



2022 Annual Report



More sport, more life.

Vision:

The community of Tipperary experiencing the fun, health, social interaction, and wellbeing from participating in sport and physical activity.

Mission:

Collaborate for more variety, more opportunities and more participants in sport.

No one person or group has all the answers or resources and operating in partnership offers us the most effective way to reach and respond to the people and places of our community.

Principles

- Everyone: The opportunity to take part in sport and physical activity is a human right, everyone in our community will have access to that right.
- Every sport: For some sport means team-based competition, for others it is a cycle or jog with friends, dancing or bowling. It is not about one sport it is about every sport and every activity.
- Every place: There are many natural and built sport and physical activity venues in our County, we encourage the use of these places for a variety of sports and for all members of the community.
- Every plan: Sport can benefit from and add value to a range of local social, health and community agendas. The potential of sport requires active consideration and an informed presence.

Values

- Partnership: we welcome meaningful collaboration with communities, stakeholders, organisations and individuals who share our vision and passion.
- Inclusion: community means everyone, especially those at the margins. Others look after the committed and competitive participants, we seek out the reluctant and the absent.
- Respect: within our working and community environments there are many perspectives, various needs and diverse appropriate responses regarding sports and physical activity. We treat all with respect, we value their opinions and we communicate with them in a respectful manner.
- Passion: the staff and Board of TSP are passionate about the role of sport and physical activity and we want to share.
- Openness: we only have some of the answers and we also make some of the mistakes. We are open to the ideas of others, their answers and constructive feedback.
- Sustainability: not just here today but here for life. We strive for sustainable programmes, sustainable infrastructure and sustainable active lifestyles.

To realise our Vision and undertake our Mission within our resources, we will:

- **Be strategic:** As well as operating locally and at 'street level', TSP will take time to step back, monitor and where appropriate act on our relationships with other organisations, national strategies and the way we work.
- **Deliver:** We will develop and directly deliver sport and physical activity programmes where others are unable to do so.
- **Coordinate:** We will seek, encourage, facilitate and support others who can identify, respond to and deliver local sports and physical activity opportunities in their communities.
- **Lead:** Where there are gaps or appropriate opportunities for sport and physical activity leadership, TSP will take a leadership role, within a collaborative structure.
- **Drive:** Where appropriate, TSP will take the initiative and advocate, seek resources, identify partners generate involvement and identify sustainability.

Strategic Objectives

Tipperary Sports Partnership has five strategic objectives:

1. **Participation:** first and foremost, TSP will promote the enjoyment that comes from participation in sports and physical activity. In so doing we will increase the numbers, volume and range of participation across our community, especially amongst those who participate the least and those who are excluded the most.
2. **Sustainable Infrastructure:** we will assist in the greater use of existing natural and built infrastructure, and we will proactively engage in planning and developing sustainable new infrastructure especially where it addresses a clear need and is multi-use and accessible.
3. **Training and Education:** We will continue to support the training and education needs of the volunteer coaches and administrators who are the sport-makers in our communities.
4. **Information and Communications:** Provision is nothing without awareness. TSP will work with others to become an information hub for sports and physical activity for Tipperary.
5. **TSP Structures and Administration:** as part of our governance process, we will continue to make best use of our resources and attract additional ones so as to develop and strengthen sports and physical activity in the County.

Overview of 2022 Programmes & Activities

In 2022, the Sports Partnership delivered over 218 innovations, programmes, events and courses with over 11,000 participants engaging with the Sports Partnership which includes 856 participants with disabilities, 8,799 young people and 1364 adults.

The Sports Partnership successfully secured in excess of €720,000 in funding to support the delivery of its programmes and initiatives in Tipperary.

At the January meeting, Mr Kevin Cummins, was appointed as Chairperson with Councillor Shane Lee appointed as Vice Chair. There were a number of changes to the Board membership during the year as follows:

In January the following new members joined the Board: - Ciaran Kennedy, ETB replacing Veronica Crowe; Cllr Peggy Ryan, Elected Rep replacing former Cllr. Peter Ryan; John Tooher, PPN Sport Rep replacing Jim Kissane and Cillian Dunne, PPN Sports Rep replaced Niall O'Sullivan. Tracy Tobin, HSE resigned from the Board in January and was replaced in May by Yvonne Kelly. Martin Hehir, Sports Rep resigned in May and was replaced by Marianne O'Donnell through the PPN in November.

