



VOLUNTARY INSPIRED PARTICIPATION



WHAT IS THE VIP PROGRAMME



LEADERSHIP



PERSONAL GROWTH



YOUTH EMPOWERMENT



RELATIONSHIP BUILDING

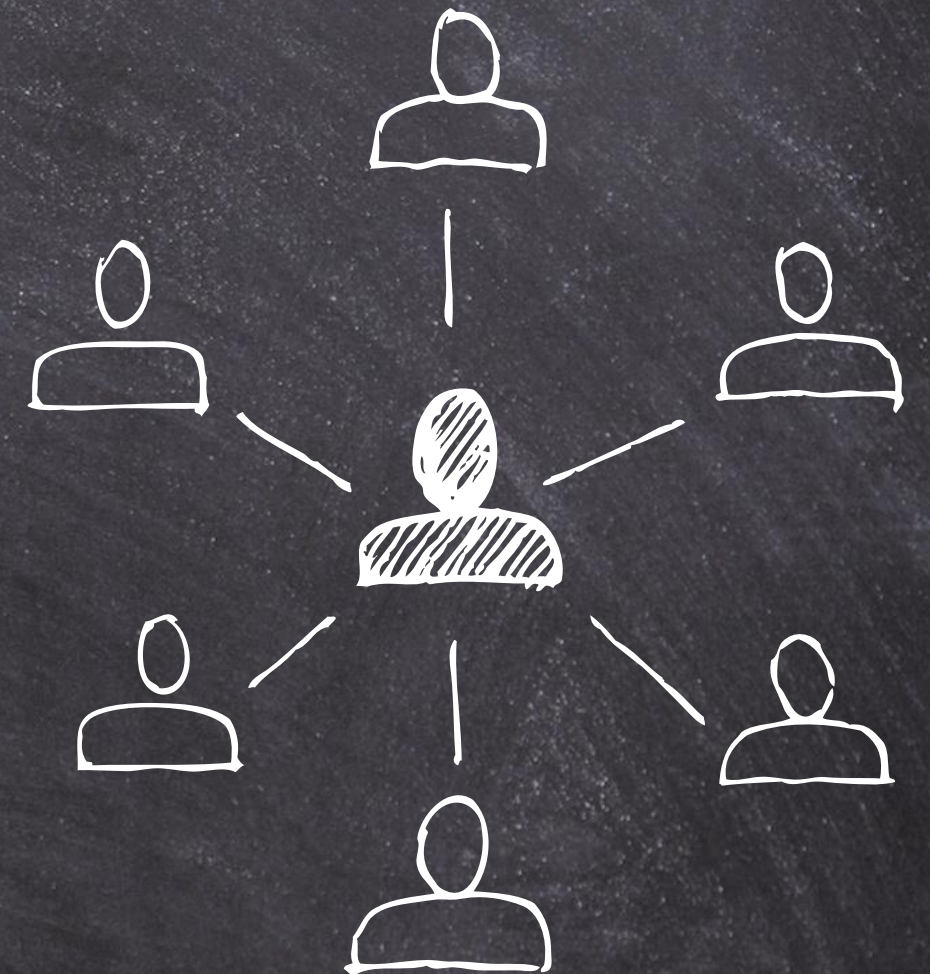


TARGET AUDIENCE

15/16-YEAR-OLD TY STUDENTS

34 MALES & FEMALES FROM 26 SECONDARY SCHOOLS

- EMERGING LEADERS
- COMMUNITY-MINDED TEENS
- MENTORSHIP POTENTIAL
- SPORT & HEALTH CAREER INTEREST



TRACY MAHEDY
LIMERICK SPORTS PARTNERSHIP

MAY 2025

BUILDING CONFIDENCE & SKILLS

INTERVIEWS

Register through
website
1st round – zoom
interview all
2nd round – 100 in
person

HARDEST PART OF THE
PROGRAMME

TIMETABLE

SEPTEMBER TO MAY
DAY: MONDAYS
TIME: 09:30-4:00PM
VENUE: UL SPORT
ARENA

COURSES

- ACTIVE LEADERSHIP
 - GAA
 - ROWING
- COACHING CHILDREN
 - VOLLEYBALL
 - CRICKET
 - ATHLETICS
 - BOXING
- OLYMPIC HANDBALL
 - PICKLEBALL
 - TABLE TENNIS
- REFEREEING COURSE
 - BASKETBALL
 - BADMINTON

WORKSHOPS

- FIRST AID
- SAFEGUARDING
- DISABILITY AWARENESS
- DEPS - DRUG
AWARENESS
- RESOLVE - MENTAL
HEALTH
- NUTRITION

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Voluntary Inspired Participation

VOLUNTEERING

100+ hours volunteered by each VIP
3400+ hours benefiting local communities



- VOLUNTEER GROUPS
- OLDER ADULTS (10 HOURS)
 - INCLUSION (10 HOURS)
 - YOUNG PEOPLE (10 HOURS)
 - MASS PARTICIPATION (20 HOURS)
 - SCHOOL (10 HOURS)
 - GENERAL (40 HOURS)



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IMPACTS

368 Participants – 2015-2025

36,800 volunteer hours benefiting local communities

3 full time staff members

17 coaches on Limerick LSP tutor panel

Martin Casey – 2024 Outstanding Achievement

Volunteer in Sports Award

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MAY 2025

recognition inclusion Limerick leaders mentorship achievement youth
events schools
development opportunity experience education diversity
coaching transformation workshops participation training future support
volunteering growth engagement potential mental
activity friendship skills communication Partnership qualifications
teamwork physical teenagers
confidence community inspiration empowerment
disability



Voluntary Inspired Participation

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MAY 2025