



Irish Wheelchair
Association
SPORT

ANNUAL REVIEW 2022



www.iwa.ie





Vision

Our vision is for everyone with a physical disability to enjoy sport, physical and recreational activities non a fully inclusive basis in any environment.

Mission

To develop and promote sport, physical and recreational opportunities for people with a physical disability to reach their full potential.



Values

Fun: IWA-Sport's ethos is that having fun should be at the heart of everything we do.

Belonging: IWA-Sport is dedicated to fostering and instilling a sense of belonging and camaraderie through involvement in our programmes.

Empowerment: IWA-Sport believes that our members will be empowered to achieve greater independence, by building confidence and self-determination, through involvement in our programmes.

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2022 at a glance



IWAS Games – Portugal

1st international competition
in **2** years

9 athletes • **9** medals

1 new Irish record

Several new **PBs**

Para Athletics

9 athletes achieved
15 new Irish records

Across Para Athletics,
Athletics Ireland and
Great Britain Athletics events.
See page 3 for more.

**Rebel Wheelers claim
the Senior Wheelchair
Basketball Cup Treble for
the third consecutive year.**

See page 8 for more.

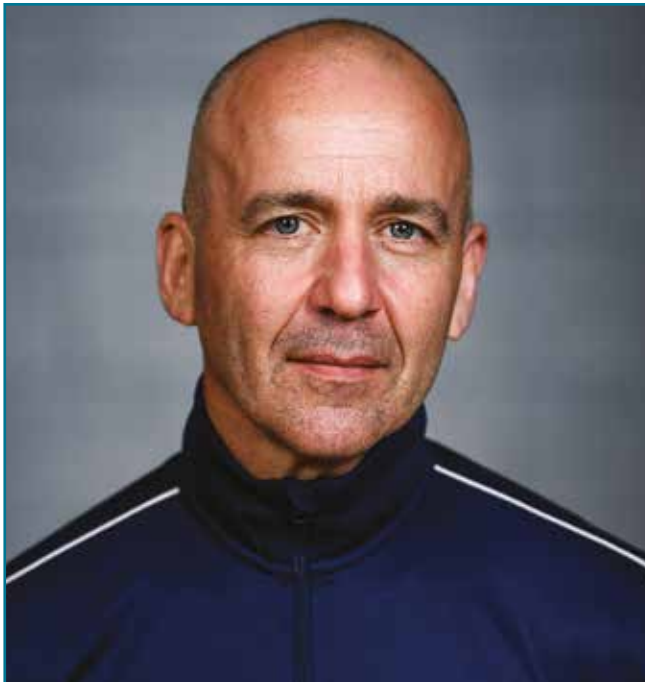


**Dr Una May, Sport Ireland
CEO helped launch our
IWA-Sport Women In Sport
Strategy 2022-2025 at our
IWA-Sport HQ in Clontarf.**

The strategy is hinged on four key pillars, and we have some exciting plans to implement the strategy.

See page 16 for more.

Welcome Address



Nicky Hamill, Director of Sport, IWA-Sport

Dear IWA-Sport Members,

It was great to be back to 'normality' and it was so heart-warming to see athletes at all levels back training and competing in huge numbers. A huge thank you to the volunteers and staff for really coming together to play a part in getting our training and competition back up and running to normal levels. The team and I have really enjoyed meeting you all again and whilst the virtual world enabled us to stay connected during the COVID-19 pandemic, nothing can ever replace meeting, training, and competing in person.

Early in the year, we were thrilled to have launched our IWA-Sport Women In Sport Strategy 2022-2025. Dr Una May, CEO of Sport Ireland lead the celebrations at our Sport HQ in Clontarf alongside many members, colleagues and guests. It is also the very first strategy launched in Ireland that focuses on women and girls in sport for those with a physical disability. We continue to work on delivering this ambitious strategy alongside the rest of our programme and look forward to making real impact that will outlast the terms of the strategy.

There was a lot of activity throughout the year and there is so much to be proud of. The year kicked off with strong performances in the Para Athletics Grand Prix resulting in 9 athletes achieving 15 new Irish records across Para Athletics, Athletics Ireland and Great Britain Athletics events.

Wheelchair Basketball continued to provide some nail-biting games with Rebel Wheelers securing their third InsureMyHouse.ie National Cup narrowly beating Killester WBC for the title. Both teams should be really proud of themselves for putting in a fantastic performance at the National Basketball Arena. Wheelchair Basketball also saw the introduction of a new Women and Girls Academy along with an u19 academy to bridge the gap between Junior and Senior basketball. The Junior Blitz also proved that the future is bright for the sport as it continues to grow in popularity.