In September, Dan Downey, Tipperary County Council resigned and a replacement is currently being sought. At the November meeting, John Paul McCarthy, PPN Sports Rep joined the Board replacing Brian Boyle and Seamus Hoyne, TUS also resigned and a nomination is currently being sought. Board and subcommittee meetings took place online via Zoom and in person.

There were staff changes during the year. Bridget Ryan, concluded her maternity cover for Aine Roche in May and subsequently Aine Roche resigned as Community Sports Development Officer in July. A recruitment process for the CSDO was carried out with the role to be filled in January 2023. Maria O'Sullivan concluded her role as Sports Inclusion Disability Officer in May and was replaced by Thomas Dorney in June. Staff returned to the office in March and there is a blended working process in place since October where staff work both in the office and at home.

Two Communication Days were held for all staff with Red PR. Two sessions of Communications training were also completed with Joanne O'Herlihy JL Designs. An LSP Communications officers team were appointed by Sport Ireland PR support will be provided by the team to TSP and the LSP Network to increase visibility of the LSPs.

TSP worked with Sport Ireland in promoting the following campaigns European Week of Sport, HER Outdoors, Women in Sport and the Winter Initiative. Input on a monthly basis into Tipperary Together newsletter & Council staff Newsletter formed part of the Partnerships PR & Marketing.

The implementation of TSP Strategic Plan 2016-2022 for Tipperary continued in delivering on the key objectives and actions to develop sport for all in our Community at all stages of life. In November, a strategic review took place and it was agreed to extend the plan to 2024.

In May, TSP signed off Public Statement of Compliance and TSP Assurance Statement with the Governance Code was reviewed and signed off by the Board.

The Sports Partnership continued to actively promote and market all its programmes and events, via Facebook, Twitter, Instagram and on www.tipperarysports.ie along with relevant Press Releases sent to the local media.

In brief, some of the Partnership's key achievements include:

Participation

Active Communities

TSP hired the services of Siul Eile to deliver four 8-week community walking programmes in 2022. These included two spring programmes which commenced in March and took place in Ballina with 43 participants and New Inn with 37 participants. In October, two winter walking programmes were held one in Tipperary Town which with 31 participants and one in Newport with 25 participants. These programmes were a huge success within the communities. Walks began with a distance of 4km building on this distance weekly and taking a new route each night.

A 4-week walking programme was held with Clonmel Pride in June with 9 participants. All of the walking programmes provided an opportunity for community members to meet new people, improve their fitness and experience a variety of tranquil countryside routes available on their doorstep. The communities are encouraged to continue walking as a group.



Walkers participating in the New Inn Walking Programme

TSP delivered 3 Swim for a Mile (SFAM) training programmes in Nenagh Swimming Pool; Sean Kelly Sports Centre, Carrick on Suir and Clonmel Swimming Pool. The programme was a 12-week programme which involved 2 coached sessions and 1 self-guided swim weekly and aimed to progress participants from swimming 2 lengths of a pool to 64 lengths (a mile). The programme was a great success with 51 participants taking part. Following on from the programme a Swim for a Mile event was held on

the 2nd of July in Clonmel Swimming Pool with participants swimming their mile. Participants received a medal for their achievements.

Cycling continued to be supported throughout the year starting with Bike Week which took place during the week of the 14th to 22nd May with a total of 20 initiatives been held across the County which included Family Cycles, Information Evenings, Bike Safety & Maintenance Workshop with support from communities in the County. Over 700 participants took part in a week-long menu of activities and ages ranged from 4 to 84 across all of the county with €10,000 distributed. Tipperary Sports Partnership ran 3 very successful promotional campaigns through social media to encourage engagement for Bike Week these included: - 1) Click into Gear Quiz – this tested participant knowledge on different aspects of cycling with a chance to win one of two €100 sports vouchers. 2) The Bike Week Family Challenge – the aim was to get families active across the county on their bikes with a chance to win one of 5 €200 sports vouchers. 3) Schools Bike Week competition children were encouraged to be active on their bikes during bike week. They were required to submit their cycling photos to be in with a chance of winning a €200 sports voucher for their school and €50 sports voucher for themselves. Over 130 participated over the above three promotional campaigns



A variety of pictures of children staying active on their Bikes during Bike Week 2022.

Later in the year, TSP supported a Cyclocross event in Upperchurch which took place on the 26th and 27th of November with Upperchurch Drombane Cycling.

