-weeks on Tuesday evenings from 7pm – 9pm in SETU Arena. At the end of these six weeks the club will hopefully be up and running with a training time and day to be finalised by the Arena in the coming weeks! Once up and running, it is hoped that the Club will be able to open a juvenile section. The Club has two fully accessible wheelchair friendly tables that anyone can use. We look forward to seeing how the new club develops over the coming months!

For more information, please contact Liz McEnaney on 087 739 6050 or lmcenaney@waterfordsportspartnership.ie



Fundamentals of Coaching Boxing Assistant Coach Course

Nineteen volunteer coaches from twelve Munster Boxing Clubs are now qualified Boxing Coaches, as we partnered with the Irish Athletic Boxing Association (IABA) to deliver their Fundamentals of Coaching Boxing Assistant Coach Course in Saviour's Crystal Boxing Club. Delivered by I.A.B.A Tutors Nikki Foley and Neil Gough, The Fundamentals Assistant Coach Course is part of the IABA's new Coach Education pathway and has been developed by the Coach Education Committee to meet Sport Ireland standards. It's fantastic to see so many younger volunteers begin their coaching journey!



Online Safeguarding Training

To date in 2023, we delivered a total of fifteen Safeguarding Courses (13 x SG1, 1 x SG2, 1 x SG3) to a total of 178 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@waterfordsportspartnership.ie.

CHECK OUT THE UPCOMING DATES ON THE CALENDAR ON PAGE 18.

BOOK ON www.eventbrite.ie



Now Booking!

Sports First Aid Courses

We have teamed up with Premier First Aid to offer Sports First Aid Courses in a number of locations this Autumn.

This course is designed for coaches, instructors, teachers, supervisors, sports assistants, and volunteers. The course teaches the medical assessment and management of a wide

variety of sports injuries. Included in the training are the basic techniques of cardiopulmonary resuscitation (CPR), the use of an Automated External Defibrillator (AED) and the action to take in the event of choking for children. Upon successful completion of the course participants are presented with a Sports First Aid Certificate which is valid for two years.

Saturday 23rd September | 9am to 4pm @ Rainbow Hall, Kilmacthomas.

Saturday 21st October | 9am to 4pm @ Roanmore Sports & Social Club, Waterford.

Saturday 25th November | 9am to 4pm @ The Park Hotel, Dungarvan.

€25pp | Book NOW on www.eventbrite.ie

FOR FURTHER INFORMATION PLEASE CONTACT:

Sinéad Brannigan on 087 459 6179 or email sbrannigan@waterfordsportspartnership.ie

HER Outdoors Week 2023

HER Outdoors week aims to celebrate and encourage more females to get out and enjoy the benefits of being in the outdoors while bringing visibility to the opportunities for females to get involved in outdoor physical activity. HER Outdoors Week ran from **August 14th – 20th, 2023**.



We hosted a range of events leading into HER Outdoors and over the course of the week as follows . . .

Mum & Me Go Sailing

On Monday the 14th of August, eleven participants took part in our Mum & Me Go Sailing event in partnership with the Dungarvan Harbour Sailing Club. The group consisted of mothers and their daughters from as young as aged 7! The morning started with some land-based instructions from the sailing club instructors on how to rig the boats correctly and some basic manoeuvres they would need to use while out on the water. Following the land based part the group headed out on the water with mums and daughter sharing a boat! The next hour on the water saw a few dips into the water from some members of the group and lots of smiles all round! A big thank you to Joey and all the instructors from Dungarvan Harbour Sailing Club for facilitating the session, well done to everyone who took part!



HER Outdoors | Surfing

It was great to see Manor St. John Youth Services getting involved with HER Outdoors Week 2023. The teenage girls group availed of a Surfing lesson, facilitated by Tramore Surf Shop & School. Well done girls!!

Teen Girls Rowing in Cappoquin

Tuesday the 15th saw the start of our HER Outdoors Teenage girls four-week Rowing Programme in partnership with the Cappoquin Rowing Club. Six girls attended the first week with more to join for the remaining weeks! The girls began the session with a tour of the clubhouse and being shown the equipment they will be using and then they went on the indoor rowing machines. Following this the group made their way out onto the water with some of the club's older members and instructors to begin learning the techniques.



Over the next three weeks the girls will learn and develop their rowing techniques. A big thanks to Paul and the rest of the instructors in the Cappoquin Rowing Club, well done to the girls who are taking part!

Introduction to Safety when Swimming Workshop

WSP, in partnership with Water Safety Ireland, delivered an Introduction to Safety when Swimming session at Bunmahon Beach on Tuesday 15th August. Eight women took part in the informative and practical workshop that involved drills in the water and CPR demonstrations. Feedback on the night was excellent. Thank you to Water Safety Ireland (Waterford) for facilitating the workshop, in particular Lola, Helen, Michael and Mary.

FEEDBACK

'Thanks to all involved.
Very informative event.
Would love to go to more!
'It was super.'



Introduction to Tri for Teenage Girls

In partnership with Triathlon Ireland, we delivered a 3-day Introduction to Triathlon Programme for teenage girls. The programme was based in Clonea, Dungarvan, and the aim was to introduce the three triathlon disciplines: swimming, cycling, and running to girls that have never participated in triathlon before. Seven girls aged between 12 and 17 attended the programme. This programme was the first time that we engaged with a partner to develop a HER Moves programme. Her Moves is designed to inspire and support more teenage girls to be active. It's about empowering all young women, building confidence, and providing motivation to find something that gets them moving. As part of HER Moves, hair braiding was added to the programme of events. The purpose of this was to help connect the girls. The three days included cycling and running on the Waterford Greenway, swimming at Clonea Beach, and ice cream stops along the way too. On the final day of the programme the girls all completed a triathlon event on Clonea Beach. Eleanor Condon from Triathlon Ireland led the coaching for the week and created the triathlon course for all the girls to experience the three disciplines together. Thanks to Triathlon Ireland and Natalie Hamilton from Tried & Tested Dungarvan for providing swim support in the water. Feedback from the girls and their parents was very positive!