Towards the end of the year, Para Powerlifting proved to be one of our fastest-growing sports. We hosted the first-ever World Para Powerlifting (WPPO) sanctioned National Championships in Ireland and we had athletes compete in the European Open Championships in Tbilisi, Georgia. We also saw adult teams competing at European Championships in Wheelchair Basketball and Wheelchair Rugby.

We would like to acknowledge the continued support of Sport Ireland who has enabled us to expand our ambition with help in funding new initiatives through the Dormant Account Funds which are listed out later in this report.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Nicky' followed by a stylized monogram.

Nicky Hamill,
Director of Sport, IWA-Sport

Para Athletics

It was a busy year on the Para Athletics front with a number of home and international competitions. Our Grand Prix got underway on April 23rd with the Leinster Games being held at IT Carlow. The Midland Games, National Championships, Jamie Boyle Games South East Games, Munster Games and Athletics Fest followed in quick succession. These were hosted at a number of venues including IT Carlow, Templemore and Waterford. We also welcomed some new athletes who all competed well in the various competitions entered!

2022 Para Athletics Competition Schedule

April 23rd	Leinster Games	IT Carlow
May 7th	Midland Games	Templemore
July 9th	National Championships	IT Carlow
July 23rd	Jamie Boyle Games	Templemore
August 20th	South East Games	Waterford
September 3rd	Munster Games	Templemore
September 24th	Athletics Fest	IT Carlow



Irish Records

At the time of writing, 15 new Irish records were achieved by athletes across Para Athletics, Athletics Ireland and Great Britain Athletics events among 9 athletes.

Class	Name	Event	Record	Venue	Games	Date	
T37	Ella Sherlock	60m	12.68	NIA	Dublin Indoors	06/02/22	1
T36	Steven Bradley	800m	3.02.72	MTU	Leevale games	12/06/22	2
T36	Steven Bradley	1500m	6.23.57	IWAS Games	Portugal	28/11/22	3
T13	Greta Streimikyte	1500m	4.40.31	TUS	Indoor League	23/01/22	4
T13	Greta Streimikyte	3000m	9.51.26	IUAA	Indoor C'ships	29/01/22	5
T47	Jordan Lee	High Jump	1.90	AAI Nationals u 23	TUS Athlone	13/03/22	6
T47	Jordan Lee	Long Jump	6.23	SETU Carlow	IWA nationals	09/07/22	7
F35	Ray O'Dwyer	Shot	9.11	South/E games	Waterford	20/08/22	8
F40	Mary Fitzgerald	Shot	8.23	Paris	Para GP	10/06/22	9
F64	Stephen McCarthy	Javelin	23.80	MTU	Leevale games	12/06/22	10
F44	Trix Schwedler	Javelin	14.03	SETU Carlow	Fest	24/09/22	11
T64	Rosie Tennyson	Shot	3.28	SETU Carlow	IWA nationals	09/07/22	12
T64	Rosie Tennyson	100m	25.80	SETU Carlow	IWA nationals	09/07/22	13
T54	Cillian Dunne	200m	26.91	Stroke-Mandevill	England	10/09/22	14
T54	Cillian Dunne	400m	52.50	Stroke-Mandevill	England	10/09/22	15

The Grand Prix Award Winners:

Javelin

1. Liam Kinsella
2. Jack O'Connor
3. Ella Sherlock

Discus

1. Jack O'Connor
2. Shane Curran
3. Ella Sherlock

Shot

1. Jack O'Connor
2. Shane Curran
3. Ray O'Dwyer

Under 8-10

Javelin

1. Emilyrose Fox Franks
2. Sean Lynch
3. Oscar Hamilton

Discus

1. Oscar Hamilton
2. Emilyrose Fox Franks
3. Kate Marie Histon

Shot

1. Sean Lynch
2. Emilyrose Fox Franks
3. Oscar Hamilton

Under 12-14

Javelin

1. Isobel Twomey
2. Molly Marshall
3. Hassan Benhaffaf

Discus

1. Saoirse Nolan
2. Alex Donnellan
3. Hassan Benhaffaf

Shot

1. Alex Donnellan
2. Hassan Benhaffaf
3. Saoirse Nolan



The International Wheelchair and Amputee Sports Games (IWAS Games)

Nine Athletes represented Ireland at the IWAS Games held at Vila Real de Santo António in the south of Portugal in November. They included Patrick Crossan (Belfast), Steven Bradley (Cork), Aryell Sheedy (Dublin), Cillian Dunne (Tipperary), Cian O'Neill (Cork), Shane Curran (Galway), Ella Sherlock (Dublin), Dale O'Sullivan (Cork) and Trix Schwedler (Kerry). While the athletes play a big part, the coaches and volunteers are equally as important! They included: Pat Furlong (Manager/Throws coach), Maria Furlong (Assistant Manager/Throws coach), Noel Brennan (Track Coach), Larry Dunne (Track Coach), Jean O'Sullivan (Safeguarding Officer / Throws coach) along with Marian Curran (Throws Support), Linda Bradley (Throws and Track Support), Dawn Sherlock (Underage Companion) and Therese Sheedy (Underage Companion). A number of PB's were achieved during the competition for a number of the athletes.

