Hyundai drives CARA forward

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Hyundai drives CARA forward

Adapted Physical Activity Centre
AN IRISH SPORTS COUNCIL / INSTITUTE OF TECHNOLOGY TRALEE / HYUNDAI INITIATIVE
You are very welcome to the latest edition of CARA Focus and I am delighted to have been asked to write the foreword for this issue. I first became acquainted with the CARA centre, the work being done there and the incredible vision of access to sport for everybody, when I was asked to give the closing address at their European conference on adapted physical activity in Killarney over a year and a half ago.

I was exposed to something which I instantly recognised as ground-breaking and truly unique. I discovered that there was a team of dedicated, professional and innovative people in Tralee IT and the CARA Centre who are succeeding in breaking down the barriers of access to sport for people with disabilities.

As a visually impaired young person who went to integrated education, I understand the feeling of exclusion which resulted from not participating in sport. The feeling of exclusion together with the obvious health implications is something that must be challenged and overcome. When I was a student in UCD, I set up a society to promote integration of students with disabilities in the non-academic aspects of college life. We achieved a lot in those days but I always felt that sport above and beyond anything else could eliminate barriers and make life better for all in a whole myriad of ways.

This year we celebrate the tenth anniversary of the hosting of the Special Olympics World Games by Ireland. It was an incredible occasion which showcased the many talents of people with disabilities and their proficiency in sport. The momentum of that occasion I believe greatly advanced participation in sport for people with disabilities and the CARA Centre and IT Tralee have certainly played an enormous role in building on the success of the games.

Over the last year and a half I have got to know a lot more about the incredible work that CARA is doing and the impact it is having on the lives of people with disabilities and their families. I have met and spoken to parents who tell me that the lives of their children have been transformed as a result of the opportunity to participate in sport.

I was delighted and proud when I learned that IT Tralee had become the first third level institution in the world to receive a UNESCO chair in inclusive physical education. I can say with absolute confidence and without fear of contradiction that the UNESCO chair and the international status and access that come with it will have a profoundly positive impact on the lives of millions of young people with disabilities throughout the world.

With this absolute belief in what can and will be achieved as a result of this work, I felt that the political establishment should become more aware of what is happening in Tralee. With that in mind, I invited the team from the CARA Centre and IT Tralee to come to Leinster House to present to my colleagues in the Oireachtas, which they duly did in May this year. Over sixty members of the Oireachtas and political staff attended this briefing and the response was fantastic. It is critical that the Government works with the CARA Centre and IT Tralee to assist them in achieving their ambitious goals for greater inclusion in sport by people with disabilities.

I was absolutely delighted recently to be invited to participate in the steering committee of the CARA Centre and to join a very talented, professional and highly motivated team of people there. I very much look forward to contributing in a small way to this world class project.
A Note From CARA

Phew what a year so far!

The first eight months of 2013 have probably been the most significant and hectic period for the National APA Centre (CARA) since its founding in November 2007. We thought that following the success of the EUCAPA 2012 in Killarney the pace would drop a little but not so for this small band of merry men and women. Sarah Flynn took up the reins from Niamh Daffy and organised our second National Xcesssible programme supported by the Dept of Justice et al., the Xcessible Inclusive Outdoor Initiative, which was run in conjunction with the Local Sports Partnerships.

The New Year saw a major new sponsor row in behind the work of CARA. Hyundai Ireland, the fastest growing car brand in the country, agreed to support a number of our initiatives in particular the Training and Education programmes such as Disability Inclusion Training and Xcessible Leisure Centre Training. Stephen Gleeson, the CEO of Hyundai Ireland, and his management staff have also been greatly interested in our work in growing the Sport Inclusion Disability Programme throughout the country. We are delighted that such a high profile company would join our other two main supporters IT Tralee and the Irish Sports Council in helping to fund the many projects we run.

Major developments have also taken in place in the area of delivery of the Training and Education Programmes. Disability Inclusion Training will be rolled out in all Local Sports Partnerships in the coming months. The new course materials and workbooks have been produced by CARA in conjunction with Coaching Ireland, Special Olympics, Cerebral Palsy Sport Ireland and the Football Association of Ireland. We hope that this improvement in training provision will increase awareness and knowledge among teachers, coaches, fitness instructors etc. in how to include adults and children with disabilities in physical activity sessions.

Congrats to Chris Flannery (BSc in Health and Leisure) on his very successful placement as CampAbilities organiser with the Cara team.

Finally a big thank you to Sarah Flynn, for taking up the manager’s role while Naimh Daffy was away on maternity leave.

We hope you enjoy this edition!

Pat Flanagan
Director CARA National APA Centre

A Note from Hyundai

We are delighted in Hyundai Ireland to be involved with CARA and since getting involved everything we have seen of their operation and the people in it have convinced us that we were right to support their efforts.

CARA is focused on delivering quality services to its users a fact acknowledged by the recognition they have received internationally for their work supporting people with disabilities. The delivery of quality to customers is also something we believe in deeply in Hyundai and thus the great fit between the two organisations.

The positive nature of the team in CARA and how they work with people with disabilities, helping people develop their potential is a life affirming message for everybody. We were struck by this and felt that it was something that we wanted to have in our Dealerships too.

We have many customers who purchase cars from us under the Government scheme for Drivers with disabilities and we could see a need for training in the particular needs for people with Disabilities.

CARA ran a series of courses where each garage received training on how to deal positively and supportively of people with disabilities and we believe we now have a network of Dealers who have a clear understanding of how they can make the process of identifying the correct car for anyone and the purchase experience a pleasant and informative one.

Our support has allowed CARA to increase their services to their end users and we have benefited enormously in terms of improving our service to our customers, we look forward to continuing our support of the CARA team.

Stephen Gleeson
Managing Director
Hyundai Ireland
Disability Inclusion Training

This six hour introduction course is designed to give attendees the ideas and inspiration to adapt their sessions to make them more accessible for participants with a disability.

Who is this course for:

- Coaches, Sports Volunteers, Development Officers Teachers, Special Needs Assistants etc. (Participants must be over 16)

Course Certification:

- On completion of the course all participants will receive a Coaching Ireland / CARA APA Centre Certificate of Attendance

Course resources:

- All course participants will receive a range of course materials including course workbook, games resource cards and a resource bag

Cost:

- €45 per person or €35 for early bird applications

This course was developed in partnership with:

Course supported by

Co-ordinated by:

Course outline

Theory section

- Section 1: Disability and Perceptions
- Section 2: Disability Groupings
- Section 3: Terminology and Etiquette
- Section 4: Barriers to Participation
- Section 5: Including people with Disabilities
- Section 6: Practical Session Preparation

Practical section

- Session 1: Introduction to Goalball
- Session 2: Adapted Fundamental Skills Games
- Session 3: Introduction to Boccia
- Session 4: Adapted Invasion Games
- Session 5: Introduction to Seated Volleyball

The practical can be made “Sports Specific” based on request.

