Our Mission is to develop and promote sport and recreational opportunities for people with a physical disability to participate in sport at a level of their choice.
I am delighted to present the 2014 Annual report for Irish Wheelchair Association-Sport.

2014 saw numbers in all our sports increase from participation level right through to elite level. Notably, our wheelchair basketball programme expanded which has allowed us introduce a development squad programme for the first time ever.

Our Wheelchair Rugby and Athletics programmes were also very successful in 2014. Well done to everyone involved in running these superb programmes.

At club level, there are over 26 individual clubs running various sports and activities on a weekly basis, these clubs which are the heart and soul of IWA-Sport run by our dedicated cohort of volunteers. It was also very pleasing to see our junior membership engage with an education seminar this year, this combined with sending the biggest contingent to the IWAS World Junior Games in Stoke Mandeville, was very memorable.

Advancing to elite level, congratulations to the many athletes who continued to represent themselves, IWA-Sport and Ireland so well on the International stage. We look forward to watching and supporting their qualification period in the lead up to Rio 2016.

We are a very fortunate organisation to be able to rely on constant support and expertise that our volunteers, staff and athletes give us every year; 2014 was no different. On behalf of the National Sports Executive Committee I would like to express our sincere thanks for your on-going dedication and commitment to our Association and look forward to your continued support in 2015.

Yours sincerely,

Lisa Kelly
Chairperson
IWA-Sport National Sports Executive Committee
Dear IWA-Sport members,

I am delighted to present our annual report on the activities of IWA-Sport for 2014.

Once again we held a wide ranging programme of sports activities in all parts of the country catering for all levels of involvement. Our primary goal every year is to provide participation opportunities in our sports for members at all levels. We once again achieved this in 2014, some of notable achievements for our Association, some of which are listed below;

• Our senior and junior wheelchair basketball programmes expanded once again for the third consecutive year.

• The first ever national wheelchair basketball development squad formed and embarked on a new training regime.

• The biggest Irish team ever competed at the IWAS World Junior Games.

• We held an education forum for our young members which included talks on mental health and anti doping.

• We held a very successful ‘Women in Sport’ promotional event in November for our female members.

At high performance level, IWA-Sport athletes once again excelled on the international stage. Our swimmers and athletics athletes competed at their respective IPC European Championships whilst we were also represented at the Table Tennis and Powerlifting World Championships.

Equally important, the work at local club level continued all over the country. There are approximately 26 clubs facilitating organised sport at different levels nationally. Our volunteers within these clubs are our lifeblood. They continue to dedicate unlimited hours in a variety of roles, each week to their club. Sincere thank you for this continued dedication and commitment.

This coming year, we enter the final year of our current strategy. We will aim to close out a superb four year cycle by continuing to provide a wide range of sporting opportunities for our members. The challenge for our association is always to improve on the work we do each year, manage programmes more efficiently, increase participation numbers and support our clubs in the area of good governance.

To conclude, I would like to thank all of the volunteers, athletes, staff, sponsors and principle funders who support the work of IWA-Sport on an ongoing basis and I look forward to working with you all again this coming year.

Yours sincerely

Nicky Hamill
Director of Sport
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Introduction
In 2014 whilst we once again ran a very successful Grand Prix of competitions and attended numerous international competitions. We made significant positive progress off the competition field with the strengthening of our relationship with Athletics Ireland in the form of Coach Education support. Athletics Ireland also approved three of our domestic competitions meaning results achieved at these events could count towards international ranking.

A disappointing development was that just eight athletes were selected to represent Ireland at the European Championships. This small team was the same number that was selected to compete at the London 2012 Paralympic Games. Whilst acknowledging the European Championships are a major championships and thereby a performance focus for elite athletes, they must also serve as highlight for athletes who achieve the European standards but may never scale the heights of Paralympic Games. The three disability sport NGB’s must have the opportunity, going forward, to send athletes to these Championships.

Participation
- The Athletics Grand Prix which we jointly run with Cerebral Palsy Sport Ireland started in April with the Leinster Games and concluded with the Cork Games in September. The following competitions took place as part of the Grand Prix; Leinster Championships, Junior Nationals, Joint Senior Nationals, Crettyard Games, Templemore Games, Galway Games, South East Games and the Cork Games. The North East Games which were originally scheduled were cancelled due to insufficient entries.
- Bridging Panel - Panel training sessions were held throughout the year to provide training opportunities for different standards and age levels in addition to ensuring vital preparation was in place for the international competitions our athletes took part in.
- We continued our wheelchair track programme in 2014 with a mix of both senior and new racers.
- Unfortunately due to the unavailability of the Welsh team the Celtic Cup was not held in 2014.

High performance
- High performance athletes were once again involved in the Paralympics Ireland Road to Rio activities. The respective panellists were:
  - Senior Panel
    - Orla Barry
    - Catherine O Neill
    - John McCarthy
  - Development Panel
    - Lorraine Regan
    - Niamh McCarthy

- Our Leinster Games in April and National Championships in June were IPC Sanctioned events. Three additional games were Athletics Ireland approved competitions.
• In addition senior and development panel athletes competed in an extensive programme of home and international competitions.

• Our athletes competed at the following international competitions:
  - Dubai Fazaa (February), nine athletes – Yvonne Mc Closkey set a European record for F40 Javelin, three Bronze medals.
  - DSE Junior Games (July, UK), nine athletes – 26 medals
  - Berlin Games (May), three athletes competed with Orla Barry winning Gold in the F57 Discus.
  - 16 athletes competed in athletics disciplines at the IWAS World Junior Games (August, Stoke Mandeville):

  **Medal winners were:**
  - Jack Colbert – *Gold in the Shot Putt & Silver in the Discus*
  - Martin Coleman – *Bronze in the Javelin*
  - Mary Fitzgerald – *Gold in the Shot putt & Silver in the Discus*
  - Sean Hughes – *Silver in the Shot Putt*
  - Kate Kelly – *Gold in the Discus*
  - Sinead Keon – *Bronze in the Shot Putt*
  - Jamie Strappe – *Bronze in the Discus*
  - Hayley Fitzsimons – *Bronze in the Discus and Bronze in the Javelin*

• Four IWA-Sport athletes competed at the IPC European Championships in Swansea:
  - Orla Barry claimed Silver in the F57 Discus
  - Catherine O Neill, sixth in the F32/F51 Club Throw Final (combined class*)
  - Lorraine Regan, seasons best in the F56 Javelin and fifth in the F57 Shot Putt
  - John McCarthy, fifth in the final of the T51 100m

**Coach education, training and volunteers**

• In 2014 we agreed a coaching pathway with Athletics Ireland. Arising out of this agreement, 12 of our members attended two Level One Coaching Courses in Cork and Kilkenny respectively.

**End of year awards**

Jamie Boyle Memorial Award - *Mary Fitzgerald*
Rosemary Tallon Memorial Award - *Cathal Ryan*
Jamie Boyle Volunteer of the Year - *Noel Brennan*
John Davis Award - *Pat O Neill*
Jimmy Byrne Award - *Rachel Power*
Anne Ebbs Award - *Eoin Cleare*
Young Female Athlete of the Year - *Sophie Denieffe*
Young Male Athlete of the Year - *Cian O Neill*
Wheelchair Basketball

Introduction
Wheelchair basketball continued to be our highest participation sport.

