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Swim For A Mile Programme

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TSP facilitated a 12 week coached Swim for a Mile training programme in 5 pools around the county: Clonmel Swimming Pool, Nenagh Leisure Centre, Sean Kelly Sports Centre, Sean Treacy Memorial Swimming Pool and Thurles Leisure Centre with 64 participants taking part in the training. The aim of the Swim for a Mile training is to build participants up from swimming 2 lengths of the pool to 64 lengths (a mile). Following the training two events were held with Swim Ireland in Tipperary on Saturday 13th April in Thurles Leisure Centre and Clonmel Swimming Pool. These events were open to participants of the programme and members of the public



Participants from the Thurles coached 12 week programme that completed their mile in Thurles on 13th April.

who completed training themselves. 78 Swimmers took part in these events. The events were a great success with each participant receiving their Swim for a Mile t-shirt and goody bag after completion of their 64 lengths. A participant stated: "I could only swim two lengths before the programme and the

event was an awesome experience". Another participant described the programme as: "really enjoyable programme during the winter months!". Well done to all participants who took part we hope you enjoyed it! We would like to say a big thank you to the volunteers and staff on the day who were an integral part of the events success.

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Late Night Soccer Programme



Late Night Soccer Programme Tipperary Town

TSP is currently supporting the Tipperary Town Garda Youth Diversion Project which is a 12 week soccer programme run in conjunction with FAI South

attended with up to 16 teenagers attending each week. The progression of the players over the programme is evident and a couple of

Tipperary. It takes place every Monday night in the Canon Hayes Sports and Recreation Centre. The Programme is well

successful cross organisation blitzes have been held over the past few weeks with Fethard, Killenaule and Thurles Youth Projects. This has brought the competitive side of the players to the forefront. It is planned to continue the programme over the summer months on the newly resurfaced astro pitches. A Town Soccer League is also planned for the summer months for Junior (1st—3rd year) and Senior (4th—6th year) teams.

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UPCOMING PROGRAMMES

- **Launch of the Suir Blueway Tipperary on 17/5/2019**
- **Community Walks on 18/5/2019 at 12 noon**
- **National Bike Week 22/6–29/6/2019**
- **Kayaking Summer Camps taking place over the summer months in Clonmel, Cahir and Ardfinnan**
- **Tipperary Womens Mini Marathon on 29/09/2019 Clonmel**
- **SAFETalk Workshop on 10/10/2019 Nenagh**

Full details and booking log on to

www.tipperarysports.ie/

Keep an eye on our facebook page for further upcoming programmes

Get Tipperary Walking

Two 8 week walking programmes under the Get Tipperary Walking Initiative were facilitated by TSP in 2019 in association with Siul Eile. **Get Carrick Walking** started in Carrick on Suir on 21st January with an average of 25 participants weekly. **MBL Transformation** started in Moycarkey-Borris-Littleton on 23rd January with an average of 35 participants weekly. The 8 week programme included a different walking route each night which built distance weekly starting

at 4km. Feedback from the programmes was very positive with many participants highlighting the benefit of the social aspect of the programme. One participant described the programme as “very enjoyable and a great community initiative.”

Since the completion of the programmes in March both groups have now continued walking as a community demonstrating the sustainability aspect of the initiative. If your community would be interested in a similar walking programme please express your interest to info@tipperarysports.ie



MBL Transformation programme

Activator Programme



Activator Workshop in Littleton

On Wednesday, 18th April 2019 Tipperary Sports Partnership hosted an Activator Workshop for older adults. This event was held in the Littleton Sports Centre and was facilitated by Frank Fahey from Fit Walk Ireland. A

total 36 participants from various active retirement groups from across the County took part.

This workshop gave participants the opportunity to test drive Nordic Poles and

Activator Poles in both an indoor and outdoor setting. Activator poles improve stability, core strength and posture and reduce impact on joints while walking. This workshop was also suited to participants of all fitness levels and the activator poles were particularly suited to people with limited mobility and balance concerns. All participants really enjoyed the day with one participant in particular stating that they **“Thoroughly enjoyed the tutor, the banter and mixing with people.”**



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Funding For Clubs— Coaching & Development Fund 2019

Tipperary Sports Partnership is now accepting applications from Sports Clubs under the 2019 Coaching and Development Funding scheme.

The closing date for receipt of applications under the Coaching and Development Fund is Thursday 16th May 2019 at 4pm.

Tipperary Sports Partnership aims to develop sport and increase physical activity in Tipperary.

The Coaching Section aims to support and develop quality coaching in Tipperary and to encourage all coaches / volunteers to undertake appropriate education and training.

