



# “More Sport More Life”

Newsletter, Issue 1 — Jan 2018  
Tipperary Sport Partnership

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## About Us

Tipperary Sports Partnership was established in July 2015 through the merger of North Tipperary Sports Partnership and South Tipperary Sports Partnership, in line with local government reform.

Tipperary Sports Partnership (TSP) is a local sports partnership established by the Sport Ireland via the Tipperary County Council to coordinate, promote and develop recreational sport in Tipperary.

Our overall vision is of a County where all citizens participate in sport and physical activity regardless of their age, ability, disability, social class or economic circumstance.

## Operation Transformation National Walks 2018

The *5k Fun Walks* will take place in Cahir, Clonmel, Nenagh, Templemore and Tipperary Town this year on Saturday, 13th January 2018.

Registration from 10.00am with each walk starting at 11.00am sharp.

These events are a great way of getting people active and kick-starting a healthier life for 2018!

These events are free and open to all walkers. The walks will be led by Irish Heart Foundation Walking Leaders & supported by a Garda Siochana, Tipperary Civil Defence, Clonmel AC,

Duneske Sports Centre, Cahir Meet n Train, Canon Hayes Sports Centre, Nenagh Éire Óg and Templemore AC.

Please note, for safety reasons strictly no dogs allowed on these walks. For further information and details of each of this year's walking routes, please contact the Tipperary Sports Partnership Office on 052 6187080, email:

[info@tipperarysports.ie](mailto:info@tipperarysports.ie)

Please find us on facebook [www.facebook.com/tipperarysports](http://www.facebook.com/tipperarysports) or twitter @TipperarySports.

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**Fun Family Walks**

Location	Meeting Point	Distance	Association
Clonmel	Clonmel Park Hotel	5k	Clonmel Athletic Club
Cahir	Duneske Sports Centre	5k	Cahir Meet 'n' Train
Templemore	Templemore Athletic Club	4.1k	Templemore Athletic Club
Tipperary Town	Canon Hayes Sports Centre	5k	Canon Hayes Sports Centre
Nenagh	Éire Óg GAA Club	5k	Éire Óg GAA Club

**SATURDAY 13<sup>th</sup> JANUARY 2018**  
11am sharp Registration at 10am

There will be trained IHF walking leaders on these walks and refreshments will be served at each location.



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## HowsSheCuttin' Walking Programme

### Upcoming Walking Events:

#### Inches to Miles

[www.tipperarysports.ie/content/inches-to-miles](http://www.tipperarysports.ie/content/inches-to-miles)

#### Suir Transformation

[www.tipperarysports.ie/content/suir-transformation-walking-programme](http://www.tipperarysports.ie/content/suir-transformation-walking-programme)

### Another Upcoming Event is...

#### Men on the Move

[www.tipperarysports.ie/content/men-on-the-move](http://www.tipperarysports.ie/content/men-on-the-move)

The TSP worked in partnership with Siul Eile to deliver an 8 week walking programme in the community of Ardfinnan. The walks began on 9<sup>th</sup> October at a distance of 4km building on this distance weekly and taking a new route each night. The programme provided an opportunity for community members to meet new people,

improve their fitness and experience a variety of tranquil countryside routes available on their doorstep. The programme culminated with a celebratory event on Wednesday 29<sup>th</sup> November with 65 walkers braving the cold elements to complete the challenge of the final 10km walk. Jason King Programme Manager from Get Ireland Walking made the trip on the night to support this event and he stated the

programme was a great example of local leadership. Well done to everyone who took part. For more information on this programme contact the Tipperary Sports Partnership office on 052-6187080.



Ardfinnan community members lighting the way on the final night of the HowsSheCuttin' programme

## Para-Badminton with Nenagh Badminton Club

Para-Badminton is a sport for all and can be played by both men and women of any age with a physical impairment. It provides players of different disabilities and backgrounds an opportunity to interact under a common purpose. TSP had the opportunity to partner with Badminton Ireland, Nenagh Badminton Club and Nenagh College to deliver 4 sessions of Para-

Badminton to 16 local participants from disability organisations in September 2017.



Participants at the Para-Badminton session in Sept

These participants never had the opportunity to play this game before and with the expertise of Nenagh Badminton coaches these sessions were a great success. Coaches observed vast improvements in hand and eye co-ordination in many players while still ensuring the fun aspect. If you have a group interested in playing Para-Badminton, please contact Tipperary Sports Partnership office on 067-44887

**'The event was a huge success with Badminton a key part of the Special Olympics programme, the session identified players who are well capable of competing in this sport'**

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## Roscrea Youth Services Programme

TSP worked in partnership with NTLF, Roscrea Youth Services to deliver a number of activities for young people living in the area. The aim of this programme is to provide a safe and positive environment in which young people are supported and encouraged in so far as possible, to actively participate in realising their full potential and to encourage young people to actively participate in their community.

