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NUACHTLITIR



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# A HEALTHY CLUB MAKES WELLBEING PART OF THE JOURNEY, NOT JUST A DESTINATION

By Colin Regan, GAA Health and Wellbeing Manager

**H**ealth and wellbeing at this time of the year is a hot topic. But what do we really mean and understand by wellbeing and how can a GAA club best support the health of its members?

In an age when every element of wellbeing has been packaged and monetised for our consumption, it's important before

following the latest trend to look at what the evidence tells us.

The simplicity of the facts tends to surprise people. The New Economic Foundation – a leading international think-tank responsible for promoting social, economic and environmental justice – has through evidence-based research identified '5 Ways to Wellbeing'. They are:



Embracing the GAA Healthy Club model is an investment in the future health of your players and community

## 1. CONNECT –

*with the people around you. With family, friends, colleagues, your neighbours and community. Think of these connections as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day and lead to happier, healthier lives.*

## 2. BE ACTIVE –

*Go for a walk or run. Step out into the great outdoors. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.*



Recreational Rounders played at Good Counsel GAA in Drimmagh in Dublin

## 3. TAKE NOTICE –

*Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are watching a match or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.*

## 4. KEEP LEARNING –

*Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Become a coach or learn how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.*

## 5. GIVE –

*Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.*

In a world that can seem increasingly determined to test our mental and physical resolve, sport and the GAA, it would appear, offers not just a respite but a potential antidote. Each of these 'Ways to Wellbeing' are easily accessible in your local GAA club and only require your engagement.

The GAA's Community & Health department has over the past number of years aimed to distil this evidence down into the content of the GAA Healthy Club Project (HCP). 150 clubs across the 32 counties are currently involved in exploring how they can best serve the health and wellbeing needs of their members and communities. For many, it was a matter of continuing the excellent work they were already undertaking. For others, it was a new departure.

In January 2020 all additional interested clubs will be invited to join the Healthy Club Project.

To support interested clubs, Healthy Club Officer (formerly known as Health & Wellbeing Officer) training will be delivered by your County Health & Wellbeing Committee in 2019. [Email [chair.hwc.COUNTY@gaa.ie](mailto:chair.hwc.COUNTY@gaa.ie) to discover your local training date, i.e. for Donegal the email address will be [chair.hwc.donegal@gaa.ie](mailto:chair.hwc.donegal@gaa.ie)].

The desired outcome is a reimagining of what a sports club is all about. Yes, winning matches and titles will always drive us, but that destination is only available to one team in each competition. A Healthy Club ensures that regardless of where the journey ends, it has been worthwhile for everyone involved. See more on the project in this month's newsletter and go to [www.GAA.ie/community](http://www.GAA.ie/community) for additional information.



*The GAA uses iconic former all-stars like Alan Brogan and Michael Fennelly to help spread the word on Health and Wellbeing*

# THE GAA HEALTHY CLUB PROJECT – BE PART OF THE SUCCESS STORY!

**T**he GAA Healthy Club Project (HCP) is designed to improve the wellbeing of the nation by transforming GAA clubs into hubs for health. It capitalises on the key role played by GAA clubs in local communities and empowers clubs to deliver health and wellbeing information and programmes directly to their members and to the wider communities that they serve. It is run in partnership

with Healthy Ireland, the HSE, National Office for Suicide Prevention, the PHA, and is supported by Irish Life through a CSR agreement

## AIM

The aim is that GAA clubs will become hubs for health ensuring that everyone who engages with the clubs will benefit from the experience in a health-enhancing way.

Participating clubs work with their members and their communities to identify priority areas to target. Popular topics include healthy eating; becoming a smoke-free club; physical activity for non-playing members; engaging older members of the community; emotional wellbeing; gambling, drug, and alcohol education; and inclusion and integration. Activities range from starting up a walking group to hosting Operation Transformation type events, adopting the GAA's Mental Health charter, becoming a smoke-free campus or adopting healthy eating guidelines. Others have sought to better respond to the needs of the older members of their communities or provide meaningful opportunities to engage with Gaelic games for persons with special needs. The key is that clubs work with their members to identify the areas to prioritise, reflecting local needs, interests, and available skills, resources, and partners.

The HCP is currently in Phase 3 involving 150 clubs, multiples in each of the 32 counties. They are supported by the Community & Health department in Croke Park and their respective GAA County Health & Wellbeing Committees.

Research into Phases 1 & 2 of the Healthy Club Project has identified the following benefits and opportunities for participating clubs:

- **Potential to increase membership**
- **Engage new volunteers**
- **Improvements in the health promoting activities of clubs**
- **Better community engagement with club activities**
- **Access to new funding avenues**
- **Networking opportunities with other clubs**
- **Increased media coverage and goodwill**

Here's what participating Healthy Clubs have to say about the project:

*"The Healthy Club project will transform the health of your community. It will enhance your club, strengthen your club and the bonds within your club. It really grew our club and changed it in a positive way. It brought a whole new cohort of people to the club. It is a wonderful programme and I would encourage every club to get involved"* – Healthy Club Officer, Conor Buckley from Castlehaven GAA club in Cork

*"The Healthy Club Project has given our club a real boost. Not only are our members healthier and happier but from a club perspective we have increased our social membership. People soon realised what was available in the club and that we*

Healthy Club ambassadors Mickey Harte, Philly McMahon, Michael Fennelly and Aoife Lane pass on tips



*aren't just concerned about the players on the pitch but also the wider community"*  
 - Healthy Club Officer, Janas Harrington, St Finbarr's National Hurling & Football Club in Cork.

*"The Healthy Club Project has been a huge benefit to both the school and the wider Donnycarney community. It has brought about a greater awareness of being healthy in all aspects, from physical to mental to lifestyle and this has started from the very early ages in the nursery, right up through our primary schools and spread into our secondary schools, right up until adult hood"* – Ciara Harte, Principal Scoil Chiaráin CBS, Donnycarney in North Dublin.

**STEPS TO BECOMING A HEALTHY CLUB**

To start the process clubs are encouraged to appoint a Healthy Club Officer and avail of Healthy Club Officer training which is provided at county level through the GAA County Health & Wellbeing Committees. They can be reached at the generic email address, [chair.hwc.COUNTY@gaa.ie](mailto:chair.hwc.COUNTY@gaa.ie) (insert COUNTY name).



For more information please contact Aoife O'Brien, National Healthy Club Coordinator  
[aoife.obrien@gaa.ie](mailto:aoife.obrien@gaa.ie) or visit [gaa.ie/community](http://gaa.ie/community)  
 #GAAHealth

# 'IRELAND LIGHTS UP' ONCE AGAIN WITH THE GAA AND OPERATION TRANSFORMATION

**In partnership with RTÉ's Operation Transformation and Get Ireland Walking, more than 250 GAA clubs across the 32 counties are currently participating in this year's Ireland Lights Up Campaign.**

After last year's hugely successful campaign, the GAA is delighted to make social exercise more accessible on the dark winter nights. Every Thursday between 7pm-9pm for five weeks (January 17th – February 21st) Ireland Lights Up encourages GAA clubs to switch on their floodlights, seeking to bring communities together to enjoy healthy walks in the safe,

bright, environs of their GAA club.

