



THE LIMERICK SPORTS PARTNERSHIP IS LOOKING FOR INTERESTED PARTICIPANTS TO APPLY THROUGH THE LIMERICK SPORTS PARTNERSHIP WEBSITE WWW.LIMERICKSPORTS.IE.



ONLINE REGISTRATION WILL BE OPENED

MONDAY 17TH FEB - FRIDAY 14TH MAR 2025.

APPLICATIONS WILL ONLY BE ACCEPTED THROUGH THE ONLINE REGISTRATION SYSTEM.

25TH - 27TH MARCH - 1ST ROUND INTERVIEW (ZOOM). SCHOOLS WILL BE CONTACTED WITH DAY AND TIME OF INTERVIEW AND WILL INFORM STUDENTS

ALL APPLICANTS WILL MEET WITH A MEMBER OF THE LSP TEAM TO TALK ABOUT WHY THEY WANT TO BE PART OF THE VIP PROGRAMME. SHORTLISTING WILL TAKE PLACE.

WEDNESDAY 2ND OR THURSDAY 3RD APRIL

SUCCESSFUL CANDIDATES WILL BE INVITED TO SECOND ROUND (IN PERSON) INTERVIEW WITH THE LSP.

PLEASE NOTE THAT THE LSP WILL CONTACT THE SCHOOL WITH THE NAMES OF THOSE WHO HAVE BEEN SELECTED FOR 2ND ROUND INTERVIEW.



VIP PROGRAMME

**2025/2026
TRANSITION YEAR
PROGRAMME**



- SEPTEMBER—MAY
- 8TH SEPT 2025 - 18TH MAY 2026
- DAY: MONDAYS
- 9.30 - 4.00
- UL SPORT ARENA

WWW.LIMERICKSPORTS.IE

“ITS A ONCE IN A LIFETIME EXPERIENCE THAT HAS SO MANY BENEFITS TO YOUR HEALTH BOTH MENTALLY AND PHYSICALLY BUT ALSO IT BENEFITS YOUR FUTURE AS IT OPENS YOUR EYES TO POSSIBLE CAREERS AND IT ALSO IMPROVES YOUR CV”

“I WOULD RECOMMEND THE PROGRAMME AS I GOT TO GAIN LOTS OF QUALIFICATIONS WHILE GETTING TO MAKE LOADS OF NEW FRIENDS, EVERY WEEK BROUGHT SOMETHING NEW AND EXCITING AND IT WILL BE A HUGE PART OF YOUR TY YEAR”.

CONTACT US



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LIMERICK SPORTS PARTNERSHIP
UL SPORT ARENA
UNIVERSITY OF LIMERICK

VIP - VOLUNTARY INSPIRED PARTICIPATION

THE VOLUNTARY INSPIRED PARTICIPATION (VIP) THE YEARLONG V.I.P PROGRAMME IDENTIFIES LOCAL TEENAGERS WHO ARE NOT NECESSARILY SPORTS STARS BUT HAVE SHOWN POTENTIAL TO BECOME FUTURE COACHES AND LEADERS IN THE SPORT AND PHYSICAL ACTIVITY SECTOR. VOLUNTEERS ARE THE BACKBONE OF SPORT AND PHYSICAL ACTIVITY IN THE COMMUNITY AND HENCE LIMERICK SPORTS PARTNERSHIP FEEL IT IS IMPORTANT TO SUPPORT, DEVELOP AND MENTOR LOCAL TEENAGERS TO BECOME SPORTS AND PHYSICAL ACTIVITY VOLUNTEERS/ LEADERS IN LIMERICK

COURSES

THROUGHOUT THE YEAR STUDENTS WILL COMPLETE THE FOLLOWING NATIONALLY CERTIFIED COURSES

- FAI—KICK START 1
- MUNSTER RUGBY—PRIME RUGBY
- ATHLETICS IRELAND—LITTLE ATHLETICS
- ROWING IRELAND— LEVEL 1 COACHING COURSE
- GAA—FOUNDATION LEVEL
- CAMOGIE—FIRST WHISTLER REFEREEING
- VOLLEYBALL—SPIKEBALL
- SPORTS FIRST AID
- SPORTS IRELAND—SAFEGUARDING 1
- BASKETBALL—FOUNDATION LEVEL
- OLYMPIC HANDBALL
- SPORT IRELAND—ACTIVE LEADERSHIP
- COACHING IRELAND—COACHING CHILDREN
- TENNIS
- PICKLEBALL



WHO CAN APPLY

THIS PROGRAMME IS OPEN TO MALE AND FEMALE PARTICIPANTS WHO MUST BE 16 BEFORE THE 30TH APRIL 2026 THIS PROGRAMME IS IDEAL FOR PEOPLE WHO HAVE A KEEN INTEREST IN SPORT AND STUDENTS WHO HAVE A DESIRE TO BECOME A SPORTS LEADER.

LEARN



COACH



VOLUNTEER



MEET PEOPLE



PLEASE NOTE, LIMERICK SPORTS PARTNERSHIP UNDERSTANDS THAT STUDENTS CANNOT MAKE ALL SESSIONS STUDENTS ARE EXPECTED TO ATTEND 80% OR MORE OF THE PROGRAMME. STUDENTS WHO MISS 4 OR MORE SESSIONS MAY BE ASKED TO LEAVE THE PROGRAMME.

COACHING / EVENTS

Primary School Coaching:

5 week - coaching primary school children Sports Hall Athletics during Monday sessions in UL Sport Arena.

Being Well Coaching:

5 week - health and wellness programme that introduces people with disabilities to exercises that focus on strength, flexibility, balance and cardiovascular fitness.

COOL MOVERS

Cool Movers Inclusion Club: Non Sporty Sports Club, open to all levels and abilities.

5 weeks coaching children (5-12yrs)
FUNdamental activities through games.
Saturday 10:00-12pm or Tuesday 5:00-7.00pm. Participants will be divided into 8 groups and each group is required to complete 1 x 5 week block

VOLUNTEER

100 VOLUNTEER HOURS:

ALL STUDENTS WILL BE REQUIRED TO VOLUNTEER IN THEIR LOCAL COMMUNITIES WHERE THEY WILL ASSIST AND HELP LOCAL COACHES IN SPORTS SESSION DELIVERY. STUDENTS WILL ALSO BE GIVEN THE OPPORTUNITY TO GAIN VOLUNTEER HOURS BY HELPING THE LIMERICK SPORTS PARTNERSHIP IN A NUMBER OF EVENTS INCLUDING:

- EASTER CAMP PROGRAMME
- SPORTS HALL ATHLETICS BLITZ (ONE DAY)
- GET GOING GET ROWING BLITZ (ONE DAY)
- OLDER ADULT MID WEST BLITZ (ONE DAY)
- SCHOOLS & COMPANY MARATHON CHALLENGE
- BLANKET 5KM