* How do you book a place?

Individual/Group bookings can be made online. Dates and venues can be found at: www.caraapacentre.ie

* I am an organisation and I would like to book a course?

If you have 16-24 people and a suitable accessible venue you can book a course by contacting the CARA Centre at caratraining@ittralee.ie or 086 7145672
One year on!

Eighteen Disability Inclusion Training Courses have been delivered to 360 participants over the past year. These courses have been facilitated by a number of organisations including Leinster and Munster GAA, COPE Foundation Cork, National Learning Network and Local Sports Partnerships.

Both participant and tutor evaluations were completed at the end of each course in order to improve on the training. Along with our partner agencies, Coaching Ireland, Cerebral Palsy Sport Ireland, Football Association of Ireland and Special Olympics, we now have a quality course that provides a good mix of theory and practical.

Minister Michael Ring will officially launch the Disability Inclusion Training on the 25th September.

In order to ensure we have national rollout of this course, we have selected and trained a panel of tutors who will deliver these courses throughout the country.

You can find more information on the DIT course on our website at www.caraapacentre.ie or contact our Training and Education Officer Liam McDonough at 0667145672/ caratraining@ittralee.ie

Selection of organisations who have completed DIT:

National Learning Network
COPE Foundation
Galway City Sports Partnership
Kildare Sports Partnership
Leitrim Sports Partnership
Limerick City Sports Partnership
Munster Sports Partnership
AISTI
Leinster GAA
Wexford Sports Partnership
South Tipperary Sports Partnership
North Tipperary Sports Partnership
Adapted Physical Activity NATIONAL NEWSLETTER

Recently trained DIT Tutors with representatives from CARA and Coaching Ireland
Big brand. Tiny Deposit.

The Hyundai i30.
Deposit just €339 and €339 per month.

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Not only does every new Hyundai offer you cutting edge design and style, you also get more special features as standard. When you add to this our unique 5-year triple care warranty it’s easy to see that there really is a Hyundai for everyone.

5 Year unlimited mileage warranty 5 Year AA membership 5 Year vehicle health-check

To book a drive in a new i30 visit Hyundai.ie - Ireland’s fastest growing car brand.

† Includes delivery & related charges. Models shown for illustrative purposes only. †† The Guaranteed Minimum Future Value (GMFV) is payable if you renew or retam the vehicle at the end of the agreement. Further charges may be applied by your Hyundai dealer subject to kilometre limit in succession of the vehicle. Leasing criteria and terms and conditions apply. Finance is provided by way of a hire purchase agreement at participating Hyundai dealers only. Finance examples are based on a fixed rate APR of 7.9% and is inclusive of a once off documentation fee of €614.9. To qualify for this Finance Offer a deposit of between 7% and 25% applies and a minimum term of 37 months. Rate quoted is correct as at 12th June 2013 and is subject to change. This offer is available on all new Hyundai models shown registered until 31st July 2013. The credit provider is Bank of Ireland Finance which is a registered trading name of Bank of Ireland.
Xcessible Leisure Centre Training

This six hour introduction course is specifically designed for Leisure Centre staff and Fitness Professionals.

There are Two Options to avail of this training:

**Stand-alone training** - This is booked directly by your centre made applicable to your centre and staff needs

- **Cost** - €600 per course (16-24 people)
- **Course Duration** - 6 hours
- **Resource** - Participant workbooks, Centre Resource Pack with an interactive DVD
- **Accreditation** - Participant certificate of attendance and Leisure Centre Certificate of Completion.

**Cluster training** - This training will be run in regions around the country. It will be open to centre who wish to send one or more staff and fitness professionals. This is a fixed content training course.

- **Cost** - €50 per person
- **Course Duration** - 6 hours
- **Resource** - Participant workbooks

This course was developed in partnership with:

Course outline

**Theory section**
- Section 1 - Disability and Perceptions
- Section 2 - Terminology and Etiquette
- Section 3 - Barriers to Participation
- Section 4 - Including people with Disabilities
- Section 5 - Marketing to People with Disabilities
- Section 6 - Disability Legislation

**Practical section**
- Session 1 - Introduction to the Access Audit
- Session 2 - Accessible Gyms
- Session 3 - Accessible Pools
- Session 4 - Accessible common areas

I would like to book a course for my centre?
If you have 16-24 people and a suitable accessible venue you can book a course by contacting the CARA Centre at caratraining@ittralee.ie or 066 7145672

I do not have that many staff but would like some staff to complete training?
We will be organising a number of cluster training in regions around the country where you can send one or more staff members.

I am a fitness professional and would like to complete this training?
No problem, you can also book a place on the cluster training courses in your region.
Special Olympics Ireland has always recognised the important role of coaches in creating and sustaining high quality sports training and competition programmes for our athletes. Educating coaches to is one of the key elements of the current strategic plan. Alongside our existing coach education courses developed in conjunction with Coaching Ireland, Special Olympics Ireland has developed some additional educational resources for coaches:

1) In an effort to make life easier for our coaches, we have produced a Sports Regulations booklet which brings together the most common rules, regulations and policies surrounding Special Olympics sport.

2) Guide for organising interclub activities – Special Olympics Ireland encourages clubs to organise friendly competitions, training days and jamboree style competitions and these guidelines provide clubs with a checklist for doing just that!

3) Readiness for Competition – a tool to help coaches to identify if athletes are ready to enter competition.

4) Event and Sport Selection – This guide helps athletes, coaches and families to consider some key questions which may help to guide them in identifying the most suitable activity

For more information contact: Fiona.Murray@specialolympics.ie
The Functional Zone is a dedicated training area, with a range of fully accessible equipment.

Most people exercise for health & wellness benefits, whether it’s to lose weight, increase energy, improve mental wellbeing, reduce risk of illness & disease – generally looking and feeling healthier.

People with physical disabilities or medical conditions which result in limited movement function are no different. Not only does exercising provide health & wellness benefits, exercising provides an opportunity to be part of the community and society in a way that that provides a feeling of achievement and progress.