John Horan, An Uachtarán Cumann Luthchleas Gael, launched the campaign last week on episode one of RTÉ Operation Transformation and he said: "In every corner of the country our network of clubs plays a crucial role in contributing towards a healthier Ireland. The benefit of this particular initiative is that this appeals to young and old, players and non-players, with benefits for everyone. This year we aim to reach over 300 clubs and encourage all clubs who meet the criteria to sign up. Together we can 'Get Ireland Walking'."

Click [HERE](#) to view the Ireland Lights Up launch video.

The aim of Ireland Lights Up is to provide a positive and beneficial resource for communities throughout the entire country, promoting both the physical and mental benefits of walking and exercise, as well as the fantastic facilities that local GAA grounds have on offer to people in their locality. Healthy Club Officer, Joanne Cahill kickstarted Ireland Lights Up in her local GAA club last week and she said: "We had no idea what numbers we would get, but we had 150 walkers, maybe even more, on the first night. They were coming from

everywhere with cars backed up. There were groups of people, families, kids, every walk of life. The walking track in the club is somewhere you can go for a safe walk because there is really nowhere around Ballyboughal and people don't like walking on the dark roads in winter."

Interested clubs can sign-up at any point over the next six weeks by simply going to [www.getirelandwalking.ie](http://www.getirelandwalking.ie) and following the Operation Transformation link to register their club. Of course, all members of the community are welcome, not just GAA members, but participants will be required to register and sign-in each night.



# GAA GAMBLING AWARENESS CAMPAIGN 'REDUCE THE ODDS'

**T**he relationship between gambling and sport is an issue of hot debate in modern society.

The GAA's gambling awareness campaign, 'Reduce the Odds', aims to protect the wellbeing of GAA members and the integrity of Gaelic Games.

The wellbeing of our members and the integrity of our games are paramount to the GAA. The Association has made significant strides in recent years to preserve both and we hope that this campaign offers our clubs and members the resources necessary to continue that work at grassroots level.

The campaign reinforces the ground-breaking decision by GAA Congress 2018 to prohibit the sponsorship by a betting firm of any GAA competition, team, playing gear, or facility. Specifically, the campaign aims to:

- **inform all members of the Association's rules relating to gambling**
- **highlight research identifying athletes as an at-risk group in relation to problem gambling**
- **signpost persons in need of help to support services available in Ireland**

GAA rules governing the area of gambling include the successful 2017 motion to

Congress prohibiting any player, team, member of a management team, or match official, from betting on any element of a game in which they are involved. The monitoring of this rule has been strengthened by the recent development of memorandums of understanding (MOU) between the GAA and the Irish Bookmakers Association and Betfair / Paddy Power. The MOUs allow for the sharing of sensitive information should either party suspect that their rules or terms and conditions have been broken. Sanctions include suspension and possible disbarment from the Association.

The campaign, designed by the GAA's Community & Health Department, has taken a tired approach, including:

- **the distribution of gambling awareness posters to every club in Ireland through the County Health & Wellbeing Committees (if you did not yet receive your posters please contact your County Health & Wellbeing Committee).**
- **a gambling awareness presentation for clubs and tutor training (training will be held in the coming months).**
- **a generic club gambling policy that clubs can adopt to fit their needs.**

Galway hurler, Davy Glennon, is supporting the campaign. Having experienced the devastation of gambling addiction, he said:



"I never thought I could become addicted to gambling when I started betting. I had no idea of the potential consequences of what started out as a bit of fun. I'm delighted to support the GAA's campaign to 'Reduce the Odds' and I hope that the posters and the presentation keep other players and members fully aware of the GAA's new rules but also of the risk to their wellbeing. I recommend anyone that is concerned

about their gambling to seek help sooner rather than later. Reaching out helped save my life."

Resources for clubs relating to the GAA's Gambling Awareness Campaign 'Reduce the Odds' are available on [www.gaa.ie/community](http://www.gaa.ie/community). If you are interested in attending the upcoming gambling awareness training, please email [community.health@gaa.ie](mailto:community.health@gaa.ie).

# OLDER AND WISER - NEW GAA PARTNERSHIP WILL HELP YOU AGE POSITIVELY

In an era where we are all expected to live longer, the GAA and Trinity College Dublin have come together to highlight the secrets to successful ageing in a series of unique regional seminars.

For example, did you know that people living by the sea are less likely to be depressed? That optimists live longer? That friendship and good social life is as important as low cholesterol for heart disease? That quality of life continues to get better after 50 for almost another 30 years? These nuggets of knowledge, and much more, will be explored by Professor Rose Anne Kenny, a world expert in healthy ageing, as part of this series of public talks entitled 'How to Age Well: Evidence from TILDA'.

TILDA is the Irish Longitudinal Study on Ageing, led by Trinity College Dublin. It is the most comprehensive adult study ever conducted in Ireland. Over 8,500 people aged 50 and older were randomly selected and continue to be repeatedly interviewed and examined regarding many aspects of their lives including happiness, physical and mental health, financial circumstances, quality of life, and perceptions of ageing.

The data forms a rich tapestry of what it is like to be an older adult in Ireland and this important and fascinating research is now coming to a county near you thanks to the GAA.

*The talks will take place in venues in Longford (March 11), Limerick (March 20), Donegal (March 22), and Mayo and Cork later in 2019 (dates to be confirmed). The content will highlight themes including the importance of exercise, diet, social connectedness, purpose and location.*

This partnership has been made possible through the hard work and volunteerism of the GAA's County Health and Wellbeing Committees, provided the local knowledge and support to the Community & Health department in Croke Park in organising the events. The partnership is an extension of the GAA's long-standing Social Initiative which promotes positive aging and the delivery of age friendly activities throughout the GAA club network.

The free seminars are open to all interested members of the public. Prof Kenny stresses that the content isn't only relevant to older people – we age every day and this information can help everyone age positively for years to come. Further details of the seminars will appear in local media and on GAA.ie in the coming weeks.

This is the first time such a seminar had been made available outside Dublin. A recent event in the capital booked out with 200 attending. It is hoped to extend this series to counties interested throughout Ireland in the next 24 months.



*President Michael D Higgins discusses all things GAA with participants of the Social Initiative during a visit to the Áras in 2013*



*Naomh Mearnóg social club members from Dublin on a trip to Croke Park*



**T**he closing ceremony at the **Healthy Club Conference in Croke Park last weekend saw a special group of people honoured for their exceptional efforts in promoting the GAA's Healthy Club Project.**

The Healthy Club Project started in 2014 with just 16 clubs, four from each province, involved. It currently engages 150 clubs, multiples in each county. The project aims to broaden the traditional boundaries of a GAA club, turning clubs into hubs for health in the communities. It involves a partnership with Healthy Ireland, the National Office for Suicide Prevention, the HSE, and is proudly supported by Irish Life.

