



Cork Sports Partnership Newsletter

“Our mission is to increase the number of people participating in sport, exercise and physical activity in Cork”.

October 2010

www.corksports.ie

Issue 1

Welcome to the Cork Sports Partnership E-zine

Welcome to the first edition of the Cork Sports Partnership newsletter. We hope that you enjoy this publication and have the opportunity to get involved in some of our programmes, events and courses.

We hope to be able to bring this newsletter to you on a quarterly basis with a sample of the programme's, courses and events that are happening in the Sports Partnership.

In addition to this newsletter, we have developed a new website which is updated regularly. See www.corksports.ie for further information on the Cork Sports Partnership.

Main Event —An Post Rebel Tour 11th & 12th September

1,700 take part in An Post Cork Rebel Tour Weekend

The Cork Leg of the An Post Rebel Tour lived up to expectations with 1,700 people participating in the two day event. This year's events organised by the Cork Sports Partnership and Cycling Partners saw the addition of the Rebel Rush Mountain biking event at the Ballyhoura Mountain Bike trails near North Cork on Sunday 12th. Saturday 11th saw the traditional road cycling events which incorporated the 160km Rebel Challenge, 90km Rebel Rider and the



10km family fun Rebel Pedal.

Speaking recently about the success of the event, Michael Crowley, Coordinator of the Cork Sports Partnership expressed his satisfaction in how the weekend's events went. “We are delighted with the response and feedback we have received since the weekend. The work and commitment put in by all our partners and volunteers ensured that everything went off without a hitch. He added “Special thanks also must go to An Gardaí Siochana, the Red Cross and Cork City Council, our cycling partners and volunteers without which it would not have been possible to host the event this year.”

The routes for all the road events left the Grand Parade in the City by Garda escort out along the N71 past the viaduct. The 160km Rebel Challenge took cyclists through Dunmanway, Clonakilty where they headed for Garretstown, the old head of Kinsale and finally began on their journey back to Cork. The 90km Rebel Rider route went through Innishannon and Ballinadee and onwards to Ballinspittle where they joined up with the 160km Challenge Route.



For this year's Rebel Pedal, Cork Sports Partnership linked up with the Cork Environmental Forum and provided a Garda escorted spin around Cork City. All the routes finished at the Cork Showground's, where there was music, food and demonstrations for all members of the family to enjoy.

Sunday the 12th of September saw the Ballyhoura Forest come alive when the Rebel Tour rolled in to Kilfinane. Mountain bikers and cycling enthusiasts of all ages came along to participate in one of the three designated trails loops. The off road Rebel Rush was a joint development between the Cork Sports Partnership and the Ballyhoura Development, where people got the opportunity to mountain bike in an organised environment.

Overall the Rebel Tour weekend saw over 1,700 cyclists make the journey from different corners around the country to the Rebel County, to experience an exhilarating and action-packed weekend.

Inside this issue:



Upcoming

Children's Officer

Date: 25.10.10-26.10.10
Location: Ballincollig
Time: 18.30-21.30

Code of Ethics

Date 25.11.10
Location: Ballincollig
Time: 18.00-22.00

Sports Development

Start Date 02.11.10
Location: Ballincollig
Time: 10 - 1

For more information

www.corksports.ie



Over 700 take part in first Cork Walking Month of September.

The Cork Sports Partnership recently teamed up with partner agencies and Hillwalking clubs to coordinate the first Cork Walking Month of September. The month of September saw organised walking events spread throughout the County with the aim of creating additional opportunities for the people of Cork to get out and get active through walking. Over 700 people took part in the walks and events throughout the month and the overall feedback and response to date has been extremely positive.

Speaking about the Cork Walking Month, Michael Crowley, coordinator of the Sports Partnership announced his delight in being able to collate such a Month. "We were delighted to be able to offer such an extensive calendar of events for the first Walking Month. Great credit must go to all event organisers, especially the Hillwalking Clubs on the Cork Walking Forum and all the Walk Leaders who have been really supportive of the focus of the month."

Maurice O' Sullivan, Sports Development Officer with the Sports Partnership reaffirmed the recent response to the Inaugural Cork Walking Month and outlined what the whole festival was about "We are delighted by the response we have received. We decided at the outset to try and have a range of walks to suit all fitness levels and get a good spread throughout the city and county." He added "the month was all about creating additional opportunities for the public to participate in walks throughout September.

In addition to the walks, there were a number of great workshops and classes that were open to the public. These included Indoor Climbing Classes for All, An introduction to Trails Walking Workshop, Visually Impaired guided walks and family orienteering events".

If anyone would like to get involved in future Cork Walking Month, contact Maurice in the Sports Partnership on 021 466 50 82 or email mosullivan@corksports.ie. Alternatively, see www.corksports.ie and follow [Cork Walking Month 2010](#).

Sports Inclusion**Autism and Sport**

There have been huge developments in the provision of Sports for people with Autism in the last few months.

Samba, Groove and Move is a dance and music programme for children aged 5 – 15 with Autism and their siblings. The programme consists of 35 minutes of Samba followed by 35 minutes of Dance. This programme is designed specifically for children on the Autistic Spectrum and their siblings. Samba involves exploring the music of Brazil using authentic instruments. At least one full Samba piece is learned by all who take part in the workshop. This music is accessible to all, no previous experience or knowledge of drumming is required and it is great fun for all ages. The 'Move' part of the workshop includes a mixture of movement games, co-ordination activities and creative dance. Simple dance routines in a variety of styles will be selected by the children and available to those who wish to have a go. This programme takes place on Saturday afternoons during school term.