In our discussions with disability groups, individuals and healthcare professionals, ongoing exercise and access to training facilities, where people can train and work on improving their function, reducing the impact of the disability, is seen as a vital component of the maintenance and development, where possible, of everyday activities.

The Functional Zone is an open resource that we hope will be used and enjoyed by many groups and individuals.

Programmes are now underway, providing access to the Functional Zone for a wide range of conditions. Referral pathways are being developed with the HSE that will allow patients to access the Functional Zone in a quick & efficient way.

The LeisureWorld staff - exercise professionals with appropriate experience & knowledge - oversee exercise programmes that have been developed in conjunction with chartered physiotherapists and other suitably qualified healthcare and medical professionals.

Local HSE community physiotherapist services have engaged with the Functional Zone in a very positive way, facilitating a wide variety of patients with neurological conditions such as Parkinson’s, Multiple Sclerosis, Stroke survivors, and other forms of acquired brain injury.

Early indications are that patients are gaining huge benefits. In general health and wellbeing, significant weight loss can be seen, the combination of cardiovascular and resistance training offering multiple benefits. Components of balance and stability training are offering challenges in a controlled & supervised session and all of this is leading to increased confidence outside of sessions.

The overwhelming feedback from participants is the freedom and normalisation they are experiencing, in being able to independently exercise and attend to their own health & wellbeing once more.

LeisureWorld is a not for profit organisation, operates facilities in Bishopstown and Churchfield on behalf of Cork City Council, and has a strong mandate to provide services to the community.

The current rate for individuals to access this specialist service in the Functional Zone is €5.20 per session. The Functional Zone is also available for groups to rent exclusively. The Functional Zone is located in Bishopstown, but Churchfield will be undergoing a major equipment upgrade in May, and will be in a position to offer similar services.

All enquiries should be directed to Shane@leisureworldcork.com or Brighid@leisureworldcork.com, or contact reception on 021 4346505 or visit www.leisureworldcork.com
Cerebral Palsy Sport Ireland

Republic of Ireland’s CP Football team won the 2013 Dublin Gathering CP International Tournament organized by the FAI in May. The team train Saturdays in DCU under the guidance of Paul Cassin and Mick Doyle. If you are a footballer with CP playing with your local mainstream team, we’d like to hear from you!

Cycling Ireland launched Bike Week activity in June with all things cycling at St Anne’s Park. CPSI and IWA-Sport provided adapted bikes to give children with disabilities the opportunity to try cycling. Along with BMX, sprocket rocket activity and a family cycle, there was something for every member of the family.

Swimming is another life-long sport with a Swim Ireland pathway to high performance for athletes with determination and talent. For beginners, the Halliwick Method is the ideal way to introduce children/adults with disabilities to enjoyment of aquatics and independence in the water.

Athletics season began in April with the Leinster Games. Meets continue around the country throughout the summer. Track events generally range from 60m up to 1,500m. Field events can include shot put, javelin, discus, club, long jump and slalom. With this range, there is an event for every ability.

Welcome to new group MidWest athletics who have joined the athletics series.

Boccia players took part in regional league rounds already this year and development squads also take place regionally. National and international players are now under the guidance of manager Stephen Friel. Talent identification focuses now on women- female rampers and throwers will have an opportunity to try out their skill with us in autumn/winter.

Contact Rosemary: 083-1772097 or rosemary@cpsi.ie to get involved in disability sport or join us in the extraordinary Paris2Nice fundraising cycle this autumn. More news online at www.cpsi.ie.

Powerchair Football – AIPF Cup 2012/13

Ireland’s third season of Powerchair Football reached its conclusion on 26th of May after teams came together in the UL Arena for a weekend bonanza of sport with the AIPF Cup and Shield competitions and a celebratory Champions League dinner on Saturday 25th, followed by trials for the Irish Under-18 Squad with new International coach Nick Harrison.

If the Cup competition could be summed up with one word it would be ‘Tense’ with Belfast Trailblazers crowned Cup champions for the first time after a number of matches were decided by penalty shootouts. It was a great season finale for the Trailblazers with both the result and the fact that their first and second teams contested the final leaving them in a win-win situation.

The Shield competition was a more entertaining affair, with plenty of goals and incident. Having come through two tough games, Fingal Flyers romped to victory with an 8-0 victory over Shannon, who reached their first final after defeating Fingal 2.

It was a great conclusion to a season of both close encounters and big wins. Both league divisions have reached a level of competitiveness whereby it will be hard to predict the winner of any match, let alone a title, next season, the quality and skill of players continues to improve, and with Ireland set to be represented internationally at Club, Under-18 and Senior Level in the next two years, the sky is the limit for Irish Powerchair Football.

Congratulations to Midlands United PFC who became Ireland’s first club team to play in the EPFA Champions Cup in July. They competed against the best teams from England, France and the rest of Europe and were awarded the competition’s Fair Play Award. They can be very proud of their achievement and we hope that the experience will stand to both themselves and the AIPF in good stead in the future.

For more go ‘Irish Powerchair’ on Facebook & Twitter or www.aipf.ie
Special Olympics Ireland

National Football Cup Final 2013

Special Olympics Ireland’s National Football Cup took place on Saturday 11th May 2013 in Malahide United Football Club, Dublin.

Dundrum FC and Sporting Fingal contested the 11-a-side football Cup Final. After a very close contest played in difficult conditions, Dundrum eventually pulled away to beat Sporting Fingal on a score line of 4-2.

Dundrum Captain Shaun Kavanagh received the Cup from Malahide United Chairperson Don Butler. The Player of the Match award was presented to Barry Banahan from Dundrum FC.

Having recently won the 11-a-side Division One Football League, victory in the cup made it a double for Dundrum FC.

The National Cup Competition is run on a knock out basis. Eight teams from throughout the country participated in the competition, and for both Dundrum and Sporting Fingal it was a first final appearance.

Thanks to FAI CEO John Delaney who came along to greet the teams before the match and Malahide United for use of their facilities for the event.

Team Ireland at the Special Olympics World Winter Games and Áras and Uachtaráin

From 29th January to 5th February 2013, 14 athletes represented Team Ireland at the 2013 Special Olympics World Winter Games in Pyeong Chang, South Korea.

Six athletes participated in the Alpine Skiing competition returning home with 11 medals (3 Gold, 6 silver and 2 bronze) and 6 ribbons (4 fourth place and 2 sixth place). In addition, Special Olympics Ireland was one of eight teams participating in the first ever Floorball competition at world level in Special Olympics. Team Ireland performed extremely well, turning in top performances against some high calibre opposition from Europe and host nation South Korea. The team returned home with bronze medals having finished a creditable 3rd.