FEEDBACK

'Well organised, friendly staff, activities geared towards what girls might like, variety of activities and fun'
"I can't wait to come back next year!"



Kayaking in Tramore

Over the last six weeks two groups of eight women have been learning how to Kayak in partnership with the Metalman Paddlesports Club. The groups have been learning in both Sea Kayaks and Surf Ski's and have made great progress since their first session! The groups have been meeting and launching from the Saleens in Tramore and have been given fantastic guided instructions from Roger and his team of instructors! Some of the group who have been on the Surf Ski's will hopefully go on to join the Metalman Paddlesports club following the programme! The sea kayakers will be looking to progress their skills with a follow-on course with Roger in the coming weeks! Well done to all the participants involved it is fantastic to see so many women trying out kayaking! A special thank you to Roger and his team for the fantastic sessions they have delivered over the last number of weeks!



Dragon Boating

Over the last four weeks the Waterford Dragon Boat Club ran an Introduction to Dragon Boating Programme for Women over 50. This is the second of these programmes that the club have run, both of which have been fully attended and have had a fantastic level of response from the participants. Most of the participants who attended the programme were unaware of the club's existence and since the programme has finished all of the participants have gone on to join the club and are now attending regular weekly sessions! We are looking forward to working closely with the club over the coming months to deliver more programmes! Well done to all the participants and a big thank you to Waterford Dragon Boat Club for facilitating the programmes!



BikeWeek

3,535 participants of all ages and abilities took part in 45 events in Waterford during National Bike Week 2023.

BIKE WEEK FEEDBACK

'We really enjoyed our Bike Week event. It provided the children to safely enjoy cycling in their locality and enjoy what the Waterford Greenway has to offer.

Go raith mile maith agaibh!'
Gaelscoil na nDeise

"An excellent initiative enabling children to learn the importance of cycling safely"
Our Lady of Mercy N.S.

'By teaching our children bike maintenance and bike skills, we give them skills for life that can be enjoyed at any age'
Rathgormack N.S.

'A fantastically fun and fit day out thoroughly enjoyed by children and staff alike. Would highly recommend'
St. Saviours N.S.

'Excellent event lovely way to spend my Sunday, can't wait for next year' Waterford to Wexford Cycle Participant

'I really enjoyed this cycle to Tramore on a beautiful morning'
Dawn Cycle Participant

'The best day of the school year'
Portlawn N.S. Student

'A fantastic opportunity to take learning out of the classroom'
Fews N.S.

'A wonderful event that we would love to build on over the coming years. Builds bridges with community and parents. Children love the cycle experience with all their friends and classmates'
Dunhill N.S.

Waterford Bike Week 2023

National Bike Week 2023 took place from **Saturday May 13th to Saturday May 21st** and is funded by the Department of Transport. Waterford Sports Partnership in partnership with Waterford City & County Council and An Taisce Green Schools again coordinated Bike Week Programmes and events for the people of Waterford.

Celebrating the benefits of cycling, Bike Week kicked off with two full weeks of cycling events and workshops throughout Waterford city and county. From the BikeFest in Dungarvan, Dawn Cycles, Greenway Night Cycles to Disability Cycle Workshops and Female Bike Maintenance Workshops, Bike Week had something for all ages and all abilities.



BikeFest took place on Saturday 13th May with lots of fun cycling activities for all ages at the 'Learn to Cycle Track' in Dungarvan. It was the first time an event like this took place and there were over 600 participants on the day.



The women's '**High Tea Cycle**' departed Bilberry carpark at 10.30am on Saturday May 13th, the cyclists stopped at the beautiful Mount Congreve for a spot of high tea.

We ran **Lunchtime Cycles** in Waterford City and Dungarvan on Wednesday 17th May, from Walton Park in Dungarvan and the House of Waterford on the Mall, Waterford City using the TFI Bikes. Everyone got to see the best of their locality on two wheels, light lunch was provided.

The **Waterford Greenway Night Cycle** departed SETU Arena Carpark at 9pm on Friday, May 19th and took in the fabulous Waterford Greenway.

For those that had 30km in the tank, the **Passage East 30k** spin took place on May 21st. This free event included a 30K cycle from Waterford City to Arthurstown in Co. Wexford, taking in the Passage East Car Ferry, with light lunch provided.



WATERFORD BIKE WEEK 2023



2023 was one of the most successful Bike Weeks to date. In total 3,535 participants of all ages and abilities took part in 45 events in Waterford during National Bike Week 2023. We were delighted that 23 Waterford Schools ran their own School events with approximately 1,700 students taking part in a wide range of programmes/events. Providing a pathway for people to continue cycling is a priority for WSP and we were delighted that nine women from the Women on Wheels programme, delivered in partnership with Dungarvan Cycling Club, have since joined the club.

HERE IS A BREAKDOWN OF THE NUMBERS PER EVENT THAT WE LED OR ORGANISED IN PARTNERSHIP WITH WATERFORD CITY & COUNTY COUNCIL!

