

ADAPTED PHYSICAL ACTIVITY

# ARA FOCUS

NATIONAL NEWSLETTER

ISSUE 6 | DECEMBER 2010



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Sports Inclusion  
Disability Programme



4th National  
APA Conference



CampAbilities  
2011



Adapted Physical Activity Centre  
An Irish Sports Council / IT Tralee Initiative



# Message from the Irish Sports Council

Firstly, I would like to take this opportunity to wish everyone involved in disability sport in Ireland a very peaceful Christmas and every good wish for the New Year.



2010 has been a busy one for the Irish Sports Council in relation to supporting the work of the CARA Adapted Physical Activity Centre and the Sports Inclusion Disability Officers around the country in their valuable work. A major achievement this year was to have the Sports Inclusion Disability Programme expanded to cover the full national network of Local Sports Partnerships. This programme is building on the excellent work of the initial SIDO's and allowing for sharing of best practice and regional level project delivery. The Irish Sports Council was delighted to be able to support the continuation of the employment of SIDO's and also to see the profile of disability sport raised across the Local Sports Partnerships. It is hoped that in this way the disability National Governing Bodies of Sport can be better supported to deliver their initiatives and opportunities for participation will be raised for people with a disability.

I am also happy to announce that the ISC is committing to another three years of funding to support the ongoing work of the CARA Centre itself as it moves to a company limited format. The Council wishes all involved in the new venture every success and will continue to rely on the Centre for advice and coordination of the Sports Inclusion Disability Programme. The ISC continues to place great value on this work and regards the success of the programme so far as a great tribute to all those who have supported and developed the relevant local projects around the country.

I would also like to take this opportunity to comment on another very successful year for all our athletes with a disability whether they are participating in Paralympic events internationally or achieving at national games like our Special Olympics participants. They continue to bring us much joy and pride and we are always glad to celebrate their achievements.

Finally, I would like to commend the ongoing work of those involved in providing opportunities for people with a disability to participate in sport. In particular, I would like to thank our partners IT Tralee for their ongoing hosting of the CARA Centre and of course Niamh Daffy, without whom publications such as this just would not exist.

Best wishes  
John Treacy  
CEO Irish Sports Council

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Log onto our newly designed CARA APA Centre Website at [www.caraapacentre.ie](http://www.caraapacentre.ie)



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Cover photo by: Michael Scanlon  
Back Row L-R: Niamh Daffy (CARA) Donal Fitzgibbon (IT Tralee/CARA Director)  
Front Row L-R: Michael Hall (IT Tralee), Des Adams (Adams of Tralee), Pat Flanagan (IT Tralee/CARA Director), John Fox (IT Tralee/CARA Director) and Michael Carmody (President IT Tralee)



# A NOTE FROM



With 2010 drawing to a close and a chill in the air, it gives me great pleasure to share with you the 6th edition of the National Adapted Physical Activity Newsletter which will no doubt provide you with great warmth and positivity as you read the various informative, inspirational and innovative articles within. A big thank you to all who contributed to this edition.

Yet again Adapted Physical Activity and Disability Sport continue to expand throughout Ireland. An example, has been the internationally recognised Sports Inclusion Disability Programme which is now embedded within all Local Sports Partnerships (LSPs) throughout the country. This programme has been successful in increasing opportunities for people with disabilities to participate in sport and physical activity at local level, along with providing regional and national competitive opportunities. The commitment from the Irish Sports Council (ISC), the Local Sports Partnership Coordinators and LSP staff in recognising the importance of this programme, supporting its continuation and encouraging a national rollout has been crucial in further developing the programme thus ensuring people with disabilities in all counties have the opportunity and supports necessary to participate in sport and physical activity. Additionally, mainstream NGBs have begun to recognise the vast array of benefits their sport can receive in terms of inclusion through their development staff liaising with the supports and expertise of the sports inclusion disability officers.

The CARA Centre is also undergoing an expansion and in November of this year received confirmation from the ISC and IT Tralee with regards to continuation of funding for the next three years. This commitment is crucial in the developments of CARA as it recently became a limited company structure and is set to expand its staff resource through the recruitment of a training and education officer early in the New Year. The Training and Education Officer will be responsible for coordinating, facilitating, supporting, developing and promoting cost effective training and education workshops in the inclusion of people with disabilities in Sport, Physical Activity and Physical Education. I would like to sincerely thank John Tracey (CEO, ISC) and staff of the ISC and Michael Carmody, President; Donal Fitzgibbon, Financial Controller; John Fox, Finance Manager and all staff of IT Tralee for their continued support of the CARA Centre.



Additionally, I would like to recognise the local support the CARA Centre has received in Kerry and in particular sincere thanks to Des Adams of Adams Renault Dealers of Tralee who recently

donated an accessible bus to the CARA Centre. This donation will mean that CARA will be equipped to expand its programmes further and additionally we can utilise this bus for means of transporting all adapted equipment to the relevant training and education workshops occurring throughout the country. The bus will also be available to the ITT APA Programme to support its developments in providing opportunities for local disability services and people with disabilities to participate in the quality APA programme delivered at the college. The programme is also expanding to other counties, where recently ITT APA students facilitated an outdoor session for people with disabilities in Limerick in partnership with the Sports Inclusion Disability Officer.



CampAbilities Ireland is set to occur for the second time next year. The CARA Centre and the IT Tralee in partnership with the Kerry LSP, National Council for the Blind and the NLN Sporting Chance Programme will host the second residential sport

and physical activity camp for children with vision impairments. The camp will take place in April of next year in Killarney. Further information on this camp can be received from logging onto the [www.caraapacentre.ie/campabilities](http://www.caraapacentre.ie/campabilities) or by contacting the CARA Centre at 0667145646.



International APA links are still to the fore for CARA. On October 6th, Nicki Turner (3rd from right-middle row) from the Halberg Trust organisation, New Zealand arrived in Ireland for her first stop of her international tour evaluating international organisations that focus on increasing sport and physical activity opportunities for people with disabilities.

The purpose of her tour of international organisations was to review the Halberg Trust in particular to how effective its operations are. The Trust aims at linking disabled people to sport and recreation opportunities throughout New Zealand. To find out about the Halberg visit: [www.halberg.co.nz](http://www.halberg.co.nz). I am delighted that CARA and Halberg have formed a link and I look forward to the years ahead developing this partnership further. I also look forward to welcoming Nicki and/or her colleagues to the European Conference in Ireland in 2012.

Lastly, in 2011, I look forward to working alongside the newly established steering committee for CARA which will assist with guiding APA developments further throughout Ireland.

I hope you enjoy this edition!

Merry Christmas

Niamh, Manager, CARA APA Centre

# LSP SPORTS INCLUSION DISABILITY PROGRAMME

## ***Dún Laoghaire-Rathdown***



It's been a busy few months in Dún Laoghaire-Rathdown Sports Partnership! We've been including people with disabilities from all over the county. Here's a sample of what we've been doing...