In total, there were 19 wheelchair basketball programmes ongoing in Ireland catering individually for senior or junior players.

The number of teams competing in our senior league once again increased with a further two teams joining the league; the Ballybrack Bulls and the NI Knights from Belfast.

In addition, our annual programme of junior blitzes continued and a direct consequence of the success of this programme combined with the expansion of the senior league has meant for the first time ever we were in a position to coordinate a national development squad training programme. Please read on for a more detailed summary of activities.

Participation
- At the half way point of the current 2014/2015 season we have the biggest number of players ever registered for our league and taking part in the junior blitz programme at 150 players.
- Eight clubs competed in the 2013/2014 season namely; Killester, Fr. Matthews, Clonaslee, Dundalk Ravens, Galway Titans, Shannonside Steelers, South East Swifts (now Swifts Left Bank) and Limerick Scorpions. A further two teams joined the league for the 2014/2015 season; namely Ballybrack Bulls from South Dublin and the NI Knights from Belfast.
- Junior blitz events were hosted by six clubs regionally and were very well attended all season. This programme enables our younger players to have fun, gain confidence, improve their skills and prepare them for senior level in their later years.
- A new development-level club was formed in Athlone.
- The Clontarf, Clonaslee, Kerry, Limerick and Ardee development programmes continued.
- The National Senior League was won by Killester.
- The Paddy Byrne Cup was won by Killester who defeated Clonaslee.
- The Martin Greene / Tom Walshe Cup was won by Titans Galway who defeated Fr Mathews.
- The Ger Larkin Cup was won by Dundalk Ravens who defeated Swifts Left Bank.

High performance
- The National Squad continued to train and prepare for the upcoming European Championships in the Summer of 2015.
- The first ever National Development Squad trained with a view to forming a sustainable development programme into the future.
Coach education, training and volunteers

• Referees conversion courses in conjunction
  Basketball Ireland were held in Cork and Athlone.
• Four Junior coaching clinics were delivered during
  the summer.
• 13 national athlete classifications were conducted
during the year.

Awards

The 2013/2014 Senior All Star winners were:

1. Pat O Neill – Swifts Left Bank
2. Mick Cunningham – Clonaslee
3. Barry McAuley – Dundalk Ravens
4. Paul Ryan – Fr. Matthews
5. Paddy Forbes – Killester
6. Loic Bocquet – Galway
7. Declan Slevin – Shannonside Stealers
8. Ashling Duhig – Limerick Scorpions

Sportsmanship Award- John Byrnes
Most Improved player – Keith Connolly
Wheelchair Rugby

Participation
- The Gaelic Warriors (Dublin), Munster Wheelchair Rugby (Cork) and Ulster Barbarians Wheelchair Rugby (Belfast) clubs continued club activity in their respective regions with approximately 50 players participating throughout the year.
- A new club was set up in Laois, the Laois Lions, with 10 players attending the weekly sessions.
- Numbers continue to rise at Ulster Barbarian training in Belfast.
- Four Irish League days were held in Galway, Sligo, Cork and Bangor.
- Two development blitzes were held in Dublin and Antrim where the objective was to provide opportunities to new players to get involved in the sport.
- Demonstration sessions were held in secondary schools and third level institutes.
- Training sessions were held with the Galway Speeders and Munster Rebel youth groups.
- Wheelchair rugby proved a popular sport for juniors who attended the Junior Summer Camp in July.
- The South Wales Pirates travelled to Dublin and played all four clubs.

High performance
The following competitions were attended and results recorded in 2014:
- Coloplast British National Championships (Stoke on Trent) - 6th out of eight teams.
- Coloplast Super Series 13/14 (Britain) 3rd out of eight teams.
- Bernd Best (Koln) – 2nd out of eight in Professional League and 9th out of 12 teams in Advanced League, 16th out of 16 in Basic League.
- 4 Nations (Wales) – 3rd out of four teams.
- Mazcovia Cup (Poland) – 1st out of six teams.
- Coloplast Super Series 14/15, 1st weekend, 5th out of eight teams.
- Hartmann Rugby Mania (Prague) - 4th out of 8 teams.
- France Development test series – Ireland 5, France 0.
- Coach education, training and volunteers.
- The section ran a two day table official’s course for volunteers in 2014.
- Club representatives attended a Basic Awareness Child Protection course.
- Stuart McLindon attended Coaching Ireland’s Tutor training course.
- Ten players were nationally classified.

Other activities - Raising our profile
- The Wheelchair Rugby section were very active raising their profile with high profile test matches versus France and Wales during the summer.
- Trevor Ringland attended a number of Ulster training sessions and the Irish League Finals.
- Eight new chairs were purchased as a result of grant funding.

Award winners
Player of the year – Ciara Staunton
Volunteer of the year – Julie Neal
Swimming

Participation
- Our swimming members remained actively involved in their local clubs nationwide.
- Again in the Galway Speeders club, weekly swimming classes using the Halliwick method continued throughout the year.
- We held our National swimming Championships in April in the National Aquatic Centre where over 20 swimmers, from development level to elite level, competed in nine events.

High performance
- High performance athletes were funded through the Paralympics Ireland Road to Rio programme.
- Ellen Keane, James Scully, and Laurence McGivern were all senior panel members and Ailbhe Kelly was a development panel member of the Irish team that competed at the IPC European Swimming Championships, in Eindhoven.
- Additionally our senior panel athletes also competed at the Dave McCullagh Meet, Bangor and the British International Disability Swimming championships, Glasgow.
- A summary of the World Championships are:
  - Two Podium Finishes.
  - Two Bronze Medals – James Scully S5 100m & 200m Freestyle.
  - Three 4th place finishes from Ellen Keane.
  - Six Lifetime best performances achieved from athletes James Scully, Ellen Keane and Ailbhe Kelly.
- Like the senior panel the development squad also had a busy year competing at the following competitions:
  - Dave McCullagh
  - Irish Long Course Championships
  - Irish Age Groups Division
  - Irish Age Groups Championships and Summer Open
  - Club and Regional Competitions throughout year
- Two swimmers, Thomas Maher and Adam Johnson, formed part of the 23 strong team that competed at the IWAS World Junior Games in Stoke Mandeville.
  - Thomas Maher won the Bronze medal in the 400m freestyle.
  - Adam Johnson won the Bronze medal in the 50m backstroke.
Table Tennis

Following an IPC directive, the governance of para table tennis transferred from IWA-Sport to Table Tennis Ireland in 2014. Whilst we are not now the main organising body for para table tennis our members were still heavily involved in programmes in 2014.

**Participation**

- We continued our para development programmes throughout the year in Galway, Cork, and Clontarf. Additionally players played on an individual basis at established ITTA clubs.
- Para Table Tennis is now an established event at both the Senior and Junior ITTA Butterfly National Championships.
- In the respective Senior Para finals Colin Judge, claimed his first National title defeating Philip Quinlan and Rena McCarron Rooney claimed the Women's Singles, while Philip Quinlan and Ronan Rooney also claimed the Doubles title, following a marathon semi-final over John Finn and Colin Judge and a Final win over Rena McCarron Rooney and Christine Doyle.
- Eleven junior para table tennis players contested the National Championships. Four competed in the standing event and seven competed in the wheelchair event. The overall gold winners were Paddy Vaughan in the junior combined standing classes and Jack Colbert in the junior combined wheelchair classes.
- The Galway Speeders Junior Para Table Tennis club ran a regional Competition in March in preparation for the National Championships.

