

KERRY SPORTS ACADEMY

THE CENTRE FOR UNIVERSAL INCLUSIVE SPORT HEALTH & LEISURE EDUCATION

KERRY SPORTS ACADEMY



IN PARTNERSHIP WITH



“Sport has the power to change the world. It has the power to inspire.
It has the power to unite people in a way that little else does.
It speaks to youth in a language they understand. Sport can create
hope where once there was only despair. It is more powerful than
governments in breaking down racial barriers.”

Nelson Mandela, South African anti-apartheid revolutionary, politician, and philanthropist.



INTRODUCING THE CHAIRMAN OF THE INSTITUTE OF TECHNOLOGY, TRALEE FOUNDATION

Dick Spring is an eminent businessman and former politician, leader and sports person. His sporting career started in County Kerry where he played senior football and hurling for Kerry. He practiced as a barrister during his early years, while representing Ireland on the field as an international rugby player. Dick's political career commenced when he was elected to the Dáil (Irish House of Representatives) where he contributed greatly to the national and international political landscape for over 21 years.

Dick was appointed Tánaiste (Deputy Prime Minister) of Ireland following the 1982 general election. In 1985 he participated in the negotiations leading up to the Anglo-Irish Agreement. It is widely considered that Dick's contribution was influential in advancing the search for peace in Northern Ireland. In his time as Minister for Foreign Affairs, he further enhanced Ireland's status on the global stage as that of a highly recognised and respected nation.

Now retired from political life, Dick continues to hold a number of directorships. The Institute of Technology, Tralee is proud to have Dick Spring chair the board of its Foundation.

FOREWORD

As a fellow of the Institute of Technology, Tralee, I endorse the efforts made within the Institute in developing an ethos of inclusion in sport and in directly shaping the future of adapted physical activity, regionally, nationally and internationally. Since its inception, the North Campus, which the Institute shares with the Kerry Technology Park, has seen a total of €75m invested in education, sport and enterprise infrastructure.



The next phase of development for the Institute will see the construction of the €15m Kerry Sports Academy which will serve as the headquarters for the Health and Leisure Department at the Institute. This Department's programmes have a local, national and international reputation for excellence and innovation, particularly in the area of Adapted Physical Activity (APA). The Irish Sports Council recognised the excellence and reputation of IT, Tralee in the area of APA, through the establishment of CARA, the National Centre for Adapted Physical Activity at the IT, Tralee in 2007. Recognition from UNESCO and the awarding of the first world-wide Chair in Inclusive Physical Education, Sports, Fitness and Recreation confirms the Institute's position at the forefront of inclusive participation.

One of the key objectives of the IT, Tralee Foundation is to encourage investment in education in Kerry. The Sports Academy will enable the Institute achieve its ambition of becoming an international centre of excellence in APA and embody a global best practice model of social inclusion through sport, physical activity and inclusive physical education. The Institute has established a diverse network of national and international partners to assist in the achievement of these goals. The Foundation has embarked on a philanthropic fundraising programme with the Kerry Sports Academy being its priority project.

On behalf of the foundation I appreciate you taking the time to review this prospectus and hope you consider the project worthy of your support.

Dick Spring

Dick Spring
Chairman, Institute of Technology, Tralee Foundation



WELCOME TO THE KERRY SPORTS ACADEMY

Life is a precious gift. Good health and wellbeing is something which not all of us have had the privilege to receive at birth. The Kerry Sports Academy will endeavour to make the dream of this privilege a reality for all, transforming the lives of people with disabilities.

This international centre of excellence will be home to:

- UNESCO Chair - Transforming the Lives of People with Disabilities, their Families and Communities through Physical Education, Sport, Recreation and Fitness
- CARA - National Centre for Adapted Physical Activity
- Health and Leisure Department of the IT, Tralee
- Kerry GAA Centre of Excellence
- Comhaltas Ceoltóirí Éireann.

The Kerry Sports Academy will provide an international centre of excellence for the education and training of inclusive professional practitioners. The Academy will serve as the national centre for people with disabilities, empowering them to realise their true potential in an environment where both the equipment and expertise are specifically adapted for their needs. The focus of the Academy's activities will be life long and life wide, ranging from rehabilitation and recreation through to elite performance. The Academy has been designed to address the needs of paralympic level athletes, as well as opening up a world of opportunities and accessibility to sports and recreation for people with disabilities in our society.

In May 2013 IT, Tralee signed an agreement with UNESCO establishing the UNESCO Chair entitled: 'Transforming the Lives of People with Disabilities, their Families and communities, through Physical Education, Sport, Recreation and Fitness'. The establishment of the Chair at IT Tralee commits the Institute as the international leader in advancing policy and practice in the field, and to engaging in collaborative education, training and research activities with multi-disciplinary partners globally to advance knowledge and practice, in the creation of an inclusive society.