General Public

2022 was kick started with the Operation Transformation 5K Walk which took place on the 15th of January with 90 participants at the Thurles Racecourse. TSP worked with SI & OT in relation to promotion of fitness programme and activities while supporting the 3 Operation Transformation Leaders in Tipperary.

TSP continued to support and promote the Tipperary Park Runs year-round through social media channels and promoted them extensively as part of Operation Transformation and Women in Sport Week. Support was provided to Fethard Town Park for the establishment of their new Park Run which started on the 10th of September, the run has grown and has 253 people registered. The end of the Operation Transformation 5k run was promoted through all the Park Runs in February.

TSP continue to promote a 'Couch to 3k' 6-week podcast. The podcast is free to download from the TSP website. In addition to the podcast a 6-week plan is available for download.

Two Dabbler 'Come n Try It' days took place on the Suir Blueway on the 24th of September in Clonmel and in Cahir on the 25th of September as part of National Blueway Day 72 participants enjoyed their introduction to kayaking on the beautiful Suir Blueway.



Participants enjoying 'Come n Try It'.

Community Sports Hub/Suir Blueway

TSP continues to support the development of the Suir Blueway with funding applications, promotion and accreditation with TSP working closely with Tipperary County Council and Tipperary Tourism.

Work continues to progress on the development of an Outdoor Community Sports Hub in Clonmel focusing on Canoeing & Kayaking. The following initiatives were held following the development of protocols and procedures as follows:

The school's programmes 'Paddles Up' was delivered in April and May and was rolled out to 5 secondary schools in the area with 264 students. As part of the programme the students worked towards their L1 Canoeing Ireland Certification with a focus on journeying in their local environment. 56 primary school children completed an introduction to kayaking session in May.

TSP are currently working with Colaiste Dun Iascaigh in Cahir to deliver a canoeing programme for their school which will form part of their leaving cert. 24 students commenced with 14 participating and achieving their Level 2 in June and 5 students are currently progressing to their Level 3 skills, they will be required to demonstrate their skills on a video which will form 30% of the LC and a written paper will be required to be completed on their knowledge of kayaking forming 50% of their marks. In October, 14 new 5th year students commenced a Paddling programme on the 14th of September and was completed in October and a new group are due to start in 2023. The 5th year students will be provided the opportunity to do kayaking as part of the LCPE Curriculum in 6th year.



Students enjoying the canoeing programme.

3 very succesful Inclusive Paddling Programmes were delivered, 2 with Scoil Cormac Special School with 12 participants and 1 with the National Learning Network for 6 participants. There were three sessions completed. This was really well received with the young people progressing week on week in competence, confidence and composure on the water.

The discipline of Freestyle continued to be supported with a Freestyle Kids Camp delivered to 13 participants.

TSP linked with Canoeing Ireland and Clonmel Canoe Club to support 'For the Love of It' Summer Camps with 10 participants. Following the camp, TSP also supported a pilot canoeing initiative 'For the Love of It' in Clonmel with Clonmel Canoe Club and SE Freestyle with 42 participants. Seven international paddlers supported the day with expert tutors. TSP worked with Canoeing Ireland for the launch of 'For the Love of It' which took place in Clonmel on the 17th of September.

A Learn to Row Programme with Clonmel Rowing Club was supported with 16 youths participants and 32 adults in August as part of Her Outdoors week.

Community Sports Hub Tipperary Town

A working group continues to support the development of the Hub. Funding was secured for Phase 3 of the Hub. TSP continues to work with TCC in relation to a consultation review on the layout of the centre and supported the funding applications for same. TSP supported Canon Hayes successful application for Sport Capital. TSP worked with the centre with regard the purchase of equipment to date, 2 Treadmills, Teqball Table, Dumbbell Rack and a Stairmaster were purchased.

An Activator Walking Programme started on the 21st of February and ran for 8 weeks with 14 participants. Participants continued to use the facility and the Nordic poles are available for the participants to use in their own time from the centre.



Participants enjoying the Activator Programme.

People with Disabilities were supported with a Try Tennis programme with Tennis Ireland which commenced on the 24th of January with 2 sessions per week for 10 weeks for 14 participants from the Moorehaven Centre, the sessions were provided by Tennis Ireland who provided a suitable qualified coach to work with the participants. A Boccia programme followed which started on the 3rd of March for 10 weeks with 10 participants from Moorehaven and Re Nua Disability groups taking part.