**High performance**

- Rena McCarron Rooney and Philip Quinlan were selected on the Paralympics Ireland Road to Rio Senior Panel.
- Rena competed at the World Championships in China in addition to the Slovenian Open and Costa Rica Open where she won a Silver medal in the women's Class 2 Singles.
- Philip Quinlan competed at the Slovenian Open.
- Ronan Rooney won the Silver medal in the Class 2 Singles and Bronze in the team event at the Costa Rico Open.
- At development panel level, Colin Judge and Christine Doyle were the IWA-Sport athletes selected as the Paralympics Ireland Development Panel athletes. Colin was also the recipient of Paralympics Ireland fast track funding.
- Athletes on the development panel competed at the Spain, Hungary, Romania, and France opens.
- Christine Doyle won the Gold medal in the Women's Class 5 singles and Bronze in the women's team class at the Hungary Open.
- At the year end the respective Paralympic Ireland panel athletes are ranked in the World as follows:
  - Colin Judge 39 Class 2
  - Rena McCarron Rooney 9 Class 2
  - Christine Doyle 19 Class 5

**10th IWAS World Junior Games**

Our emerging talent development programme built on the previous year’s progress with monthly training sessions taking place in IWA, Clontarf. In 2014, this training programme was geared towards preparing a young team of development players for the IWAS World Junior Games in Stoke Mandeville, a multi sport competition in which table tennis featured. For the first time since the games inception, seven players competed in the sport of table tennis; Marcus Ward, Paddy Vaughan, Mark Henderson, Alex Hennebry, Conor O Callaghan, Jack Colbert and Sinead Keon.
The players who were very well prepared by coaches Louise Long and Krzysiek Ring did exceptionally well considering the classes were mixed in many of the events.

The results were:
- Conor O’Callaghan – Gold – Class 6/7
- Sinead Keon – Silver – Ladies event
- Paddy Vaughan – Bronze – Over 16’s event

**Nationals Champions 2014**
- Singles Female category – Rena McCarron Rooney
- Singles Male category – Colin Judge
- Team – Ronan Rooney and Philip Quinlan

**Junior Nationals Champions 2014**
- Combined standing event – Paddy Vaughan
- Combined wheelchair event – Jack Colbert
7’s Rugby

7’s Wheelchair rugby continued to be a developing sport in 2014 with a small increase in participation numbers noted in two development competitions that took place during the year.

The highlight of the year saw the Irish Wheelchair Rugby 7’s side compete in the first ever ‘Home Nations’ Championship which was held in Liverpool’s John Moore’s University in June 2014. The competition featured teams from England, Ireland, and Wales and, due to Scotland being unavailable, also featured an English Barbarians side. The competition took place over two days with Ireland facing Wales and the Barbarians in day one. A 46 – 10 win against Wales followed by a 71 – 27 win against the Barbarians set Ireland up for a winner takes all battle against England, who also progressed with impressive wins against the Barbarians and Wales.

It was not-to-be for Ireland as England came out on top with a convincing 49 – 11 win in the inaugural Wheelchair Rugby 7’s Home Nations Championship. Ireland were well in the game up to half time with England leading 15 – 6 but the English side’s experience, through more competitive competition, counted in the end as they pulled away in the second half despite the ‘Try of the Tournament’ from Ireland’s Raisa Carolan mid way through the second half. Despite the final day result the competition was a great experience for the Irish side.

Going forward Rugby 7’s plan to roll out an All Ireland league starting in February 2014. The league will comprise of 4 teams and will run on monthly basis.
Powerlifting

The sport of Para Powerlifting continued to develop in 2014. The main focus for 2014 was putting in place the necessary structures to develop the sport.

Participation

- At participation level approximately 10 athletes were involved in training and competing in 2014.
- A specific development objective of the sport was to increase the number of opportunities to get involved in the sport nationwide. Regional Agreements were reached with a number of facilities including Setanta College and the University of Limerick to include para powerlifting benches in their respective gyms.
- Three training camps led by IPC Powerlifting Chairman, Mr Jon Amos, were held in 2014.

High performance

- Three senior athletes namely Roy Guerin, Chris O Connor and Reg Byrne and two development athletes Graham Merrigan and Tommy Cussen were included in the Paralympics Ireland Road to Rio high Performance programme of activities.
- Roy Guerin, Chris O Connor and Reg Byrne all competed at the World Championships in Dubai.
- Monthly training camps were added to the calendar of events and beginners were invited to get involved as we sought to promote the sport nationally.
- A programme of sports science supports were made available to all of the athletes.

Coach Education

- An introduction to Coaching Para Powerlifting was held in November with twenty participants attending. Significantly a high percentage of those in attendance have committed to remaining involved in the sport in a coaching capacity.
ATHLETICS GRAND PRIX

8 regional competitions | 56 athletes
190 events | 17 Irish records
1 European record

IRISH WHEELCHAIR BASKETBALL

1 LEAGUE
8 TEAMS | 56 GAMES
1 WINNER: KILLESTER

25 sports chairs loaned long-term to athletes & clubs

ANTI-DOPING

9 athletes on registered testing pool
21 drug tests

1 SEMINAR
40 attendees | 3 topics
Anti doping, mental health, long term athlete development

33% of Irish Wheelchair Basketball League players were identified via the NRH / IWA-Sport programme

FUNDING

€237k core funding from the Irish Sports Council
€130k Sports Capital Grant awarded from Dept of Transport, Tourism and Sport

Bus donated by Lord Taverners Ireland

25 sports chairs loaned long-term to athletes & clubs

7 high profile sports facilities engaged with our access consultancy services
FUNDING

€237k core funding from the Irish Sports Council
€130k Sports Capital Grant awarded from Dept of Transport, Tourism and Sport
Bus donated by Lord Taverners Ireland

ESTIMATED

140 hrs volunteered per week by IWA-Sport volunteers

INTERNATIONAL COMPETITIONS

85 athletes | 10 international competitions
4 Members competed in World Championships in Table Tennis & Powerlifting
10 Members competed in European championships in Swimming, Athletics and Archery

Senior and development athletes involved in; athletics, swimming, archery, powerlifting, handcycling and table tennis high performance programmes

IPC Swimming Europeans: 2
IPC Athletics Europeans: 1

IWAS WORLD JUNIOR GAMES
Athletics: 11 | Swimming: 2 | Table Tennis: 3
Other sports, programmes and activities

**Handcycling**
- We continued to promote the sport of Handcycling in 2014.
- IWA-Sport supported the following Local Sports Partnership programmes; Mayo Sports Partnership in conjunction with Spina Bifida Hydrocephalus Ireland and the Kilmovee Family Resource centre, Kilkenny Local Sports Partnership and Carlow Local Sports Partnership.
- IWA-Sport members competed in the annual Invacare Paracycling Time Trial League.
- At high performance level Double Paralympic Champion Mark Rohan won a bronze medal in the UCI Para-cycling World Championships in Greenville, SC, USA.