The Development Section aims to encourage the set up of new clubs and assist existing clubs to increase participation. Priority will be given to key target groups as identified in TSP Strategic Plan.

There is a maximum allocation of €500 available per Club under this Funding Scheme. Applicants can apply under either the Development or Coaching Section or both up to the maximum amount. This Funding Scheme is supported by Sport Ireland and Tipperary County Council.

Who can apply? - To be eligible organisations/ clubs must:

- be based within Tipperary
- operate as a 'not for profit' club or organisation that is open to public membership
- have a primary objective of sport or physically active recreation and have policies and practices that encourage participation regardless of gender, age, race or ability
- operate under the basis of best practice for children in sport – a member of the club must have previously attended a Child Welfare & Protection Awareness

course (new clubs must commit to attending training where appropriate)

- be registered with their National Governing Body and new clubs will need to provide written confirmation of registration with their National Governing Body or appropriate agency before funds are paid out
- be registered with County Tipperary Public Participation Network (PPN).

For more information see: <http://www.tipperarysports.ie/content/funding>

The Daily Mile

The Daily Mile is a social physical activity, with children running or jogging – at their own pace – in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but should aim to run or jog for a full 15 minutes.

The Daily mile now aim for every child to have the opportunity to do The Daily Mile at primary school, and are working to build The Daily Mile's community in Tipperary:

How The Daily Mile Works!

- It takes place in 15 minutes, with most

children averaging a mile, or more, each day

- Children run outside in the fresh air – and the weather is a benefit, not a barrier
- There's no set up, tidy up, or equipment required
- No staff training is needed and there is no extra workload for teachers
- Children run in their uniforms so



no kit or changing time is needed

- It's social, non-competitive and fun
- The children return to class ready to learn
- It helps to improve fitness and achieve a healthy weight

- It encourages children to be aware of their health
- It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile

The Daily Mile programme is a simple initiative that can go towards obtaining a schools active school flag also. Schools can find more information at www.thedailymile.ie or if you would like more advice regarding setting up The Daily Mile in your school email info@tipperarysports.ie

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Suir Blueway Tipperary Walks



The Suir Blueway Tipperary

On Saturday the 18th May 2019 community walks will be held on the Suir Blueway, as part of the official opening of the Suir Blueway Tipperary. The walks will start in two locations **Monument car park** (under the Gashouse Bridge) in **Clonmel** and **Ormonde Castle in Carrick on Suir** at 12pm with both walks finishing in Kilsheelan. The walk from Clonmel to Kilsheelan is approx 9.5

km and the walk from Carrick on Suir to Kilsheelan is approx 12 km. A community event will take place upon arrival in Kilsheelan following completion of the walks. Shuttle buses will be provided in Kilsheelan for return to both locations. The walks are free to attend but you must register on eventbrite before taking part. No dogs will be allowed to take part in walks. For further information please see www.tipperarysports.ie

Kids & Teens Kayaking Summer Camps

Tipperary Sports PARTNERSHIP — SPORT IRELAND —

Kids Kayak SUMMER CAMP

SUPER FUN • FOR AGES 10+ • MONDAY TO FRIDAY

Canoeing Ireland

€70 + Booking Fee

Mornings: 10am - 12.30pm Afternoons 1.30pm - 4pm

Clonmel: July 1st - 5th, July 8th - 12th, August 12th - 16th

Cahir: July 15th - 19th

Ardfinnan: July 22nd-26th

Register on www.tipperarysports.ie

Contact T.S.P on Tel: 0761 06 6229 Email: info@tipperarysports.ie

Tipperary Sports Partnership and Canoeing Ireland are delighted to run The Kids Kayaking Summer Camps and The Teen Adventure Camp 2019. All Camp activities will take place near and on The Suir Blueway Tipperary.

Spaces are limited to 12 participants to each camp.

- **Kids Camp for 10 to 18 years old**
- **Teen camp is for 13-18 years old**

The Camp will introduce and improve your fundamental kayaking movements, we will journey along the Suir from the 3 camp locations and have lots of laughs.

Teen Adventure Kayaking Camp

COST €90 + Booking Fee

10th - 13th June Clonmel
17th - 20th June Cahir
19th - 22nd August Ardfinnan

Register @ www.tipperarysports.ie

Age: 13-18 years old

Days: Mon-Thurs

Time: 10am to 3pm

Canoeing Ireland Tipperary Sports PARTNERSHIP — SPORT IRELAND —

To book or find out more information check out or eventbrite <https://www.eventbrite.ie/o/tipperary-sports-partnership>

Find us on Facebook, instagram and twitter for more information: search Tipperary Sports Partnership