Clubs focus on a range of health topics, including healthy eating; mental fitness and emotion wellbeing; physical activity for non-playing members; gambling drug, and alcohol awareness (including becoming smoke-free clubs); engaging older community members; and the provision of games for persons with special needs and those from minority groups, amongst other things.

Participating clubs were asked to nominate their Healthy Club Heroes: someone who has gone above and beyond the call of duty in serving the health and wellbeing needs of their clubs' members and the communities they serve. Dublin All Ireland winner, All Star, and Player of the Year nominee, Brian Fenton, was on-hand to present the recipients with their awards in Croke Park on Saturday.

#### **Maria O'Neill (Dunderry, Co. Meath)**

As the Healthy Club Officer in her local club, Maria has brought great levels of enthusiasm and passion to the role. This is extended to beyond those involved in the GAA club, and has been directly involved this year in implementing winter cards nights, starting a book club for the community, and was a leading figure in leading the way for the Gaelic for Mothers & Others initiative in the club. She has been a central figure in getting older people and those not affiliated with the GAA involved.

#### **Terence McCreesh (Culloville Blues, Co. Armagh)**

Terence is a central club figure, holding down the roles of Club Secretary, Healthy Club Co-Ordinator, and membership on the Club Committee. Terence spearheaded Healthy Club projects in the local area such as Operation Transformation, Walk & Talk, Annual Fun Day, Mental Health Awareness Week, the Rest-a-Heart Campaign and the AED Awareness Campaign. Fully immersed in the club, Terence is the coach of the U-18 team, is in charge of child protection guidelines, as well as codes of conduct for players, coaches and parents.

#### **James McGoldrick (Emmet Óg Killoe, Co. Longford)**

The chairman of the local club, James set up the Men's Shed in the locality, providing a much-needed social outlet to men in the area. He has launched several initiatives aimed at making the games more inclusive, more fun and less pressurised, with ideas such as "silent side-lines", cyber-education

programmes and skills academies, focused on teaching all children the basic skills of the game. James is heavily engaged with members of the communities, and launched a survey to include all members of the GAA family, including fans, players, parents and referees, to better understand where improvements could be made.

#### **Mairead Beausang (Middleton, Co. Cork)**

Mairead is the Healthy Club Officer in her local club. She has been directly involved in the co-ordination and organisation of the annual Darkness into Light Walk for all members of the community, as well as launching and implementing healthy eating initiatives. She is also an active member of the executive of the club.

#### **Mary Maloney (Ballinderreen, Co. Galway)**

Mary is the lead member of the Healthy Club and a member of the club executive. Her vision led to her club being the first Galway club to set up the initiative. Mary is a very active member, heavily involved in all fundraising efforts, and encourages people across all demographics to get involved in the GAA club. She organises a monthly lunch and bingo game for older members of the locality, as well as a weekly card game and an annual choir concert.

#### **Tom Miller (Castleblayney Faughs, Co. Monaghan)**

Tom is an active coach and member of the Healthy Club committee. He and his colleagues have led the way in encouraging the GAA club to reach out and include more

members of the community, in activities such as Operation Transformation, the Spring Challenge, and strength and conditioning classes. Tom cares deeply about the health and wellness of each member, and has had a major impact on those involved.

#### **Christina Weldon (Latton O'Rahilly, Co. Monaghan)**

Christina is the leader of the Healthy Club drive locally, as well as being Secretary of the club. The local Operation Transformation campaign was kick-started by Christina, getting a large proportion of the community involved. She uses her position as secretary to not only look after the day to day running and administration of the club, but also to encourage the promotion and implementation of Healthy Club policies across the board. She was involved in establishing a daily walk for local people, and also led a survey across the parish to determine what people wanted to get out of Healthy Club. She targeted members of the demographic who perhaps were not as involved, and organised for a Rounders Coach to be brought in to establish the sport in the locality.

#### **Katherine Williams (Melvin Gaels, Co. Leitrim)**

Kathleen operates in a dual role capacity in her club – that of Healthy Club Co-Ordinator and Club Treasurer. She also plays a key role in the organising and coaching of Ladies' Football in the club. She helped the club become the first in Leitrim to achieve Healthy Club Status. She

is the fulcrum behind the “Million Minutes” initiative, which has encouraged locals to exercise for a million minutes in total over eight weeks. This was a community-based project, and resulted in various groups and ages getting involved and meeting every Friday to log their minutes for the week. The idea showed how it is possible to exercise in many ways.

#### **Cecilia Moloney (Killeedy, Co. Limerick)**

Cecilia is the Healthy Club Officer of her club. She is the club Social Media Co-Ordinator, and is active in promoting Mental Health Awareness initiatives and information. She has introduced a variety of physical activities into the community, such as tag rugby, “Couch to 5k”, hill walking, fitness classes, Nordic Pole Walking, has organised cookery demonstrations, and is passionate about developing an inclusive community spirit.

#### **Caroline Clifford (Clara, Co. Kilkenny)**

Caroline was the Healthy Club Officer of the club, and has since moved on to become the Club Treasurer and County Children’s Officer. She initiated a weight-loss group in the club, sourcing a nutritionist to give talks and also starting a weekly pilates class. She was the backbone of securing non-smoking rule on the club grounds. Caroline initiated a healthy eating policy by giving homemade snacks and fruit after blitzes, organising opportunities for children to try new fruits and vegetables and secures fruit and veg for the club shop. She ensures that Healthy Club initiatives and information is visible to all in the club. She helped develop the Healthy Club

Statement, Anti-Bullying policy and also created the Critical Incident Policy. She has played an active role in implementing policies for older people as well as non-sporting activities such as set-dancing.

#### **Joan McElwee (Thomastown, Co. Kilkenny)**

Joan is the chairperson of the Healthy Club Committee within her club. She has encouraged innovative ideas, one of which is the Healthy Clubs Recipe for Success. This involved young local people receiving tuition on how to prepare healthy meals, then designing their own which become available in local cafes, restaurants and delicatessens. In so doing, young people, business owners and customers have all become aware of the initiative, which has helped put a local stamp on the campaign.

#### **Kelly Marie McRory (Errigal Ciaran, Co. Tyrone)**

Kelly assumes the role of Secretary of her local Healthy Club Committee. She has been instrumental in organising the local Operation Transformation programme, couch to 5k, yoga classes, pilates, Zumba, circuits, netball, and jiving. This opened up the club and the community to people who may not have been involved before. Her enthusiasm and passion have been central to the successful implementation of such a wide range of activities. She initiated the setting up of online groups/messaging groups to keep people informed and to keep track of numbers attending. She also organised a very helpful evening of health checks in the clubhouse, where cholesterol, weight, blood pressure were checked, has

ran talks on mental wellbeing and gambling awareness, and obtained a “no smoking” status for the club grounds.

#### **Liz Gardiner (Castletown Liam Mellow, Co. Wexford)**

Liz is the Chairperson of the Liam Mellows Healthy Club project team. She is an encouraging and supportive leader, with a particular focus on continuing to provide services for older people, and aid their integration into the community. She has been instrumental in setting up yoga and pilates classes for a variety of age groups and abilities, and hosting a well-attended gambling awareness and healthy eating workshops.