**Archery**
- The main club programme for para archery was the Blackheath archers based in Clontarf.
- Para archery continued to be a popular activity in some of our Resource and Outreach Centres.
- The National Championships were held in Drewstown House, Summerhill, Co Meath in September.
- Domestically our archers competed at the Irish Open Field Championships, the Irish Open Target Championships and the Kilmore Open.
- Kerrie Leonard and Barry Guider competed at the European Para Championships in Switzerland.

**Sailing**
- IWA-Sport members competed in the Inaugural Presidents cup in Kinsale, Co Cork in September. Teams from all four provinces competed in the sonar squib, and skud class. The competition was won by the host province Munster.
- IWA-Sport members from the Galway Speeders, Kinsale Sailing Club and Dublin swifts all were involved in a number of sailing programmes in 2014.

**Boccia**
- Our annual midlands league was held in May and was once again keenly contested. The main winners were:
  - Team Winner - **Slieve Bloom IWA**
  - Male Winner - **John Costello Offaly IWA**
  - Female Winner - **Janet Gill – Offaly IWA**
- The North East Sports Project also continued with its annual boccia league comprising of teams from Navan, Cavan, Clontarf, Drogheda and Ardee Resource centres.

**Bowls**
- The Blackheath Bowling club continued with their weekly programme in the IWA Sports Centre from September to May. This is a long established programme and provides a great opportunity for members of all ages to get involved in a sport which gives great social and health benefits. The Blackheath Bowlers run development programmes twice weekly for various internal IWA groups in addition to external groups.

**Wheelchair Tennis**
- The Irish Wheelchair Tennis open did not go ahead unfortunately due to a lack of entries.
- Garreth Greene has been competing on the world tour with consistent success and achieved a career high of WR328 from a 96 rank increase in November 2014.
Events and initiatives

**National Rehabilitation Hospital (NRH) Games**

- IWA-Sport partnered with the NRH, Spinal Injuries Ireland and Dún Laoghaire Rathdown Local Sports Partnership to run the 2nd Annual Multi-Sport games in the NRH facility in September.
- The were two main objectives for this event; 1) to build upon the weekly IWA-Sport development programme that has been running in the NRH for approximately 10 years and 2) to introduce as many sports as possible to current and former patients with a physical disability of the NRH with a view to long term involvement in our sports.
- The event was a great success with over 40 athletes taking part in different sports including wheelchair basketball, athletics, table tennis, hand cycling, archery, airsoft, and 7’s wheelchair rugby.

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**About the NRH Sports Programme in partnership with IWA-Sport**

**Supporting the transition from in-patient rehabilitation to community re-integration through collaboration with IWA-Sport.**

*Introduction*: The Sports and Fitness section of the NRH Physiotherapy Department provides a dynamic service for both adult and paediatric in-patients. The NRH strives to bridge the gap between in-patient rehabilitation and re-integration into the community through participation in physical activity and sports – for both adult and children. This is achieved through close collaboration with the national governing body for wheelchair sports in Ireland – Irish Wheelchair Association – Sport.

**Key Activities**

- **Adult Programmes**
  - Physical Fitness
  - Sport Inclusion

- **Fitness, Sport and Leisure**
  - Adapted P.E. Sessions on site (NRH Sport Dept.)
  - IWA & NRH led games/sports on site – individual or group
  - IWA SDO & NRH led games/sports on site – individual or group

- **Children’s Programme**
  - Face to face introduction to IWA-Sport
  - Face to face introduction to IWA-SDO
  - Facilitated participation in IWA events, basketball rugby

- **Health Promotion across the continuum**
  - Exercise Programmes for Health and Fitness
    - Physical Fitness
    - as component of individual and group education sessions
    - Weight Management
  - Smoking Cessation
    - Tobacco Free Campus
    - Nicotine Replacement Therapy
    - Cessation Officer
  - Upper Limb Pain Prevention
    - Evidence Based Programme

**Sample Successes:**

- “Wheelchair tennis was the first thing I could do with my son” NRH Past Patient.
- 31/90 Senior Irish Wheelchair Basketball League Players have come through this programme
- 2014 Dublin Wheelchair Marathon Winner
Girls Allowed (Irish Sports Council Women in Sport initiative)

We continued the promotion of our ‘Girls Allowed’ initiative in 2014.

The main objective of this initiative was and continues to be, to increase awareness of IWA-Sport programmes to potential female participants with a view to sustained involvement in our programmes on an ongoing basis. The purpose of this initiative was threefold;

1. To increase female participation in IWA Sport programmes.
2. To support long term involvement of females currently participating in sport.
3. To support training and coaching opportunities for females in IWA-Sport.

The headline event of the year took place in December where an All Stars Wheelchair Basketball match took place in Clontarf. The event concluded with a Questions and Answers session with Patrice Dockery retired Paralympian, current Paralympian Ellen Keane and current member Raisa Carolan.

Summer camps

Three summer camp programmes took place in 2014.

1. IWA-Sport Members camp

Our members and siblings only camp was once again very popular in July. Over the course of the three days participants enjoyed wheelchair basketball, wheelchair rugby, wheelchair tennis, sailing, athletics, table tennis, handcycling and many more activities.

2. IWA-Sport Kids camp

Celebrating its tenth year our annual Sports Centre Summer camp ran over a period of six weeks during July and August. This summer camp plays an important role in integrating the local community in the activities and sports of IWA-Sport. In many cases it is the first time that many able bodied children are exposed to wheelchair sports.

3. Rebel Wheelers Summer Camp

The Rebel Wheelers Summer Camp ran in July and activities included soccer, wheelchair basketball, rugby, athletics and Archery which proved very popular.

Inclusive PE Programme

• In 2014 we continued to visit many Primary and Secondary Schools around the country.
• In addition, we frequently presented practical examples supported with the theory behind PE Inclusion to undergraduates and postgraduates of the Colleges of Education around Ireland.
Junior club activity report

Galway Speeders
The Galway Speeders ran a very busy programme of events and activities in 2014. The following is a summary of 2014 activities;

- Galway Speeders hosted their third annual Galway Athletics games in Dangan last May; these games were significant in that senior competitions were facilitated for the first time also. Members also competed in the IWA-Sport Athletics Grand Prix events in 2014.

- Weekly swimming sessions using the Halliwick method continued throughout the year. Swimming club sessions facilitated three levels - beginner, improvers and advanced.

- Members competed in the IWA-Sport Swimming National Championships and also took part in the local Galway Swimming Club Junior Regatta.

- Twice weekly table tennis sessions were held throughout the year.

- The annual para Novice Tournament was held in March as a warm up tournament for the IWAS World Junior Games.

- Two Galway Speeders members featured on the Irish table tennis team at the IWAS World Junior Games.

- Participation numbers decreased in wheelchair basketball due to other sporting committments but training continued with the objective of once again increasing numbers next season.

- Individual members participated in the IWA-Sport Junior Bitz and the Galway Speeders hosted a very successful junior blitz event in November.

- Members attended a wheelchair rugby demonstration session during the National Club Championships.

- In handcycling the Galway Speeders ran their second annual family cycling event for Bike Week which again was very well attended. A number of members own handcycles and the objective is to develop handcycling next year with the imminent availability of a new local track.

- Five members took part in weekly session in Galway Bay Sailing Club. Galway Bay Sailing Club hosted the National HANSA 303 Regatta with 16 boats taking part.