The following results were recorded:

- Ella Sherlock in the 100m (T37) in a time of 20.84 also in the u20 Javelin competition while also picking up a Bronze medal!
- Shane Curran had a Season Best in the F57 Javelin throwing 16.58m along with another PB in Shot Put throwing a distance of 7.27m. On top of the PB's, Shane also won Bronze in the Discus event.
- Steven Bradley created a new Irish record in the T36 1500m a fantastic achievement for the Corkman.
- Aryell Sheedy had three new PB's! The Dublin native won Silver in the u20 400m, Bronze in the T37 1500m and another Bronze in the 800m.
- Tipperary's Cillian Dunne won Bronze in three of his track events including the 100m, 400m and 1500m.
- Trix Schwedler competed well in the Senior Women's Javelin placing 3rd and claiming a Bronze medal.

There were some other notable performances from Patrick Crossan, Cian O'Neill and Dale O'Sullivan in each of their competitions and came up against some world class athletes.

AA Games, Coventry

In July, a team of six youth athletes travelled to the AA Games in Coventry, UK. Competing in three different events – the Javelin, Discus and Shot Putt – the athletes enjoyed great success at the Games and brought home a significant haul of medals! The team returned 14 Personal Bests across 17 events over two days, an incredible accomplishment made even more impressive by the fact they were achieved during some very inclement weather! The young team that competed were:

Saoirse Noland, Wexford; Alex Donnellan, Kilkenny; Jack O Connor, Meath; Liam Kinsella, Meath; Hassan Benhaffaf, Cork; Hussein Benhaffaf, Cork



Wheelchair Basketball

The Wheelchair Basketball calendar was packed with domestic competitions, new academies, and the return of international competitions.

Rebel Wheelers from Cork completed the domestic treble for the third consecutive year, winning the National Cup, League and Paddy Byrne Cups.

Position	Team	Games	For	Against	Points
1	Rebel Wheelers	8	453	295	24
2	Limerick Celtics	8	438	355	22
3	Killester WBC	8	438	313	20
4	Kingdom Wheelblasters	8	319	336	16
5	South East Swifts	8	303	320	16
6	Titans Wheelers	8	281	318	14
7	Ballybrack Bulls	8	305	356	14
8	North East Thunder	8	270	355	10
9	Clonaslee WBC	8	218	377	8



Senior League Awards

Tiarnan O'Donnell won the Male Player of the Year and Jodie Waite won the Female Player of the Year.

Club / Award	Player
Kingdom Wheelblasters	Paul Ryan
Ballybrack Bulls	Jack Shannon Cole
Clonaslee	Paul Tobin
South East Swifts	Pat O'Neill
Killester WBC	Seamus Holland
Rebel Wheelers	Conor Coughlan
Limerick Celtics	Tiarnan O'Donnell
North East Thunder	Martin Murphy
Galway Titan Wheelers	Stephen Melvin
Non-eligible for Classification	Tadhg Buckley (Kingdom Wheelblasters)
U23 Player of the Year	Conor Coughlan
Most Improved Player	Jake Hennessy
Sportsmanship Award	Turlach Cotter

Junior Blitz Awards

Name	Male Junior	Female Junior
Killester Tigers	Oran Spain	Grace Harper
North East Thunder	Shane Minto	Aoife McKenna
Rebel Wheelers	Conor Simpson	Klaudia Borkowska
Shannonside Stealers	Conor Dufficy	Sophie Greham
Tipperary Warriors	Ethan Leonard	Eadaoin O'Malley
Kingdom Wheelblasters	Rory McMahon	Robyn Evans



Best Junior Female
Wheelchair Basketball Player 2021/22
Grace Harper

Best Junior Male
Wheelchair Basketball Player 2021/22
Oran Spain

Most Improved Player
Jack O'Connor

Sportsmanship Award
Kevin Donovan

WBB

The Perpetual Cup Finals took place in Sport Ireland in May with teams competing for the Gerard Larkin Cup, the Green/Walsh Cup and the Paddy Byrne Cup. Ballybrack Bulls and South East Swifts contested the Green/Walsh Cup final with the Dublin side winning 54-27. Titan Wheelers went up against Clonaslee WBC with the Galway side winning the Gerard Larkin Cup. In the Paddy Byrne Cup Final it was a rematch of the National Cup Final as Rebel Wheelers and Killester WBC met with the Cork side taking the win comprehensively 72-35.