EVENT	LOCATION	CATEGORY	NUMBER OF PARTICIPANTS
Dawn Cycle	Tramore	Public Event	35
Bike Photo Orienteering	Kilmacthomas/ Kilbarry Nature Park	Public/All Ages	50
BikeFest	Dungarvan	Public Event	600
Women's High Tea Cycle	Greenway	Women	10
Waterford Greenway Tea-Time Cycle	Greenway	Public Event	25
Balance Bike Schools Programme	Various Schools	Schools Event	131
Bike Maintenance for Schools Programme	Various Schools	Schools Event	42
Women on Wheels	Dungarvan	Women	24
Female Bike Maintenance Session	Waterford City	Women	27
Bike Maintenance for County Primary Schools	Various Schools	Schools Event	249
WCCC Cycle for 5	Waterford City & Dungarvan	Private Event	42
Lunchtime Cycle Dungarvan	Dungarvan	Public Event	19
Lunchtime Cycle Waterford City	Waterford City	Public Event	35
Bike Maintenance for City Primary Schools	Various Schools	Schools Event	32
RSC Schools Cycling Festival	Waterford City	Invited Schools	130
Learn to Cycle for People with a Disability	Waterford City	Disability Groups	16
RSC Schools Cycling Festival	Waterford City	Invited Schools	130
Waterford Greenway Night Cycle	Greenway	Public Event	36
Waterford Walls Cycle Tour	Waterford City	Public Event	18
30km Waterford to Wexford Cycle	Waterford	Public Event	22
TOTAL			1673

Feedback from those involved has been extremely positive and many continue to cycle for transport, as a hobby or both. We are looking forward to hosting Bike Week 2024 in partnership with Waterford City and County Council, An Taisce and local clubs, schools. We were delighted to be part of the Bike Week Committee; made up of Waterford City & County staff from the Roads Section, Community Section, Road Safety Officer, Healthy Waterford Coordinator and Active Travel Team, An Taisce, Green Schools and Waterford Sports Partnership.



CLUB DEVELOPMENT



NAME OF CLUB	PURPOSE OF GRANT	AMOUNT
Lismore Tennis Club	Physical Activity Initiative	€500.00
Waterford Greenway Joggers	Physical Activity Initiative	€400.00
Ardmore Grange Ladies Football Club	Coach Education	€500.00
Waterford Crystal Football Club	Coach Education	€495.00
An Sean Phobal / Old Parish GAA Club	Sports Equipment	€250.00
De La Salle Football Club	Sports Equipment	€500.00
Dungarvan Camogie Club	Sports Equipment	€500.00
Dungarvan Gymnastic Club CLG	Sports Equipment	€500.00
Dungarvan Rugby Club	Sports Equipment	€250.00
Dunhill GAA	Sports Equipment	€500.00
Erin's Own Ladies Gaelic Football Club	Sports Equipment	€500.00
Ferrybank GAA Club	Sports Equipment	€239.50
Gaultier GAA Club	Sports Equipment	€400.00
Kilrossanty Gaelic For Mothers & Others	Sports Equipment	€250.00
Kilrossanty GAA Club	Sports Equipment	€500.00
Lismore Cricket Club	Sports Equipment	€448.00
Metalmans Paddlesports Club Waterford	Sports Equipment	€500.00
Portlaoigh Camogie Club	Sports Equipment	€250.00
Saint Mary's East GAA Club	Sports Equipment	€400.00
St Anne's Camogie & Ladies Gaelic Football Club	Sports Equipment	€250.00
St Oliver's LGFA	Sports Equipment	€500.00
St Saviour's FC	Sports Equipment	€500.00
Tycor Athletic Football Club	Sports Equipment	€490.00
Villa FC	Sports Equipment	€500.00
Waterford City RFC	Sports Equipment	€500.00
Waterford Vikings Basketball Club	Sports Equipment	€500.00
Waterpark Rugby Club	Sports Equipment	€495.00

WSP Club Development Grant 2023

€11,617 awarded to 27 sports clubs across Waterford city and county!

The WSP Club Development Grant aims to support initiatives that will lead to an increase in participation in sports clubs across Waterford. Priority for funding was 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.

The 2023 Grant Scheme was open for applications in May. Twenty-seven Waterford Sports club were successful and were awarded grants ranging from €200 - €500 (see table). The funding will be used to purchase sports equipment, provide physical activity initiatives for new and existing members or to avail of National Governing Body or Sport Ireland Coaching training and education courses for club volunteers.



Unfortunately, not all the applications submitted were successful. We will endeavour to support the unsuccessful sports clubs with their application for future funding opportunities. The successful applicants have all been informed of their grant allocation. We would like to take this opportunity to wish them all the very best of luck with their projects.

For any queries on the Club Development Grant, please contact Sinéad Brannigan on 087 459 6179.

NOW BOOKING! Coaching Teenage Girls in Sport Workshop

Tuesday 10th October | 6.15 to 9.15pm @ SETU Arena, Carriganore, Waterford.

For Coaches, Volunteers, Committee Members, or Teachers involved in young female participation across all sport types.

THIS 3-HOUR WORKSHOP WILL COVER:

Dropout & Engagement by Girls in Sports & Physical Activity
Meeting the Psycho-Social Needs of Girls in Sport
Key Considerations for Coaching Girls: Body Image & Maturation
Preparing for the Challenges of Adolescence

€15pp | Book now on www.eventbrite.ie

FOR FURTHER INFORMATION PLEASE CONTACT:

Sinéad Brannigan on 087 459 6179 or email sbrannigan@waterfordsportspartnership.ie



Ukrainian Youth Sport Fund

We recently received funding to support young Ukrainians (aged 10-23 years) in integrating into local communities through the medium of Sport. The aim of the grant is to support and assist young Ukrainians in joining local sports clubs and to actively participate within local communities.

For further information on the Ukrainian Youth Sport Fund, contact Brian O'Neill on 086 0201219 or email boneill@waterfordsportspartnership.ie



Ukrainian Waterford Volleyball Club

We supported the Ukrainian Waterford Volleyball Club in accessing hours and equipment so they can continue to be physically active, whilst also integrating into the community.

For more information on this social Volleyball group, visit their Facebook page: [Volleyball Waterford Ireland](#)



Sports Club Volunteers Training Supports Available!

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

Please register your sports clubs volunteer training needs with WSP

By emailing Sinead: 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!

Sports Capital & Equipment Programme Webinar 2023

In partnership with Cork Sports Partnership, we co-ordinated an information webinar for sports clubs and organisations that are interested in submitting a funding application to the Sports Capital and Equipment Programme 2023. This webinar was facilitated by Patricia Keenan from 2into3. Patricia was able to shed light on the Sports Capital landscape and share her experience with attendees to help them avoid the common pitfalls that lead to invalid applications, whilst also helping to ensure that they have the knowledge to best strengthen their potential application. There were over 120 attendees on the webinar and the feedback received has been extremely positive. Best of luck to all clubs and organisations that are applying!