It has taken hard work, dedication and a shared vision of many people over a number of years to get to this point.



“County Kerry is well recognised for its sporting tradition, with notable successes at a national and international level.”

Micheál Ó Muircheartaigh, GAA Commentator and National Treasure



Kerry Sports Academy project ambassadors, L-R: Paralympian Roy Guerin and Kerry Senior Footballer Colm Cooper

UNESCO - INTERNATIONAL RECOGNITION

UNESCO is the 'United Nations' lead agency for Physical Education and sport, providing assistance and guidance services for governments, National Governing Bodies and experts to debate the evolving challenges in this area. In addition, UNESCO offers its expertise in the design and implementation of development programmes in the domain of sport. The geographical scope of the chair extends from Europe, North America, Canada, Gulf Region, Africa, Latin America and the Caribbean while certain areas of the Chair have a global remit. Some of the major challenges of modern times are addressed by the Chair activities including healthy and active aging and tackling societal challenges such as inclusion and well-being. The Chair activities extend across such disciplines as education and training, adapted physical activity, social sciences, the arts (music and dance), social entrepreneurship, health, pedagogy, assistive technologies, ICT, policy and development work.

The students of the Health and Leisure programmes at the IT, Tralee work with over 500 children and adults with disabilities each year through engagement with a large number of service providers. For the first time in Ireland in 2011, based on the successful IT, Tralee APA programme, graduates have emerged from higher education equipped to influence policy and practice working confidently with people with disabilities. Inclusive policy and practice can open the door to increased levels of participation in physical activity and sport by people with disabilities in Ireland, through:

- initiating changes in attitude
- the education of professionals and
- the creation of opportunities for participation

IT, Tralee currently provides APA training and education across the APA community regionally and nationally. The Kerry Sports Academy will allow service provision to be greatly increased, allowing more community programmes to be developed and delivered.

PROVIDING APA SERVICES TO CLIENTS AND DISABILITY ORGANISATIONS

IT Tralee has an esteemed international reputation for leadership in inclusion and adapted physical activity. This includes the development of the undergraduate focus on adapted physical activity and inclusion, through to the APA Honours Degree Programme, the Master's Degree Programme in Adapted Physical Activity Leadership and the establishment of the CARA Centre (The National Centre for APA). CARA will be housed in this proposed new building thus furthering the Universal Access goal through its role in coordinating, facilitating and advocating for the inclusion of people with disabilities throughout Ireland in sport, physical activity and physical education. The synergies between the Institute, UNESCO and CARA strengthen the capacity to deliver on social justice nationally and the capacity to represent a model of international best practice, unprecedented globally. The addition of a universally accessible facility will complete the circle in terms of capacity and excellence.



APA in action at IT, Tralee



CARA - NATIONAL CENTRE FOR ADAPTED PHYSICAL ACTIVITY

The CARA National Adapted Physical Activity Centre is a National Resource Centre aimed at coordinating, facilitating and advocating for the inclusion of people with disabilities throughout Ireland in sport, physical activity and physical education. The CARA APA Centre strives to achieve this aim through the following objectives: Facilitating and Supporting Participation; Capacity Building; Undertaking, Coordinating and Guiding Research; Promotion, Awareness and Advocacy; Facilities and Infrastructure support Policy Development support.

Since 2008, under the direction of the Irish Sports Council, the CARA Centre has played a core strategic role in coordinating, supporting and training in the Sports Inclusion Disability Officer Programme within the Local Sports Partnership structure throughout Ireland. Working in partnership with key national agencies, the CARA Centre leads the implementation of the national standardised inclusion training and education framework. In 2013, the CARA Centre coordinated the development of the Disability Inclusion Training working group and tutor network to oversee, develop and deliver the Disability Inclusion Training workshop.

CARA leads and coordinates the Xcessible Initiatives delivered nationally in conjunction with the Local Sports Partnerships. Previous Xcessible Initiatives include Xcessible Leisure Centre Initiative 2011, Xcessible Outdoor Initiative 2012 and Xcessible Youth Sport Initiative which is currently a three year focus on increasing participation opportunities for youths with disabilities.

CARA coordinates the National Inclusion Awards which recognises organisations and people who contribute to the inclusion of people with disabilities in Sport and Physical Activity. CARA also works with key national agencies in the delivery of a national residential sport and recreation camp for children who are blind/visually impaired.