The Junior Blitz returned in 2022 with a lot of very excited members ready to take to the court.

The Junior Blitz returned in 2022 with a lot of very excited members ready to take to the court following a much interrupted season. The first tip-off took place in IWA-Sport, Clontarf hosted by Killester Tigers with more action in Cork hosted by Rebel Wheelers in October and North East Thunder in Dundalk the home club in November. At the time of going to print, we are really looking forward to a number of blitzes in Thurles with Tipperary Warriors, Galway with Galway Speeders, Tralee with Kingdom Wheelblasters and back at the home of IWA-Sport in Clontarf.

2022 saw the introduction of a new Women and Girls Academy along with an u19 academy to address the gap between Junior and Senior basketball. Both Academy programmes were very well received where high quality coaching was delivered in addition to a number of Leadership talks covering various topics.

On the International front, it was a busy time for Team Ireland as we had teams compete at the IWBF B/C Wheelchair Basketball European Championships in Bosnia/Herzegovina and the European Para Youth Games in Finland.

The Senior side went into their tournament facing Slovenia, Czech Republic, Hungary, Portugal and Bulgaria. Unfortunately, results didn't go their way losing all but one of their games. That was against Hungary where they won comprehensively 60-24. A good experience for the team who no doubt will use the week in Bosnia/Herzegovina to their advantage in tournaments in 2023.

Team:	
Valene Ryan (Head Coach)	Ballybrack Bulls
Graham Merrigan (Assistant Coach)	Ballybrack Bulls
Jack Shannon-Cole	Ballybrack Bulls
Jason Ryan	Ballybrack Bulls
Conor Coughlan	Rebel Wheelers
Sean McCullagh	Killester WBC
Jack Quinn	Rebel Wheelers
Matthew Rollston	NI Knights
Pat O' Neill	South East Swifts
Derek Hegarty	Rebel Wheelers
Jack Mangan	Rebel Wheelers
Tiarnan O' Donnell	Limerick Celtics

The U23 squad completed at the European Para Youth Games in Finland, their second time to do so.

The team competed against Netherlands, Italy, Portugal, and host nation, Finland. The competition was of a very high standard and the experience will stand to the development of this squad in the long term.

Results:	
V Netherlands	22-75
V Portugal	32-63
V Italy	37-92
V Finland	50-29
V Portugal	47-60

Club	Name
Alan Dineen (Head Coach)	Rebel Wheelers
Con Coughlan (Assistant Coach)	Rebel Wheelers
Dylan McCarthy (Assistant Coach)	Rebel Wheelers
Jack Quinn	Rebel Wheelers
Jack Mangan	Rebel Wheelers
Darragh O'Regan	Rebel Wheelers
Sean McCullagh	Killester WBC
Conor Coughlan	Rebel Wheelers
Adam Drummond	Rebel Wheelers
Dean McCarthy	Kingdom Wheelblasters
Jodie Waite	Limerick Celtics



Para Powerlifting

Para Powerlifting continued to grow in popularity with athletes taking part in several events. IWA-Sport was proud to host the first ever World Para Powerlifting sanctioned National Championships in Ireland and we competed in the European Open Championships in Tbilisi, Georgia.

The National Championships were held on November 19th in IWA-Sport, Clontarf. In total 11 athletes competed with two competitors coming from Italy. A number of personal bests were set showing real promise for 2023 and beyond.

A number of personal bests were set showing real promise for 2023 and beyond.

At the World Para Power Lifting World Championships, four of our athletes competed including Britney Arendse and Nicola Dore while Sean Hughes and Niamh Buckley also took to the stage on their international debut. Kerry native, Niamh Buckley created a new European rookie record lifting 66kg, becoming European Junior Champion and placing 4th overall in her category. Britney Arendse continued her good form placing 2nd and winning a Silver medal while Limerick's Nicola Dore also competed. Sean Hughes placed 8th lifting 142kg at his first international competition. A fine achievement by all with eyes now on this year's Europeans and Paris 2024.





Wheelchair Rugby

Wheelchair Rugby really bounced back 2022 following the devastating effect Covid 19 had on both the domestic and international scene in the previous years.