Participants enjoying Try Tennis

A 6-week soccer programme with the Brothers of Charity started on the 8th February with 10 participants supported by Declan Barron of the FAI and this completed in March and a second programme followed with 10 participants. The programme finished with a Blitz on the final day with 30 participants.



Soccer Blitz on final day of Programme.

The Hub linked with Youth Work Ireland Tipperary to provide a 4-week physical activity programme which started on the 14th of June with 17 participants. A multi sports programme was also delivered where the participants sampled a number of sports such as Basketball, Soccer, Badminton, Table Tennis, Tennis and Teqball. The Multi Sports programme had a total of 52 participants and took place over the Summer.

A basketball programme with YWIT was delivered during the summer and 8 boys participated. A late-night Soccer league programme started on the 4th of October for 14-17-year olds for 4 weeks with 16 boys participating. This was a project with TSP, the FAI and Youth Work Tipperary.

One of the highlights in 2022 was the Hub teaming up with Badminton Ireland to provide Badminton Taster Sessions which commenced on the 14th of June for 6 weeks with 30 participants. This resulted in the establishment of a new Badminton Club 'Tipperary Town Badminton Club'. This club is based in the Canon Hayes Centre and have started to organise tournaments with other clubs in Tipperary.



Participants enjoying Badminton Taster Sessions.

Through the year, linkages were maintained with the local schools, a Transition Year 'Try a Sports' Day took place on the 11th of May with St. Ailbes. The three secondary schools and the local ETB use the Hub for PE classes.

A Sports Inclusion and Disability Awareness workshop hosted by the hub was delivered online on the 24th of November which was delivered by Cara with 10 participants attending from the area.

SOCIA-BALL is a social basketball initiative for Women aged 18+ and it commenced on the 31st of August and ran for 12 weeks with 20 participants. This programme was in partnership with the local basketball club Tipperary Tornadoes. A number of participants joined the club after the programme finished.



Ladies Socia-Ball Programme

Outdoor Initiatives

Tipperary Sports Partnership, in association with Waterford Orienteers and the Irish Orienteering Association is currently developing Orienteering across Tipperary. TSP support Orienteering through provision of resources on TSP Website and Orienteering MapMyRun event in Templemore. More information and resources such as maps are available on the Tipperary Sports Partnership website. Cahir Town is currently being mapped and is due to be completed in March 2023. Orienteering in the Clonmel area was promoted as part of the urban adventure project.

The partnership continues to work with TCC & STDC RRO in relation to walking trails with the National Trials Office.

TSP linked with Clonmel Mountain Bike and worked with the club and Cycling Ireland and leader training ran on the 29th and 30th of January with 9 participants. REC3 First Aid training was organised as part of their assessment process. An introduction to Mountain Biking day was held as part of HER outdoors Week with 7 participants trying mountain biking for the first time.

The Sli Nadur Outdoor Learning programme takes the classroom outdoors; it runs once a week for 2.5 hours for 6 weeks. This programme was delivered in Holy Trinity NS with 55 students taking part and in the Sisters of Charity with 52 students taking part.



Pupils participating in the Sli Nádur Programme

Schools/Pre-Schools

The Sports Leader programme which provides young people skills in leadership through sports was rolled out in 2 schools in 2022. Sports Leader Programmes were completed in Newport College with 23 participants and St. Marys Nenagh with 20 participants. All groups are now receiving certification from Sports Leader UK.

The Sports Hall Athletics programme was delivered to 1,745 pupils in 12 Primary Schools – CBS Primary, Nenagh; Corville N.S., Lissenhall N.S., Borrisoleigh N.S., Newport Boys N.S, Templemore N.S., Nenagh Gael Scoil, Dromakeenan N.S and St. Michael's Cloughjordan N.S.

TSP supported Clonmel Rowing Club and Rowing Ireland to deliver two 'Get Going Get Rowing' programmes to 75 pupils from the Loreto and the High School with 48 pupils and 69 students from Cashel Community School.



Students enjoying Try Rowing Programme

A Try Rowing Programme for TY student in partnership with Rowing Ireland was completed with the Patrician Presentation with 21 leaders trained and in Newport

College with 24 students. Following the training the TY leaders organised rowing for the junior section of their respective schools.

Athletic Clubs were supported to deliver two primary schools' athletic events one in North Tipperary with approximately 700 participants and one in South Tipperary with 1,453 participants taking part.