Congratulations to the Sandyford Steamers boccia team from Enable Ireland in Sandyford. This team, with

manager Michael Harvey, excelled in this year's National Development League and won 1st place. Well done guys! Congrats also to St. Joseph's Powerchair Football Squad for their endeavours in 2009/2010. Joey's 1 finished in 3rd position in the Association of Irish Powerchair Football League and both Joey's 1 and 2 also finished well in the Cup and Shield in July. Thanks must go to manager Donal Byrne and St. Joseph's Boys and Girls FC in Sallynoggin for their continued support.

Saturday 16th October saw the second-annual fully inclusive DLR Community 5K in Kilbogget Park. This SIDO is happy to announce that over 20 participants with a disability were fully included in this fun, community event. The sun even shone!

Finally, we launched our SportsABILITY Guidelines in October, during Social Inclusion Week, with thanks to Laois Sports Partnership.

For information in relation to the Sports Inclusion Disability Programme in Dún Laoghaire- Rathdown please contact Phena O Connor on 01 271 9506 or email: [poconnor@dlrcoco.ie](mailto:poconnor@dlrcoco.ie)

## ***Cavan/ Monaghan***



Cavan GAA Coaching and Games in partnership with the Cavan Sports Partnership delivered coaching sessions to groups within the county. The programme targeted people

with a learning and intellectual disability. Participants from the National Learning Network and Drumlin House, Cootehill took part in the programme which taught the basic skills of Gaelic football. The programme proved to be a huge success both for the participants and the coaches. Participants then played in the half time games of the Ulster Championship semi-final on the 19th of June 2010 against Armagh Able Group.

The Cavan and Monaghan Sports Partnership's will launch our first Disability Sports Strategic Plan that will guide us forward to 2013. This new Strategic Plan will guide the Sports Inclusion and Disability section of the Sports Partnership's. This plan will outline our aims and objectives and guide us through the next three years. The launch is planned for the 6th of December.

For information in relation to the Sports Inclusion Disability Programme in Cavan and Monaghan, please contact Stephen Flynn on 087 2623956 or e-mail: [sflynn@cavancoco.ie](mailto:sflynn@cavancoco.ie) / [sflynn@monaghancoco.ie](mailto:sflynn@monaghancoco.ie)

## ***Kerry***

'Let's Get Physical' is a new programme recently developed by Kerry Local Sports Partnership in conjunction with Down Syndrome Kerry and the Institute of Technology Tralee. This is a Gym and Inclusive Games Programme for teenagers with disabilities in the Kerry region.

Numerous studies highlight low participation of people with disabilities in sport and physical activity. Furthermore, there is a gap in mainstream secondary schools on the provision of physical activity for teenagers with disabilities. Subsequently, this programme offers teenagers with a disability

the opportunity to participate in health promoting physical activity and provides a social outlet for teenagers to socialise with their peers.

There are still a few spaces available. Each participant should be available to take part in a one hour group gym and inclusive games session. These sessions will take place Thursday's 5-6pm at the South Campus Aerobics Studio in the Institute of Technology Tralee.

If you would like more information about this programme please contact: Linda Raymond, Programme Facilitator on 0863153992 or email [lindaraymond38@gmail.com](mailto:lindaraymond38@gmail.com)



## Donegal

Lance Armstrong's RadioShack Cycling Team are not the only team to have secured the services of Irish professional cyclist Philip Deignan, he has agreed to act as patron for a local sports project in his native county. The Donegal man has confirmed that he will champion the Donegal Sports Inclusion Disability Officer (SIDO) initiative which aims to promote sport and physical activity amongst adults and children with disabilities. Commenting, Philip said "I'm delighted to be part of the SIDO project; I believe that sport should be enjoyed by everyone at all levels and that disability shouldn't be a barrier". To date, over 400 individuals have participated in sport as a result of the project and equal numbers have gone through the education and training element - far exceeding the initial target figures of the initiative. Donegal Sports Partnership wishes RadioShack and Philip all the best for the 2011 season.

For information in relation to the Sports Inclusion Disability Programme in Donegal, please contact Therese Laverty on 074 911 6078 / 074 911 6079 / 086 834 9056 or email: [sidoactivedonegal@gmail.com](mailto:sidoactivedonegal@gmail.com)



## Galway



On Monday the 28th June 2010, Co. Galway and Galway City Sports Partnerships in association with the Irish Wheelchair Association and the Kingfisher, NUI Galway officially launched a Multi Sports Club for Children with physical disabilities.

The launch was jointly performed by the Mayor of Co. Galway, Cllr Jimmy McClearn and the Mayor of Galway City, Cllr. Michael Crowe. The launch was attended by a large number of children with physical disabilities, their parents and families as well as sporting personalities from the various sporting organisations in Co. Galway.

The name of the club, as chosen by the children themselves is 'Galway Speeders'

The club is an inclusive junior multi sports club for children with physical disabilities and also caters for their siblings and/or friends, all between the ages of 6 and 16 yrs. A comprehensive variety of sports will be on offer to those in attendance and will provide an opportunity for one of the target groups of the Sports Partnerships who otherwise would not have the opportunity to participate.

The club will run each Saturday morning at 11am in the Kingfisher Club, NUI Galway, who have very kindly offered it's facilities and agreed to store the equipment for the various sports. Trained personnel from IWA will be in attendance. Parents will receive ongoing instruction and it is intended that eventually, the parents will run the club. This club will be the flagship club and if this proves successful we will replicate the experience in other areas of Co. Galway.

For further information contact: Galway County LSP on 091 476509 / 476503 or email: [mcurlley@galwaycoco.ie](mailto:mcurlley@galwaycoco.ie)

## Kilkenny



### Wheelchair Sports Club:

The 'Spokesports Club' meet every Tuesday in Loreto Sports Hall from 6 – 7.30. There are three different groups that participate on the night with all ability levels in the basketball and Boccia group. Powerchair football is to be introduced to the group before Christmas. All new members welcome.

### Supported Gym/Swim Programme

Kilkenny Recreation and Sports Partnership are currently looking for applications from people with a disability who would like to participate in a supported gym/physical activity programme. This programme will aid participants to join a leisure centre of their choice and they will be supported in terms of joining the centre, introductions to staff, assistance with regard to a gym programme, advice with goal setting and nutrition. The cost of the leisure centre membership will be subsidised by KRSP, with the participant also contributing. There are ten places available on this programme.

Note: This programme will start in January so places will be allocated in December.

**Kilkenny Kats Junior Special Olympics Club** takes place every Thursday from 6 – 7pm in Loreto sports hall, Kilkenny. All new members welcome.

**Judo** – KRSP are looking into setting up Judo sessions for people with disabilities in the New Year.

For information in relation to the Sports Inclusion Disability Programme in Kilkenny, please contact Niamh Spratt on 056-7720870 or email [niamh@krsp.ie](mailto:niamh@krsp.ie)

## Laois



Up to 50 young adults attended the first Midlands basketball blitz. The blitz was hosted by the Sports Inclusion Disability Officers from Laois, Offaly and Westmeath. The day began with a group warm up where everyone was divided into teams and got the chance to show off some of their basketball skills. The teams were then put into two divisions where they had to play up to four games each. Each team was made up of players from the three different counties. The final was a great contest with everyone eagerly cheering on both teams. The day was a great success and thoroughly enjoyed by all. The players in National Learning Network are working on their basketball skills in preparation for the next day out!!