Please do not hesitate to get in touch with WSP if you have any questions in relation to the Sports Capital and Equipment Programme 2023.

A RECORDING OF THE WEBINAR IS AVAILABLE ON OUR YOUTUBE CHANNEL

Key Dates to Remember

Closing date to register for OSCAR: 25th August 2023 @ 5pm

Closing date to apply: 8th September @ 5pm

For more Information visit: www.sportscapitalprogramme.ie

FEEDBACK

'Thanks to WSP for the Webinar last night. I'm new to the Treasurer role in the club and still finding my way, it was really a fact-finding mission for me, and I have to say I came away last night with a lot of information which will more than likely going forward be very beneficial to us.'

'Just a quick email to let you know that, that was the best Sports Capital information webinar I've ever attended thank you for facilitating it.'

2023 CALENDAR OF TRAINING & EVENTS

DATE	COURSE/EVENT	TIME	COST	VENUE
September 2023				
Monday 18 th September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Saturday 23 rd September	Sports First Aid Course	9am to 4pm	€25pp	Rainbow Hall Kilmacthomas Book on www.eventbrite.ie
Saturday 23 rd September	Be Active Night	4 to 7pm	FREE	People's Park Waterford See Page 1 for more info!
Sunday 24 th September	National Walking Day	11am	FREE	Glenshelane Family Walk Book on www.eventbrite.ie
October 2023				
Sunday 1 st October	SportAbility Day	11am to 3pm	FREE	SETU ARENA See page 25 for more info!
Sun 1 st to Sat 7 th October	Positive Ageing Week	See Page 7 for more info!		
Friday 6 th October	Safeguarding 2 - Club Children's Officer Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Tuesday 10 th October	Coaching Teenage Girls in Sport Workshop	6.15 to 9.15pm	€15pp	SETU Arena Carriganore Book on www.eventbrite.ie
Monday 16 th October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Saturday 21 st October	Sports First Aid Course	9am to 4pm	€25pp	Roanmore Sports & Social Club Book on www.eventbrite.ie
November 2023				
Monday 6 th November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Wednesday 8 th November	Sports Inclusion & Disability Awareness Training	7 to 8.30pm	FREE	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Thursday 16 th November	Safeguarding 3 - Designated Liaison Person Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Tuesday 21 st November	Introduction to Coaching & Considerations when working with Young Athletes	7 to 8.30pm	€20pp (€15pp*)	SETU Arena Carriganore Book on www.eventbrite.ie
Saturday 25 th November	Sports First Aid Course	9am to 4pm	€25pp	The Park Hotel Dungarvan Book on www.eventbrite.ie
Tuesday 28 th November	Designing and Implementing an Effective Warm-up Protocol for Young Athletes	7 to 8.30pm	€20pp (€15pp*)	SETU Arena Carriganore Book on www.eventbrite.ie

*Discounted Rate for people attending both Workshops:

(Introduction to Coaching & Considerations when working with Young Athletes **and** Designing and implementing an Effective Warm-up for Young Athletes

WORKSHOPS FOR COACHES - NOW BOOKING!

WSP, in partnership with SETU Arena, is hosting two informative and practical workshops for sports coaches based in Waterford. The workshops are designed for sports coaches involved in coaching young athletes aged under 16 and will be delivered by the High Performance Team based in SETU Arena. The High Performance Team has extensive experience working with individual athletes and athletes involved in team sports. The workshops are open to sports coaches and volunteers from all types of sports. The workshops will involve a mix of theory and practice (all coaches will be asked to participate in the practical elements of the workshop).

Introduction to Coaching & Considerations when working with Young Athletes

Tuesday 21st November 6.45 – 8.15pm

This workshop will provide coaches with an introduction to different types of coaching skills, considerations required for this age group, and types of communication skills that can maximise coaching abilities, etc.

Designing and Implementing an Effective Warm-up Protocol for Young Athletes

Tuesday 28th November 6.45 – 8.15pm

This workshop will involve an introduction to the considerations needed when designing and implementing an effective warm-up for young athletes.

Book both workshops for €15 each, or one workshop for €20. Limited Places. Book now on www.eventbrite.ie

BoxUp comes to Ireland

Active Cities project brings free equipment sharing solution to five Irish Cities

Eight of Sport Ireland's Local Sports Partnerships (LSPs) are currently working with their respective Local Authorities to bring a new and innovative free equipment sharing solution to parks and communities across five cities in Ireland: Dublin, Cork, Limerick, Galway and Waterford.

The Active Cities project is focused on getting those who are least active in our society active. In taking a multi-sectoral approach, the project is seeking to reduce the barriers to participation in physical activity, increase access and enhance the choice and opportunities available for all to take part. Introducing BoxUp to Ireland is a collaborative initiative being developed across the cities as part of this project and aims to expand the opportunities for people of all ages and abilities to lead healthier lifestyles through increased access to free sport and leisure equipment.

Over the past nine months, the eight LSPs have been working with the Swiss-based company, BoxUp, to bring the first lockers to Ireland. There are currently over 60 lockers in operation across Switzerland and France, with many other European Countries expected to come online over the coming months.

The lockers, which are solar powered, contain a variety of equipment based on the facilities and amenities in that area, and all equipment can be easily accessed through the use of a free app. Leading on the project, Mary Corry, National Active Cities Officer, said *"working collectively to identify practical solutions is a key focus of the project. We know that for some, accessing equipment can be a real barrier to their participation, and with so many facilities, parks and open spaces across our cities, it's important we try to meet the needs of individuals to enable them to be active."*

As part of a feasibility study, representatives from the National Active Cities working group, visited Geneva and Lausanne to see the lockers both in production, and in operation across a number of parks. With over 15,000 users and over 50,000 hours of recorded activity to date, not only can these lockers provide access to equipment, but they will also provide invaluable data on the usage of the equipment in each local area.