The Irish Wheelchair Rugby League got under way with Ulster Barbarians, Rebel Wheelers and Laois Lions all competing. The Cork side, Rebel Wheelers, took the League Championship after 3 rounds with some very competitive games played.

Round 1 21/22	Feb 20th	
Ulster Barbarians	45-51	Laois Lions
Rebel Wheelers	48-32	Laois Lions
Rebel Wheelers	35-35	Ulster Barbarians
Round 2 21/22	April 9th	
Ulster Barbarians	46-45	Laois Lions
Laois Lions	51-28	Rebel Wheelers
Rebel Wheelers	51-24	Ulster Barbarians
Round 3 21/22	October 22nd	
Rebel Wheelers	36-25	Laois Lions
Rebel Wheelers	50-33	Ulster Barbarians
Laois Lions	40-50	Ulster Barbarians
Round 1 22/23	November 26th	
Rebel Wheelers	42-50	Ulster Barbarians
Rebel Wheelers	48-53	Laois Lions
Ulster Barbarians	43-40	Laois Lions
Round 2 22/23		
Ulster Barbarians	46-21	Laois Lions
Rebel Wheelers	37-46	Ulster Barbarians
Rebel Wheelers	43-38	Laois Lions

A number of Come and Try' events were also held this year with new members welcome to try out the skills of Wheelchair Rugby. Successful events were held in Cork with Rebel Wheelers, in IWA-Sport, Clontarf, Vicarstown with Laois Lions and in Lisburn with the Ulster Barbarians.

On the International front, the national squad held trials during the summer with upcoming competitions in mind. A National squad selection competed at the IV International Quad Rugby Tournament in Barcelona where the development team got to test their ability against Catalunya, Italy and Austria.

A great opportunity to get some practice in while player John McCarthy won Best Low Point player of the tournament.

A number of training sessions were then held after returning from Barcelona ahead of the World Wheelchair Rugby European A/B Championship Qualifiers which were being held in Norway.

Ireland were in a competitive group in Norway featuring the host nation, Sweden, Czech Republic and Finland. Despite losing the first game, Team Ireland came back out and really put it up to the Czech Republic but lost out after overtime. That didn't deter Ireland as they went on to beat host nation Norway 61-16 and overcome Sweden in the 7th/8th place playoff. To cap off a wonderful few days, John McCarthy also picked up the award for Best in Class.

Following a very short break after their international exploits, the IWR Winter League got underway with 2 rounds played before the Christmas break.



Women In Sport Initiative



In 2022 we supported/delivered:

- New - Women and Girls Wheelchair Basketball academy with 16 registered participants.
- New - Wheelchair Basketball teen and junior blitz, first girls only event of this kind.
- TY Wheelchair basketball featured girls only games.
- Junior Athletics focused on increasing female participation levels.
- Para powerlifting, 7 female athletes participating with 3 are high performance.
- We collaborated with Basketball Ireland to deliver a WIS Leadership Training course to support more female leaders in leadership positions in our sports.
- Work began developing a clearly define a pathway for coaches and officials in para sport.
- We have increased our female coaching network by 50% this year.



Erasmus – Empowering Women in Sporting events (EWSE)

We delivered a new training toolkit for women in sport event organisers in Europe. Each partner will pilot the training toolkit and run a training session online utilising the toolkit for feedback. IWA-Sport have chosen Leadership and Accessibility as training modules.

This project is due to finish June 2023 and all outputs and resources will be complete by June 2023.

Strategic Partnerships

Irish Disability Sport Working Group

The Irish Disability Sport Organisations Working Group comprises of a number representatives from IWA-Sport, Paralympics Ireland, Special Olympics Ireland, Cara, and Vision Sports Ireland. The purpose of the Group is to actively promote disability sport in Ireland, as well as to share experience and support each other at a strategic level and potentially at an operational level. As a group we met on a number of occasions in 2022 to highlight and raise awareness of our work and to explore areas of cooperation.

Weightlifting Ireland

Our partnership with Weightlifting Ireland has continued to flourish since first coming together. In 2022, this culminated in the first ever WPPO recognised event in Ireland, the National Para Powerlifting Championships. Areas of cooperation aren't just limited to competitions, and these include, grassroots sports development, training and competition opportunities, coach and officials training and education, and sharing of equipment. Weightlifting Ireland supported our inaugural National Para Powerlifting Championships in November with the provision of competition equipment. We look forward to continuing our partnership with Weightlifting Ireland.

Tennis Ireland

We partnered with Tennis Ireland to deliver a Wheelchair Tennis programme as part of their Enjoy Tennis initiative. IWA-Sport Members took part in programmes in Athy and Clontarf.