- Isabel Keane won 3rd Place, Alicia Winter won the star sailor award and Mark Henderson won the overall best boy award. Members competed in the first ever President’s Cup Event in Kinsale on the Connacht Team.

- Four members are activly involved in a wheelchair karate programme.

- In wheelchair hurling Shane Curran represented Connacht in the All-Ireland Wheelchair Inter Provincials in Sligo in November. His team had
their first victory over Munster in the opening game but were narrowly beaten 2-3 by Munster in the final.

**Dublin Swifts**
- Club members were once again involved in numerous activities and sports in 2014.
- Club membership grew significantly in 2014.
- Members competed in the IWA-Sport 2014 Athletics Grand Prix events.
- Members were involved in the Basketball junior Blitz in 2014.
- Members took part in the National Junior Access Sailing programme run from Dun Laoghaire.
- Members attended the IWA-Sport Summer Camp in July.
- Members took part in a kayaking programme throughout the year.

**Rebel Wheelers (Cork)**
- Club members were involved in both the Athletics Grand prix and also competed at the DSE and IWAS games.
- Martin Coleman won a bronze medal for the Under 18 Javelin event at the IWAS World Junior Games.
- Five of our members medalled at the Disability Sport England (DSE) games.
- A track and field programme was delivered in Cork IT. This was later expanded to include handcycle training also.
- The Rebel Wheelers once again hosted the Annual Cork Games, the final games of the 2014 grand prix. Significantly the games were Athletics Ireland approved which assisted in raising its profile.
- The club was well represented at the annual Grand Prix awards. Cian O’Neill won Young Male Athlete of the year following his outstanding efforts in both the DSE and IWAS games. Cathal Ryan received the Rosemary Tallon Memorial Award for his achievements in multiple national events. Dylan McCarthy, Sean Og Nash and Martin Coleman also received numerous awards.
- Club members participated in Karate in the Mercy centre in Mallow and progressed in their gradings earlier this year.
- Members trained weekly with Beechhill Table Tennis Club. Jack Quinn is currently ranked no 2 in Ireland in the U18 category after winning 2nd place in the junior para boys ITTA national junior championship 2014.
- The club’s junior basketball team was very active in 2014 and competed in all competitions, blitzes and against various schools around Cork City and County. The team received 7 new chairs this year. In the 2013/2014 season, Vedya Brickley won the ‘Sportsmanship’ award and Jack Quinn was picked on the all-star junior team.
- The Rebel Wheelers Summer Camp once again was a huge success with an increase in attendees from the previous year. We had more sports from Soccer, Basketball, Rugby, Athletics and Archery.
- The Rebel Wheelers hosted the third annual paracycle event in conjunction with Blarney cycle club. A large number of members attended on the day. This year, the older children completed a 4km course while the younger members took part in the 1KM circuit.
- The club held its first ever Boccia competition under the guidance of Rosemary Ryan of CPSI. A team of 4 travelled to Limerick to compete in a friendly match against a team from Galway.
- The sailing season ran from May to September and was very successful this year. The main event was the Inaugural Presidents cup.
- The IPC Disabled Sailing Championships were held in Kinsale and some club members were flag bearers for the occasion. They also participated in a number of regatta during the season.
North East Sports Project
The North East Sports Project continued to play a vital role in providing opportunities for participation in sport for all ages in the North East of Leinster and beyond. The main difference between this project and the other clubs listed in this section is the inclusion of adults within the remit of the project.

The following is a summary of the activities of the programme in 2014:

- The adults swimming development programme ran from Aura Leisure Centre catering for different levels from beginner to advanced swimmers.
- Dundalk Ravens competed in the National Wheelchair Basketball League and won the Gerard Larkin Cup.
- The North East Sports Project continued with delivery of its ‘Sit Fit’ fitness and physical activity programme in IWA Resource Centre members. This activity programme expanded during the year to include other sports and activities also.
- The multi sports club for junior members also continued in 2014. A range of sports and activities was offered in the club catering for all levels.
- The club continued with its annual IWA Boccia competition between the Navan, Cavan, Drogheda, Ardee and Clontarf Resource Centres and it also expanded to other resource centres in Leinster.
Dr. Oliver Murphy Sports Centre review

Overview:
It’s been another rewarding year for the gym and its member. Current membership numbers for the year stand at 461 of which approximately 40% are IWA members.

The gym continued its work in providing an excellent service to our membership base and beyond working on the strong links it has forged with Central Remedial Clinic, Headway, National Rehab Hospital, Beaumont Cardiac Unit, Multiple Sclerosis Society, community physiotherapists, and local GP’s within the north Dublin area.

Additionally the sportshall was in heavy demand throughout the year with most of our sports sections availing of the facilities for both training and competitions on a regular basis.

GYM SERVICES:

IWA Clontarf Resource Centre programs
Exercise specific classes and one to one programming for our Sonas, Dochas & RTU groups were delivered in 2014. The classes provide guided exercise routines in a group setting for all ability levels, while the one to one programmes provide a more person specific service. Visitors to the Carmel Fallon Holiday Centre also enjoyed the benefits of our fully equipped facility during their stay.

GP Referral
The GP Referral program continued in 2014 with 24 individuals engaging.

The scheme involves GP’s referring individuals to the gym for a 12 week program with a view to long-term adherence to some form of daily activity.

This programme is a lifestyle and activity based prescription program aimed at individuals who would gain benefit from a prescribed exercise. The scheme is run in conjunction with Irish College of General Practitioners, HSE & Ireland Active. The IWA gym is the local referral centre for Dublin North.

Fitness and Exercise Classes
A number of innovative new inclusive exercise classes were rolled out throughout the year. They included: RIP-60 suspension training, Core Class, Boot Camp and Tone and condition classes.

Therapy services
The Gym has an in-house physical therapy service that caters for the specific requirements of individuals from physical therapy and rehabilitation work to relaxation and aromatherapy. This service is provided by external Therapist through appointment.

Advocacy & Consultancy
The Gym continued to provide consultancy services to a number of gyms and organisations with regards accessibility, disability awareness & skills training, inclusion and fitness advice. Organisations that availed of our services were; HSE, CRC, NRH, DCU.

Education
The Gym has worked closely with a number of Universities and Academic institutions in providing training and first-hand experience with people with mobility impairments.
Services

Anti-doping programme
• There were nine athletes on the registered testing pool for 2014.
• There were 21 tests completed in 2014 - over double the amount conducted in 2013.
• Anti-doping testing was carried out at the Senior Athletics Joint Nationals.
• One anti-doping education workshop was delivered to junior members of IWA-Sport as part of an Education seminar.

Child Protection training
• Two Irish Sports Council Child Protection Basic Awareness training courses were delivered.
• Our members also engaged with Children Protection Courses run by Local Sports Partnerships.

Raising our Profile and Promotion
• In line with current trends our current most popular form of engagement with our members was via the social media platforms of Facebook and Twitter.