Following their return from South Korea, Team Ireland was hosted by President Michael D Higgins at Áras an Uachtaráin.

Vision Sports Ireland - official launch

Four time Paralympic gold medallist and World Champion, Jason Smyth, and Minister for Transport, Tourism & Sport, Leo Varadkar, launched Vision Sports Ireland (Formerly Irish Blind Sports) on 19th of September 2013.

Speaking at the opening Minister Varadkar said: “This is the start of a new era for vision impaired sports people in Ireland and I congratulate Vision Sports Ireland for reaching out to the community. Sport can, and should, be open to everyone, and I know that this organisation is striving to provide access to activities right across the country.

Vision Sports Ireland assists vision impaired people in Ireland, of all ages, to access sports at all levels, from leisure to elite, in their own communities where possible. The Organisation offers a range of sports and hosts, both, national and international competitions.

Jason Smyth, a long-time Vision Sports Ireland member, outline his support for the Organisation “to reach out to more of the vision impaired community of Ireland”

Newly elected Chairperson of Vision Sports Ireland, Robert Dobbyn, summarised the goal of the organisation as achieving “greater participation by a greater number of members in a greater variety of sports.” Finally he encouraged their members “to, firstly, participate and get enjoyment from their chosen sport or leisure activity and secondly to set personal targets or maybe strive to be the Jason of that sport.”
On a Saturday in late April, nine of the fifteen Football For All clubs in Munster came together to play in an end of season blitz in Mallow.

For three years the FAI Football For All Club programme has been helping community clubs provide opportunities for children with additional needs to play football.

Club coaches undergo specialist training and teams train in their clubs on a weekly basis with the emphasis being on participation, fun and inclusion for all. Clubs then play friendly matches against other FFA clubs in their region and come together two or three times a year to play in larger blitzes against clubs from further afield.

Teams were placed into an appropriate age group and then they all played 3 matches during the course of the afternoon. There were no winners or losers, no league tables or trophies. It’s all about children playing the game they love and having fun.

The Football For All Programme would like to thank Skibbereen AFC, Carrigaline Utd, Midleton FC, Cahir Park AFC, Clonmel Town AFC, Killavilla Utd, Limerick FC, Newcastlewest FC, Cork Autism Sports Together and especially Lourdes Celtic from Dublin for all travelling and making the day such a success. Also FAI Development Officers Pat Halpin and Darren Aherne from Limerick and Kerry respectively for their support on the day.

For further details on the programme and the other clubs involved please contact:

Nick Harrison
(FAI Football For All Club Development Officer)
T: 0860472051 E: nick.harrison@fai.ie

Clonmel Town AFC – Football For All Team at the Munster Blitz in Mallow

For the first time, Ireland will be hosting the European Deaf Futsal Qualifying Mini-Tournament in early 2014 and Deaf Sports Ireland are delighted to be part of the excitement and build up in Dublin for this event.

This competition will take place from the 28th of February to the 1st of March, 2014, and will be held in the National Basketball Arena, Tallaght. The teams who qualify will go to the finals in Bulgaria later in the year.

It is currently expected that there will be four teams taking part, although this has not yet been confirmed.

Deaf Sports Ireland would like to offer thanks to the European Deaf Sport Organisation (EDSO) who are supporting the event financially and have made it possible for Ireland to host the competition. The FAI will provide assistance for the event. It is wonderful to have the support of, and work with, such prominent organisations within the sporting world and it is greatly appreciated.
The Halliwick Swim Association of Ireland (HSAI) hosted its first National Halliwick Gala in the Coral Leisure Centre, Killarney, Co. Kerry on Saturday, 9th of March 2013. It was a great success with over 60 swimmers of all ages and abilities taking part. The Gala consisted of competitive swimming races, organised on a time handicapped system that ensured no race was a foregone conclusion and tested the mathematical abilities of the judges. It was a steep learning curve for all involved but with a calm head, Kristine and Sarah ensured every second was accounted for and query addressed.

A session of fun Halliwick activities filled the last hour, in which participants demonstrated their excellent water skills and picked up a few tips on how to progress and hopefully participate in the races next year. The success of the event was written on the faces of all participants as each swimmer received either a rosette or medal recognising their achievements. Indeed some were laden down with gold, silver and bronze - Rio 2016 here we come!

This event would not have been possible without the assistance of all the volunteers who kindly gave up their Saturday for the swimmers. The HSAI committee would like to thank you sincerely and hopes to see you at next year’s event - wherever it will be. A big thank you to the staff at the Coral Leisure Centre, Killarney for allowing us to invade their pool for the afternoon and ensuring the event ran smoothly and safely. We cannot forget the swimmers and their helpers, who without your patience and enthusiasm the event would not have been as successful. Swimmers from various swim clubs across the country took the exciting trip to Killarney to participate in the day packed full of swim activities. Clubs such as the Octopus Swim Club, Dolphin Swim Club, Pirhana Swim Club, Galway Speeders, Clare Crusaders and many other individuals took part. Spread the word and hopefully next year will see twice as many swimmers taking to the lanes.

Judy Mahon
Chairperson HSAI
Eighty volunteers arrived on Saturday 23rd March, at the An Oige hostel in Fossa, Killarney for a day of preparation before thirty eight campers were dropped off by their parents for five action packed days in Kerry. The campers, who all have vision impairments, were attending the fourth CampAbilities camp which was set up to introduce children with vision impairments to a range of sports and to encourage them to be physically active. At the closing ceremony in the Malton hotel on Thursday Liam Harbison, CEO of Paralympics Ireland, told campers and parents the story of discovering visually impaired athlete Jason Smyth who inspired the Irish public with his phenomenal victories in the 100 and 200m Paralympic finals in London last year. Senator Martin Conway also spoke to the group telling how he worked hard to prove he had the ability to become a politician despite having 10% vision. The message from these and other speakers was to aim high and to keep trying to succeed and who knows maybe one of the thirty eight campers who tried their hand at sports ranging from orienteering to athletics, will be future Irish Paralympic athletes. Earlier that day thirteen of the campers took part in a football blitz with four Kerry clubs. Campers also took to the tandem bikes or participated in a treasure hunt in Killarney national park while earlier in the week the range of fifteen sports took the group around the county to various venues. On Monday night the campers travelled in style when a convoy of vintage cars drove up to the hostel in Fossa and whisked them off to the red carpet of the Malton hotel who hosted a barbecue and casino night.

