

APPLY

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 **TUESDAY 6TH FEB - THURSDAY 22ND FEB**. APPLICATIONS WILL ONLY BE ACCEPTED THROUGH THE ONLINE REGISTRATION SYSTEM.

4TH-7TH MARCH - 1ST ROUND INTERVIEW (ZOOM). 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 13TH OR THURSDAY 14TH MARCH SUCCESSFUL CANDIDATES WILL BE INVITED TO SECOND ROUND (IN PERSON) INTERVIEW WITH THE LSP

“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

061333600
LIMERICK SPORTS PARTNERSHIP
UL SPORT ARENA
UNIVERSITY OF LIMERICK



VIP PROGRAMME

2023/2024 TRANSITION YEAR PROGRAMME



- SEPTEMBER–MAY
- 9th Sept 2024 - 19th May 2025
- Day: Mondays
- 9.30 -4.00
- UL Sport Arena

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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 COURSES
 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 2024
 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