TSP continued to provide information to support primary schools to achieve their active school's flag throughout 2022 school term online challenges were promoted through our social media.

The Sports Partnership supported South East Viking Orienteering's orienteering event for schools on the 25th of October in Templemore Town Park with 300 participants. TSP also supported an Orienteering training event in Mulcahy Park, Clonmel with 160 participants from first year students in High School Clonmel and Ard Scoil Tramore.

TSP supported a Weightlifting Ireland programme aimed at teenage girls in the Loreto School, Clonmel.

Throughout the year, TSP and Tipperary County Council supported The Cycle Right programme which is a Cycling Ireland designed course and is the National Standard for Cycle Training and provides practical cycle safety and skills training to promote competent and confident cyclists aimed at 5th and 6th class primary school children. 38 schools across Tipperary fully completed the programme with 905 primary school children benefiting from the initiative.

The 6-week Wobbly Wobbly Balance Bike programme aimed at preschool children aged between 2½-6 years was delivered in association with the Tipperary Childcare Committee and funded by Healthy Ireland CYPSE funds. The programme incorporates fun games and activities to help children develop gross motor skills, spatial awareness, bilateral co-ordination and enhance their physical literacy. Upon completion of the programme, children will more easily transition to riding a pedal bike in a safe environment. This year the programme was delivered in 30 preschools across the county with over 765 children partaking.

Buntus Start training was provided in partnership with the Tipperary Childcare Committee in the offices of Tipperary Childcare, Cashel. This programme was delivered to 11 preschool services across Tipperary and 814 participants engaged in the programme. The Buntus was distributed to South Tipp and North Tipp services and resource booklets for each preschool service. Buntus start programme was delivered to the Ukrainian Community in Littleton and Clonmel. The programme was funded by Healthy Ireland CYPSE Funding.

People with a Disability

Due to previous restrictions due to Covid-19, delivering and supporting People with Disabilities and Disability Services was an important goal for 2022.

TSP launched the Sensational Moves Programme to 20 Primary Schools across the county of Tipperary with ASD classes/units. The Programme has reached 193 children with autism, 147 males and 46 females. The Programme consisted of a Handbook

Manual with an activity bank to assist teachers and SNAs to engage children with autism in sport and physical activity. The programme also provided each school with a bag of equipment to match the activities in the manual.



TSP supported a Mid-West VI/Blind Tennis programme that took place in January in Killaloe in partnership with Vision Sport Ireland Limerick and Clare Sports Partnership.

TSPs virtual Movement for All programme commenced the 27th of April with disability services across Tipperary. The virtual Movement for All programme aims to increase physical activity levels and movement abilities for individuals with disabilities. The programme ran for 8 weeks with over 40 participants from 12 organisations including RehabCare, St.Cronans Roscrea, Avista Ormond St Annes, Avista Stafford Day Service and more. A second course followed and continues into 2023.

TSP supported the delivery of a 10-week virtual Active Neuro exercise programme for people with neurological conditions in collaboration with MS Society and physios and 11 participated on the programme.

TSP supported Scoil Chormaic in delivery of a yoga and exercise to music programme and a 4-week yoga programme to St. Anne's of Roscrea.

TSP SIDO supported NCBI & Vision Sports Ireland by attending 2 days of CampAbilities, a week-long residential camp for children aged 10-14 with vision impairments to take part in sport and physical activity. Maria delivered a day of disability and vision impairment training to volunteers prior to the commencement of camp.



Maria attending CampAbilities Event

Inclusive Swim Programme ran for 7 weeks with NLN Clonmel at Clonmel Swimming Pool with 10 participants.



Participants at the Inclusive Swim.

TSP supported A Learn to Cycle Programme to Down Syndrome Tipperary by sourcing five balance bikes, one 24 inch plus fold down pedals and two 18 inch plus fold down pedals. These bikes were also supported with learn to cycle videos and information cards.

TSP supported Sailing Ireland, Canoeing Ireland and Rowing Ireland with the Water Sport Inclusion Games which were held in Lough Derg, Dromineer. The Water Sports Inclusion Games is an annual event organised by Irish Sailing and partners and provides an opportunity for individuals of all abilities across the physical, sensory, intellectual and learning spectrums and those experiencing barriers accessing mainstream sport to partake in a range of water sports. The event was a massive success after a 3-year hiatus, and was attended by 87 participants across Ireland, with 71 volunteers on hand to help over the weekend.