Once again the organising committee (the CARA national APA centre, ITT Tralee, National Learning Network, National Council for the Blind and Irish Blind Sports) was overwhelmed with the positive response from local businesses and organisations. This year there was a waiting list of volunteers and the spirit of giving of facilities, services and goods was stronger than ever.

The committee on behalf of the campers and volunteers would like to sincerely thank the following: The Malton Hotel, Adams of Tralee, Kerry Coaches, Kingdom Vintage Cars, Lee Strand, Kerry Spring, Dunnes Stores, Lidl, Tesco, Aldi, Daly’s Supervalu, CH Chemists, Sam McCauleys, Garda Brendan O’Donovan, The Jarveys, An Oige Hostel, Coral Leisure Centre, Killarney National Park, Banna Leisure Centre, Fossa GAA, Fossa Community Centre, Presentation schools in Tralee and Killarney, The Tralee Wetlands, Play at Heights, The Quality Hotel, Castleross Hotel, ITT Students Union, IBM, the GAA County Board, Tralee Orienteering Club, Bowling Buddies, Kingdom Waves, Fossa Scouts, Listowel Equestrian Centre, St. Michael’s school, Judo tutor JT Deenihan, FAI, Paralympic athlete Nadine Lattimore and Bongo Brian. Also a special word of thanks to the many volunteers mostly students from ITT Tralee and the National Learning Network who gave their time energy and creativity to make last week a memorable one for all of the campers involved.

Check out the website for videos and photos of camp in action http://www.caraapacentre.ie/camp-abilities
Participation of people with disabilities in all forms of physical activity, PE and sport has been improving worldwide for many years but especially in Ireland over the last ten years. Developments such as the Sports Inclusion Disability Programme, success in the Paralympics, Xcossible Leisure Centres, the expansion in disability sports organisations, improved training and education at all levels and the founding of the CARA National Adapted Physical Activity Centre have all contributed to this welcome growth in access and participation.

However, one area that has not been focused on is access for people with disabilities to the outdoor environment, which by the nature of many of its activities such as hill walking, rock climbing and windsurfing have appeared to be at a level beyond what people with disabilities may feel capable of. On closer examination it would appear that the lack of exposure for people with disabilities and the lack of suitable inclusion training for outdoor education instructors possibly accounts for most of the barriers rather than the activities themselves. Thus the idea of the ‘Xcossible Outdoors Initiative’. Following the wonderful success of the ‘Xcossible Leisure Centre Initiative’ and the successful collaboration between the Department of Justice and Equality and the CARA National Adapted Physical Activity Centre we felt that a similar initiative would prove fruitful in the outdoor environment.

Again we linked directly with the network of Local Sports Partnerships and Sports Inclusion Disability Programme throughout the country, with nineteen partnerships getting involved. The national bodies who are responsible for outdoor education, mountaineering and forest trail walks were all consulted on the delivery of appropriate activities and training needs.

A wide range of outdoor programmes were delivered right around the country with adults and children with disabilities getting involved in both inclusive and segregated events. A total of 494 adults and children with disabilities ventured into the outdoors, many doing it for the first time.

Positive reports were given by all and hopefully we have sparked an interest in this area which will grow in the future.

I would like to thank the Department of Justice and Equality and in particular Minister Lynch for the their on-going support of the work of CARA and its many initiatives to empower people with disabilities to access quality programmes provided by well trained and enthusiastic staff. We look forward to working with the department and the minister in the years ahead.

Pat Flanagan
Director of CARA
National Adapted Physical Activity Centre
Cork

New Sports Ability Programme

The Cork Sports Partnership in collaboration with the Sports Village introduced a new sustainable SportsAbility Programme this year for children with coordination difficulties. The Sports Village is a non-for-profit organisation and sports facility promoting participation in sport for all ages and abilities based on the Model Farm Road in Cork.

The SportsAbility Programme is a 10 week after-school multi-sport adapted physical activity programme for children with coordination difficulties. The aim of the programme is to provide participants with a variety of different types of sport and physical activity at their own level of ability and fitness in a fun, safe and non-competitive environment. Benefits of the programme include developing gross motor skills, fine motor skills, planning skills, spatial organisation, increasing body awareness while also improving attention and concentration through sport and physical activity.

The Sports Village are now enrolling participants for a second SportsAbility programme aimed at school children with Down Syndrome and are currently recruiting participants. For more information please contact the Sports Village on (021) 6010521 / www.sportsvillagecork.com

Donegal

Para-Cycling Event

On Saturday 20th of April Donegal Sports Partnership welcomed Irish Para-Cycling team manager Denis Toomey and coach Jerry Towey from Cycling Ireland to Aura Leisure Centre Letterkenny for a come and try event.

Participants had the opportunity to try handcycling and tandem cycling on the day. The event was thoroughly enjoyed by all who took part with many expressing an interest in more regular participation in the sport.

Donegal Sports Partnership had acquired two adult and one junior handcycle which were accessible for the group to use at the event. These handcycles are also available to cycling clubs and those interested in pursuing the sport on a more regular basis. A few events have been planned for National Bike Week as a follow-on from the come and try session.

A huge thank you to Denis and Jerry for making the journey to Donegal and for all their help on the day, also to Four Masters Cycling Club who were more than willing to help out and support the event.

For further information on Para-Cycling in Donegal, please do not hesitate to contact Donegal Sports Partnership on 074 (91) 16078/16079 or via email at sido@activedonegal.com.

Monaghan

Athletics For All

A six week Athletics For All programme was run for the first time, as part of Monaghan Sports Partnerships Sports Inclusion Programme. The programme was aimed at children with disabilities and their siblings between 5-14 years and in total seventeen children took part.

Athletics For All provided the children with a fun introduction to athletics and the opportunity to try a variety of different disciplines. The programme proved very successful, as the children developed their balance, agility and coordination skills over the course of the programme and most importantly enjoyed the experience.

Subsequently, St Oliver Plunkets NS, Castleblayney ran a similar programme for the children who attend the Autistic Unit at their school. A four week Athletics For All programme was facilitated at the school over four consecutive Tuesdays in April, with fourteen children fully participating and was strongly supported by all the teachers who actively encouraged the activity sessions.

For Information on this or any other Sports Inclusion programmes contact Dean McElroy, Sports Inclusion Development Officer, Cavan Sports Partnership on 087-2623956 or email dmcelroy@monaghancoco.ie
**Kerry**

**Swim For All Programme**

Swim For All is an adapted physical activity inclusive swim programme for young people with disabilities. The programme is devised based on individual needs, abilities and goals, where participants are offered one on one or group instruction depending on the swimmers needs.

