

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

WEDNESDAY 2ND OR THURSDAY 3RD APRIL

THE VIP PROGRAMME. SHORTLISTING WILL TAKE PLACE.

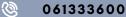
SUCCESSFUL CANDIDATES WILL BE INVITED TO SECOND ROUND (IN PERSON) INTERVIEW WITH THE LSP.

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

"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



UL SPORT ARENA
UNIVERSITY OF LIMERICK





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

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 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



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