For information in relation to the Sports Inclusion Disability Programme in Laois, please contact Garrett Culliton on 057 867 1248 or email: [gculliton@hotmail.com](mailto:gculliton@hotmail.com)

## Offaly



Offaly and Westmeath Sports Partnerships, in conjunction with the Westmeath and Offaly 'Coaching and Games Promotion Officers' are currently recruiting members to join a WHEELCHAIR HURLING CLUB for the Midlands.

Wheelchair Hurling is a relatively new and exciting competitive sport for manual wheelchair users. This is an action packed, skilful team sport targeting 8 to 18 year olds of all abilities. Westmeath and Offaly GAA Development Officers fully support the establishment of this exciting new club and are looking toward recruiting interested parties.

If you wish to get involved either as a participant or spectator, please contact:

Claire Grehan, Offaly, Phone no: (057) 93 57463

Mary Duignan, Westmeath, Phone no: (044)93 38921

## Limerick



Limerick FC, Limerick Dyspraxia/DCD Group and Limerick City and County Sports Partnerships have come together to create a pilot programme of fundamental soccer skills for children with Dyspraxia/DCD, balance and motor co-ordination difficulties. The programme ran for eight weeks on Sunday mornings and had over 25 children coming to practice their soccer skills. The weekly sessions were coached by Limerick FC players. Limerick City Sports Partnership facilitated and supported the programme which included running disability awareness and Code Of Ethics training.

Limerick FC Manager Pat Scully who visited the programme and helped with coaching remarked "It's always fantastic to see kids getting involved in the game and it's good to see them getting fundamental skills to help them compete." The pilot programme will be reviewed and modified to best suit children's needs and will restart in January 2011.

For information in relation to the Sports Inclusion Disability Programme in Limerick, please contact Liam McDonough 061-468542 or email [lmcdonough@limerickcitysports.ie](mailto:lmcdonough@limerickcitysports.ie)

## Westmeath



An Equestrian Programme was established in Athlone for Adults with intellectual disabilities to give participants the opportunity to participate in horse riding and also to give participants a pathway to participate in Special Olympics events. Participants availing of this programme benefit physically, psychologically and socially. The programme is implemented once a week and involves horse riding lessons, grooming and forest treks.

For information in relation to the Sports Inclusion Disability Programme in Westmeath, please contact Mary Duignan at (044) 9390208 or email [mary@westmeathsports.ie](mailto:mary@westmeathsports.ie)



## Sligo



The initiative entitled Walking Back to Happiness was conceived a number of years ago through the 'Better Mental Health for All Partnership' established for the Sligo/Leitrim area. The partnership comprises of representatives from local statutory and voluntary agencies working within the promotion of positive mental health. The group wanted to try to put in place some achievable mental health promotion strategies in the Sligo/Leitrim region.

The Better Mental Health for All Partnership produced a 'Walking back to Happiness' promotional leaflet, which was circulated to the various services and centres throughout the two counties.

Following this, the Sports Inclusion Disability Officer with Sligo Sport and Recreation Partnership, through links established with the HSE-West developed a walking group for adults. This group has been meeting regularly for over a year now to walk together every Friday the route beside the Garavogue River and Doorly Park. Research has shown that walking in a green area such as this can help enhance mood and as well as providing an ideal opportunity for social contact and conversation whilst walking at your own pace.

Finally, as part of World Mental Health Week (Oct 10th – 17th) the walking group planned a number of additional walking activities to Hazelwood and Knocknarea to provide an added challenge and a change from their usual walking route.

For information in relation to the Sports Inclusion Disability Programme in Sligo, please contact Shane Hayes on 071 9161511 or [shane@sligosportandrecreation.ie](mailto:shane@sligosportandrecreation.ie)

## Meath

### Archery Programme

Having completed an intensive six week archery training course organised by Meath Local Sports Partnership, Rehab-Care competed against MIDWAY services on the 1st of June. Archery Paralympic trainer Jim Conroy attended the competition to provide coaching and advice to the teams. The overall winner on the day was Barry Connolly from RehabCare, Navan. Well done to all who participated on the day!

### Wheelchair Basketball Club

Training sessions take place every Wednesday evening from 7pm-8pm in Claremont Stadium Navan. The training is open to participants of mixed abilities and ages with new players always welcome.

## Mayo



Rehab Castlebar 4 Westport Utd Western Care 1

A large crowd turned out to watch the first ever in – firms game between Rehab Castlebar and Westport Utd Western Care on Tuesday 5th October on the Castlebar Celtic new astro turf pitch. After a tense start, the game burst to life when Sean Sammon ran on to a loose ball and fired a shot into the back of the Westport net! To follow a lovely move between Martin Murray and Raymond Costello put Sammon one on one with the Westport keeper which he coolly slotted away. It was 3-0 after fifteen minutes; then Raymond Costello broke from midfield and finished to the back of the net with the aid of the post.

Westport were later awarded a penalty and Mary Henry stepped forward and sent keeper Raymond Connolly the wrong way which left a half time score 3-1 to Rehab.

In the second half Westport were awarded a second penalty for a hand ball in the 55th minute. Paddy Mulroys shot was brilliantly saved by keeper Raymond Connolly. From the clearance Gerard McGreal went clear and his shot left the stranded Westport keeper with no chance as he lifted the ball over the approaching keepers head and made the final score 4 – 1. Ger Deere Mayor of Castlebar Town Council presented the perpetual cup to Rehab captain Raymond Costello to a rapturous applause.

The game was organised by Ray Mc Namara (SIDO) from Mayo Sports Partnership with the help of Jarlath Cunningham from Carrowbeg Enterprises Western Care Westport as well as James Durkin and Melessa Walsh from Rehab Care.

For information in relation to the Sports Inclusion Disability Programme in Mayo please contact Ray McNamara on 094 9047023 or email – [rmcnamara@mayococo.ie](mailto:rmcnamara@mayococo.ie)

For information in relation to the Sports Inclusion Disability Programme in Meath, please contact Aine Coogan on 046-9067337 or email: [acoogan@meathcoco.ie](mailto:acoogan@meathcoco.ie)





## Roscommon



As part of Social Inclusion week which took place from the 18th to the 21st of October, Roscommon Sports Partnership in association with the Community and Enterprise Department of the Roscommon County Council organised a 'Fun For All' activity day in Fourmilehouse on Wednesday 20th of October.

The day proved to be extremely successful with over 40 people attending. Adrian Carberry, FAI County Development

Officer, ran mini soccer blitzes on the day with the assistance of the Roscommon Soccer League District Coaches who volunteered on the day. The Sports Inclusion Disability Officer, Annette Mc Geeney organised relay races, parachute games, unihoc, balloon volleyball games and a host of other activities.

Also a new County Development Board Initiative, Access for All Awards Scheme 2010 was officially launched by Councillor John Cummins, Chairperson of the County Development Board on the same day. Cllr. Cummins summarised the purposes of the Access for All Award Scheme as:

- The highlighting of access issues
- The rewarding of businesses who make an effort to make their premises or service more accessible
- The encouragement of other businesses to consider making their services or premises more accessible

The criteria for judging the access For All Award Scheme will be access, business and staff awareness and general customer experience.