#### **Éamon Cashin (Abbeyside Ballinacourty, Co. Waterford)**

Éamon is the chairman of his club’s Healthy Club Initiative. The club covers a large catchment area, and Éamon has worked tirelessly to include as wide a demographic as he can, to ensure there is an activity to encourage the involvement of everyone in the community. He has shown visionary leadership, and would love for the club to become the hub of Healthy Club activity in Waterford. Activities run include – Club on the Move, Couch to 5K, SAOR Course, Healthy Eating, GAA.RNLI Respect the Water Campaign.

#### **Seamus Kearney (Michael Davitt’s Swatragh, Co. Derry)**

Seamus is the Health and Wellbeing Officer for his local club. He has incorporated the entire community and not just the GAA

club in the initiatives launched. Young mothers, senior citizens, and ex-players have all been specifically targeted for inclusion. The club won the Irish News’ “Best Well-Being Initiative” in 2018. He led the launch of “Mission Slimpossible” (resulting in a collective weight loss of 54 stone) and “Action Cancer Big Bus”, to encourage physical wellbeing and regular check-ups, which resulted in a number of referrals and one woman receiving an early detection diagnosis.

#### **Janas & Claire Harrington (St. Finbarr’s, Co. Cork)**

Janas and Claire are the founding members of the Healthy Club team at their club. They approached the club with their vision in 2011, and have set the scene for the health and wellbeing aspect of the club and the community ever since. They undertook an audit to discover what could be done to effectively create a healthy and inclusive environment for those in the community. Their club served as a mentor club to others in the county as a model of best practice. They run low-cost weekly exercise groups, health awareness campaigns, alcohol and drug information evenings, stress management information classes as well as mental wellbeing talks and information sources. Claire is now a member of the Cork Health & Wellbeing committee while Janas is serving her second term on the national Health & Wellbeing committee in Croke Park.

#### **Stephen Harney (St. Aidan’s, Co. Roscommon)**

Stephen is the Healthy Club Leader at

his local GAA Club. He has been running Fit4Life for the past 7 years through the club. This has brought members of local neighbourhoods together for a weekly social and activity-based event. He has been organiser in chief in arranging for speakers to come to the local community to inform and advise on areas such as gambling and addiction, as well as spearheading the decision to make the club a non-smoking campus. Promoting healthy eating is a passion of his, with many plans in place to promote this in the future.

#### **Maria Curtis (Raheny, Co. Dublin)**

Maria started the “Raheny All Stars” programme, which caters for children with special needs in the club, to afford every child the opportunity to participate. Over 15 children now participate in the programme every week. She has also organised and help run “Disability Inclusion in Sports” training for coaches, including Autism awareness training Lamh sign language training. She organised yoga for children, fruit at games, and helped with the smoking ban around the club.

#### **Sinead Crowley (Clonakilty, Co. Cork)**

Sinead is the active Children’s Officer in her local club. She is also the head of the local health and wellbeing committee. The committee produce a monthly newsletter containing information health and wellbeing issues, and upcoming events. They have held nutritional information evenings, organised a summer camp for children with autism, organise a weekly walking group, charity cycle, darkness into light walk, and Sinead is responsible



for the overall text/messaging service, informing locals of upcoming events. She has worked tirelessly to turn Clonakilty GAA into an autism-friendly GAA club, with her efforts contributing to Clonakilty becoming recognised as Ireland’s first autism-friendly town.

#### **Colman Motherway (Killeagh, Co. Cork)**

Colman holds the positions of club PRO and Well-Being Officer for the juvenile club. He initiated the notion that the GAA club should be actively involved in promoting and informing the extended local community regarding health and wellbeing. He has united all codes of sport under one banner with the aim of promoting and improving health and wellness. He has helped organise walking groups, weekly fitness sessions for all levels, club nursery, healthy eating workshops, and has got everyone working together through his philosophy of inclusion.

#### **Seamus Casey Snr. (St. Johns, Co. Sligo)**

Seamus is the Chairman of his local GAA club. He is described as someone who shows initiative, is creative and passionate. He led the committee to research, write and publish a book celebrating 30 years of the club’s existence. He organised a successful Operation Transformation campaign, including nutritionists, trainers, and medical advisors. He also sought for the inclusion of activities such as Pilates, a life coach to speak to younger people, and made the club the first non-smoking in Sligo.

#### **Michael Geaney (Nenagh Éire Óg, Co. Tipperary)**

Michael is the Chairman of his club’s Healthy Club Project. He has pushed through numerous health and wellness programmes, including those for mental wellness as well as physical. They also hosted gambling and alcohol awareness evenings. He has organised for numerous

speakers to the locality to speak and inform on a plethora of issues. A proud clubman, Michael is involved in all aspects of the club, none more so than seeking to get everyone involved and to improve the lives of those in the community in whatever way he can.

#### **Gwen Lanigan (St. Colmcilles, Co. Meath)**

Gwen is the Health Officer and Irish Language Officer at her club. She won the Seosamh MacDonncha award for her promotion of the Irish language in Meath. She delivers a “Café agus Caint” every week in the locality to encourage the use of the “cúpla focail”. She was also instrumental in setting up the “Special Needs” programme, where there are up to eighteen members taking part in activities on a weekly basis. The group were invited to meet Prince Harry and Meghan Markle this year during their trip to Croke Park. Despite never having owned a pair of football boots, she is at the heart of the Colmcille’s club and the epitome of a Healthy Club Hero.

# WORLD CLASS GAA COACHING CONFERENCE HAILED AS A SUCCESS

**R**egarded as one of the very best coaching conferences of its kind in the world, the 2019 GAA Games Development Conference in partnership with Sky Sports took place in Croke Park in early January. The theme for the conference was 'Coaching for Wellbeing'. In total 860 delegates attended, with 31 speakers presenting across 26 separate sessions.

Friday, January 11th provided an opportunity for clubs and units to showcase their own practices that might be of use to other clubs. Presenters discussed elements related to Urbanisation, Super Games Centres, Hurling Development, and Child Development.

Saturday, January 12th provided an opportunity for delegates to attend sessions covering topics relevant to the player, the coach, the game and the environment. A broad range of speakers delivered Key Note and Parallel Sessions.