Participants enjoying Water Sports Inclusion games.

TSP supported a VI Soccer taster session in Thurles on August 6th with 8 participants with the aim to create a training hub for the South East in the Town in the future.

TSP hosted a demonstration on the 20th of July in Fethard Town Park on the use of the new accessible outdoor gym equipment. This provided an opportunity to the people of the local community to see the equipment in action with proper technique demonstrated and safe use of equipment.



Demonstration of the equipment at Fethard Town Park.

TSP were delighted to be invited by TSP Youth Work Ireland Tipperary to speak at their Erasmus Conference "Employment in Disability, Best Practice" event. This was to highlight and showcase, the supports and programmes that TSP could offer to the community of Tipperary.



TSP Sports Coordinator speaking at the Erasmus Conference

Our Boccia league commenced in Borrisoleigh with 21 representatives from 3 organisations taking part for 4 weeks. Re Nua Cashel attended Boccia with Tipperary Sports Hub at the Canon Hayes Recreation Centre.

Throughout the year a number of CARA workshops were delivered to support clubs and volunteer. In February, CARA's Autism in Sport workshop was delivered via online delivery to 17 participants. Participants came from a range of backgrounds including physical activity tutors, sports club coaches, teachers, SNA's, early years educators, community youth workers and development officers. This workshop is designed to help participants to recognise and understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions. All participants received a Cara Certificate of Attendance endorsed by Sport Ireland and a resource manual upon completion of the training.

Also, in February Sports Disability Inclusion training was delivered with 10 participants. Disability Awareness Training began for 1st year students and staff at St. Joseph's, Borrisoleigh with 73 participants. Disability Awareness Training took place in March for 9 teachers and SNAs from Rosegreen N.S.

TSP linked in with a number of disability services and representatives from Clonmel, with the aim to establish a "Social Activity Hub" forum, to identify the needs of the community and support them with relevant programmes.

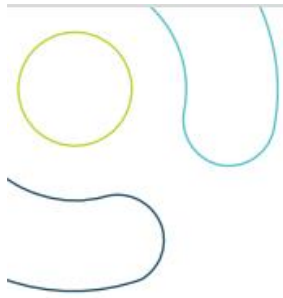
TSP Social Inclusion Development Officer Tommy addressed 3rd year Strength & Conditioning students in TUS, at their Thurles campus. The students heard about the role of a SIDO and also got to experience a number of activities that TSP provide, such as Boccia.



Tommy speaking at TUS

TSP began the first step on its "Bronze Accessible Programme" with a briefing meeting from CARA to discuss what steps may have to be taken to obtain the award. TSP are already implementing a number of criteria points in their current practice, and

interventions to make the organisation more accessible will be monitored into the new year.



Xcessible

Bronze Level

National Governing Bodies of Sport
and Local Sports Partnerships

Activity resources for people with a disability are available on TSP website and promoted through social media.

Marginalised Communities & Youth at Risk:

TSP supported the Ukrainian crisis by delivering sport and physical activity games to those temporarily residing in Littleton and Clonmel centres.

TSP supported Bridgewater House and provided activities included circuits, yoga with 12 adults and 25 young participants. TSP also linked with Bridgewater and the FAI to support the Africa Day programme.

TSP and the HSE supported SilverArch to deliver 2 Green Exercise Programmes one in Spring and one in Autumn. The Green Exercise Programme was a bi-weekly 8-week programme targeted at individuals with low physical activity levels and/or those who are returning to exercise. 16 people attended the Spring Walk with an average of 8 attending each session. 16 attended 2 or more of the Autumn Walks.

Youths from SilverArch were supported to attend a Horse-riding programme with 7 Tusla Youths during the Easter holidays.



Participants enjoying The Green Exercise Programme

A number of programmes targeting disadvantage youths were facilitated and supported. A social soccer group in Fethard Town Park with 15 participants was supported. A Summer Soccer Competition was held in the Community following the establishment of the group with other local groups forming teams for the competition.

The Youth Reach Olympic Games took place on April 28th with 163 participants from CTCs all over Tipperary, prior to attending the Games, each of the centres familiarised and practiced the Games activities.



Participants at the Youth Work Olympic Games.

TSP supported 35 young people that are part of both the migrant and LGBTI+ communities with summer programme of activities including tennis, soccer, basketball, gym 'n swim sessions, boot camp and a programme of Pilates.