Activities included:

- ◆ A taster yoga session took place in June in



**Roscrea Youths partaking in Kayaking level 1 course**

Roscrea with 20 participants.

- ◆ A certified Surfing course in Lahinch during July, with 16 participants.
- ◆ A Swim Education programme in Roscrea Leisure Centre started in June with 10 participants partaking.

- ◆ A Sailing Programme with Lough Derg Yacht Club and the Irish Sailing Association began in June, finishing in August with 15 sailors attending each day.

- ◆ A group of 10 travelled to Birr Outdoor Centre on 4<sup>th</sup> August to complete a half day level 1 kayaking skills course.

“The level of self confidence that was developed as a result of the Kayaking courses was very significant within the group of youths especially with the more reserved of the group”



**Roscrea Youths enjoying a tennis lesson in Roscrea Tennis Club**

## Wibbly Wobbly Bike Programme

This 6 week Balance Bike programme is aimed at preschool children aged between 2½-6 years and is delivered in association with Tipperary Childcare Committee. The programme is based on a balance bike programme developed by Waterford Sports Partnership and incorporates fun games and activities to help children develop gross motor skills, spatial awareness, bilateral co-ordination and enhance their physical literacy. Upon

completion of the programme, children will more easily transition to riding a pedal bike in a safe environment. Balance bikes are used with a variety of fun activities that build confidence, spatial awareness and dynamic balance skills enabling young children to cycle without ever needing stabilisers. Balance is important to achieving success in almost every sport or physical

activity and is fundamental in the process of learning to ride a bike. The first programme started the 13<sup>th</sup> Nov in 3 preschools, Foundations Playschool Clonmel, Stepping Stones

Montessori, Clonmel and Tumbletots Playschool, Clerihan. 8 bikes with 8 helmets were provided to each facility completing the programme with 91 children in total partaking. The children enjoyed using the balance bikes and early years educators observed a remarkable improvement in children's balance and movement skills. If childcare services are interested in partaking in 2018 please contact the Tipperary Childcare Committee on 062-64200.



**A pre-school child enjoying the Wibbly Wobbly Programme**



## 'Tipperary Warriors' - A Multi Sports Club for Children with a Physical Disability

A highlight for 2017 was the establishment of the 'Tipperary Warriors' a multi-sport club based in Thurles, for children with a physical disability. This club is an initiative of TSP & IWA-Sport. Activities include ball games, wheelchair skills, soccer & other multisport sport activities. All are very welcome!

The children's parents are key to the success & sustainability of this club. Families are now travelling to this weekly club from all over the County. Local clubs and NGB's are also linked in and are very supportive. For more information, please contact IWA-Sport, Paul Ryan on 087 137 13 33 or Elaine Cullinan TSP on 087-3173587.



Children having fun at the Multi Sports Club in Thurles!

### Safeguarding Courses Jan — April 2018

Date & Time	Course	Venue	Fee (€)
25th Jan 6.00 - 9.00pm	Code of Ethics in Sport Awareness (Safeguarding Level 1)	LIT Clonmel	15
22nd Feb 6.00 - 9.00pm	Code of Ethics in Sport Awareness (Safeguarding Level 1)	LIT Thurles	15
1st March 6.00 - 9.00pm	Code of Ethics in Sport Awareness (Safeguarding Level 1)	Spafield Family Resource Centre, Cashel	15
15th March 6.00 - 9.00pm	Code of Ethics in Sport Awareness (Safeguarding Level 1)	Parish Centre, Nenagh	15
20th March 6.00 - 9.00pm	Children's Officer in Sport (Safeguarding Level 2)	Spafield Family Resource Centre, Cashel	15
26th March 6.00 - 9.00pm	Designated Liason Person (Safeguarding Level 3)	Spafield Family Resource Centre, Cashel	15
12th April 6.00 - 9.00pm	Code of Ethics in Sport Awareness (Safeguarding Level 1)	LIT Clonmel	15
19th April 6.00 - 9.00pm	Code of Ethics in Sport Awareness (Safeguarding Level 1)	Rackethall House Hotel, Roscrea	15
26th April 6.00 - 9.00pm	Code of Ethics in Sport Awareness (Safeguarding Level 1)	LIT Thurles	15



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For more information contact [info@tipperarysports.ie](mailto:info@tipperarysports.ie) or 052 6187080, download application forms on [www.tipperarysports.ie](http://www.tipperarysports.ie)

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