TRANSFORMING PEOPLE’S LIVES

Research conducted in the field of APA internationally has found that people with disabilities are three times less likely to be physically active and twice as likely to be obese. Lack of physical activity can lead to secondary conditions such as diabetes, asthma, arthritis, osteoporosis and heart conditions. Physical activity improves the quality of life of people with disabilities as it helps reduce the effects of their disability.

The introduction of APA modules into the Institute’s undergraduate Health and Leisure programmes, with the unique mix of practical work, tutorial support and theory in each module, consolidated the Health and Leisure Department at the Institute as the main source of training and development in APA in Ireland. We have been particularly innovative in the inclusion of aquatic therapy across our programmes as well as using the specialist Halliwick method of swim teaching for teaching people with disabilities. The hydrotherapy pool, planned as part of the Sports Academy building will further enhance the lives of people with disabilities through APA education. The pool will allow people to engage with more varied exercises and increase mobility and strength. The therapeutic benefits of the hydrotherapy pool include increased range of movement and increased flexibility due to the warmer water.



“Sport can change attitudes by bringing people together, regardless of ability or disability, in a very special way.”

Special Olympics, International Committee.



Enjoying an APA class at IT, Tralee in association with Down Syndrome Ireland - Kerry Branch

“With this Sports Academy we would have somewhere to train all the time. We could have the pitch markings marked out for Power Soccer, something which you don’t have in conventional sports halls as well as additional facilities like a hydrotherapy pool and massage facility. They’re small things that you mightn’t really think about when you’re playing Power Soccer, but at an elite level it’s the sort of thing that would really help. In addition the Sports Academy would enable Ireland and the Association of Irish Power Chair Football to host something like the European Championships or World Cup which would raise the profile of the sport.”

Patrick Flanagan
Captain of the Irish National Power Soccer Team

L-R: Patrick Flanagan, Captain of the Irish National Power Soccer Team; Peter Downs, Manager - Disability Sport Unit at the Australian Sports Commission; Liam Mc Donough, National Training and Education Officer, CARA; Niamh Daffy, National Manager, CARA

THE SPECTRUM OF DISABILITIES WHICH BENEFIT FROM APA

INTELLECTUAL DISABILITIES

- Down Syndrome
- Fragile X Syndrome
- Foetal Alcohol Syndrome

AUTISM SPECTRUM DISORDER (ASD)

- ASD and Aspergers Syndrome

PHYSICAL DISABILITY

- Cerebral Palsy
- Spina Bifida
- Muscular Dystrophy
- Spinal Paralysis
- Scoliosis
- Poliomyelitis

SENSORY DISABILITIES

- Visual Impairment
- Hearing Impairment
- Deafblindness



L-R: Marie McNamara and Antonia Pierse



Patrick enjoys surfing on Inch Beach, Co. Kerry

“Patrick gains confidence and he gains learning of sports that we just couldn’t give him at home. It’s great seeing Patrick managing on his own and with people outside the family. It’s absolutely fabulous for him.”

Claire Hennessy

Mother of 10 year old Patrick Hennessy, from Dungarvan, Co. Waterford, who has a visual impairment and participates in the CARA delivered CampAbilities Ireland.

“Marie is a client who really stands out in my mind as someone who has benefited hugely from the IT, Tralee APA programme. Marie was very nervous starting out and there was a lot of apprehension as she wondered if it would be possible for her to swim. But her confidence soared as she realised she could get to the point of swimming independently. Marie has experienced so many positive side effects from her swimming; her core stability has increased, her respiratory system has improved and the exercise she gets in the pool helps reduce pressure sores. What Marie achieved through the APA programme and since is astonishing and has given her a sport for life”.

Antonia Pierse

Physiotherapist, Kerry General Hospital

“APA gave me a new lease of life. If I had not participated in the 8 week session with IT, Tralee APA students I would never have dreamed I could swim independently. My fitness levels have increased greatly and the freedom I experience in the pool gives me so much enjoyment and relaxation and provides a wonderful break from sitting in my wheelchair. I had an overwhelming sense of achievement when I removed the swimming aids and began to swim on my own. My self-esteem has increased and my health in general has improved. I now swim 20 lengths, twice a week, fully independent.”