Working with others
We actively encouraged and supported the inclusion and integration of our members with mainstream NGB’s. Specifically we received support from the following NGB’s:
• Athletics Ireland - we co delivered two level one Athletics Ireland level one courses in Cork and Kilkenny respectively.
• Basketball Ireland – support continued to be received in the form officials and referees support.
• IRFU – the IRFU provided ongoing PR support to our wheelchair rugby section throughout the year.
• ITTA – Para table tennis events were included in many ITTA competitions.
• Swim Ireland – once again facilitated our National Championships.
• CPSI – we worked very closely with CPSI across a number of projects; most notably our Athletics Nationals and the CPSI Boccia league in which our Resource Centres and Branches enter. The Ireland Active, White Flag process and Inclusive PE presentations.
• We continued to support many Sports Inclusion Disability Programme events nationwide both in the form of staff support and also loaning equipment.
• We also supported Spina Bifida Hydrocephalus Ireland and Enable Ireland with their programmes throughout the year.
• CARA Adapted Physical Activity Centre – IWA Sports Development Officer (SDO) Mark Barry sits on the CARA steering committee and Paul Ryan (SDO) was the IWA-Sport rep sitting on the National Standardised Training and Education Framework Committee.

Consultancy
Together with the IWA Access Department we were requested to consult on a range of building projects relating to access and inclusive practises in sports facilities and stadia.
• Croke Park - We provided access consultancy advice to Croke Park. During the summer of 2014 IWA CEO Kathleen McLoughlin and GAA Secretary General Paraic Duffy met to discuss progressing with improved spectator facilities for IWA members. Arising from this meeting was a commitment that facilities would improve.
• **Pairc Ui Chaoimh** – currently at blue print stage, we have advised the project management team of our members needs and we are a key player in the design process.

• **Dundalk Sports Centre**, Co Louth.

• **Kells swimming Pool**, Co Meath.

• **National Sports Campus**, Abbotstown, Co Dublin.

• **Lough Lannagh Development**, Co Mayo.

• **National Sport and Adventure Centre (NSAC) project in Killarney Co. Kerry.**

**Working with Paralympics Ireland**

IWA-Sport is the recognised National Governing Body responsible for the governance of the following sports; powerlifting, archery, wheelchair basketball and wheelchair rugby. We also have a remit to work at development level in the sports of athletics and swimming.

• We continued our excellent relationship and worked closely with Paralympics Ireland across a number of areas including:

• In January we hosted a Paralympics Ireland Sports Science and Support Services Information Seminar in Clontarf. This seminar was held to provide information to current and aspiring Paralympic athletes and coaches in the following areas; diet and nutrition, performance analysis, strength and conditioning and classification.

• We coordinated and delivered all aspects of the 2014 high performance plan for powerlifting.

• We were represented on the respective Paralympics Ireland Athletics Performance Committee and Swimming Performance Committees.

• Our programme of home competitions provided valuable competitive experience for current and aspiring Paralympic athletes.

• Powerlifting athlete Graham Merrigan and Archer Kerry Leonard both received funding support as part of the fast track athlete support programme.

• Our members inputted into the Paralympics Ireland Strategic planning process which was launched in April.

• Paralympics Ireland provided ongoing PR support across a range of forums for all of our programmes throughout the year.

• We received excellent support from Paralympics Ireland for all of the listed sports (see table) in the area of Classification. This included a programme of national classification and also expert advise and file preparation to support international classifications.

• **IWA-Sport members, Amanda Carty, Patrice Dockery and Mairead Farquharson also provided expertise, support and advise to the Classification Advisory Group on an ongoing basis throughout the year.**

A summary of the national and international classification support for IWA-Sports is detailed as follows:

<table>
<thead>
<tr>
<th>Sport</th>
<th>National</th>
<th>International</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archery</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Athletics</td>
<td>20</td>
<td>19</td>
</tr>
<tr>
<td>Powerlifting</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Swimming</td>
<td>14</td>
<td>2</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>Wheelchair Basketball</td>
<td>13</td>
<td>1</td>
</tr>
<tr>
<td>Wheelchair Rugby</td>
<td>10</td>
<td>0</td>
</tr>
</tbody>
</table>
Governance

• Throughout 2014 we applied all aspects of good governance and management in a transparent and effective manner at staff, committee and sports section level.

• We completed all requirements as requested by the Irish Sports Council for the mid-year review in addition to submitting the 2015 core grant application.

• We implemented a new IT support system which has improved our efficiency in terms of managing our members database.

• We liaised with international governing bodies in an effective manner to ensure the smooth processing of all competition entries.

• The IWA-Sport National Sports Executive Committee and management operated within the guidelines as set out by the IWA-Sport standing orders at all times.

• The Director of Sport continued to be a member of the IWA Senior Management Team.

• We supported our professional staff in the form of bi monthly team planning and review meetings, annual staff appraisals and continuous professional development training opportunities.

At our 2014 AGM we elected the following persons to our National Sports Executive Committee.

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chairperson</td>
<td>Lisa Kelly</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Ger Scully</td>
</tr>
<tr>
<td>Secretary</td>
<td>Graham Merrigan</td>
</tr>
<tr>
<td>Committee member</td>
<td>John Finn</td>
</tr>
<tr>
<td>Committee member</td>
<td>Ger O Rourke</td>
</tr>
<tr>
<td>National Children's Officer</td>
<td>Phena O Connor</td>
</tr>
</tbody>
</table>

IWA Board representative Jack Lawler was nominated to the NSEC.

John Finn was nominated as the NSEC representative to the IWA Board of Directors.
Funding, grants, sponsorship and other support

Irish Sports Council (ISC)
The ISC funded IWA-Sport as follows in 2014:
Core Grant Funding - €237,834
Direct Athlete Investment Funding - €24,000
Women in Sport Funding - €2,000

Core funding was used to fund, Strategic Planning, Administration; Information technology; Competitions; Equipment, Coaching and core activities including Code of Ethics and Anti-doping Programmes. This funding is crucial to our very existence and we are extremely grateful for the ongoing support and the excellent relations with the ISC.

Irish Wheelchair Association (IWA)
The IWA CEO and Board of Directors continued their funding support in 2014. In addition funding was also provided towards staff salary costs and overhead costs. The financial and moral support from our parent body is of vital importance to IWA-Sport and we thank them for their continued assistance.

Department of Transport, Tourism And Sport – Sports Capital Grant

We were successful with a Sports Capital Grant application totalling €130,000 from the Department of Transport, Tourism and Sport to complete essential refurbishment works to the IWA-Sport Centre and purchase sports equipment.

We are very grateful to outgoing Minister Leo Varadkar, Michael Ring and incoming Minister Paschal Donohue in the Department of Arts, Sport and Tourism for their continued support.

Athlete Contributions

It is the policy of IWA-Sport for athletes to contribute to programmes and competitions. It would not be possible for IWA-Sport to coordinate the full programme of events each year without athletes contributing. The level of personal and financial commitment shown by the athletes and staff to their sport is greatly appreciated by the National Sports Executive Committee.

Fundraising

All sports sections and clubs were committed to fundraising initiatives throughout the year to support the core activities of their club or section. Of note, once again, was the annual Dublin to Galway cycle which raised approximately €5000 and the various events we ran in support of our Angel campaign.

Sponsorship

IWA-Sport continued its partnership with Invacare Ireland in 2014. This partnership sees Invacare sponsor our events programme throughout the year. In addition to the financial investment, we received excellent support from Neil Harvey and his team, in the form of sports chair loans, and product advice. We are delighted to continue this partnership in 2015.