Presentations and interviews with speakers are available online at: [www.learning.gaa.ie/conference2019](http://www.learning.gaa.ie/conference2019)

## SPEAKERS' TOP TIPS

**Derek McGrath (former Manager, Waterford Senior Hurling Team)**

*If our values, thoughts, words and actions are aligned, then our word is our world*

**Philip Kerry (Coach, Derry Senior Football Team)**

*BECOME a Player Development Coach, focussing on improving individual players to enable them to get more from the game and give more to the game*

**Owen Mooney (Games Development Officer, Rockland GAA New York)**

*Allow Players To SOLVE PROBLEMS Posed By The Game*

**Colm Nally (Coach, Meath Senior Football Team)**

*Games are unrehearsed drama with a few rehearsed moments. Plan what you can and have a bit of chaos in the rest*

**Ken Robinson (Coach, Dublin Senior Ladies Gaelic Football Team)**

*Coaches require expertise, a clear role, to be part of an interdependent backroom team; they need energy, to gain enjoyment, but also development and support*

**Liam Moggan (Coach and Coach Educator)**

*Our greatest next step is to transform not what we coach, but how we coach*

**Kevin Murray (Coach, Cork Senior Camogie Team)**

*Create a culture in which players are engaged in their own well-being and equally committed to their own professional success and the success of the team, this requires foresight, planning, discipline and focus*

**Áine MacNamara (Institute of Coaching and Performance, University of Central Lancashire)**

*Competition CAN Support Development! Re-defining Winning:*

- Stretch and challenge teams
- Stretch and challenge individuals
- Evaluate against today's objectives
- Assess against set goals
- Freedom to coach with a long-term agenda

**David Hassan (Chair, GAA Standing Committee on the Playing Rules)**

*The game has evolved and should be allowed to find its equilibrium. There is a much more tactical/ strategic than previous eras and a failure to properly define the cause – focus on symptoms*

**Enda Devitt (GAA Medical, Scientific and Welfare Committee)**

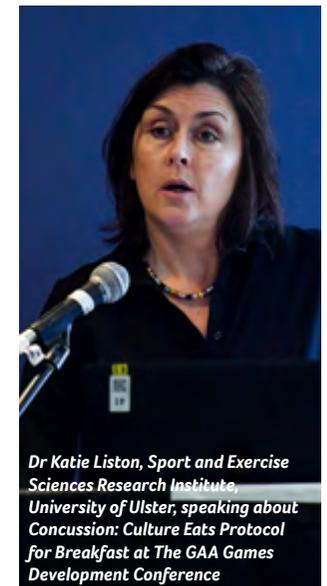
*IF IN DOUBT, SIT THEM OUT!!!*



JJ Delaney and Jamesie O'Connor



Bernard Dunne



Dr Katie Liston, Sport and Exercise Sciences Research Institute, University of Ulster, speaking about Concussion: Culture Eats Protocol for Breakfast at The GAA Games Development Conference

## DURING TOUGHER TIMES OF LIFE MY GAA CLUB HAS BEEN A SOURCE OF HUGE COMFORT AND SUPPORT



**NAME: EMMA TORNEY**

**Job title:** GAA Ticketing Manager  
**GAA Club:** Donaghmore/Ashbourne GAA, Meath

**Honours won:** 1 Meath Intermediate Camogie Championship & 2 Meath Junior Camogie Championships. Player of the Year 2011 & 2017

**No of Years working for the GAA:** 13 years

**Favourite Club Memory:** September 2011, captaining my camogie team and winning the Meath Intermediate Camogie

Championship. It was extra special when my Grandmother, as Meath Camogie Chairperson, presented me the cup. My Mam was also a selector on the team.

**Favourite GAA Memory:** Meath's comeback v Louth 2002. It was Meath's first ever football qualifier and the atmosphere in Navan was electric. Louth were four points up after normal time. They looked home and dry for the win until Meath scored 2 goals in injury time! Richie Kealy got the first and Meath's hero Graham Geraghty scored the second goal to win by 2 points. Myself and my Dad were on the terrace in Páirc Tailteann, we hugged and laughed with shock and joy when the final whistle went. It was one of the most memorable games I have been to.

Another favourite memory was when my brother scored a penalty in Croke Park against Kildare in 2014 to help get Meath to a Leinster Final.

**What does your club mean to you?** My GAA club plays a huge part of my life. My entire family are heavily involved, either playing or volunteering. I have made many great friends in my club down through the years. It is a great social outlet for me, playing a team sport and spending time with my club mates off the pitch. Most importantly, during tougher times of life my GAA club has been a source of huge comfort and support. It really is the heart and soul of my community. I have been a member of the club executive committee, organised fundraisers and I hope to continue to help/volunteer long into the future.

**What do you like most about working in Croke Park?** I love working in Croke Park, I still pinch myself some days when I drive in in the mornings. I am working for the sport I love and one of my biggest passions in life. I love when great occasions go well, and I know that I have played a part in them. I am proud when the hard work of my team pays off, from the bigger days of All Ireland Finals, bumper weekends in Croke Park, special occasions such as Laochra, and to the exciting games that take part in the smaller venues throughout the county.



**NAME: JAMIE Ó TUAMA**

**Job title:** Oifigeach Forbartha Gaelige  
**GAA Club:** Cill Mochuda na Crócaigh agus mé i mo ghasúr ach CLG Dhún Doire (i gcontae na Mí) le beagnach 10 mbliana anuas.

**Honours won:** Not many unfortunately but I'll always treasure winning an U15 Dublin Championship with Kilmacud Crokes way back in 1992. What a team! I also won an All-Ireland rounders medal with Lakelands, in Kilmacud, the same year which I also still treasure!!

**No of Years working for the GAA:** Níl ach ceithre mhí déanta agam go dtí seo.

**Favourite Club Memory:** Hard to choose. My standout Crokes memory is probably everything about the club winning the Andy Merrigan Cup in 1995 from the build-up, to the game itself and obviously the celebrations were great too! With Dunderry the 100th anniversary of Gaelic Sunday last year. I got to play for my club against Val Andrews' over 40 Dubs and had the pleasure of playing with some of Meath's favourite sons that day - Barry Callaghan agus Darren Fay. Quiet strange to play with Meathmen against my county!!! The 1918 themed ground hurling match and BBQ that followed were also great craic!!

**Favourite GAA Memory:** I will always have the last 10 minutes of the 2011 All Ireland final. Croke Park shook that day. Tá brón orm, a mhuintir Chiarraí! What does your club mean to you? Is breá liom mo chlub. Tá buanchairde agam dá bharr. I loved playing and I now love watch my kids playing. I love giving a dig out with their drills. I love having the craic with the various different characters that gather around the club come match day. Ní fhéadfaínn an saol seo a shamhlú gan mo chlub nó gan Cumann Lúthchleas Gael.

**What do you like most about working in Croke Park?** Is breá liom go bhfuil an fhoireann chomh craiceáilte céanna i ndiaidh na gcluichí is atá mise. Bionn an-phlé ag am lóin! Is mór an phribhléid, an onór agus an chúis bhróid dom bheith ag obair leis an eagraíocht spóirt, pobail agus cultúrtha is fearr ar domhan.

## OUR TEAM – YOUR TEAM



**NAME: TOMÁS MEEHAN**

**Job title:** Chief Information Officer  
**GAA Club:** Caltra

**Honours won:** Club: 1 \* Galway Intermediate Championship, 1 \* Galway Senior Championship, 1 \* Connacht Senior Club Championship 1 \* All-Ireland Club championship County: 5 \* Connacht Senior Championships, 2 \* All-Ireland Senior Championship

**No of Years working for the GAA:** 4  
**Favourite Club Memory:** Winning the all-Ireland Club title with Caltra in 2004.