IWA-Sport / ExWell Medical Partnership

A long-term partnership with ExWell Medical that got underway in 2020 at the IWA sports centre in Clontarf has continued to grow at a fast pace. ExWell Medical is an established community-based chronic illness rehabilitation programme. Founder and Medical Director Dr. Noel McCaffrey has been providing supervised exercise classes and nutrition services to patients with a range of chronic illnesses since 2006. They offer community-based supervised exercise classes, as well as home programmes to people with many different long term illnesses. The rationale behind ExWell Medical is that a large proportion of the disability and unwellness that comes with any long term illness is caused by becoming deconditioned. We're delighted to be working with ExWell Medical and look forward to seeing the partnership continuing to grow.

Other Partnership Collaborations

A list of projects and collaborations with the Local Sports Partnership network and others includes: Cork Sports Partnership and Athletics Ireland supporting the Cork Little Athletics Program Waterford Sportability, Para Athletics, Para Powerlifting and Para Cycling initiatives.

- Dunlaoire Rathdown Sportability summer camp
- Cork Sports Ability Network
- Wicklow Sports Partnerships, Supporting the development of accessible beaches
- Dun Laoghaire-Rathdown/South Dublin Local Sports Partnerships Come and Try Events
- South Dublin Local Sports Partnership
- Tallaght AC Little Athletics Programme.

National Governing Bodies

We continued to work closely with a number of National Governing Body and Local Sports Partnerships as listed below.

- **Basketball Ireland** – National Cup Finals, officials training and support
- **Paralympics Ireland** – International federation liaison / Classification programme / Training Day for staff
- **Weightlifting Ireland** – Support for High performance programme and National Championships
- **Table Tennis Ireland** – Promotion of Para Table Tennis
- **Tennis Ireland** - Enjoy Tennis programme
- **Olympic Handball**
- **Athletics Ireland** - New event registration system
- **GAA** – Summer Camps and promotion of Wheelchair Hurling



Dormant Account Projects

The Dormant Accounts Fund is a scheme for the disbursement of unclaimed funds from accounts in credit institutions in Ireland to support the Actions from the National Sports Policy and the National Physical Activity Plan to implement and support programmes with a focus on persons with a disability and economically, socially and educationally disadvantaged communities.

1. General Sports Inclusion Strand

Project Name: Community Sports Club Project

The Mission of IWA-Sport is to develop and promote sport, physical and recreational opportunities for people with a physical disability to reach their full potential. Our Vision is for everyone with a physical disability to enjoy sport, physical and recreational activities on a fully inclusive basis in any environment.

This project began three years ago in 2019 and is focused on creating new opportunities for children with physical disabilities to locally engage in sport and physical activity, on a sustained basis, with the aim of establishing a multi-sport junior Club in every county in Ireland.

Currently, we have over 20 club programmes between Junior and Senior with plans for new clubs in Limerick, South Dublin and further afield. The focus of the club support programme has reverted to in person offerings to our club network from an online offering only during Covid-19.

As this project continues, it has the potential to change lives and its positive impact is far reaching. The mission is to provide local participation opportunities. The vision is to provide a lifelong pathway for our members to stay involved in sport. The project is a great example of collaboration and cooperation and the impact that can have.

Our Vision is for everyone with a physical disability to enjoy sport on a fully inclusive basis in any environment



2. Youth Leadership Strand

We delivered two Youth Leadership programmes in 2022

1) The Dr Oliver Murphy Youth Leadership Programme

The programme was developed in partnership with Carlow Regional Youth Services and delivered between March and June 2022. The purpose of the programme is for young IWA members to undertake training in leadership skills that can be applied to a variety of settings within our organisation as well as contributing to the personal development of the participant.

Programme Aims

- To support our young Members with leadership skills that may benefit on a personal and social basis in engaging in a programme that encourages initiative and opportunities.
- To develop competencies in communication skills, relationship building skills, planning and problem-solving skills, confidence and agency, resilience and determination and emotional intelligence.
- To enable participants to develop the skills, inspiration, vision, confidence, and action plans needed to be effective leaders.
- To empower participants to make a positive difference through the practice of effective leadership.

Outcomes:

- Participants meeting IWA founding Member Dr Oliver Murphy and listening to his experience as a young Leader and sports person in IWA in the 1960's.
- Many of the participants were new to the Sports section within IWA and had a wide range of interests.



- Participants developed a great sense of camaraderie with each other.
- Participants have gone on to volunteer or work in areas of advocacy through the IWA, Mental Health Ireland, inclusion in Youth Services within Carlow Regional Youth Services, volunteer roles within IWA, radio shows and television interviews.
- Participants became registered volunteers of IWA.
- The programme was delivered virtually over a 10 week period from 7-9pm each Tuesday evening.
- An online graduation took place in June with Oliver Murphy present to speak and meet with the participants.

