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Newsletter, Issue 5  
Jan 2020

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## Volunteer in Sports Awards 2019

Nominations for the 2019 Volunteer in Sports Awards were received from sports clubs/organisations across Tipperary identifying individuals whose exceptional efforts as volunteers have made a difference to sport in their club and community.

As part of the Canon Hayes National Sports Awards on the 13th December a presentation was made to each of the volunteers by TSP Chairperson, Isabel Cambie and Minister of State Pat Breen.

The overall winner was Seamus O'Doherty of Hillview Sports Club. Also, recognised on the night for their



*Presentation of Volunteer in Sports Awards 2019*

enormous contribution were Michael England (Co. Tipperary Community Games); Frank Burke (Moyle Rovers GAA Club); Jim Ryan (Tipperary Town FC); Richard Hudson (Nenagh Juvenile Badminton Club); Paddy Noonan

(Ardfinnan Ladies FC) and Michael Foxy Grace (Bansha Celtic Schoolboys).

Congratulations to all recipients whose exceptional efforts as volunteers have made a difference to sport in their clubs and communities.

## Operation Transformation 2020

TSP and Sport Ireland in association with the RTE programme Operation Transformation are supporting 5 Family Fun Walks in the County organised by local organisations. All are welcome to attend these FREE walking events on **Saturday, 18<sup>th</sup> January at 11am.**  
**Registration at 10am**

Location	Start/Finish
<b>Cahir</b>	Duneske Sports Centre
<b>Clonmel</b>	Clonmel Park Hotel
<b>Nenagh</b>	Eire Og GAA Complex

**Tipp Town** Canon Hayes Sports Centre

**Templemore** Templemore AC

For further information please contact the TSP Office on Tel 0761 06 6201 or email: [info@tipperarysports.ie](mailto:info@tipperarysports.ie).



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## UPCOMING PROGRAMMES

### COMMUNITY WALKING PROGRAMME

Aherlow  
Lisvarrane Community  
Centre @ 7.30pm  
21st January

Another Area TBC  
January

### COACHING CHILDREN

Roscrea  
10<sup>th</sup> Feb – 2<sup>nd</sup> March

### COACHING CHILDREN

Tipperary Town  
11<sup>th</sup> Feb – 3<sup>rd</sup> March

### PHYSICAL LITERACY

Roscrea  
9<sup>th</sup> & 10<sup>th</sup> March

### PHYSICAL LITERACY

Tipperary Town  
9<sup>th</sup> & 10<sup>th</sup> March

### AUTISM IN SPORT

Thurles  
3<sup>rd</sup> February

Full details and booking  
log on to

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

Keep an eye on our  
facebook page for

## Disability Inclusion Training

On 9<sup>th</sup> November TSP facilitated CARA's Disability Inclusion training in Moycarkey-Borris Community Sports Centre which was supported by Healthy Ireland. 20 participants completed the training from a range of backgrounds including physical activity tutors, sports coaches, teachers, SNA's, early years educators, community youth workers and development officers.

This workshop is designed to provide participants with the knowledge, skills and ideas on how to adapt

and modify their sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities. On completion of the workshop all participants received a Cara Certificate of Attendance endorsed by Sport Ireland, a resource manual and a games booklet full of fun inclusive

activities. Feedback from the course was very positive with one participant stating "I really enjoyed the training and gained alot of new information".



Participants taking part in the adapted activities during Disability Inclusion Training

## Splash and Dash



TSP and Triathlon Ireland teamed up to organise a Primary Schools Aquathon (Splash & Dash) event. This event took place in Thurles Leisure Centre on November 14<sup>th</sup>, where 100 students from 10 schools participated. The event introduced 5th and 6th class children to a new multi sport event consisting of a 50m swim and a 400m run in a supportive environment. Each student received a medal of participation on the day.



