



# TIPPERARY SPORTS PARTNERSHIP



May, 2026 - Newsletter



## ABOUT US

**Tipperary Sports Partnership (TSP) is a local sports partnership established by Sport Ireland via Tipperary County Council to coordinate, promote and develop recreational sport in Tipperary.**

## CONTACT US



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# HER MOVES

Transition year girls from St. Anne's and St. Ailbes in Tipperary Town along with Comeragh College in Carrick on Suir, recently completed the Her Moves programme, with all students thoroughly enjoying the experience.

Her Moves gives students an opportunity to build confidence, develop new skills and have fun while being active.

To mark the end of the programme, the group travelled to Castlecomer Discovery Park for a well-deserved celebration day. The students took part in a wide range of exciting activities, including team building challenges in the woodlands setting, archery, climbing the octagon and the highlight for many soaring through the air on the zip line.

The day was filled with laughter, teamwork, and a real sense of achievement, providing a memorable finish to what has been a highly positive programme. Well done to all involved for their enthusiasm and engagement throughout.



**Her Moves is designed to inspire,  
support more teenage girls to be active.**

# PADDLES UP & GET GOING GET ROWING

The Paddles Up programme in Clonmel engaged 105 students from CTI Presentation; Loreto and the National Learning Network, with a further 64 students from Coláiste Dún Iascaigh taking part in an integrated programme.

In Cahir, our Inclusive Paddling programme, delivered with Healthy Ireland welcomed 17 students from Scoil Aonghusa and Brothers of Charity.

We also partnered with Rowing Ireland and Clonmel Rowing Club to deliver Get Going Get Rowing with an excellent 285 students participating from seven schools CBS High School, Clerihan NS, St Mary's BNS, St Oliver's, Sisters of Charity, Loreto, and Presentation Primary.

A fantastic range of activities, promoting inclusion, partnership, and a love of being active outdoors.



**“Get Going, Get Rowing” and “Paddles Up”  
live out “Mol an óige agus tiocfaidh sí” -  
encourage youth and they will flourish.**

# SPORTS ABILITY DAY

A fantastic day in Thurles on May 15<sup>th</sup> for our annual Sports Ability Day celebrating inclusive sport, with activities including tennis, golf, orienteering, table tennis, gaa, soccer, rugby, special olympics, volleyball, basketball, rowing and cricket!

Great fun, energy, and opportunities for all. Huge thanks to all the NGB's and clubs for attending and showcasing their sport on the day, and to the schools and services who attended.



Massive thank you to the Presentation Secondary School Thurles for hosting the day with the support of Martin, Dearbhla and the excellent transition year students who volunteered. In the lead-up to the event, they completed 6 weeks of training, showing real commitment and enthusiasm. On the day, they were outstanding—supporting participants, leading activities, and creating such a positive and inclusive atmosphere.



# BIKE WEEK 2026.

Bike Week took place from May 9<sup>th</sup> to 17<sup>th</sup>. We were delighted to support a wide range of Bike Week events across the county as part of this year's national celebration of cycling. Throughout the week, communities came together to enjoy fun and inclusive events that encouraged people of all ages to get on their bikes. From school bike parades and community rides to family fun days and skills workshops, the week was packed with opportunities to experience the joys of cycling. The success of Bike Week 2026 in Tipperary highlights the growing interest in active travel and the positive impact cycling has on our health, wellbeing and environment. Looking forward to Bike Week 2027.



## Bike Week Spotlight

As part of Bike Week, Tipperary Sports Partnership visited Old School House Montessori Pouldine with our balance bikes and cycling equipment for a fun filled session promoting movement and cycling skills.

The children enjoyed navigating zebra crossings, road works and traffic set ups, dressing up in Garda uniforms and even taking on the role of council workers repairing potholes and operating a stop/go traffic system. The session also included fun cycling games and races, helping to develop balance, coordination, confidence, and road awareness all while celebrating Bike Week in an active and enjoyable way



# TIPPERARY GO FOR LIFE GAMES

We were delighted to host our Tipperary Go For Life Festival at Moycarkey-Borris Community Sports Centre! 9 teams from across the county participated, the day was filled with great energy, friendly competition and plenty of fun.

Participants enjoyed a mix of activities including Boccia, Cornhole and Scidils.

The Go for Life Festival is all about encouraging older adults to stay active, social, and engaged, and it was wonderful to see such enthusiastic involvement from everyone who took part

A big congratulations to our winners:

Cup: Borrisokane Town Park

Shield: Templemore Active Retirement

Plate: Cahir Active Retirement



# UPCOMMING EVENTS

## Tipperary Town A.C. is back

We were delighted to support the relaunch of the Tipperary Town Athletic Club.

Training starts back on September 11<sup>th</sup> for 6 to 12 year olds at the Canon Hayes Recreation Centre.

Scan QR code below to register.



## Sensory Friendly Swim

These free sessions are taking place each Sunday from 1pm to 2pm in Nenagh Swimming Pool until June 28<sup>th</sup>. During this time the pool has lower noise levels, a relaxed and inclusive setting and welcoming staff. For more information contact Nenagh Swimming Pool on 067 31788