For any information in relation to activities in County Roscommon please contact Annette Mc Geeney on 090 66 30853 or email [annette@rosactive.org](mailto:annette@rosactive.org)

## Waterford



Eastern Regional Fisheries Board, Waterford District & Coarse Angling Club, Disability Organisations and Waterford Sports Partnership were recently involved in the fishing open day held in Oaklands Lake, New Ross, Co. Wexford. The rods, reels, tackle and bait were all supplied on the day free of charge at the expense of the Fisheries board and the Waterford District & Coarse Angling Club.

Following the success of the open day a fishing course will be arranged with disability organisations and interested participants. This six week course will be run through the Waterford District & Coarse Angling Club, with a similar programme potentially being developed in the County in the coming months. The course will teach adults with an intellectual disability and staff members how to set up the fishing equipment, which bait should be used for different types of fish as well as educating adults on the various types of fishing skills.

For information in relation to the Sports Inclusion Disability Programme in Waterford, please contact Katie Kelly on 051 - 84 9757 or email: [kkelly@waterfordspartnership.ie](mailto:kkelly@waterfordspartnership.ie)

## Tipperary



The ten pin bowling club for adults with visual impairments is going from strength to strength. Players meet each Monday in Hot Shots Bowling Alley in Clonmel to perfect their skills.

It is hoped that we will host a regional tournament in the coming months as there are groups training in neighbouring counties also.

Our first Sportsability Club in South Tipperary was established in Clonoulty Community Hall. This club is open to children from the surrounding areas from the ages of 5-12 years. It takes place every Thursday from 4-5pm. New members are always welcome – so are volunteers!!

The Sportsability Club in Nenagh have just completed their four week introduction to Judo. Many of the members have now linked in with the local Judo Club and are hoping to do their first grading before Christmas. Delta Soccer Dome, Limerick is the venue for the end of year sportsability soccer blitz on Saturday December 4th.

South East Sports Festival gave participants the opportunity to try out a variety of sports including judo and hand-cycling. Those present had a great afternoon's activity. A big thank you to all involved and to Paul from IWA for the hand-cycles.

North and South Boccia Leagues are underway with the finals taking place in December. Winners from both divisions will then play in the county final in January.

For information in relation to the Sports Inclusion Disability Programme in North and South Tipperary, please contact Kathleen Finn on 067-43604 or email: [Kathleen@ntsp.ie](mailto:Kathleen@ntsp.ie)



## 50 years of Irish Wheelchair Association Sport



**Irish Wheelchair Association (IWA) Sport is a National Governing Body (NGB) in Ireland for sport for people with a physical disability. The IWA was founded in 1960 by a small group of wheelchair users committed to improving the lives of people with physical disabilities in Ireland.**



The Irish team at the opening ceremony in 1960

Right from the very beginning sport was a priority in the desires of our founder members. In September of 1960 a team of athletes representing Ireland took its place alongside twenty two other nations at the first ever Paralympic Games held in Rome, Italy where the team finished 12th on the medals table with two gold medals secured by Joan Horan. Proud of its part in the founding of the Paralympic Games, Ireland has since competed in every Paralympic Summer Games with many outstanding successes recorded.

Since those early days IWA Sport has grown from strength to strength and is now funded by the Irish Sports Council. The main aim of IWA - Sport is to develop and promote opportunities for people with physical disabilities to participate in sport at a level of their choice.

IWA Sport promotes sport and recreation through clubs, IWA Resource Centres and schools. The service also supports high performance athletes in reaching their full potential at both

National and International Standard. Our high performance athletes represent Ireland at European Championships, World Championships and Paralympic Games.

IWA – Sport offers services nationwide with a small team of regionally based sports development officers, a coach education officer and administration roles. We continue to deliver our services in line with our strategic goals as set out in our 2008 – 2011 strategic plan.



Founding member Dr Oliver Murphy presenting the Junior Summer Camp athlete of the year to joint winners Tadhg de Freine and Johnathan Hayes.

As we were in the early days we continue to be hugely supported by volunteers who assist in a variety of roles from coaching to driving in sports such as wheelchair basketball, wheelchair rugby, table tennis, swimming, athletics, tennis archery and many more sports.

We have progressed hugely since 1960 and this is evident in our flagship HQ facility located in Clontarf where we offer a fully equipped accessible gym and sports centre named after one of the founding members Dr Oliver Murphy.



# Ireland's Cerebral Palsy Football Team win bronze medal at European Championship



Ireland completed an incredible two weeks at the CP-ISRA European Championships in Glasgow from the 15th - 28th August when they beat a strong Dutch team in the bronze medal play-off match. In a tight game Ireland managed to win the game 2-0 and secured their first major Championship medal in 15 years.

Ireland had a tense first half with the Dutch missing a number of chances. Some fine goalkeeping from Brian McGillivray kept the score level at half time. Ten minutes into the second half, team captain Luke Evans was forced off due to a hamstring injury. This forced a change in tactics which resulted in the Irish playing a more pressing game.

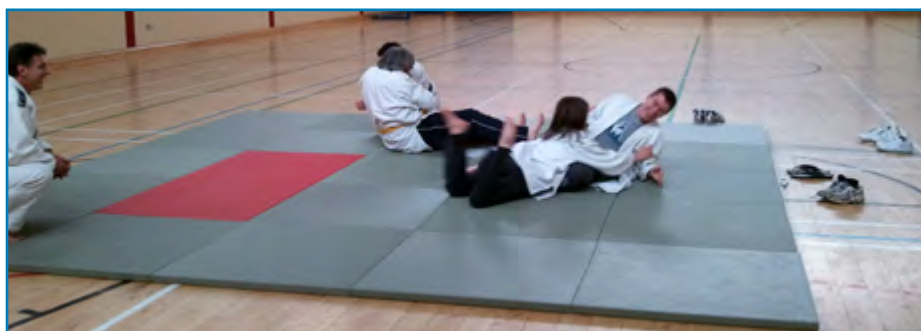
The first goal came from a Gary Messett free kick which was deflected into his own net by Dennis Straatman in the 57th minute. The scoring was completed in the injury time from another set piece move through Joe Markey. This resulted in wild celebrations on the touch line.

Following the game Paul Cassin commented "This result is the just reward for the amount of hard work the lads have put in over the last 8 months. With 2 of our starting 7 getting injured, I was a little worried but each member of the squad stood up and was counted, resulting in a fantastic team performance".

The team received a further note of recognition at the end of tournament prize giving ceremony, when Bray's Gary Messett was named Player of the Championship.

With 2 years to go to the London 2012 Paralympic Games, the Irish Team has laid down a significant marker of their prospects in London.

## Special Needs Judo Ireland



On Sunday 5th September, Special Needs Judo Ireland was launched. This is the first ever Special Needs Judo program in Ireland. Irish international and head coach of Black Eagle Judo James Mulroy and assistant coach and French international Jennifer Gratz started the program with a Disability Awareness & Special Needs Judo Seminar held in Nenagh, Co Tipperary.