Acknowledgements

The National Sports Executive Committee would like to thank the following people and organisations for their continued support;

- Minister for Transport, Tourism and Sport - Leo Varadkar (outgoing).
- Minister for Transport, Tourism and Sport – Paschal Donohue.
- Junior Minister - Michael Ring.
- Irish Sports Council – John Treacy and ISC Staff.
- IWA CEO – Kathleen McLoughlin.
- IWA Board – Gerry McMahon (Chair), Eileen O’Mahony (President) and board members.
• IWA Senior Management Team.
• IWA-Sport National Sports Council.
• IWA-Sport Coaches and Co-ordinators.
• Paralympics Ireland – CEO Liam Harbison, Members Forum, Board of Directors and Staff.
• Coaching Ireland – Michael McGeehin, Declan O’Leary, Liam Moggan and CI Staff.
• All volunteers, athletes, families and friends of IWA-Sport.
• Invacare Ireland – Neil Harvey and Invacare Ireland staff.
• Our corporate sponsors who support our programmes.
# Income and expenditure statement

**For the year ended 31st December 2014 | Irish Wheelchair Association-Sport Section**

<table>
<thead>
<tr>
<th>Note</th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EXTERNAL INCOME</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Irish Sports Council Core Funding</td>
<td>237,834</td>
<td>241,456</td>
</tr>
<tr>
<td>Paralympics Ireland</td>
<td>11,000</td>
<td>23,000</td>
</tr>
<tr>
<td>Sponsorship and Fundraising</td>
<td>97,405</td>
<td>92,672</td>
</tr>
<tr>
<td>Membership Fees</td>
<td>3,030</td>
<td>3,125</td>
</tr>
<tr>
<td>Core Activities Programme</td>
<td>12,476</td>
<td>4,421</td>
</tr>
<tr>
<td>Women in Sport</td>
<td>2,000</td>
<td>1,500</td>
</tr>
<tr>
<td>Hosting Events</td>
<td>3,600</td>
<td>24,837</td>
</tr>
<tr>
<td>Equipment Income</td>
<td>12,127</td>
<td>14,950</td>
</tr>
<tr>
<td>Bank Interest Received</td>
<td>1,415</td>
<td>499</td>
</tr>
<tr>
<td>Total External Income</td>
<td>380,886</td>
<td>406,460</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>INVESTMENT BY IWA</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>IWA - Grant</td>
<td>60,000</td>
<td>60,000</td>
</tr>
<tr>
<td>IWA - Additional support</td>
<td>43,937</td>
<td>6,156</td>
</tr>
<tr>
<td>IWA - Cost of National Shared Services</td>
<td>38,293</td>
<td>34,629</td>
</tr>
<tr>
<td>Total Investment by IWA</td>
<td>142,230</td>
<td>100,785</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PROGRAMMES AND OTHER</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Programmes and Activities</td>
<td>2</td>
<td>(147,455)</td>
</tr>
<tr>
<td>Staff-Related Costs</td>
<td>2</td>
<td>(299,919)</td>
</tr>
<tr>
<td>Support Costs</td>
<td>2</td>
<td>(35,901)</td>
</tr>
<tr>
<td>Cost of National Shared Services</td>
<td>3</td>
<td>(38,293)</td>
</tr>
<tr>
<td>Total Programme and Other Expenditure</td>
<td>521,568</td>
<td>526,069</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CAPITAL: ASSETS AND GRANTS</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Amortization: Sports Capital Grant</td>
<td>32,004</td>
<td>56,633</td>
</tr>
<tr>
<td>Depreciation</td>
<td>3</td>
<td>(33,552)</td>
</tr>
<tr>
<td>Net impact of Capital Assets and Grants</td>
<td>(1,548)</td>
<td>18,824</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Surplus / (Deficit) for the Year</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
## Balance sheet

**As at 31st December 2014 | Irish Wheelchair Association-Sport Section**

<table>
<thead>
<tr>
<th></th>
<th>Note</th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FIXED ASSETS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tangible Assets</td>
<td>3</td>
<td>98,605</td>
<td>132,161</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CURRENT ASSETS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Debtors</td>
<td>4</td>
<td>17,835</td>
<td>13,180</td>
</tr>
<tr>
<td>Cash at bank and on hand</td>
<td>5</td>
<td>88,352</td>
<td>148,050</td>
</tr>
<tr>
<td>Grant receivable</td>
<td></td>
<td>-</td>
<td>12,500</td>
</tr>
<tr>
<td></td>
<td></td>
<td>106,187</td>
<td>173,730</td>
</tr>
<tr>
<td><strong>CREDITORS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amounts falling due within one year</td>
<td>6</td>
<td>-</td>
<td>3,962</td>
</tr>
<tr>
<td><strong>NET CURRENT ASSETS</strong></td>
<td></td>
<td>106,187</td>
<td>169,768</td>
</tr>
<tr>
<td><strong>OTHER LIABILITIES</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deferred Income</td>
<td>7</td>
<td>106,030</td>
<td>133,534</td>
</tr>
<tr>
<td><strong>NET ASSETS</strong></td>
<td></td>
<td>98,762</td>
<td>168,395</td>
</tr>
<tr>
<td><strong>FINANCED BY:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Net Investment by IWA in IWA Sport Section</td>
<td>8</td>
<td>98,762</td>
<td>168,395</td>
</tr>
</tbody>
</table>
### JANUARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 3rd</td>
<td>Powerlifting National Training Camp</td>
<td>Cork</td>
</tr>
<tr>
<td>January 10th</td>
<td>Wheelchair Basketball Senior League</td>
<td>Belfast</td>
</tr>
<tr>
<td>January 10th-11th</td>
<td>Table Tennis National Training</td>
<td>IWA, Clontarf</td>
</tr>
<tr>
<td>January 11th</td>
<td>Wheelchair Basketball Junior Blitz</td>
<td>Belfast</td>
</tr>
<tr>
<td>January 17th-18th</td>
<td>Wheelchair Rugby Training Camp</td>
<td>Dublin</td>
</tr>
<tr>
<td>January 24th-25th</td>
<td>Wheelchair Basketball National Training</td>
<td>IWA, Clontarf</td>
</tr>
<tr>
<td>January 31st</td>
<td>Powerlifting National Training Camp</td>
<td>TBC</td>
</tr>
</tbody>
</table>

### FEBRUARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 7th</td>
<td>Wheelchair Basketball Senior League</td>
<td>Limerick</td>
</tr>
<tr>
<td>February 8th</td>
<td>Wheelchair Basketball Junior Blitz</td>
<td>Limerick</td>
</tr>
<tr>
<td>February 15th</td>
<td>Fundraising Cycle</td>
<td>IWA, Clontarf</td>
</tr>
<tr>
<td>February 15th</td>
<td>Archery IWA Valentine's Sportif</td>
<td>IWA, Clontarf</td>
</tr>
<tr>
<td>February 20th-21st</td>
<td>Powerlifting National Training Camp</td>
<td>Cork</td>
</tr>
<tr>
<td>February 21st-22nd</td>
<td>Table Tennis National Training</td>
<td>IWA, Clontarf</td>
</tr>
<tr>
<td>February 21st-22nd</td>
<td>Wheelchair Rugby British Super Series 2</td>
<td>Stoke on Trent</td>
</tr>
<tr>
<td>February 22nd</td>
<td>Powerlifting IDFA Competition</td>
<td>CIT, Cork</td>
</tr>
<tr>
<td>Feb 28th – March 1st</td>
<td>Wheelchair Basketball National Training</td>
<td>IWA, Clontarf</td>
</tr>
</tbody>
</table>