This programme is facilitated by Kerry Recreation & Sports Partnership through the support of students from the Institute of Technology Tralee (Health & Leisure Programme) local disability providers and medical professionals – physiotherapists & occupational therapists.

The programme has been in existence for three years and is certainly going from strength to strength. Currently sixty participants are taking part in the programme.

“The swim for all programme is brilliant. My child’s confidence, self-esteem and social skills have improved, along with having great fun and learning to swim. It’s a fantastic opportunity for children of all levels and abilities. The co-ordinators and instructors are fantastic.”

Maura McAuliffe - Parent

**Mayo**

**Hand Cycling and Tandem Cycling**

The Hand and Tandem cycling eight week programme that was set up by Mayo Sports Partnership has proved a huge success.

The programme was set up in conjunction with IWA Sport, Spina Bifida Hydrocephalus Ireland and Cairdeas, Kilmavee Family Resource centre and was supported by Mayo County Development Board.

The programme, run by Gerry Towey and Donal Harington from Ballaghaderreen Cycling Club, offered instruction on the sport and showed lots of young cyclists and Para-Cyclists the way forward.

Gerry who was involved in setting up the programme and who is a Para-Cyclist himself has made giant strides in the past year to challenge the top Para-Cyclists in the country.

If you are interested in hand or tandem cycling in the Mayo area or for more information call Ray McNamara (Sports Inclusion Development Officer) on 094 9047023 or Gerry Towey on 087 8717656.

**Roscommon**

**The Ramblers Children Club**

The Roscommon Sports Partnership established ‘The Ramblers Children Club’ 3 years ago. This club is for children with disabilities and runs a six week block programme 3 times per year. A total of twelve children with disabilities attended the programme with brothers and sisters joining in the fun!

At the beginning of the school year The Roscommon Sports Partnership linked in with the Transition Year Co-ordinators from the three major secondary schools in the town of Roscommon. Over the six weeks the children had one on one assistance from the transition years, taking part in a variety of activities such as soccer, motor skills development, bowling, team building and parachute games. The club will take place again next September during the school term. Due to the success of the club a number of camps took place during the summer. For further details and for more information please contact Annette mc Geeney on 09066 30853 or annette@rosactive.org
Clare

No Limits Surf Club

The No Limits Surf Club - “Abilities not Disabilities” is a non profit organisation that was established in 2010. Building on the success of the previous two years of surf sessions run under the Surf2Heal banner, it was set up to create an independent surf club in Clare for kids with special needs.

The club is run with the assistance of the Aloha Surf School in Fanore and a team of committed, enthusiastic volunteers, who give up their time, energy and expertise to share their love of the ocean and the enormous benefits that it brings to these young people and their families.

Last year season ran 65 sessions for 24 kids. The reactions of all involved have been wonderful. Our volunteers continually express their delight at their involvement in the club and how fulfilling it is and their disappointment when missing a session.

Our more able kids will have a hobby; all our kids will have a therapy which is physically, mentally and socially enhancing.

We would like to express our gratitude to all who help with making this programme a success.

South Tipperary

‘The Crusaders’ - Sustainable Sports Club

The Crusaders offer the opportunity for adults with a physical disability to come together for a fun, sporting and social experience. Operating from Moyle Rovers GAA Club, members get together to participate in various activities including, Wheelchair Basketball, Boccia, Fishing and more. Credit for the success of this venture has to go to the volunteers who run the club week in and week out.

New members are always welcome and those interested should contact Club PRO Anthony Cunningham at 052 66353 / 087 4184972 or Vincent Foley, Sports Inclusion Disability Officer, STSP office at 062 64783 or log on to www.stsp.ie for further details.

Meath

Hockey Club

Meath Local Sports Partnership in conjunction with the Irish Hockey Association is running the first Hockey 4 All initiative with Navan Hockey Club and Navan Ladies Hockey Club.

The two Navan based hockey clubs are the first clubs to be involved in the new national pilot programme being rolled out by the Irish Hockey Association Inclusion Group and twelve coaches have recently been trained in the area of Disability Awareness to be approved coaches for programme.

To date twelve children with a range of disabilities have taken part in the initiative under the guidance of trained coaches from the two local clubs, with the long term aim to see the programme continue into the future, offering the participating players to become fully fledged members of the local clubs.

For more information on the IHA Inclusion Group, check out www.hockey.ie/inclusion or email inclusion@hockey.ie.
Carlow

Wheelchair basketball

In May 2012 County Carlow Sports Partnership ran a six week Wheelchair Basketball programme with the assistance of IWA Sport Development Officers and experienced coach and player Garrett Culleton.

With the success of the six weeks it was decided to continue the programme with the intention of forming a team and building a club. The adult players joined forces with IWA Kilkenny to enter a team into the Irish Wheelchair Basketball Division 1 League named the South East Swifts. The junior members took part in the junior wheelchair basketball tournaments which took place one weekend each month around the country.

The number of players attending each week has grown to thirteen with eight of those being children and five adults. The success of the programme is based on the culmination of work by a number of agencies including, the HSE, IWA Sport, the IWA in Kilkenny and Carlow and most of all the commitment by the players themselves. The long term sustainability of this programme is down to the joint efforts put in by these groups and the continued support by same.

Kilkenny

Judo Assist

The Judo Assist taster sessions in Kilkenny have sparked a real interest in this fully inclusive sport. Led by Anthony Delaney and Graham McHale and supported by Kilkenny Recreation and Sports Partnership, the judo taster sessions have proved hugely popular on Saturday mornings in Friary Hall and have led to many of the participants becoming club members. Anthony and Graham cover a wide range of activities during the class including great warm up games with a real fun approach, rolling, falls and of course grappling! Interaction with others is essential in Judo and many of the games break down the barriers that may exist for some children. The approach focuses on the ability of children, helping the participants to feel more secure and grow in confidence.

There will some new games introduced over the next few weeks with the introduction of sensory equipment to the sessions, all which will help to improve dexterity skills and co-ordination, and most importantly will add some more colour and fun! There are lots more sessions planned for the year and new participants are welcome at any time. For further information, please contact Caitríona on 056 7794990.

North Tipperary

Football For All

Football For All is an FAI initiative that has swept across Tipperary. The programme imbeds a football team for children and youths with disabilities into the existing framework of a community football club.