Participants in the Splash and Dash



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Comhairle Contae Thiobraid Árann  
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## Swimmin' Women Programme

The overall purpose of this programme is to get adult women who can swim back into the pool. The 8 week swimming programme consists of two swims a week, one coached and one self guided session. It aims to improve swimming technique, build confidence in the water and increase distance. There is also a social aspect to the programme which is



*Participants in the Swimmin' Women Clonmel Programme receiving their Certificates*

meeting other women from the community

who are at the same level of swimming as

each other. Swimmin' Women encourages women to continue their swimming after the programme finishes. It also aims to progress participants to have the confidence to partake in follow on programme of Swim for a Mile. Swimmin' Women Programmes were held in Clonmel Swimming Pool, Thurles Leisure Centre, and Roscrea Swimming Pool. This programme was supported by Swim Ireland and Sport Ireland.

## Wibbly Wobbly Bike Programme

This programme is for preschool children. It is a 6 week balance bike programme which is the fundamental starting point for children's cycling and an excellent opportunity to promote an active lifestyle at an early age. The programme is delivered

through a partnership between Tipperary Sports partnership and the Tipperary Childcare Committee. In 2019 approx. 650 children took part in the Programme. This Programme was supported by the HSE and Healthy Ireland.



*Children taking part in the Wibbly Wobbly Bike Programme*

## Ready to Go Orienteering

Ready To Go Orienteering designed by the Irish Orienteering Association aims to train and equip primary and post primary school teachers with the skills and ability to teach the fundamentals of the sport to their class and to provide them with the necessary resources to do this. This course took place on 15<sup>th</sup>

November in Hill View Sports Club, Clonmel. The course involved a mixture of classroom and outdoor exercises. Each school received a "school orienteering kit" to allow them to commence "Orienteering Games" in the school. This event was supported by Sport Ireland Dormant Account Funds.



*Participants in the Ready To Go Orienteering Training Course*

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## Swim For A Mile 2020

### Become a confident swimmer in 2020!

TSP is facilitating Swim Ireland's Swim for a Mile programme through a 12 week instructor led training programme which will take place in the following locations starting the week of the 27th January:

#### **Clonmel Swimming Pool:**

Tues 28th 7-8pm & Fri 7-8pm

#### **Thurles Leisure Centre:**

Tues 28th 7.45-8.45pm & Thurs 7.45-8.45pm

#### **Nenagh Leisure Centre:**

Tuesday 28th 6-7pm & Thursday 7-8pm

#### **Sean Kelly Sports Centre, Carrick-on-Suir:**

Mon 27th 8-9pm & Wed 8-9pm

#### **Sean Treacy Memorial Swimming Pool**

#### **Tipperary Town:**

Tues 28th 8.30-9.30pm & Thurs 8.30-9.30pm

#### **Roscrea Leisure Centre:**

Tues 28th 7.30pm-8.30pm & Thurs 7.30-8.30pm

The programme consists of 3 weekly swimming sessions (two coached sessions and one self guided swim). To sign up for the programme or for further information check out [www.tipperarysports.ie](http://www.tipperarysports.ie)

### Swim for a Mile Events

Following on from the programme there will be an opportunity to participate in the Swim Ireland Swim for a Mile events in Tipperary on Saturday 9th May in two locations:

#### **Thurles Leisure Centre:**

Sat 9th May 10am-1pm

#### **Clonmel Swimming Pool:**

Sat 9th May 4pm-6pm

For further information about the events check out [www.swimforamile.com](http://www.swimforamile.com)



*Participant in the 2019 Swim For A Mile Event*

## Upcoming Safeguarding Courses 2020

### Safeguarding 1

Date	Venue
Monday 3rd February	LIT Clonmel
Monday 10th February	LIT Thurles
Monday 2nd March	Spafield Family Resource Centre Cashel
Monday 16th March	Nenagh Pastoral Centre
Monday 30th March	LIT Clonmel
Monday 6th April	Racket Hall Hotel, Roscrea

### Safeguarding 2

Date	Venue
Monday 23rd March	Spafield Family Resource Centre Cashel

### Safeguarding 3

Date	Venue
Monday 27th April	Spafield Family Resource Centre Cashel

Find us on Facebook, Instagram and Twitter - To book or find out more information check out <https://www.eventbrite.ie/o/tipperary-sports-partnership>