In partnership with YWIT youths from disadvantaged communities engaged with our 'Youth at Risk' programme but the programme was restricted due to covid. An Active 8 North and Active 8 South activities included circus club, general fitness, gym and swimming and horse riding took place during the summer with 164 participants.



Youths taking part in Junior Camp as part of Activ8 Programme

Traveller Participation Programmes

Traveller Participation in sport programmes were implemented in partnership with Tipperary Rural Traveller Programme and YWIT. Activities delivered included junior swimming, senior gym and swim sessions with Thurles travellers. Littleton travellers enjoyed horse riding a gym and swim programme with approximately 20 participants. Wallers Lot travellers enjoyed a horse-riding programme and a swimming programme with approximately 29 participants.

TSP supported the FAI and ETB Youth Traveller Soccer in the Sacred Heart School in Roscrea. The programme ran for 5 weeks with 8 participants. Also, a 6-week programme to traveller youths in Clonmel was delivered by the FAI for 10 participants with support from the Sports Partnership.



Participants taking part in the Horse Riding and Horse Handling skills programme as part of the Traveller youth programme with YWIT

Women in Sport

Meet & Train groups continued to be supported and promoted throughout the County in 2022 with their weekly running activity sessions. Meet & Train groups continue their group training sessions each week.

An Outdoor Pilates class took place in Riverside Park, Ballina on the 11st of August as part of Her Outdoors Campaign.

A Kick Fit Programme was delivered with Moneygall Football Club and the FAI with 35 participants.

TSP delivered six Swimming Women training programmes in 6 swimming pools - Clonmel Swimming Pool, Nenagh Swimming Pool, Tipperary Town Swimming Pool, Thurles Leisure Centre, Sean Kelly Sports Centre Carrick on Suir and Roscrea Leisure Centre. The programme was a 8-week programme which involved 1 coached session and 1 self-guided swim weekly and aimed to progress participants from swimming 2 lengths of a pool to confidently 600m. The programme was very well received by 87 participants.



Participants on first night of Swimmin Women in Carrick On Suir.

Teenage Girls

The Hoops for Girls Basketball event was held on the 27th of May in Thurles with 90 participants from 4 schools. Two schools visited ahead of the blitz and 150 children participated from 2 schools. was delivered in a new format over the summer with 9 Basketball skills sessions. 4 Sessions were held in these schools and 4 sessions were held in the sports hall in the Presentation School, Thurles. This was a first time for some of the girls playing basketball.

In partnership with Sport Ireland Coaching, A Coaching Teenage Girls workshop was delivered with 15 participants aimed to support clubs who offer sports for teenage girls and to provide information to assist them to attract and maintain participation of teenage girls.

Older Adults

Our Go for Life Older Adult Festival returned this year on the 9th May in the Anner Hotel, in Thurles, a total of 38 participants from 18 Organisations took part on the day. Participants enjoyed 4 physical activity demonstrations Scooch, Go for life Games, Active Aging Exercises and a Relaxation Workshop.



Older Adult Festival in Thurles.

A Walking Football programme commenced in Cashel in conjunction with Cashel Men's Shed/Tidy Town with 10 participants over 12 weeks. A 6 weeks programme was delivered with St. Marys Mental Health services with 10 participants in Roscrea.

2 Aquafit programmes were delivered one in Roscrea Leisure Centre and one in Carrick on Suir with 56 participants taking part. This activity proved very popular with participants and was funded by Healthy Ireland.



Participants enjoying Aquafit Programme

TSP worked with Healthy Ireland and Age Friendly to establish a Cycle with Age initiative in Cahir, the launch took place on May 19th as the first pilot site in Tipperary. This initiative is now operating in Cahir offering older people and people with disabilities the opportunity to get out in the fresh air on triobikes and enjoy the Suir Blueway Tipperary.

TSP promoted GFL Weekly Exercise programmes via social media and provided Older Adult Activity resource on TSP website.



Launch of Cycle with Age Initiative in Cahir.

TSP is part the Tipperary Age Friendly Group and works closely with partners to develop and support quality of life for older adults.

Mental Well Being:

Support was provided to Mental Health Ireland in delivering a Woodlands for Health 12 Week Programme in Bishops Wood in Dundrum with 8 participants. The Woodlands for health programme are weekly guided nature walk, targeted to improve mental wellbeing for people who have engaged with mental health services. St.Mary's mental health service identified service users to partake on the programme.