Cork Autism Sports Togetherness (CAST) is a new group set up by Cork Sports Partnership to organise sports and physical activity sessions for children with Autism of all ages. CAST recently ran a six week sports programme followed by a summer camp in July 2010. Participants discovered a new sport each day as well as taking part in fun games and activities, both of which were a huge success. CAST re commenced their sports programmes in September 2010.

UCC have also recently developed a specific evening course titled Autism and Sport. The course runs on a Tuesday evening for eight weeks from January and looks at both the theory behind Autism and how to adapt and design sports and physical activity for people on the Autism Spectrum. For more information contact UCC's department of Adult and Continuing Education.

For more information, please contact Paul McGuirk at saturdayclubcork@gmail.com



Upcoming Events/Programmes/Courses

Introduction to Sports Development in Your Community Course

In May 2010 an 8 week course entitled “**Introduction to Sports Development in Your Community**” took place in Midleton in association with South and East Cork Area Development (SECAD). The course was designed to examine the fundamentals of developing sports and physical activity programmes within your community. Following on from the success of the pilot course, Cork Sports Partnership and SECAD are pleased to announce that another course will run in Ballincollig starting on **November 2nd** and running for 6 weeks.

If you are interested in taking part in the course or wish to find out more information please call 021 4665083. Alternatively you can call in to the Sports Partnership Office to find out more about the course, or if you have any queries. The Cork Sports Partnership is located in the VEC Offices in Yeats House, Barrack Square, Ballincollig.



**Starting Tuesday 2nd
of November**



Active Communities Initiative 2010

In 2009/2010 over 30 community projects benefited from the Active Communities Initiative. The Active Communities Initiative is a joint initiative of the Cork Sports Partnership the HSE South Health Promotion Department and the different LEADER agencies in Cork. The aim of the Active Communities Initiative is to increase participation levels in sport, exercise and physical activity through a coordinated delivery of programmes at community level. In 2010/2011 there has been further financial support for this Initiative. Should you have any queries or wish to find out more information please contact 021 4665083.

Cork Sports Partnership Awards Scheme

These awards, promoted by the Cork Sports Partnership, an initiative of the Irish Sports Council, recognise the achievements and dedication of local sports people, volunteers and coaches of all ages, across all sports and communities in Cork.

Local people, sports clubs, schools, higher and further education establishments, community groups and other members of the local sports scene can nominate individuals and teams who they feel have made a really positive contribution to the community and/or their sport.

Awards will be presented to winners in 12 different categories. These awards celebrate the wonderful contribution that so many people make through Sport. Volunteers, coaches and parents invest huge amounts of their time and energy into sports clubs, organisations and innovative projects, and deserve to be recognised and thanked for this voluntary contribution. It is also the intention of the Cork Sports Partnership to forward the winning nominations from relevant categories to the “**National Awards to Volunteers in Irish Sport**”.

Please visit the Cork Sports Partnership website, www.corksports.ie, and fill out a nomination form for someone that you think is deserving of any of the awards listed on our website.



Course	Day	Date	Time	Location
Children's Officer	Weds & Thurs	27th & 28th October	18:30—21:30	Cork Sports Partnership, Yeats House, Barrack Square, Ballincollig.
Sports Development	Tues & Thurs	2nd November—9th December	10:00 – 13:00	Ballincollig
Code of Ethics	Thursday	25th November	18:00—22:00	Fermoy

*** Other Recent Cork Sports Partnership Events/Programmes ***

Launch of a New Gaelic4Girls initiative in Cork

A Gaelic4Girls initiative recently started in Youghal and Cork City, with over 60 participants taking part at both sites. The programme is being promoted and supported by the Ladies Gaelic Football Association, Cork Sports Partnership and the Cork County Board. The Programme's aim is to increase participation in Ladies Football in rapid, urban or non traditional playing areas. The programme targets girls between the ages of 8-13 years and creates an opportunity for them to participate in Ladies Gaelic Football in a non competitive supportive environment.



Go For Life Programme

The last 4 workshops for the PAL's training 2010 took place in the Glen Resource and Sports Centre over the month of September/October. On October 20th a sports fest took place in the Maritime Hotel Bantry. Sportsfests are events where groups can come and try equipment and activities they can use in their group settings. Should you have any queries about the Go For Life Programme please contact Claire on 021 4665083.



Meet & Train/Fit4life Programme

There are now 10 Fit4life/Meet & Train groups up and running around the Cork. For more information and for a list of these groups please visit www.corksports.ie/index.cfm/page/meet_train. Getting involved in a meet and train or fit4life group is a great way to get active in a fun and supportive setting, especially if you are new or a beginner to jogging or running. The groups will cater for any level of fitness and both men and women are welcome.



Active Leadership Award

The Cork Sports Partnership has run 5 Active Leadership Awards throughout the city and county in 2010. Participants from coaching backgrounds, community work, youth work, volunteer and teaching backgrounds have all taken part in the training. The course covers, Leadership skills, Safety and injury prevention, Code of ethics, Planning and organising a Sport for All session and programme and programme administration. The course is 10.5 hours and costs €25 per participant. Should you wish to find out more information on the course please contact 021 4665083



Annual Cork SportsAbility Day 10th July 2010

The Cork Sports Partnership hosted its annual SportsAbility Day on Saturday 10th July, to encourage people with a disability to join new clubs and try new sports. There were a number of demonstrations on the day including wheelchair karate, wheelchair rugby, table tennis, hand cycles and integrated dance.

A number of organisations were represented on the day including the FAI, Surf-2-Heal, Irish Guide Dogs, Cork Music Works, Cope Foundation, Irish Wheelchair Association and many more, along with all the sporting clubs mentioned above. Special guest on the day was James O' Shea from BBC's "Dancing on Wheels" fame who performed an integrated dance with his partner. The Cork Sports Partnership would like to especially thank all the clubs and participants who made the day possible.