### MARCH

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 7th</td>
<td>Wheelchair Basketball Senior League</td>
<td>Kilkenny</td>
</tr>
<tr>
<td>March 7th-8th</td>
<td>Wheelchair Rugby GB Development Competition</td>
<td>TBC</td>
</tr>
<tr>
<td>March 8th</td>
<td>Wheelchair Basketball Junior Blitz</td>
<td>Kilkenny</td>
</tr>
<tr>
<td>March 14th</td>
<td>Powerlifting National Training Camp</td>
<td>TBC</td>
</tr>
<tr>
<td>March 14th-15th</td>
<td>Table Tennis National Training</td>
<td>IWA, Clontarf</td>
</tr>
<tr>
<td>March 21st</td>
<td>Wheelchair Basketball Senior League</td>
<td>Clonaslee</td>
</tr>
<tr>
<td>March 22nd</td>
<td>Wheelchair Basketball Junior Blitz</td>
<td>Clonaslee</td>
</tr>
<tr>
<td>March 26th-28th</td>
<td>Wheelchair Rugby Bernd Best</td>
<td>Cologne</td>
</tr>
<tr>
<td>March 28th</td>
<td>Sports Information Seminar</td>
<td>IWA, Clontarf</td>
</tr>
<tr>
<td>March 28th-29th</td>
<td>Powerlifting National Training Camp</td>
<td>IWA, Clontarf</td>
</tr>
<tr>
<td>March 28th-29th</td>
<td>Wheelchair Basketball National Training</td>
<td>IWA, Clontarf</td>
</tr>
</tbody>
</table>

### APRIL

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 4th</td>
<td>Wheelchair Basketball Senior League</td>
<td>Loughtlstown</td>
</tr>
<tr>
<td>April 11th-12th</td>
<td>Table Tennis National Training</td>
<td>IWA, Clontarf</td>
</tr>
<tr>
<td>April 11th-19th</td>
<td>Wheelchair Rugby IWRF European B Championships</td>
<td>Prague</td>
</tr>
<tr>
<td>April 12th</td>
<td>Swimming National Championships</td>
<td>N.A.C.</td>
</tr>
<tr>
<td>April 18th</td>
<td>Wheelchair Basketball Senior League</td>
<td>IWA, Clontarf</td>
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<tr>
<td>April 18th-19th</td>
<td>Powerlifting National Training Camp</td>
<td>TBC</td>
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<td>April 19th</td>
<td>Wheelchair Basketball Junior Blitz</td>
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<tr>
<td>April 23rd-30th</td>
<td>Powerlifting Pan-America Games</td>
<td>Mexico City</td>
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<tr>
<td>April 25th</td>
<td>Athletics Leinster Games</td>
<td>Santry</td>
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<td>April 25th-26th</td>
<td>Wheelchair Basketball National Training</td>
<td>IWA, Clontarf</td>
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### MAY

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>May 2nd-4th</td>
<td>Wheelchair Rugby British Nationals, Copper Box</td>
<td>London</td>
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<tr>
<td>May 9th</td>
<td>Athletics Connacht Games</td>
<td>Galway</td>
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<td>May 9th-10th</td>
<td>Powerlifting National Training Camp</td>
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<td>May 16th-17th</td>
<td>Table Tennis National Training</td>
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<td>Wheelchair Basketball Senior League</td>
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<tr>
<td>TBC</td>
<td>Athletics Laois Games</td>
<td>Crettyard</td>
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<td>May 30th-31st</td>
<td>Wheelchair Basketball National Training</td>
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<tr>
<td>JUNE</td>
<td>Event</td>
<td>Venue</td>
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<tr>
<td>June (TBC)</td>
<td>Wheelchair Basketball European C Championships</td>
<td>TBC</td>
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<td>June 6th</td>
<td>Powerlifting UK Nationals</td>
<td>UK (TBC)</td>
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<tr>
<td>June 13th-14th</td>
<td>Table Tennis National Training</td>
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<td>June 20th</td>
<td>Wheelchair Rugby Irish League (TBC)</td>
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<td>June 27th</td>
<td>Athletics National Championships</td>
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<td>Wheelchair Basketball National Training</td>
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<th>JULY</th>
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<tr>
<td>July 2nd-8th</td>
<td>IWAS World Junior Games</td>
<td>Netherlands</td>
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<td>July 11th-12th</td>
<td>Athletics DSE Games</td>
<td>U.K</td>
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<td>July 11th-12th</td>
<td>Table Tennis National Training</td>
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<tr>
<td>July 13th-14th</td>
<td>Swimming IPC World Championships</td>
<td>Glasgow</td>
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<tr>
<td>July 21st-23rd</td>
<td>IWA-Sport Summer Camp</td>
<td>IWA, Clontarf</td>
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<td>July 25th</td>
<td>Fundraising Cycle ‘Wheels to the West’</td>
<td>Dublin to Galway</td>
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<td>July 25th</td>
<td>Athletics Jamie Boyle Games</td>
<td>Templemore</td>
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<td>Wheelchair Basketball National Training</td>
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<tr>
<th>AUGUST</th>
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<tr>
<td>August 15th</td>
<td>Wheelchair Rugby Irish League (TBC)</td>
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<td>August 15th-16th</td>
<td>Wheelchair Basketball National Training</td>
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<tr>
<td>August 23rd-30th</td>
<td>Archery World Championships</td>
<td>Germany</td>
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<td>August 29th</td>
<td>Athletics South East Games</td>
<td>Waterford</td>
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<th>SEPTEMBER</th>
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<tbody>
<tr>
<td>September 12th</td>
<td>Athletics Munster Games</td>
<td>Cork</td>
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<tr>
<td>Sept. 26th-Oct. 2nd</td>
<td>Athletics IWAS Senior Games</td>
<td>Sochi, Russia</td>
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<th>OCTOBER</th>
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<tr>
<td>October 17th</td>
<td>Wheelchair Rugby Irish League (TBC)</td>
<td>Belfast</td>
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<td>October 17th-18th</td>
<td>Wheelchair Basketball National Training</td>
<td>IWA, Clontarf</td>
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<tr>
<td>October 18th-31st</td>
<td>Athletics IPC World Championships</td>
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<tr>
<th>NOVEMBER</th>
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<tbody>
<tr>
<td>November (TBC)</td>
<td>Wheelchair Basketball Senior League</td>
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<td>November 7th-8th</td>
<td>Wheelchair Rugby British Super Series 1</td>
<td>Stoke on Trent</td>
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<td>November 21st-22nd</td>
<td>Wheelchair Basketball National Training</td>
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<td>November 23rd-30th</td>
<td>Powerlifting European Championships</td>
<td>Hungary</td>
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<td>Wheelchair Basketball National Training</td>
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<tr>
<th>NOVEMBER</th>
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<td>December (TBC)</td>
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<td>December 19th-20th</td>
<td>Wheelchair Basketball National Training</td>
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Please note: all events, dates and venues are subject to change.