In Waterford, Waterford Sports Partnership is working with Waterford City & County Council to install a 6-locker unit in the People's Park to compliment a number of new physical activity installations and projects introduced over the last few months. Rosarie Kealy, Sport Co-ordinator with Waterford Sports Partnership, commented "We are delighted to be working closely with Waterford City & County Council to bring BoxUp to Waterford. This represents a significant opportunity to provide people with additional resources to get active in one of our city parks and we look forward to seeing the locker being utilised by all ages and abilities in the city'.

Seán Gormley, Acting Senior Executive Engineer, from Waterford City and Council said ' We are very happy to support this addition to the infrastructure in the People's Park which will enhance the opportunity for recreational activity in the park. This is part of the continued partnership between Waterford City & County Council and Waterford Sports Partnership and all these additions are very positive and have been well received by the public that are using the People's Park on a daily basis. The lockers, which are being funded through the Dormant Accounts Fund via Sport Ireland, will come on stream across the cities over the coming weeks!

**For more information on the Active Cities project see www.waterfordsportspartnership.ie/active-cities-waterford/.
or contact our Active Cities Officer, Lauren Walsh-Kett on 087 117 8578
or by email at lwalshkett@waterfordsportspartnership.ie**



Parkour Taster Session

Active Cities Waterford partnered with Spraoi and parkour group Be Flat from Belgium to bring a Parkour Taster Session to Wyse Park on Friday 4th August. Twenty five young people took part in the session. What a great way to Move in your City! Thanks to all the Spraoi volunteers and Be Flat for delivering a brilliant session and giving everyone the confidence to try Parkour!



Short Mat Bowling Equipment Cill Barra

Active Cities Waterford funded short bowls equipment for Active Retirement Groups based in Cill Barra Sports Centre, Ballybeg. Each week over forty older adults take part in the bowls games with one participant saying; 'The social side of it is great alongside the physical improvement it has on my balance'.

The group plays twice a week in Cill Barra on Tuesdays and Thursdays from 10:30-12:30 followed by tea and coffee afterwards. The sessions are open for anyone to come along to try out bowls and have a bit of fun.



Ballybeg Walking Programme

We started our twelve-week social walking programme in partnership with Get Ireland Walking in Ballybeg in June. Over the summer WSP tutor Lynda Gough and the participants have clocked up many happy miles.

For the first three weeks the group explored the surrounding area of Cill Barra Sports Centre, stretching from Ballybeg to the Cork Road and beyond. In recent weeks they have expanded to the Waterford Greenway and intend to take on different walks until the end of August. It's a great way to kick off the day and gain fitness along the way.



New amenities in the People's Park

We are delighted to announce that a concrete Table Tennis Table and a Teqball Table have recently been installed in the People's Park, as well as an additional Boules court. These installations have been funded by Active Cities Waterford. Thanks you to Waterford City and County Council for installing these fantastic new amenities!



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!**



Meet Lauren Walsh-Kett, our NEW Active Cities Officer

I am delighted to be re-joining the WSP team as the new Active Cities Officer. I was previously the Community Sports Hub Development Officer in Carrickphierish with WSP from 2019-2020. After that I worked as a Community Sports Development Officer with Kilkenny Recreation & Sports Partnership for two years. It is great to be back working within the community of Waterford City again. I have always loved being active and taking part in team sports. I am a regular hiker and I love the sea, so I spend a good part of my spare time on the Comeragh Mountains or on one of Waterford's beautiful beaches along the Copper Coast. I also play Gaelic Football with Stradbally GAA Club.

**You can contact Lauren by phone on 087 117 8578
or by email at lwalshkett@waterfordsportspartnership.ie**

Walk for Life – Summer Series

We host our Walk for Life Series regularly through the year, typically in Spring, Summer and Autumn. This summer we planned four walks, in Tramore, Bunmahon Boardwalk, Anne Valley Walk Dunhill and at Youghal Boardwalk. We had a great turnout with an average of 40 participants taking part in each walk. The 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 and a scone. A special thank you must go to all who facilitated us with our tea/coffee and scones and showed excellent service and kindness to our



Sports Inclusion & Disability Awareness Training

Since January this year, we have delivered three Sports Inclusion & Disability Awareness courses, two online and one face to face. This Active Disability Ireland certified online workshop is designed to create a greater awareness of the area of disability and how to include people with disabilities in sport and physical activity.

This 90-minute workshop covers many topics such as understanding disability, perceptions, communication, and inclusion. On completion, all participants receive a Sport Ireland and Active Disability Ireland endorsed certificate of attendance.

NOW BOOKING!

Sports Inclusion & Disability Awareness Training | ONLINE COURSE
Wednesday 8th November | 7 to 8.30pm
Book now on www.eventbrite.ie



Blind/Vision Impaired Tennis

Congratulations to the six participants who completed the Blind/VI Tennis Programme. With the programme being such a success in February/March we decided to run a 4-week block in April/May. The players made a huge improvement in their skills and confidence over the last few months. The smiles on their faces every week said it all! Thank you to coach Mark White and to assistants Jeremy, Aine and Ray and to all the volunteers as this programme would not be possible without you all. Keep up the good work!

For more information please go to the Vision Sports Ireland Website and register your details.

sport inclusion disability
charter

Disability Charter

- have you signed up?

Waterford Sports Partnership is calling on all Waterford organisations working in the Sport and Physical Activity area to sign the 'The Sports Inclusion Disability Charter'. The Charter was developed based 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 visit www.actedisability.ie



NOW BOOKING!