Being a small rural club without even a county title before 2003, Caltra's unexpected voyage to Croke Park and one point victory in the final on St Patrick's day is definitely my favorite club memory. The celebrations in the parish afterwards were great and possibly might still be going on in some parts!

**Favourite GAA Memory:** Journey back to Galway with Sam Maguire in 1998 – Having gone without the All-Ireland for 32 years prior to 98, Galway people turned out in force to welcome back Sam. It took over 12 hours to get from crossing the bridge over the Shannon in Athlone to the Cathedral in Galway city with many stops in between. Those were the days before mobile phones and cameras so fortunately there isn't too much video evidence, but some of that journey home is captured in Pat Comer's documentary – 'A Year 'til Sunday'.

**What does your club mean to you?** My club means a huge amount to me and, indeed, to many people in the parish. It is a focal point for the community and forms a large part of the social life in the village. For me, the clubs off-field contributions to the community are as impressive as our on-field successes and I'm very proud to be a Caltra man..

**What do you like most about working in Croke Park?** Working in Croke Park is a great way to meet lots of people who are involved in GAA at all levels, from Cumann na mBunscol to All-Ireland finalists and every step in between.

Meet some of the Croke Park staff putting their GAA passion and knowledge to good use

# MY CLUB HEROES

Inter-county stars tell us about the people who had the biggest influence on them starting out with their club

**Shane Walsh  
(Kilkerrin-Clonberne,  
Galway footballer):**

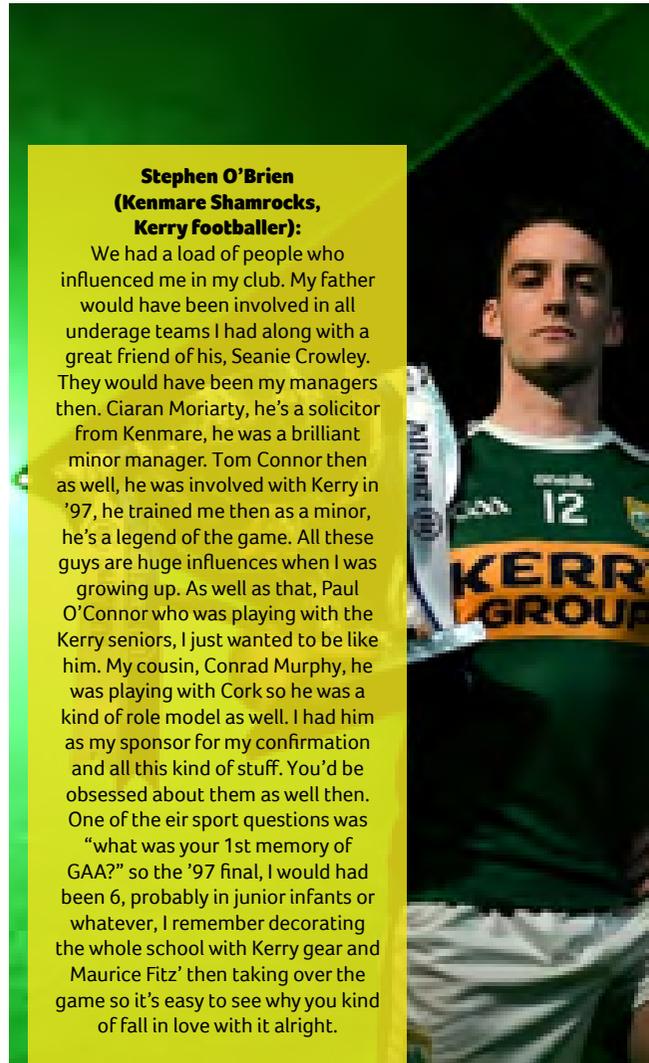
Definitely Enda Daly had to be the biggest influence on me in my club. He played senior football, still playing with us up until last year, I've no doubt he'd come back again. He's 41 years of age and he's probably the fittest man on our team. Always looks after himself and he's just driven, like his whole personality is just driven. He's just so passionate about the club as well. It was so easy for me when I was a young lad coming in that it was great to see someone like him leading the charges there and it was so easy to row in behind him, he's a real leader.

**Stephen O'Brien  
(Kenmare Shamrocks,  
Kerry footballer):**

We had a load of people who influenced me in my club. My father would have been involved in all underage teams I had along with a great friend of his, Seanie Crowley. They would have been my managers then. Ciaran Moriarty, he's a solicitor from Kenmare, he was a brilliant minor manager. Tom Connor then as well, he was involved with Kerry in '97, he trained me then as a minor, he's a legend of the game. All these guys are huge influences when I was growing up. As well as that, Paul O'Connor who was playing with the Kerry seniors, I just wanted to be like him. My cousin, Conrad Murphy, he was playing with Cork so he was a kind of role model as well. I had him as my sponsor for my confirmation and all this kind of stuff. You'd be obsessed about them as well then. One of the eir sport questions was "what was your 1st memory of GAA?" so the '97 final, I would have been 6, probably in junior infants or whatever, I remember decorating the whole school with Kerry gear and Maurice Fitz' then taking over the game so it's easy to see why you kind of fall in love with it alright.

**Paul Browne  
(Bruff,  
Limerick hurler)**

Hurling was a huge part of my family growing up. It was my grandfather dragged me into the field on day one. I didn't want to go and was crying but he made me go. I was four or five and my dad was working so my grandfather got the job of taking me in. I went in and never looked back from there. My grandparents and parents were huge influences on me and also Tom Bulfin and Willie Bulfin in the club. Willie would have coached me from five or six and took me all the way up along until minor and 21. Tom his brother was the principal of the school and it was just hurling everywhere inside in the school. And you couldn't get away from it and we didn't have too many other sports in the parish, so those people were the main influences on me. The club really realises how important it is in the community."



## IF SHE CAN'T SEE IT, SHE CAN'T BE IT

**T**he 20x20 initiative is a movement gathering momentum as it aims to shift cultural perceptions about women in sport in the time leading up to 2020.

The key targets set are:

*A 20 per cent increase in media coverage of women in sport*

*A 20 per cent increase in female participation in sport at all levels*

*A 20 per cent increase in attendance at women's games and events*

Cork's All-Ireland winning Camogie captain, Aoife Murray, told us about her support for the campaign.

She says: "I would have close ties to it because I would have played with Mary O'Connor who is the brains behind all of it.

"I think its great and how you get the message out is extremely important and that it's communicated to people and that it is more about getting an equal status rather than one trying to be better than the other and I think that is a really important thing.

"I certainly don't want to be seen to be better than my counterpart in hurling, I just want to have the same level of opportunity and respect.

"We have a huge road to go but you have got to start somewhere. In women's sport we are behind the curve a huge amount, so for this to just get that ball rolling at least it is a start. There is a very long road ahead of us but now I can't go on twitter without seeing some 20x20 hashtag in something.

"Maybe I'm too old to benefit from that but at least my nieces and nephews which I think it's important for boys to grow up with this equal status in media, and hopefully it will mean we won't have to have the same conversations in 20 years' time."