In North Tipperary, Nenagh AFC and Killa Villa Utd (Roscrea) have provided the volunteers to run these teams. All volunteers have been assisted by FAI Development Officer James Scott and North Tipperary Sports Partnership, through the Sports Inclusion Disability programme, and have worked hard to establish sustainable Football For All teams.

The local volunteers deserve massive credit for the implementation of this programme on a weekly basis. With more and more teams being established every year, Football For All is growing from strength to strength throughout Tipperary. The key to sustaining this programme is the enthusiasm from parents and coaches alike as well as the desire of participants to play for their local community football club.

For more information on Football For All teams in North Tipperary please contact Vincent Foley, SIDO North Tipperary Sports Partnership, Vincent@ntsp.ie 067 43604 or James Scott FAI Development Officer, 086 0472055.
The MSc in Adapted Physical Activity Leadership (APAL) has been developed to respond to an increase in demand for highly skilled professionals who can take a leadership role in developing this emerging discipline in Europe. The taught level 9 programme has been developed in line with the European Standards in Adapted Physical Activity (2010) and builds on the strong health and leisure undergraduate honours degree programmes.

The overall aim of this Masters degree is to develop an opportunity for professionals and graduates in the areas of health, education, care and leisure to develop their capacity to ensure universal access to physical activity programmes. This aim echoes the long held vision of the APA movement and is in line with the aim of the United Nations (UN) convention on the rights of persons with disabilities (2006) - ensuring the equal rights of persons with disabilities. Unfortunately in 2013 there are still great inequities in participation and the realisation of the vision of universal access to physical activity is dependent on the growth, development and support of APA across all UN states. There is therefore an imminent need for trained professionals to show leadership in overcoming remaining barriers and developing capacity to bring the shared aspirations of so many to fruition.

Entry Requirements
Applicants to the Masters in Adapted Physical Activity Leadership and its embedded awards must meet the following minimum entry requirements:

• Bachelor (honours degree) 2.2 or higher in physical education, health and leisure, sports science, physiotherapy or related fields
• The applicants undergraduate program must include attainment in the discipline areas of anatomy, physiology and adapted physical activity.
• Sufficient conversational and written English language skills - an IELTS requirement of 6.5.
• There are additional prerequisite knowledge requirements for some of the elective choices.

Please see www.ittralee.ie/postgraduate for more information on entry requirements.

Why study the Masters in Adapted Physical Activity Leadership at IT, Tralee?
The Institute of Technology, Tralee was awarded the UNESCO (United Nations Educational, Scientific and Cultural Organisation) Chair in ‘Transforming the Lives of People with Disabilities through Physical Education, Sport, Fitness and Recreation’ in January 2013. This award recognises IT, Tralee’s expertise in the area coupled with their work in improving standards and opportunities in Ireland and abroad. Internationally IT, Tralee has working relationships with Universities, authors and organisations at the forefront of the field such as Claudine Sherrill, Lauren Lieberman, Martin Block, Martin Kudlacek, Peter Downs and James Rimmer. The location of CARA national APA centre at IT, Tralee and the close working relationship on projects such as Campabilities is testament to the lead role of ITT in the field nationally. Locally, the undergraduate BSc in Health and Leisure links with disability service providers and health professionals to deliver and extensive programme to over 250 people with disabilities each year.

To apply for consideration for entry to this masters degree programme candidates should contact
Lucy Fitzell, Admissions Officer
Tel: + 353(0) 66 7145638
Email: admissions@staff.ittralee.ie

Contact details for further information on the Masters Programme
Aileen Kennedy, Head of Department of Health and Leisure Studies
Tel: 066 7144168
Email: aileen.kennedy@staff.ittralee.ie

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**Modules**

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<tr>
<th>Semester 1</th>
<th>Credits</th>
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<tr>
<td>Research Methodology and Project Design</td>
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<tr>
<td>Inter-Professional Leadership</td>
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</tr>
<tr>
<td>Disability Studies</td>
<td>5</td>
</tr>
<tr>
<td>Universal Programming and Facilitation</td>
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<td>Wellbeing, Health and Disability</td>
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<tr>
<td>Communication and Relationship Management</td>
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<tr>
<td>Co-ordination of Inclusive Programme*</td>
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<tr>
<td>Inclusive Fitness</td>
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<td>Danceability</td>
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<tr>
<td>Adventure Therapy &amp; Adapted Outdoor Education</td>
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<tr>
<td>Inclusive Aquatics</td>
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<th>Credits</th>
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<tr>
<td>Research Dissertation</td>
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*For the 2013/2014 academic year ‘Inclusive Fitness’ will be delivered. Should sufficient numbers enrol for the module a second elective may be offered. It is planned to offer different elective options each year.

**APPLICATION CLOSING DATE**

15th November 2013

Late applicants are not guaranteed a place on the course.

Duration: 1.5 years
Credits: 90
Minor awards

Professionals can also opt to complete a minor award as part of their ongoing professional development or to continue to add to their awards and over time complete a postgraduate diploma or Masters on a part time basis. Each minor award totals 20 credits.

1. Universal Physical Activity Programming:

There is a need for more specialist skills in planning, delivering and assessing high quality inclusive programmes. The areas of inclusive planning, assessment and practicum experience working in inclusive settings have been highlighted by professionals working in the sector. The need is also borne out in numerous research findings which indicate that generalist professionals are lacking in the competence to deliver high quality programmes especially in inclusive settings. Professionals undertaking this minor award would develop this capacity which would result in more regular sustainable opportunities in the community for people with disabilities to participate in physical activity.

<table>
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<tr>
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<th>Modules:</th>
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<tr>
<td>Three hours per week in semester 1</td>
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<tr>
<td>Five hours per week in semester 2</td>
<td>Co-ordination of an Inclusive Programme</td>
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2. Adapted Physical Activity Communication and Advocacy

There is a need for more proactive members of multidisciplinary teams who have the self awareness in their strengths and abilities and the potential to impact on the physical flourishing of people with and without disabilities in inclusive settings. In any emerging discipline professionals need to communicate their skill set in a non threatening way which will lead to a relationship of mutual respect. Advocacy is the overarching skill required in the advancement of APA and is represented as such in the accepted models of APA as a service. To be a strong advocate one needs confidence but also a vast knowledge of policy and legislation at local, national, European and international levels. Additionally communication competencies are vital in service delivery, when working with clients and their families and in collaborations with a multi disciplinary team.