The seminar was attended by a large number of coaches and officials from all over Ireland with some partici-

pants also travelling from Wales and Guernsey. The Disability Awareness workshop was presented by Kathleen Finn, the Sports Inclusion Disability Officer for the North & South Tipperary Sports Partnerships. This workshop delivered a fantastic overview of disability awareness and the importance and benefits of sports inclusion for disability groups.

The guest speaker was Mr Roy Court the Welsh National SN Judo coach, who has over 25 years experience coaching

people with extra support needs. Mr Court was one of the founding members of Special Needs Judo in Europe and has since assisted in the setting up of similar programmes all over Europe, Australia, Brazil and the USA. He was also the special envoy and advisor at the Special Olympic Games in Ireland in 2003 and the Shanghai Games in 2007. The Irish Judo Association's president and head of coaching, Mr Frances Treanor was also in attendance. The seminar was designed to introduce the concept of Special Needs Judo to the judo coaches and offer them the skills and practical help and support to teach special needs judo in their own clubs. Introductory "Come and Try It" sessions have taken place in Clonmel and the Nenagh Sportsability club have just completed a four week programme which was a great success.

For more information on how to bring this fantastic initiative to your area contact James Mulroy on 086-0612544 or [info@blackeaglejudo.com](mailto:info@blackeaglejudo.com).



# Special Olympics European Summer Games



**Special Olympics**



Sunday 18th October saw the Opening Ceremony of the 5th Special Olympics European Games at the Legia Stadium in Warsaw. Special Olympics Ireland was represented by a team of 53 athletes, coaches and management. Having arrived in Warsaw on October 15th, the team spent three busy days in the town of Olsztyn completing their final training sessions and enjoying the hospitality of their Polish hosts.

The competition kicked off on Monday 19th October with Team Ireland represented in 5 sports – Athletics, Badminton, Tenpin Bowling, Table Tennis and Ladies 7-a-side football. With months of training behind the team, there was great hope that competition would yield some impressive results.

Team Ireland produced some incredible performances. The football team battled in an incredibly tough division, finishing a creditable fourth after a heart breaking last minute goal in their final game. Across the board, the results exceeded expectations with both double pairings in Table Tennis bringing home Bronze, while the mixed doubles pairing of Leah Breen and Gerry McCormack finished 4th. Sligo man Gerry excelled in singles, securing top spot in a tightly fought contest.

Team Ireland's bowlers meanwhile, put in some stunning performances winning one Gold and three Bronze in Singles, a bronze and fifth place in doubles and uniting strongly to finish with a Gold Medal in the team event. The bowlers performed extremely well over the course of the four day

competition with Dundalk man Kyle Norton scoring a personal best in the singles. Despite a difficult few days for the Badminton team and a withdrawal due to illness of the women's doubles pairing, all athletes performed well with Riobard Lankford bringing home the first Irish medal of the games – silver in men's singles.

At the track, the Athletics team performed beyond all expectation, returning eighteen personal bests in twenty two events. The team brought home 7 Gold medals, 10 silver medals, 3 Bronze, one 4th place and one participation ribbon. Mary Melia from Claremorris returned 4 personal bests from 4 events, while Sligo man Hugh Mohan shaved an incredible 29 seconds off his 400m Walk personal best. Similarly the 4x100m relay team of Nicole Smith, Breffini McCarthy, Mark Bolger and Robbie McNamara performed a PB in both rounds of competition.

The team was welcomed back at Dublin Airport to an arrivals hall full of cheering families and supporters, Special Olympics Ireland CEO Matt English and Minister for Tourism, Culture and Sport, Mary Hannafin T.D. who congratulated the team and

commended them on their stellar performance.

On Wednesday 27th October Team Ireland attended reception in Áras an Uachtaráin hosted in their honour by President Mary McAleese and Dr. Martin McAleese. President McAleese congratulated the athletes and their coaches for their wonderful achievements at the Games. She also paid tribute to their families, volunteers and sponsors. Addressing the athletes and their invited families President McAleese said "Long before the Games started you were preparing. You were training even when you were tired and the weather was miserable. You were determined to do your best in Poland and that you did."





# THE MOUNTAIN QUEST



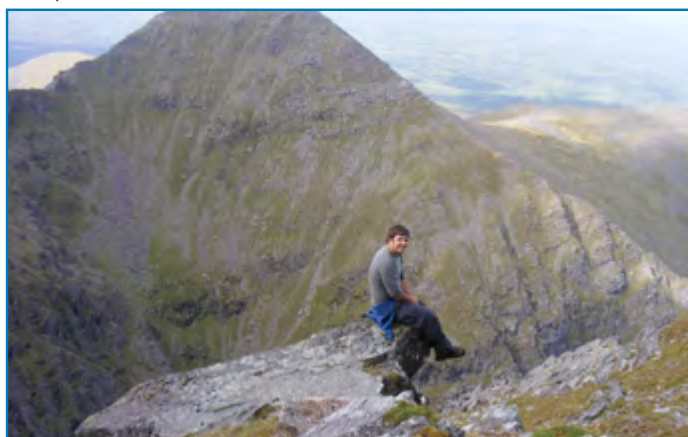
As we trudged down the side of the last mountain on our long enduring days walking, some people began to feel as if this was all a little too much and that challenges in the mountains weren't meant to be so challenging.

We were a group of fifteen from the ages of 17 to 50+, who had set out to conquer Carrantuohill, travel along the reeks and drop into the Black Valley for a night out in the mountains, and then make it to Killarney the following day.

This was all part of a fundraising challenge for the Irish Disabled Sailing Association. The funds raised are to go towards purchasing new boats for kids with disabilities who are being introduced to sailing as part of the fantastic "Access Sailing Programme" which is run out of Kinsale Yacht Club by a group of truly remarkable volunteers.

I had watched this remarkable group of people carry themselves and their heavily laden packs up Ireland's highest mountains that day. Some in our group of fifteen had never before set foot on a mountain. So, having come so far along the MacGillicuddys Reeks and summiting both Caher and Carrantuohill in the same day, it was little wonder that some were now realizing that the mountain quest fundraising challenge was no easy feat.

I knew that once we reached the security of the trail at the bottom of the mountain, that a sense of relief and achievement at having completed such a magnificent days mountaineering, would make up for our current struggle down this somewhat never ending section of steep, lumpy, bumpy Kerry mountain.



Almost eleven hours after the beginning of our mountain quest we reached the security of camp where we were all glad to make a well deserved cup of tea and enjoy a delicious, warm meal. That's the joy of preparing properly for an expedition! Each participant of the mountain quest was prepared to handle any eventuality that we may have encountered. All the necessary equipment for the two day challenge was carried by each group member in a rucksack.



Following dinner we prepared for a much needed nights rest. We lit up 'a leave no trace campfire' and enjoyed it for a while before reclining to our survival bags for a night out under the stars. Nearly every member of the group had never before slept outside without a tent. To do so, was yet another great achievement for them all.

Next morning as we left our camp, I encountered another walker on the trail. He found it unbelievable that we had spent a night in the very place he met us, and was very impressed at the remarkably untouched condition in which we left the area. Indeed, we truly were leaving no trace and this was something to be proud of.