Surfing for People with a Disability

Join us for a tutor led Surf Session for children and adults with a disability

Sunday 17th September
10.30am to 12.30pm & 1pm to 3pm
@Oceanics Surf School & Marine Education Centre | Tramore
€10 per person | Book your place on www.eventbrite.ie

For more information, please contact Jordan Kelly on 086 167 5642 or email jordankelly@waterfordsportpartnership.ie



Social Soccer

Social Soccer was hosted by the FAI and WSP on the last Wednesday of every month for adults with a Disability at Dungarvan Sports Centre. In the sessions, the FAI Coaches ran two groups; one for participants of low-level ability and another for participants with a higher level of ability who want to play more competitive soccer. A big thank you to Gary Power and Jamie Organ for leading the sessions!

Brickey Rangers GAA For All

Brickey Rangers GAA club in Dungarvan held a 4-week GAA For All Camp in May for primary school aged children with a mild to moderate intellectual and sensory disability. The initiative was run by volunteers in collaboration with Waterford Sports Partnership. The camp consisted of lots of fun games such as tug of war, soccer, hurling, bowling and parachute circle. 13 children took part throughout the 4 weeks. The children got to enjoy special visits from Tadhg De Burca, the Waterford Camogie girls and Alva, a service dog from My Canine Companion.



Ready Steady Pedal

Well done to the eighteen participants from Rehab Care Vitae, Rehab Mental Health Service, National Children's Disability Network, Quest, and Adult Community Health Service who completed our six week Ready Steady Pedal Programme on July 24th. The sessions took place at the Regional Sports Centre in Waterford. Each week the group worked on a different skill, ranging from cycling on their own for the first time to hand signals and stopping! Thank you to our Cycling Tutor Declan Kelly for coaching the sessions.



Kick to Recovery

Well done to the participants from the Waterford Mental Health services who completed their eight-week block of training in April. Thank you to FAI Coach Tommy Griffin for running the session each week. The Kick to Recovery Programme was developed by the FAI in partnership with the HSE Mental Health Teams and with the support of the Sports Inclusion Officers in Local Sports Partnerships around the country to bring football into the lives of those with mental health difficulties. The programme allows the participants to use football as a platform for enabling them to improve their mental health as well as reaping many physical and social benefits.

Dungarvan Cycling Programme

Two groups from the Carriglea Gateway Service in Dungarvan took part in a Cycling Programme in July in Dungarvan with cycling tutor Declan Kelly. The ten participants began by learning basic skills like going forward, stopping and hand signals. The group progressed to learning about the gears on the bikes and went from cycling around Walton Park to cycling on the Greenway! Well done to everyone who took part.



EQUIPMENT FREE HIRE AVAILABLE

Boccia Kits | Pitch & Putt Clubs | Activator Poles

For more information please contact

Jordan on 086 167 5642 or email jordankelly@waterfordsportspartnership.ie

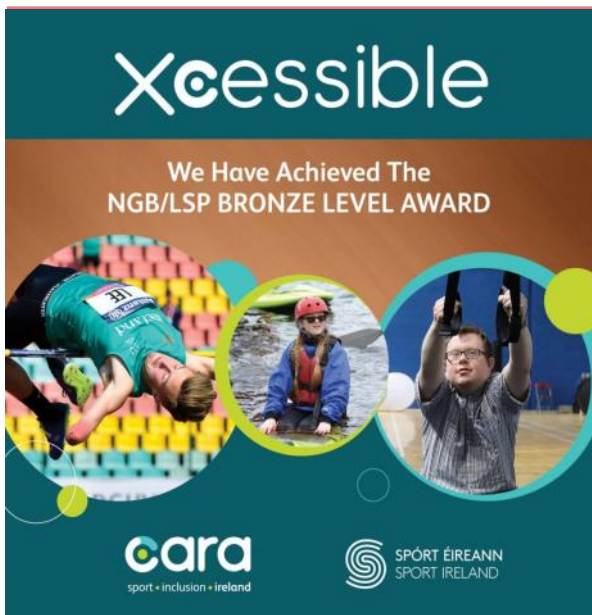


Summer Camp Assistance Programme

The Summer Camp Assistance programme made a return again this summer running from the 3rd of July to 25th August. The programme is for children aged 6-12 years old with mild to moderate disabilities. It is a social inclusion initiative that allows children with a disability to participate in mainstream camps. Assistance towards the provision of an SNA was available for the following camps: Kingfisher club, FAI, GAA, SETU Arena. Thirty children were supported to access one of the camps.

Communication Boards

Waterford Sports Partnership in conjunction with Waterford City and County Council developed Communication Boards for all Waterford playgrounds. These communication boards have been installed in all playgrounds across Waterford City & County. A communication board is a form of AAC (augmentative and alternative communication) that non-verbal people use to communicate with. The communication board has symbols and 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.



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 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.

Waterford SportsAbility Forum

Waterford SportsAbility Forum was established in 2016, with representatives from various Disability Organisations, Voluntary and Statutory Organisations and National Governing Bodies. The aim of the forum is for organisations to meet quarterly and share information on what physical activity opportunities are available for people with a disability in Waterford. The forum's secondary aim is to increase the awareness of the physical activity opportunities for people with a disability in Waterford.



Waterford SportsAbility Day – October 1st

Waterford's SportsAbility Event is taking place on October 1st in SETU Arena from 11am -3pm. Our aim is to create sustainable Sport and Physical activity for people with a disability in Waterford. The SportsAbility day will give children and adults an opportunity to try out several taster sessions all of which are FREE of charge. Participants can attend events with their families and siblings.



Come & try lots of fun activities!

This event is suitable for people with a disability of all ages, their families, parents, teachers, sports coaches, youth club leaders and anyone interested in sport.

@SETU Arena

Sunday 1st October | 11am to 3pm

REPRESENTATIVES FROM LOCAL SPORTS CLUBS, LEISURE FACILITIES & DISABILITY ORGANISATIONS
WILL BE ON HAND TO PROVIDE INFORMATION, SUPPORT & ADVICE.