**"Seeing girls going around with their Cork camogie jersey rather than the Cork hurling or football jersey is one thing that has stood out. There's a lot going around in their club jersey which I think is even better again that they are so proud of where they come from."**



# FROM TEENAGE KICKS TO THE HALF CENTURY – ST PATRICK'S FERMANAGH CELEBRATE

**S**t. Patrick's GAA in Lisbellaw is one of Fermanagh's, Ulster's and Ireland's greatest GAA clubs. It has a wonderful story to tell of what the GAA really is about and how against all the odds the club has kept hurling alive in Fermanagh.

Lisbellaw is Fermanagh's only adult hurling club at the moment and it recently celebrated its 50th Anniversary.

In 1968 Adrian Corrigan and Father Peter McGuinness decided to form a hurling team drawing on players in the Lisbellaw area. Fr. McGuinness contacted Jimmy McPhillips of Coa and Fermanagh. He and his son John assembled some players and training sessions began in October 1968 and they fielded their first team at U-17 level.

At 16yrs old, Gerry Breslin was the first Club Chairman in 1969. Adrian Corrigan, also 16 years-old, was the Secretary while Benny Corrigan at the ripe young age of 14 years was PRO.

All are still heavily involved in the club.

Current chairman Benny McManus was on that first team and such has been his dedication to the club ever since then he was made a surprise presentation by the club at their recent celebration ball. Guest of honour was National Hurling Development manager Martin Fogarty.

*Has your club got a story, anniversary or celebration to tell? Contact us via [clubnewsletter@gaa.ie](mailto:clubnewsletter@gaa.ie)*



*Still making it happen, 50 years on, founder member of St Patrick's Benny McManus with National Hurling Manager Martin Fogarty*

# THE GAA DEVELOPMENT FUND IS OPEN

**A**fter many years of being closed, the GAA Development Fund is open for loan applications from GAA Clubs. At present, the rate is 1.9% on both loans and deposits in the fund.

Loan applications are to be submitted on or before the 31st January 2019. Applications will not be considered unless they have the guarantee of your County Committee and a recommendation from your Provincial Council.

The Fund is an opportunity for Clubs who are undertaking

development to obtain borrowings at a most competitive rate. A list of criteria which need to be met is listed here...

- **Loans are only made available for the purchase of property or for the necessary development of property. Development of bar facilities and other facilities for renting out is not covered by the fund.**
- **The funding is only available to vested GAA properties and must be guaranteed by the Club's respective County Board.**

- **A viable business plan with cash flow projections for the term of the loan is required to secure the funding.**

- **The Development Fund is also open for Clubs who are engaged in fundraising and are looking to make a deposit.**

Application forms can be obtained from the National Finance Office in Croke Park. The interest rate on deposits is also currently 1.9%. Clubs who have deposited money in the Fund will be given priority once consideration for application begins.



## LAST CALL FOR NATIONAL CLUB DRAW TICKETS

**T**he closing deadline is in sight for the National Club Draw, hopefully all clubs made a good use of raising as much money for their club as possible.

The last day for NCD ticket requests is Friday 1st February 2019. After this day, no more tickets will be allocated to clubs. All sold tickets must be entered correctly onto the Online Ticketing system to be included in the draw.

If you have not already received your login details, please contact [nationalclubdraw@gaa.ie](mailto:nationalclubdraw@gaa.ie)

All tickets both sold and unsold must be returned to your County Liaison Officer by **Monday 11th February 2019**.

### CONTACT DETAILS

If you have any general enquiries or requests relating to the National Club Draw (tickets, flyers, posters, login details etc.), please contact your NCD County Liaison Officer or email [nationalclubdraw@gaa.ie](mailto:nationalclubdraw@gaa.ie) / [aisling.greenan@gaa.ie](mailto:aisling.greenan@gaa.ie)

For any technical issues, please contact the support team at [ncdsupport@gaa.ie](mailto:ncdsupport@gaa.ie)



# THE GAA CONTINUES INVESTMENT IN LEADERS

**The GAA's National Officer Development Committee in conjunction with several other volunteer-led committees and full-time staff gathered in Croke Park for a two-day learning and development conference for 200 County Officers earlier this month.**

County Chairpersons, Secretaries/  
Administrative Staff, Treasurers, PROs

and Development Officers enjoyed a range of role-specific workshops and keynote speakers on topical matters.

Keynote addresses were delivered by Feargal McCormack (President of Chartered Accountants Ireland) on the theme of good governance and John Horan (Uachtarán CLG) on the evolving leadership role of County Officers.

New officers attended an induction event in Croke Park which featured an overview of structures, strategy and staff by Tom Ryan (Ard-Stiúrthóir CLG), a meet and greet with full-time staff and a panel discussion with experienced officers.

All officers attended the main conference in Dublin City University (DCU) the following day. The choice of

DCU as the venue enabled the delivery of practical sessions on topics such as 'The efficient use of technology in County Boards' in a modern IT lab.

The next event for officers will take place this spring. The Association's focus for the provision for leadership development opportunities to voluntary officers will immediately switch to Club Officers.



*Attendees at the GAA County Officer Development Conference 2019*



*Feargal McCormack (President, Chartered Accountants Ireland)*



*John Horan, Uachtarán CLG*

# GAA CLUB MEMBERSHIP AND REGISTRATION

## SUMMARY

- *Clubs must register their players and members for the 2019 season*
- *An Annual Club Update is required*
- *New Club Registrars must receive access privileges*
- *Step-by-steps guides to logging-in, resetting passwords and registering players and members are available*
- *Live online training sessions are available for Clubs*
- *A dedicated support desk (e-mail and phone) is available for Clubs Registration*

Clubs are reminded that they must register their players and members for the 2019 season on the GAA Management System (GMS) which can be accessed by visiting [people.gaa.ie](http://people.gaa.ie).

## ANNUAL CLUB UPDATE

Club administrators are now required to complete a six-step process known as the annual club update when they log in to the GAA Management System ([people.gaa.ie](http://people.gaa.ie))

This process has been broken down into six simple steps across three broad categories. When these steps have been completed, the club administrator will be able to proceed to the system as normal. To access further information, click [here](#).





Accessing the GAA Management System  
If you are a new Registrar that will be doing registrations for your Club, your Club Secretary, through their official GAA e-mail account must contact [gaasupport@servasport.com](mailto:gaasupport@servasport.com) to update the Registrar details on the GAA Management System. This will ensure that you can access the system.

When logged on, the designated Club Administrator (Secretary or Registrar) should go to the 'Register Members' page and complete the necessary steps.

This page will contain the details of all those people who have been registered with the Club in previous years. To add new members to the Club, go to 'Add and View Members', click on the 'Add' button, select 'Member' and complete the necessary steps.

Please note that anyone whose name is in red on either the 'register' page or the 'add and view member page', is unregistered for the current year.

Only a Full Member who has paid his annual

Club subscription by the due date set by the Executive Committee of the Club (which shall be prior to March 31st) shall be eligible to vote at, nominate for, or seek election to the Executive Committee at any following General Meeting of the Club in the membership year.