Some of us were now feeling the strain of the previous days walk. However, this didn't dampen anyone's spirits and it was wonderful to spend time in the mountains with such a happy group of people. We reached Lord Brandon's cottage after a few hours and arranged for a boat ride though the lake's of Killarney towards Ross Castle. The trip on the lake gave us all a new way of looking at the scenery, and had we been on foot we may have missed the opportunity of spotting an eagle soaring high in the sky over the Long Range river near the suitably named Eagles Nest Mountain. This sighting was a rewarding experience for the group.

From Ross Castle we walked the final five kilometres back to where we started the previous morning at the Castlerosse hotel. On arrival we were treated to the use of the leisure facilities, which included warm showers and a jacuzzi! We then enjoyed a beautiful meal together before getting ourselves ready for going back to the grindstone of our normal lives!

The challenge was successful in raising funds of almost €5,000 for the Irish Disabled Sailing Association

For more information on the Mountain Quest Challenge or to discover how to create your own outdoor challenge visit our website [www.willandaway.ie](http://www.willandaway.ie).

If any children or adults with disabilities are interested in getting into sailing they can visit [www.sailforce.ie](http://www.sailforce.ie) for more information.





# PARALYMPIC COUNCIL OF IRELAND



Irish preparations for the London 2012 Paralympic Games continue to progress with under two years remaining to the opening ceremony. The second Renault Ireland

country and the launch of the much enhanced ParaLions2 programme with a major new sponsor.



Team 2012 Camp of the London Paralympic cycle was held from the 11th – 13th November this year where over 100 athletes and staff gathered in Limerick. The training camp, held at the Carlton Hotel, Castletroy and the University of Limerick catered for eight sporting disciplines and was also attended by over forty members of staff from camp sponsors, Renault Ireland.

It is important to note that with the support of Renault Ireland and the Irish Sports Council, a further four camps will be held in Limerick between now and the Games. This camp was a tremendous success with athletes addressed on the Friday evening by none other than World Championships silver medallist, Olive Loughnane, during which she outlined the key steps to her preparation and success at the World Championships in Berlin last year. Olive's persistent drive and dedication provides the perfect example from which athletes can derive inspiration.

The PCI, as always, acknowledges the hard work of supporters, coaches, NGB's, staff, sponsors, partners amongst a myriad of effort to help our athletes achieve success. The PCI would like to wish all our supporters a very peaceful Christmas and a very happy and successful new year.

As 2010 draws to a close, some notable achievements are worthy of mention. Derry's Jason Smyth set a significant landmark in terms of Paralympic Sport as he became the first Paralympic athlete to participate at the European Championships. His achievement in Barcelona is testament to his talents and augers well for the World Championships in New Zealand in January.

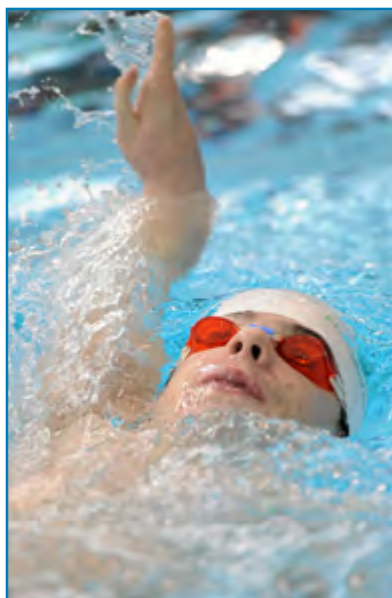
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Ireland gained two more World Champions this year, Padraic Moran in Boccia and Mark Rohan in Handcycling. Both athletes demonstrated tremendous ability in achieving their titles. Next year sees the Boccia World Cup being held in Belfast where Padraic Moran will look to continue his momentum on home soil.

Ireland's swimmers achieved tremendous results at the World Swimming Championships in Holland with a number of young athletes achieving a top 5 placing in their finals.



We have great plans to grow Paralympic Sport further in 2011 with a very significant announcement due early in the year. In addition, we hope to rollout an education programme targeting school children throughout the

**HALLIWICK**

**CONCEPT FOUNDATION COURSE**

**Halliwick**  
**Swimming Association of Ireland**  
**and Halliwick AST**

<b>Dates:</b>	Friday 28 <sup>th</sup> to Monday 31 <sup>st</sup> Jan 2011
<b>Times:</b>	9 am to 5.30 pm.
<b>Venue:</b>	Sisters of Charity of Jesus and Mary, Mooreabbey Monastervin, Co Kildare
<b>Cost:</b>	€300
<b>Contact:</b>	e: <a href="mailto:ursula.barrett@staff.ittralee.ie">ursula.barrett@staff.ittralee.ie</a> t: +353 66 714 4201

# Swimming for people with disabilities



As the introduction states in the publication, Lets All Swim, a book of this nature comes into being as a result of a host of influences. Collaborating for this publication are six qualified and accomplished swim tutors, all who are presently active in the instruction of swimming for people with disabilities, as well as training others to take on this role within their sports centres and pools.

This publication is intended for all those with an interest and/or involvement with swimming for people with disabilities. This may be swimmers, teacher, parents, carers, physiotherapists etc. of which, hopefully will find the publication to be a useful practical aid to ensure that all swimmers are provided with a swimming programme which is fun, challenging and appropriate to their needs. This book intends to help teachers apply the principles of swimming and use them to assist each person reach beyond the barriers of physical and intellectual limitations. A teachers knowledge is a valuable resource and this publication aims to support them as they distribute their experience.

Lets All Swim is a publication sponsored by the National Co-ordinating Committee- Swimming for People with Disabilities. [2010 P.O 7841, Billericay, Essex, UK, CM129JY]

## Swimming Courses

Mr Sean Connor and Ms Deirdre Barry both accredited tutors with Swim Ireland are running the following course in Splashworld Tramore Co. Waterford.

This course is aimed at parents, swim teachers, coaches, special needs assistants and volunteers interested in assisting individuals with a disability to move independently in water.

Participation in the water is an essential component of all courses.

Full Swim Teachers Disability Level 2 Course

On completion of the Full Swim Teachers Disability Level 2 Course, participants can supervise and or lead sessions in the water

Dates: Monday 21st February - Friday 25th February 2011

For more information and bookings contact

Information contact Sean on 087 7523876

All bookings to Gaye Mc Auliffe, Manager Splashworld  
051 390176 or gmca@Splashworld.ie



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*Suppliers of Products to People with Special Needs*

## SPORTS EQUIPMENT



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# INCLUSION WORKS OUT

Irish Leisure and Amenity Management, The Industry Body for Sports, Fitness, Aquatic Facilities, Outdoor, Spas & Wellness, is delighted to announce that 89 leisure facilities and spas from across Ireland received the 2011 White Flag Award. This is the only comprehensive quality award and measurement of standards for gyms, swimming pools, spas and indoor leisure facilities in Ireland.

This year's White Flag Awards, which celebrate their tenth anniversary, were presented at a gala dinner hosted by RTE's Michael Lyster in Lynch's Breaffy House Resort Hotel near Castlebar in Co. Mayo on Thursday the 14th of October.

The ILAM White Flag Award is the quality mark that every leisure facility in Ireland must strive to achieve. The White Flag Award is designed to provide a quality standard for swimming pools, sports halls, fitness studios, health suites, spas and gyms in the absence of government legislation. Fifteen leisure facilities received the White Flag quality award for the first time this year and ten dedicated facilities received the award for their tenth consecutive year.