FREE EVENT | ALL WELCOME! | Register on www.eventbrite.ie

For more information, please contact Jordan Kelly on 086 167 5642
or email jordankelly@waterfordsportspartnership.ie



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



Celebrating 20 Years of WSP!

www.waterfordsportspartnership.ie | Waterford Sports Partnership -Supporting Activity and Sport for All

DISABILITY SPORT CALENDAR

	DATES & TIMES	LOCATION	COST	DESCRIPTION	BOOKING
Pitch & Putt	4 Week Programme Monday 18 th September Monday 25 th September Monday 2 nd October Monday 16 th October 11am-12pm	Waterford Regional Sports Centre	€15pp For Programme	We are teaming up with David Hayes 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 Essential Numbers are limited Please contact Jordan (see details below)
Social Soccer	Wednesday 27 th Sept Wednesday 4 th Oct Wed 11 th Oct Wed 18 th Oct Wednesday 25 st Oct 1-2pm	Dungarvan Sports Centre	€3pp per session	For Adults with a Disability 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.	Booking Essential Numbers are limited Please contact Jordan (see details below)
Walk for Life Autumn Series	People's Park Tuesday 19 th September 10.30am – 12pm	Meet @ the Café	€5pp per walk	For People with a Disability Waterford Sports Partnership is hosting a series of walks for people with a disability, all which can be modified to cater for all abilities but be sure to check out the details before travelling. The aim of the series is to give people the opportunity to create links with others in their locality and experience some of the wonderful Waterford Walks.	Booking Essential! All bookings must be made by 12pm the previous Monday
	Crough Woods Tuesday 26 th September 10.30am – 12pm	Meet @ Crough Coffee			
	Cappoquin GAA Club Tuesday 3 rd October 10.30am – 12pm	Meet @ the Clubhouse			
	Waterford Nature Park Tuesday 10 th October 10.30am – 12pm	Meet @ the Kingfisher Club Car park			
Fishing	Wed 20 th September Wed 27 th September Wed 4 th October Wed 11 th October 11am to 1pm	Ballyshunnock Reservoir	€15pp For programme	For adults with a mild to moderate disability. This is a tutor led fishing programme.	Booking Essential Numbers are limited Please contact Jordan (see details below)
Boccia	Monday 2 nd October Monday 9 th October Monday 16 th October Monday 23 rd October 11.30am to 1pm	Cill Barra Sports Centre	€3pp per week	Pan Disability Boccia is a target ball game similar to bowls or petanque. Boccia is ideal for mixed ability participants. Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls — coloured red or blue as close as they can to a white target ball, or jack.	Booking Essential Numbers are limited Please contact Jordan (see details below)
Kick to Recovery	Tuesday 5 th September Tuesday 12 th September Tuesday 19 th September Tuesday 26 th September Tuesday 3 rd October Tuesday 10 th October Tuesday 17 th October Tuesday 24 th October 11am to 12pm	Butler Community Centre	€3pp per week	People in Mental Health Services We are working in partnership with the FAI to deliver an eight 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.	Booking Essential Numbers are limited Please contact Jordan (see details below)



For bookings or more information please call
Jordan Kelly on 086 167 5642
or email jordankelly@waterfordsportspartnership.ie



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FACEBOOK!

Follow
'Waterford SportsAbility'
on Facebook!

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 focusing 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 Jordan Kelly on 086 167 5642 or email jordankelly@waterfordssportpartnership.ie

Beach Wheelchair Available for FREE HIRE in TRAMORE



BOOK ONLINE NOW @
www.waterfordssportpartnership.ie

For more information contact: Jordan Kelly on 086 167 5642 or email jordankelly@waterfordssportpartnership.ie

Disability NGB Contacts

Special Olympics

Sinead Costello - sinead.costello@specialolympics.ie

Vision Sports Ireland

Padraig Healy - padraig.visionsports@ncbi.ie

Golf Ireland:

Sarah Banville - sarahbanville@golfireland.ie

Football For All Development Officer

Brendan Corish - brendan.corish@fai.ie

Irish Wheelchair Association Sport

Joanne Wall - joanne.wall@iwa.ie



Down Syndrome Waterford Branch
info@dsiwaterford.ie

Dyspraxia Ireland
DCDynamo Multi Activity Club Waterford
dyspraxiadcdwaterford@gmail.com



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

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



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

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

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



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

Cappoquin Railway Football For All
Contact: brendan.corish@fai.ie



Special Olympics Waterford
Contact: louise.mcsweeney@bocsi.ie



Women on the Move is back!

Women on the Move returns to the West Waterford Hub this September. We had great numbers in attendance for the previous few blocks in the Cappoquin Community Centre. Women on the Move is a great way for those looking to get fit and be able to go at their own pace, our tutors are very used to all abilities and can adapt all movements to suit all. The programme incorporates both cardiovascular and strength-based exercises.

Six Week Programme

Starting Monday 18th September | 6.30 to 7.30pm

@ Cappoquin Community Centre

€20pp | Book on www.eventbrite.ie

For more information, please contact Liz McEnaney

on 087 739 6050 or lmcenaney@waterfordsportspartnership.ie



Short Mat Bowling

In partnership with Lismore Heritage Centre, we recently hosted a four-week Come & Try Short Mat Bowling Programme. Members from the Men's Shed in Lismore have taken on the teaching roles within this newly setup club. They meet on a Friday night in the Heritage Centre for some social bowling.

New members are always welcome!

For more information please email:

lismorebowls@gmail.com

or call Lismore Heritage Centre on 058 54975

Activator Poles

In June, WSP tutor Blathnaid Foley delivered a fantastic six-week Activator Pole programme in Lismore to a group of six women who signed up and who were all local to the area. The group were shown proper technique to adjust the poles to their own height as well as how to walk with the poles. Over the weeks, different exercises and techniques were introduced to the group. At the end of the programme the group were going to continue to use the poles on loan from the library and booked them out again on the last day. Well done to all who took part!