The list of graduates were: Niamh Shiels, Shane Smith, Steven Bradley, Matthew McGrath, Grace Stynes, Iqura Naseem, Maeve Timmons, Timothy Adams and Caoili O' Neill.

2) Youth Leadership Workshop Series

In 2022 we delivered a new Leadership workshop series to IWA-Sport members between the ages of 15 and 18 years of age.

Outcomes

- 6 x Leadership Workshops were delivered to 30 participants covering a range of topics as follows;
- The Para Athletes Journey - (delivered by IWA International athletes, Tiarnan O'Donnell, Conor Coghlan, Dylan McCarthy).
- Ethics in Sport x 2 - (delivered by Paul O'Donovan, Sport Ireland)
- Pathway to High Performance (delivered by Neasa O'Donnell, Sports Director)
- Nutrition in Sport (delivered by Evan Lynch)
- Lifestyle - (delivered by Conal Scully, Cycling Ireland)



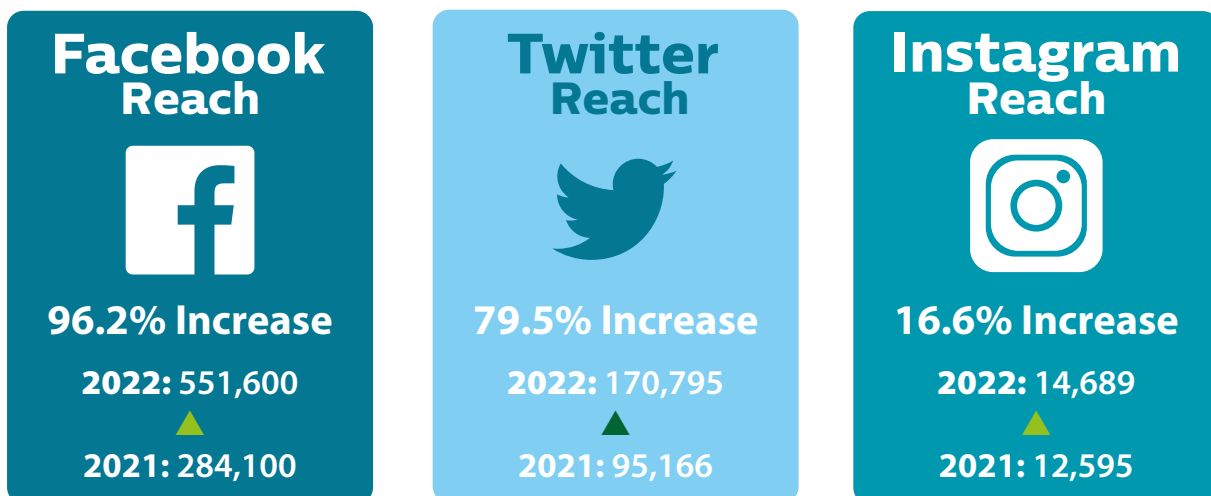
3. Volunteer Support Strand

Volunteer Support Funding

The aim of this project is to build the capacity of IWA-Sport and other NGBs with well trained volunteers in the areas of para sport coach education and club training to support the delivery of our club programmes, national para sport events and other NGBs that run para sport programmes. Training was delivered in the form of workshops, coach education and safeguarding and to a number of different audiences including IWA Volunteers and staff, staff and volunteers of other NGBs, and LSP and SIDO network.

Communications

In 2022, we continued to receive funding from Sport Ireland towards a Sports Communications Officer. The overall purpose of the role is to lead on marketing and communications for IWA-Sport and oversee day-to-day marketing, branding, communications, media relations, digital content and event promotion. As a direct result of this role, our impact from a communications perspective was significant across all of our activities. Sample of activities...