In addition to the White Flag Award, two specialist awards are presented annually - The Disability Provision Category and Training Ethos Awards. These specialist awards have been very successful and allow clubs to develop and specialise in areas of their business, further developing the quality of the facilities.

The Disability Provision Award was introduced in 2005 in partnership with Cerebral Palsy Sport Ireland and Irish

Wheelchair Association Sport and has grown every year since. On Behalf of CPSI, Brenda O'Donnell says "that as an organisation they are extremely proud to be part of the award and it is very rewarding each year to see an increase in numbers applying for the award and also the standard to which the centres are achieving"

The award is broken down into three categories, Gold, Silver and Bronze Award standard. Based on the level of Accessibility the centre is audited and awarded the appropriate standard. This approach to the award gives the centres the opportunities to see the improvements they have made, increase their access levels and sustain the standard already achieved.

### ***The awards for 2010 were announced as follows:***

**Gold:** DLR Meadowbrook Leisure Centre, DLR Leisure Monkstown, Leisureland Galway, Westport Leisure Park, National Aquatic Centre, K Leisure Naas, K Leisure Athy, Leisureworld Bishopstown, Cork

**Silver:** ESB Sportsco, Newpark School Sports Centre, Grove Island Limerick, Clondalkin Leisure Centre, Coral Killarney and Fermoy Leisure Centre

**Bronze:** Portlaoise Leisure Centre

For more information on the Disability Category Award, please contact Brenda O'Donnell: [hopkins.bren@gmail.com](mailto:hopkins.bren@gmail.com) or Mark Barry: [Mark.barry@iwa.ie](mailto:Mark.barry@iwa.ie).



DLR Leisure Monkstown



Leisureland Galway



Coral Killarney



Portlaoise Leisure Centre

# STARS OF THE FUTURE

'Stars of the future' is a new section that aims to highlight the achievements reached by athletes within various sporting disciplines. The stars of the future have been highlighted by their local Sports Inclusion Disability Officers and are featured here with the aim of highlighting their sporting achievements and their passion for success in spite of difficulties they may have encountered along the way. The two articles featured here are Nicole Turner (Swimming) and Ailish Dunne (Athletics). Submitted by Offaly and Laois Local Sports Partnerships.

## Nicole Turner



Nicole at the World Dwarf Games  
– Belfast, July '09

Born on the 14th June 2002, Nicole was diagnosed with Hypochondroplasia (a form of Dwarfism) in April 2008. In 2006, Nicole started to learn to swim and very shortly afterwards at the age of five joined the Piranha Swimming Club in Portarlinton where she is still actively swimming four times a week.

To enhance Nicole's network of friends, Nicole was entered into the 5th World Dwarf Games (WDG) to be held in Belfast in July of 2009. At this point, there was no expectation or comprehension as to how talented an athlete she really was.

Nicole participated in numerous disciplines, but the one discipline that she really excelled in was swimming. Nicole won three Gold medals for Width, 25m Freestyle and 25m Breast stroke competing in the under 12 category at the age of 7yrs 1 month. This was an incredible achievement and Nicole's talent and potential were clearly evident thereafter.

Nicole was invited to swim in her first mutli-disability event at the Northern Ireland (NI) Annual Disability Swimming

Championships. Once again, Nicole excelled in her disciplines obtaining two Gold (25m Breaststroke/Butterfly), one silver (25m Backstroke) and one Bronze (25m Freestyle). Nicole was also presented with a trophy as nominated by the officials of the Championship for the best 25m swimmer of the event, one of the many personal achievements Nicole has received to date. In addition to this, Nicole participated in the DAAUK Annual Open Championships in Walsall (Birmingham) where she won three Gold medals and one Bronze medal in track and field events, and once again excelled in the swimming championships taking home an amazing four Gold medals.

When asked why she enjoyed competing, Nicole stated 'I love swimming because its fun. My best memory so far is the DAA UK championships and the Northern Ireland Championships because I got the trophies for the overall best swimmer and I felt very special. I love meeting other athletes and making new friends'

Nicole is currently in training for the annual NIDC Open Championships to be held in Lisburn (NI) in October. In 2011, Nicole will be eligible to participate through invitation to regional swim competitions in the UK and potentially European events (subject to age criteria) throughout the calendar year. Thereafter, Nicole will be aiming towards the next World Dwarf Games in 2013 to be held in Michigan U.S.A.

## Ailish Dunne



Laois's Ailish Dunne will represent Ireland in Shot Putt at the 2011 World Paralympic Championships which will take place in Christchurch, New Zealand. She is among an elite group of Irish athletes selected to travel to New Zealand. Ailish is said to be delighted with the selection as she was aiming for the London 2012 and was said to be surprised to qualify for the World Championships.

Ailish a keen sports person, began her paralympic career after she was contacted by Garrett Culliton Sports Inclusion Disability Officer with Laois Sports Partnership to return to sport following an illness that left Ailish blind.

"I don't know why he contacted me," says Ailish. "I was feeling down and sorry for myself at the time. I felt I was

useless. But he kept on to me to get back into sport. I agreed to give tandem cycling a go."

After four and a half years of recuperation, Ailish made it to the Irish tandem Paralympics squad and took part in an international competition in Wales.

However, Ailish did not feel comfortable with the sport and Garrett once again stepped in and advised her to try out other sports such as Shot Putt and Discus throwing. It was in the Shot Putt that Ailish really excelled and come January 2011 she will travel to New Zealand to represent Ireland in the World Paralympics Championships.

Ailish's sporting accomplishments have brought her accross the world, last year she travelled to Holland, Germany, Czech Republic, Tusnia, Wales and now onto New Zealand. Ailish's family are very proud of her accomplishments both in and outside sport. Ailish is an advocate for people with disabilities and has attended disability awareness events with Laois Sports Partnership.

The CARA APA Centre Ltd wishes both Nicole and Ailish every success in their chosen disciplines and are in no doubt that we will be reading more about their successes in the future.



# IT TRALEE APA PROGRAMME

## Assistant Swimming Teaching

Third year Health & Leisure students completed the Assistant Swimming Teachers for People with Disabilities course during September 2010. The course was a great success with over 50 people participating in the programme. Individuals from Enable Ireland, Down Syndrome Ireland, the Kerry Autism Service and the Kerry Sports Stars (Special Olympics group) took part. All participants made great progress and really enjoyed the programme.