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

lmcenaney@waterfordsportspartnership.ie



Basketball Ireland's U-14 Boys Regional Academies

We were delighted to be able to assist Basketball Ireland's U-14 Boys Southeast Regional Academy in sourcing a venue. The Regional Academy structure is the foundation of a development pathway for players with an ambition and potential to perform at the highest levels in Basketball. With six baskets to avail of, Carrickphierish Sports hall is an ideal venue.



Social Volleyball @ the Hub

We assisted Waterford City & County Council's Ukrainian Support Project in providing opportunities for this group to increase their physical health as well as integrating socially. We provided Volleyball equipment to the group, and they now have access to weekly Social Volleyball sessions in Carrickphierish Sports Hall.

For further information on this activity, please email Brian O'Neill at boneill@waterfordsportspartnership.ie

Women on the Move is Back!

Women on the Move is a community based physical activity programme suitable for adult women (18+) that would like to take part in some form of moderate exercise.

It is suitable for beginners and women returning to exercise. Each session will include cardio (walking/jogging) and upper and lower bodyweight exercises (squats, lunges, press ups, shoulder presses, etc.).

Five Week Programme

**Starting Wednesday 27th September
8 to 9pm @ Carrickphierish Sports Hall**

€20pp | Book on www.eventbrite.ie

FOR FURTHER INFORMATION PLEASE CONTACT:

Natalia Pocolujko on 086 165 4305 or email npocolujko@waterfordsportspartnership.ie

Hoops Life Ireland Basketball Camp

We assisted several young people living in the Carrickphierish area to attend a Basketball Camp. The five day camp was facilitated by Hoopslife Ireland and covered all the basic skills and fundamentals of Basketball.

Carrickphierish Sports Hub is the home of Waterford Vikings Basketball Club who play most of their home games on Saturday evenings at 7pm.



The following clubs run activities at Carrickphierish Sports Hub

Waterford Vikings Basketball Club | Waterford Badminton Club
Waterford Academy of Irish Dance | Waterford Volleyball Club

They can be contacted via their Facebook Page.

Northern Suburbs Community Youth Project

can be contacted by emailing: northsuburbscyp@wstcys.ie



**Contact
US**

For more information on activities at Carrickphierish Community Sports Hub please contact Brian O'Neill on boneill@waterfordsportspartnership.ie or 086 020 1219.

For HALL BOOKING queries please contact Darren Sealy on dsealy@waterfordcouncil.ie.



Pitch & Putt

We assisted trainees from WYTEC with their Pitch & Putt activity by providing them with Pitch & Putt clubs and organising a discounted rate for the group at the Regional Sports Centre. Great to see training and education centres availing of local facilities and promoting the benefits of regular physical activity!

Boxing Fitness - WYTEC

We concluded our Boxing Fitness programme with trainees from WYTEC. Great to see full attendance each week and the effort the boys put in. Thanks to Seamus from St. Paul's Boxing Club for delivering an excellent programme.



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 Boxercise. Great to see the local youth club avail of the Sports Hub in Carrickphierish.



Junior Youth Leadership

We collaborated with Waterford School Completion programme with their Junior Leadership programme.

These young leaders assisted Waterford School Completion with their Summer Camp programme over a five week period, by implementing and leading a range of Sporting activities.

Well done guys!!



Gym Membership

Delighted to support Abdi and Mount Sion CBS in sourcing Gym Membership so he can continue to make healthier lifestyle choices and to be physically active. Best of luck Abdi!

Waterford Youth Training and Education Centre (WYTEC) Bike Maintenance Workshops

For National Bike Week in May, we organised several Bike Maintenance workshops for trainees at WYTEC. WYTEC provides training and education for early school leavers (16 – 21 yrs) and young unemployed people. Thanks to WSP Tutor and Bike Mechanic Declan Kelly for facilitating very informative workshops.



Surfing

Great to see the BALL project make use of our fantastic natural environments in encouraging young people to be physically active. The young members took part in a Surfing lesson facilitated by Oceanics Surf School, Tramore.



Waterford FC in the Community

We partnered with Waterford F.C. Community Officer Colin Power by visiting the Millennium Youth Project and the BALL project in Lisduggan. Colin kindly offered tickets for up-and-coming Waterford FC matches to both projects, who provide fantastic services for young people in the community.



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.

For further information on any of the initiatives featured here, please contact :



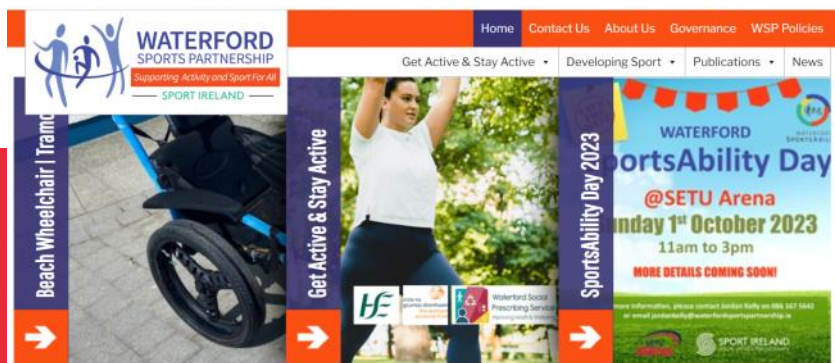
Waterford Sports Partnership
Youth Sport Development Officer
Brian O'Neill on 086 020 1219 or email boneill@waterfordsportspartnership.ie.

USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
Athletics Ireland	Colin Byrne	087 0632326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
Association of Irish Powerchair Football	Donal Byrne	087 4117911	donal.byrne@cheshire.ie	
Badminton Ireland	Ficha Andrews	01 8393028	fandrews@badmintonireland.ie	www.badmintonireland.ie
Basketball Ireland	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@cigold.org	www.cigold.org
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	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
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.waterfordsportpartnership.ie



WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford

Regional Sports Centre, Cork Road, Waterford

info@waterfordsportpartnership.ie | www.waterfordsportpartnership.ie



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