<table>
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<td>Wellbeing, Health and Disability</td>
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<td></td>
<td>Communication and Relationship Management</td>
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</table>

3. Adapted Physical Activity Communication, Policy and Provision

There is a need for proactive members of multidisciplinary teams who have the self awareness in their strengths and abilities and the knowledge and understanding of disability issues to impact on policy development and implementation which will benefit people with and without disabilities in being active in inclusive settings. To be a strong advocate one needs confidence but also a vast knowledge of policy and legislation at local, national, European and international levels as well as the issues facing people with disabilities. This minor award will be very attractive to recent graduates who are trying to find their voice in their organisation.

<table>
<thead>
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<tr>
<td>Five hours per week in semester 2</td>
<td>Policy Analysis and Development</td>
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<td></td>
<td>Communication and Relationship Management</td>
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</tbody>
</table>

4. Universal Communication and Programming in Adapted Physical Activity

A combination of strong communication and specialist practical competencies are highly desirable in order to develop new opportunities for inclusive participation. This minor award will attract professionals wishing to add to the portfolio of activities they can provide and who wish to also enhance their abilities to develop relationships with key members of management and staff, community leaders and to communicate with participants, families, other professionals as well as the public at large. This award will also be attractive to recent graduates who are trying to gain employment and require delivery skills as well as enhanced communication competencies.

<table>
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<td>Co-ordination of an Inclusive Programme</td>
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www.ittralee.ie
UNESCO

Good News for Inclusive PE and Sport

The final agreement between the United National Educational, Scientific and Cultural Organisation (UNESCO) and the Institute of Technology Tralee (ITTralee) concerning the establishment of a UNESCO Chair on “Transforming the lives of people with disabilities through physical education, sport fitness and recreation” at the Institute of Technology Tralee, Co Kerry Ireland was signed on 3rd May 2013. The agreement is signed by the UNESCO Director General Ms Irina Bokova and Oliver Murphy President of the Institute and is valid for a period of four years following which it can be renewed based upon successful achievement of the objectives contained therein.

ITTralee have invested exclusively in the Chair to date and are committed to advancing its goals. Funding will be sought through from multiple sources including EU, National and International Grant Schemes, Philanthropic Donation, and partnership with companies through Corporate Social Responsibility mechanisms.

Sport and PE for ALL are very much at the forefront of the UNESCO Chair remit. Many positive developments are occurring to help shape a more inclusive society.

For more info contact Catherine Carty, UNESCO Chair 066 7144194 or catherine.carty@staff.ittralee.ie

Gone Sailing

Interview with John Twomey President of IFDS

Kinsale Yacht Club member John Twomey who has participated in 10 Paralympic Games, more than any other Olympic or Paralympic athlete was elected President of the International Federation of Disabled Sailors (IFDS) at the ISAF (International Sailing Federation) conference in November 2012.

Following the hugely successful IFDS World Sailing Championships held in August in Kinsale, Co Cork, CARAFOCUS is delighted to present an interview with John on his passion for sailing, his many achievements and his presidency of the International Federation of Disabled Sailors.

– To compete in ten Paralympic Games is a fantastic achievement. What would you attribute your long sporting career to?

I am a very competitive person by nature and this coupled with keeping up a high level of fitness has led to my long sporting career. Plus I really enjoy competing on the highest competition stage in the world. When I was an international discus thrower, sailing was a sport that I was competing in at club and national level, that complimented my training routine. So the move to compete in the Paralympic sailing in Sydney 2000 was prompted by the fact that;

A) I had qualified the Irish Sailing Team for Atlanta 1996 Olympics/Paralympics although I competed there in the discus.

B) The encouragement of my family and friends to mount an Irish Paralympic sailing campaign for Sydney.

– Do you have a particular sporting highlight?

The obvious one is winning the Gold medal in Seoul in 1988, but one that I really enjoy was winning the Irish IRC 3 able-bodied Irish Sailing Championships in 2007.

– Congratulations on your appointment as President of the IFDS. What do you hope to offer in your new role?

I have a number of ambitions that I hope to achieve during my Presidency of IFDS.

The closer integration of IFDS with ISAF (world governing body for sailing) so that we have a one stop shop for all sailing worldwide.

The creation of commercial charter fleets for the three Paralympic classes so as to afford competition opportunities’ to as many countries as possible irrespective of their geographic location.

To develop Disabled Sailing in Africa, Asia and South America and increase the number of countries competing on the international stage.

For information on sailing contact www.sailing.ie

Photo by: Michael MacSweeney / Provision
Application process opening November 2013

CARA NATIONAL INCLUSION AWARDS

Presented by
CARA Adapted Physical Activity Centre

2014 Award Categories
- Xcessible Leisure Centre Award
- NGB of Sport Inclusion Award
- Disability Organisation/Service Provider Inclusion Award
- LSP Sports Inclusion Disability Award
- Xcessible Outdoor Centre Award
- Valued Volunteer Award
- Inclusive Club Award
- Inclusive School Award
- Mainstream Organisation Inclusion Award

For further information on the Awards please contact Niamh Daffy at cara@ittralee.ie or 066 7145646

www.caraapacentre.ie
## Upcoming DIT Courses

<table>
<thead>
<tr>
<th>Location</th>
<th>Venue</th>
<th>Facilitated by</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Galway</td>
<td>St John of Gods Clarinbridge</td>
<td>Galway Sports Partnerships</td>
<td>05 Oct 2013</td>
<td>10am-4pm</td>
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<tr>
<td>Laois</td>
<td>Portlaoise Leisure Centre</td>
<td>Laois Sports Partnership</td>
<td>19 Oct 2013</td>
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<tr>
<td>Dublin City</td>
<td>Ballybough Community Centre</td>
<td>Dublin City Sports Network</td>
<td>01 Nov 2013</td>
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<td>South County Dublin</td>
<td>Tallaght Stadium</td>
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<tr>
<td>Dún Laoghaire-Rathdown</td>
<td>Mounttown Community Facility</td>
<td>Dún Laoghaire - Rathdown Sports Partnership</td>
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<td>Sligo</td>
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<td>Tipperary</td>
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<td>North and South Tipperary Sports Partnership</td>
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<td>10am-4pm</td>
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<tr>
<td>Cavan/Monaghan</td>
<td>St Ailans Comprehensive School, Cootehill</td>
<td>Cavan and Monaghan Sports Partnerships</td>
<td>30 Nov 2013</td>
<td>10am-4pm</td>
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To register for any of the course please visit [www.caraapacentre.ie](http://www.caraapacentre.ie)

Places are limited to 25 per course and fill up fast so book early!

All dates, times and venues are subject to change so please visit [www.caraapacentre.ie](http://www.caraapacentre.ie) for the most up to date information and new courses