Eileen Sayers- IT Tralee Lecturer



## Paraeducator Programme



The delivery of quality adapted physical activity in both segregated and inclusive settings pose challenges to the coach or teacher. Much of the focus of adapted physical activity modules at the Institute of Technology Tralee is to provide knowledge and practical experience to students which improve both their ability and attitude towards working with people with disabilities in physical activity settings. One proven strategy for coping with the additional support demands of an adapted physical activity session is the use of paraeducators. Paraeducators are professionals who usually have limited expertise in physical activity but who provide assistance to the individual with disabilities in many aspects of their life for example a Special Needs

Assistant in a school setting. To replicate this practical collaborative approach to adapted physical activity delivery, this year the fourth year APA students led second year social care students through 7 weeks of practical sessions with 6 different groups. Adults from Rehabcare in Blennerville, Kerry Parents and Friends in Tralee, Brennan Services, Kerry Education Service's Braille and IT Group, as well as individual referrals and children from the Kerry Down Syndrome Association took part in a variety of sessions which were planned and led by the APA students with individualised instruction from the social care students. This was the first time a module has run where students from two different schools work together in practical sessions. The fourth year students worked in pairs taking full responsibility for the planning and delivery of the sessions providing feedback to the paraeducators on their instruction. In turn they received feedback from the social care students on the session from each participant's perspective which informed future planning and delivery. As the programme progressed many of the social care students took over elements of the delivery of the sessions showing how their competence had grown in such a short space of time.

Ursula Barrett, IT Tralee



# Adapted Physical Activity Vocational Educational Training-APAVET



The weekend of November 26th and 27th saw the first meeting take place of a new European APA partnership project lead by the Institute of Technology, Tralee. Delegates from some of the leading physical education and APA/APE universities and institutes in Europe gathered to kick start the two year project funded by Leargas (Leonardo De Vinci EU fund) A total of 11 partners applied in their own countries for approval to participate in Adapted Physical Activity Vocational Education Training (APAVET), 7 were approved by their national agencies. These were the Institute of Technology, Tralee and Institute of Leisure and Amenity Managers (ILAM) from Ireland, Haskoli University, Iceland, Semmelweis University, Faculty of Physical Education and Sport Science, Hungary, Faculty of Physical Activity and Sport Sciences, Polytechnique University of Madrid, Spain, United Nations Educational Scientific and Cultural Organisation, France and Haaga-Helia Ammattikorkeakoulu, Helsinki, Finland.

The planned APAVET partnership aims to develop upon the work of the recently completed European Inclusive Physical Education Training (EIPET) project. One of the major outcomes of the EIPET project was the development of a resource pack that represented an 'off the shelf' module and associated resources for inclusion into undergraduate PE teacher training programmes, available in hard copy, electronically and in online learning format. Suggested modifications for in-service delivery and primary school delivery were included. Since the launch, interest in the project has remained high and a number of opportunities for further development have been suggested among the original partners and others.

## Rationale for APAVET

The knowledge base and competence of professionals in the areas of PE, sports coaching and active leisure in relation to inclusion of people with disabilities is generally low. There is a dire need to enable professionals effectively cater

for this group across the range of educational and lifestyle activities afforded to others in the population

## Objectives and Strategy

The Objectives of the APAVET partnership are as follows:

- 1) Review EIPET in terms of dissemination, valorisation, and implementation and devise a plan for further activities in other fields such as sport, leisure and primary PE.
- 2) Maximise the promotion of European tools for the transparency and recognition of qualifications; Identify accreditation routes being utilised at present by those utilising EIPET; promote Europass and EQF, diploma supplement/ europass cv
- 3) Examine mechanisms for providing quality assurance for EIPET resources

## Cooperation and Communication

We hope that the seven partners will promote and assess the uses of EIPET and any derivatives of the programme, with the assistance of their national APA, PE and sport science networks both in their own country and internationally. We feel that the work completed and enthusiasm of the partner group at the first APAVET meeting held last week in Dublin augers really well for the future success of the project. We look forward to the next meeting in March 2012 which will be hosted by our Spanish partners.

Pat Flanagan. IT Tralee






**TRALEE**  
INSTITIUID TEICNEOLAÍOCHTA TRÁ LE





## APA in Ireland...

Are we there yet?

**4th National  
Adapted Physical Activity Conference**  
6th & 7th May 2011  
Institute of Technology Tralee

The Institute of Technology Tralee, in conjunction with the Irish Sports Council and the CARA Adapted Physical Activity Centre is delighted to announce the 4th National Adapted Physical Activity Conference to take place in May of next year.

This conference would be of special interest to the following:  
People with disabilities, families and carers, professionals, volunteers or students involved in the area of disability services, sport, recreation or leisure services, physical education and health services

Further details to follow at:  
<http://www.caraapacentre.ie/apa-at-it-tralee>

**For additional information, please contact:**  
Niamh Daffy, CARA APA Centre  
0667145646/cara@ittralee.ie





# PARTICIPANT'S PROFILE

## Patricia Kelly

**Powerchair football player from Ennis, Co. Clare**



My name is Patricia Kelly and I am 45 years old.

I have been attending Enable Ireland in Ennis for about 11 years. I enjoy attending the centre because it gets me out of the house and gives me the opportunity to take part in various activities. I have been actively involved in Powerchair Football for about six months and I love it.

### – How did you get involved in Powerchair football?

One of the support workers here in Enable Ireland told me about power soccer and encouraged me to participate in the sport. Service users of Enable Ireland have been playing power soccer for the last seven years.

I was unable to participate in Powerchair Football until I undertook an assessment for my power chair. Once this was approved there was no stopping me.

### – What do you love about the activity?

I enjoy meeting new people and learning new skills. I also enjoy getting out of the centre and feel that power soccer opens my eyes up to new experiences. Powerchair Football also helps me learn about how to control my chair (mini driving theory lesson), improve my hand to eye coordination and fine tune my motor skills.

### – It's a wonderful game.

It allows me to visit other towns and meet up with new opponents. It also allows me to share something different with other people that do not know anything about this type of sport.

You could say that Powerchair Football has dramatically impacted on my social life with a positive outcome.

### – What is the name of your team?

The name of my team is Shannon side Rovers. They are four members in a team. I enjoy playing with all my team members and I feel we work well as a team. (I think I am simply the best, haha)

### – What is your fondest memory so far of the game?

I remember when I was just getting started and I managed to score an own goal for the opponents team. It was Kerry at the time. I was so embarrassed and mad with myself. In spite of this, we managed to go on and win the match by 2 goals. The final score was 6-4 to us.

### – Do you like Powerchair Football?

Yes I do like Powerchair Football because it gets me out of the centre and gives me the opportunity to meet new people. It also gives me good exercise and gives me a chance to let off some steam. The adrenalin keeps me going all day long.

### – How can the game of Powerchair Football be improved in Ireland?

I think that Powerchair Football should be made more available to others by providing more transport and more coaches to coach this wonderful sport. It is important that people are made more aware of the sports that are available to people with disabilities.

### – What are the benefits of Powerchair Football on you?

It has helped me to be more confident with people who I didn't know before. Other benefits include getting more skilful with the controls of my chair and becoming more aware of the functions of it.

### – What are your hopes for the future?

Recently a guard was placed on my powerchair specifically for this sport. I hope that this guard will give me the confidence to score more goals and wipe the floor with all the opponents.

My other hope is to win the league and go on and play for the national team. My biggest wish is to play for Ireland.

What would you say to someone like yourself who is thinking about participating in a sport?

GO FOR IT!!!! It is worth every second of getting there.

Power soccer will give you a lot of positive feelings which far overlook the negatives. It gives me the opportunity to become more active and forget about my disability and take on a more positive attitude towards what I can do. It also offers you a challenge which I was not ready to give up on!!!

CARA Adapted Physical Activity Centre Ltd.

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