Other Funding and Grants

Sport Ireland funding towards 2023 activities

- Core funding €330K
- Covid recovery funding *€200K
(*€100k towards National Team Programmes and €100K towards core activities)

Dormant Accounts

- Youth Leadership €18,750
- Aspire Graduate €26K
- Diversity and Inclusion €50k
- Sport for All €52K (See table for breakdown)

IRISH WHEELCHAIR ASSOCIATION SPORT

Club Name	Allocation
Ballybrack Bulls	3,350.00
Clonaslee Wheelchair Basketball Club	3,350.00
Dublin Swifts	2,450.00
Galway Speeders	3,350.00
Irish Para Athletics	3,350.00
Irish Wheelchair Basketball	3,350.00
Irish Wheelchair Rugby	3,350.00
Killester Wheelchair Basketball Club	3,350.00
Kingdom Wheelblasters	3,350.00
Laois Lions	3,000.00
North East Thunder	3,350.00
Rebel Wheelers	3,350.00
Royal Rockets	3,000.00
South East Swifts	3,350.00
Tipperary Warriors	3,350.00
Total	52,000.00



Safeguarding

The safety and welfare of everyone who avails of IWA-Sport activities is of paramount importance to us. During 2022 we have been busy ensuring that everyone involved in and who works on behalf of IWA-Sport are aware of their rights and responsibilities and that the structures we have in place upholds this ethos. Please read on for an update on some of our work this year and plans for the coming year.

Sport Ireland Club Safeguarding Self-Audit

In 2022, we completed our Sport Ireland Club Safeguarding Self-Audit, a process which started in 2021. The process itself placed a requirement on all sports clubs in Ireland to complete a safeguarding audit of their club. The requirement was placed on clubs who are deemed to be relevant as described under Children First Act 2015.

Our Safeguarding training uptake in 2022 by numbers

- **45** volunteers SG1 IWA delivered
- **5** volunteer SG1 LSP Delivered
- **1** Volunteer SG 2 LSP Delivered
- **1** Volunteer SG 3 LSP Delivered
- **18** volunteers and staff completed the online refresher course

Our aim is to keep implementing Safeguarding training ensuring that everyone is compliant. In the past year, we now have 2 new staff who can deliver the Sport Ireland Safeguarding Training which brings us to 3. At the time of print, we are working on a calendar of dates offering opportunities for people to sign up to ensure their awareness is maintained.



Club Child Safeguarding Statement (CSS)

The IWA-Sport NGB CSS and risk assessment was reviewed in 2022 and we have published the updated version on our website for public viewing. We also worked with Para Athletics and Para Powerlifting as part of this review. We are continuing to work with clubs and sections to ensure that all CSS documentation is kept up-to-date so that we are compliant with all aspects of the Children First Act 2015.

Governance and Accountability

In conjunction with the Director of Sport the National Safeguarding Officer briefs the National Sports Executive Committee at every meeting to ensure they are fully informed of all safeguarding developments for IWA-Sport. The work of NSEC is instrumental in ensuring that our systems and structures are robust and compliant with the relevant safeguarding legal requirements. The IWA CEO receives a monthly briefing on all safeguarding developments including the concerns and cases that arise.

Collaborations

The National Safeguarding Officer represents IWA-Sport at the Sport Ireland Children in Sport Working Group. IWA-Sport, last year, obtained a seat at the Council of Europe Expert Group of Safe Sport. The work of this group focuses on 3 themes, 'Inclusion of Children and their protection in sport', 'Protection of young athletes from dangers of migration', and 'Extreme martial arts and combat activities'.

From March 2020 to June 2022, the EU-CoE joint project "Child Safeguarding in Sport" (CSiS) aimed to support partner countries in the setting up of Child Safeguarding Officers in sport, through a tailor-made, collaborative methodology adapted to their national context. These contact persons are trained, equipped and integrated into a European network where they can continue to exchange and learn from their peers.



Anti Doping

Update In 2022, there was one athlete on the registered testing pool (RTP), In addition a number of our members are also on the RTP under the guise of Paralympics Ireland. Athletes returned negative test results on three 'out of competition' tests and one 'in competition' tests.


To further support our athletes three education workshops were delivered by Sport Ireland to National squads competing at International Competitions. Additionally 55 athletes completed Sport Ireland e-training. The Sport Ireland (Clean Sport) Anti-Doping E-Learning Programme has been developed for athletes and athlete support personnel to help them to have a better understanding of Anti-Doping.



Acknowledgements

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Irish Wheelchair Association (IWA) The IWA Board of Directors for their continued support. The financial support from our parent body is of vital importance to IWA-Sport and we thank them for their continued assistance.

- Minister for Tourism, Culture, Arts, Gaeltacht, Sport and Media – Catherine Martin
 - Minister of State with responsibility for Gaeltacht and Sport – Thomas Byrne
 - Sport Ireland – Dr Una May (incoming) and staff
 - IWA CEO – Rosemary Keogh
 - IWA Senior Management Team
 - Section Coordinators, National Team Managements
 - Paralympics Ireland – CEO Stephen McNamara, Members Forum and Staff
 - All volunteers, athletes, families and friends of IWA-Sport
 - Our corporate sponsors who support our programmes
 - The many agencies, organisations and volunteers that continue to support our work and mission.
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