Woodlands for Health Programme.

Club Development

TSP 2022 Coaching and Development Fund 37 clubs were successful with over €32,000 awarded. Covid 19 Return to Sport, 17 clubs were successful to the value of €20,873.51.

TSP in partnership with TUS delivered a Level 6 Certificate in Sports Administration 'Running Sport' with 10 ECTS. The course content includes club finances, club management, club marketing and club development. This online course commenced on the 8th of November, 2021 with 16 participants and delivered over 16 weeks and completed in Spring, 2022, 14 participants finished the course. It was delivered over 20 weeks and adopted a flexible learning approach.

As part of the Club Development programme, TSP continued to promote Code of Ethics training with Safeguarding 1 workshops delivered via zoom. TSP delivered 11 courses with 113 participants. 2 Club Children Officers (Safeguarding 2) were delivered in March and November with 16 participants. 2 Club Children Officers (Safeguarding 3) were delivered in May and November with 19 participants. TSP promoted the Sport Ireland Safeguarding Refresher online programme.

As part of the European Week of Sport, Sport Ireland Coaching in partnership with the LSP Network and the Sport Ireland Participation Unit hosted a series of ICoachKids regional coaching conferences for coaches of children and teenagers. TSP supported these conferences and helped out on the day in University of Limerick Sports Arena on the 3rd of September and SETU Waterford on the 4th of September.



Barry Mullane and Valerie Connolly attending the ICoach kids Conference.

TSP delivered a 4-night Tipperary Sports Club Package in October over Zoom to 18 volunteers. This was delivered by a top-quality line up including Padraig Roche, Amy McGuire, Liam Fanning and Donal Kearney experts in their disciplines and they spoke about Physical Literacy, Sports Nutrition, Long Term Athletic Development, and Strength & Conditioning. REC3 course was delivered in April to 9 participants.

A review of all TSP Club, School and Older Adult databases undertaken and completed.

Volunteers in Sport

TSP linked with the Tipperary Volunteer Centre to develop a workshop/programme to support clubs to increase and maintain their volunteer. A 3-hour workshop was developed 'Attracting and Retaining Volunteers' with supports for clubs. A workshop on the 27th of October was delivered with 8 clubs and the participants received individual support from the Tipperary Volunteer Centre.

Infrastructure Development

The Official Stage 2 Accreditation of the Suir Blueway took place in April. TSP is part of the Blueway Vision Group. The accreditation launch took place in September as part of European Week of Sport.



Launch of the Suir Blueway Tipperary

TSP is represented on the Development Committees for the Regional Sports Hub Development on LIT campus, Frank Drohan Road in Clonmel and Fethard Town Park supporting the development of key multi-sport infrastructure in the County.

Innovation Project – Suir V

A Working Committee comprising of TSP, LIT, Canoeing Ireland, Tipperary Tourism and Clonmel Canoe Club continue to work on the Innovation project. A VR Experience of the Suir Blueway from Sandybanks to Suir Island has been produced and can now be downloaded. Funding for phase 2 of the project was secured in late 2022 and work will commence in 2023.



Suir Blueway VR Experience

Overview of TSP Income and Expenditure 2022

Income 2022

€

Carry over from 2021	720,153.02
Sport Ireland	373,387.00
Tipperary County Council	18,000.00
Health Service Executive	15,000.00
Go For Life Grant	1,500.00
Course/Event/Activity Income	33,066.00
Bike Week	9,817.49
Healthy Ireland Phase 4	5,600.00
Healthy Ireland CYPSE	7,750.00
Sport Ireland Research & Innovation	13,500.00
Sport Ireland Dormant Accounts	183,043.00
Sports Capital	36,900.00
Swim Ireland	750.00

Total Income

1,444,379.51

Expenditure 2022

€

Staff Costs	254,197.81
Non Staff Operational Costs	48,125.28
Education & Training	24,632.79
Sport Ireland Programmes	7,905.43
Go for Life	3,509.79
Women in Sport	8,114.59
Sport Ireland General Participation & Get Ireland Active	53,765.53
Generic Training	26,173.56
Healthy Ireland	5,598.49
Healthy Ireland	7,750.00
Social Inclusion Programmes	19,800.41
Sport Ireland Covid 19 Support Grant Scheme & Support	21,055.84
Dormant Accounts Funding	117,739.88

Total Expenditure

598,369.40

All Funding is ring fenced for on-going TSP programmes and activities



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