Marie McNamara

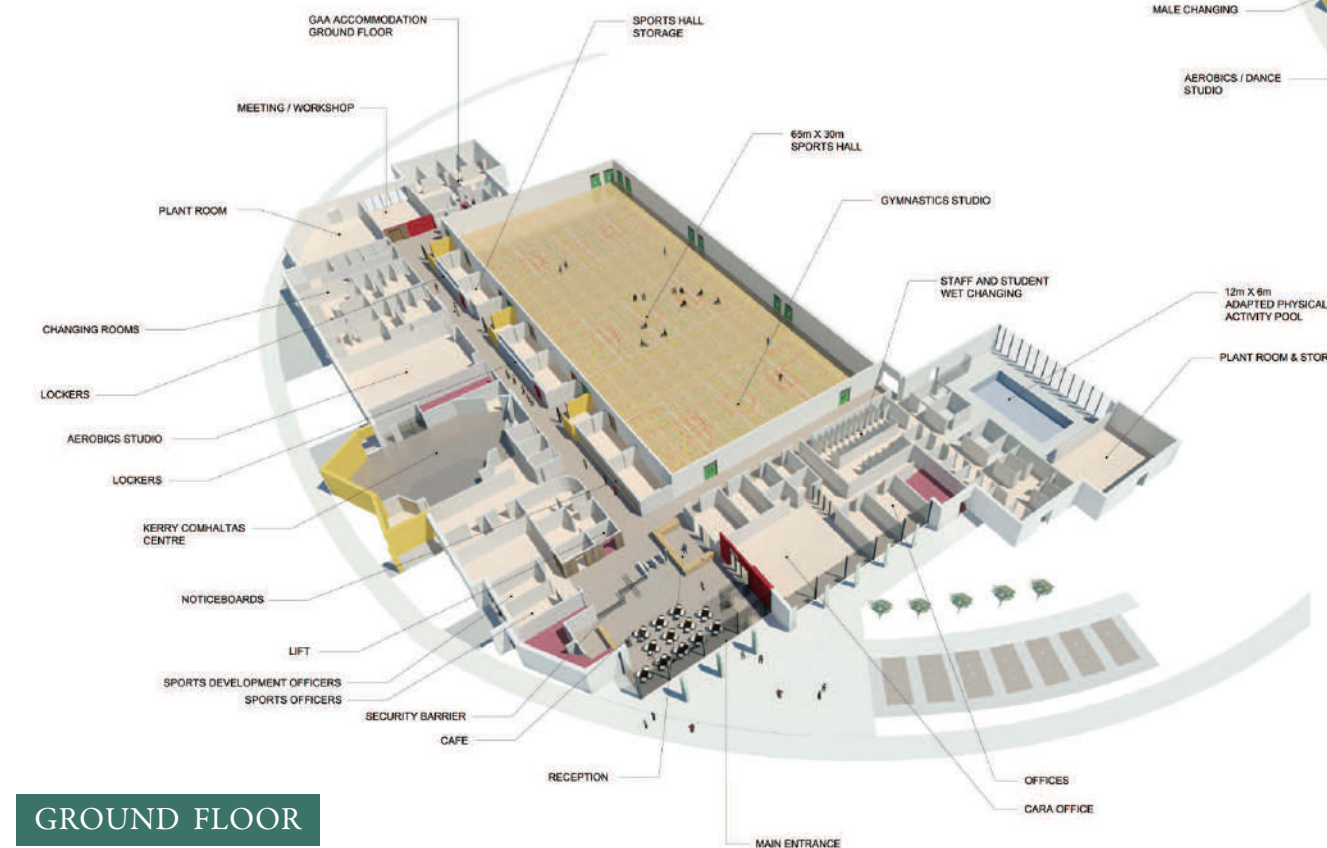
APA client with Multiple Sclerosis

KERRY SPORTS ACADEMY - PLANNED DESIGN, FACILITIES AND LAYOUT

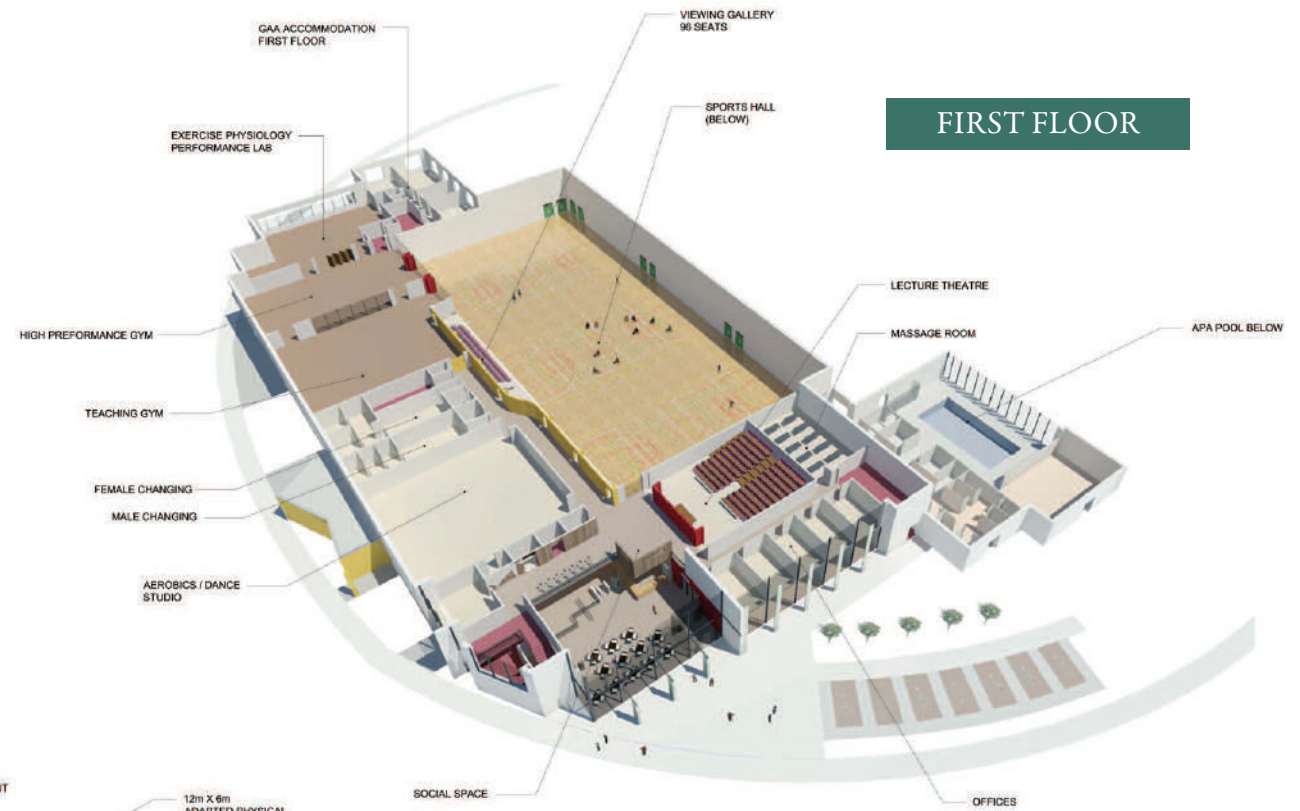


KERRY SPORTS ACADEMY FACILITIES

- International sized indoor sports arena
- Hydrotherapy suite
- Teaching gym
- High performance gym
- Teaching spaces, Virtual Learning Environment (VLE) and Video Conferencing (VC) equipped
- Suite of auditoria
- Massage suites
- Performance arena
- Specialist treatment and activity specific rooms
- Aerobic and dance studios
- Dry, outdoor and wet changing areas
- Laboratory facilities
- Student recreation area
- Universally accessible facility



GROUND FLOOR



FIRST FLOOR



Main Sports Hall

WE NEED YOUR SUPPORT

Kerry has a very proud tradition of sporting participation and success. It is of paramount importance that we as a county continue to develop state of the art universally accessible facilities to allow all people, to participate in physical activity and sport from recreational level to the highest national and international level.



We ask you to take up the baton and keep Kerry to the forefront of Irish sport.

The Kerry Sports Academy will be the largest sports capital project to be undertaken in Kerry in the coming years. The €15 million Centre will be located at the IT, Tralee's North Campus, and has received full planning permission from the Kerry County Council.

In this current economic climate, the funding of the Kerry Sports Academy will be a major challenge for all involved. The funding of this academy will be secured from a number of resources including philanthropic donors, financial partners, state grants and IT, Tralee funding.



"The development of the Kerry Sports Academy will be a tremendous addition to the sporting infrastructure of the county and will ensure Kerry athletes are to the forefront of Irish sport."

Darragh Ó Sé
Six All Ireland Medals and Record Championship Appearances for Kerry



"The Kerry Sports Academy will be an internationally recognised facility, which will allow Kerry athletes both able and disabled, to prepare and compete to the highest international standards."

Mick Galwey
Kerry, Munster, Ireland and the Lions

OUR ADAPTED PHYSICAL ACTIVITY PARTNERS

In conjunction with a number of national partners, CARA at the IT, Tralee is developing an APA National Training and Education Framework.





“UNESCO commend IT, Tralee for this initiative aimed at providing a broad range of programme, research, education and participation opportunities for people with disabilities in PE, Sport Fitness and Recreation. The addition of this universally designed facility coupled with IT, Tralee’s philosophy and practice will open up great opportunities for the health and social inclusion of people with disabilities, both regionally and internationally.”

UNESCO HQ, Paris



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