#### ONLINE HELP GUIDES

A number of helpful online forums are available where you will find User Guides and FAQs on using the system. Please click here to access these forums. The GMS provides your Club with functionality to:

- **Add, view and register members and players**
- **Set-up teams, groups, committees and families for reporting and communication purposes**
- **Communicate with these groups via bulk text message and e-mail**
- **Generate team sheets in Irish and English**
- **Generate registration reports**
- **Pay and record fees**
- **Affiliate teams and pay Injury Fund subscriptions**
- **Create team amalgamations**
- **Access resources and supports**

#### SERVASPORT SUPPORT

The Servasport Support contains a GAA Membership Training User Guides and FAQ explaining the system. To access this information, click [here](#).

For any queries on access to the system, or on the system functionality, please e-mail or call the Servasport Helpdesk via the following details:

**Email:** [gaasupport@servasport.com](mailto:gaasupport@servasport.com)  
**Phone ROI:** 04890 313 845  
**Phone NI:** 02890 313 845  
**Phone International:** +44 2890 313 845

#### SUPPORT TIMES

The usual support times are:

- **Monday to Friday: 9 – 5 p.m.**
- **Out of hours support will be in operation for a 6 week period between the 18th of February and 31st of March. Out of hours support times will be as follows:**
- **Monday to Friday: 5 p.m. – 10 p.m.**
- **Saturday and Sunday: 10 a.m. – 6 p.m**

#### GAA MANAGEMENT SYSTEM WEBINARS

The GAA Management System Webinars are a series of webinars being rolled out throughout February and March, providing Club Officers with an opportunity to improve their understanding of the GAA Management System.

Each webinar, provided by Servasport and aimed at the person responsible for registration in any GAA Club, will look at the following areas:

- **Annual club update - New six step process for club administrators to ensure all club information is accurate and complies with GDPR.**
- **Registrations via the Official GAA app - Members can now register and pay for their membership via the Official GAA app.**
- **Registrations via the GAA Management System - Club representatives updating and registering members on their behalf.**
- **Player Injury Benefit Fund (Insurance) - Club representatives insuring their teams for the season ahead.**
- **Support - Guidance on how to complete any tasks using the official GAA Management System and app.**

# USEFUL GAA PHRASES AS GAEILGE FOR TWITTER AND OTHER SOCIAL MEDIA

An mbíonn tú ag giolcaireacht / tvuíteáil faoi na cluichí Gaelacha? Do you tweet about Gaelic games? Do you tweet about them from your personal account, from your club account or from your county account?

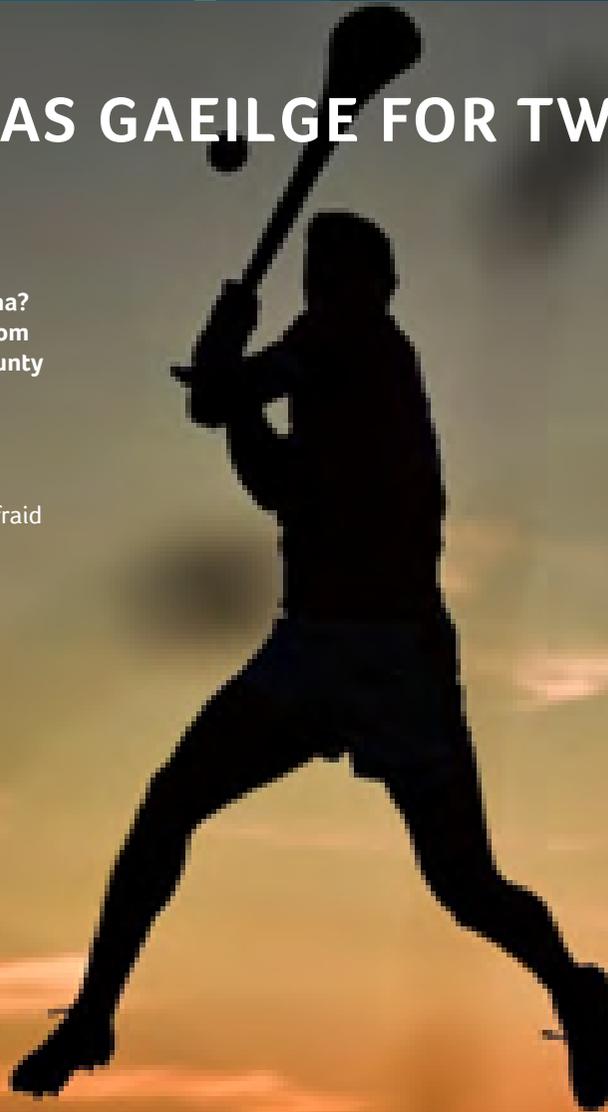
If so, why not use a cúpla focal Gaeilge in your tweets?

Anseo, thíos, tá roinnt frásaí úsáideacha le cabhrú leat. Don't be afraid to give it a try!!

Déan cinnte go n-úsáideann tú an haischlib #GAAGaeilge, freisin!

<b>Giolc / Tvuít</b>	A Tweet
<b>Haischlib</b>	Hashtag
<b>(contae/club) Abú!</b>	Up (county/club)!
<b>Go n-éirí go geal le foireann x inniu</b>	Best of luck to x today
<b>Comhghairdeas le x</b>	Congratulations to x
<b>Réiteoir</b>	Referee
<b>Bainisteoir</b>	Manager
<b>Loca Pionóis</b>	Sin Bin
<b>Marc</b>	Mark
<b>Calaois</b>	Foul
<b>Cic éirice</b>	Penalty (football)
<b>Poc éirice</b>	Penalty (hurling)

<b>Poc saor</b>	Free (hurling)
<b>Cic saor</b>	Free (football)
<b>Cic amach</b>	Kickout
<b>Scór leathama</b>	Half-time score
<b>Scór deiridh</b>	Final score
<b>Ionadaí do x</b>	Substitute for x
<b>Ionadaí fola</b>	Blood sub
<b>Cúl</b>	Goal
<b>Cúilín</b>	Point
<b>Am cúitimh</b>	Injury time / stoppage time
<b>Ar fóraoil</b>	Wide
<b>X nóiméad fágtha</b>	x minutes left
<b>X nóiméad imeartha</b>	x minutes played
<b>Cic Taobhlíne</b>	Sideline kick
<b>Poc Taobhlíne</b>	Sideline poc
<b>Leis an ngaoth</b>	With the wind
<b>In aghaidh na gaoithe</b>	Against the wind
<b>Bratach</b>	Flag



# CLÁRAIGH DO CHLUB LE FONDÚIREACTH SHEOSAIMH MHC DHONNCHA LE LINN 2019

Is scéim tacaíochta de chuid Chumann Lúthchleas Gael agus Ghlór na nGael í Fondúireacht Sheosaimh Mhic Dhonncha atá dírithe ar chlubanna CLG ar mian leo an Ghaeilge a chur chun cinn.

Cuireann clubanna fud fad na tíre an Ghaeilge chun cinn ina gclubanna gan aon aitheantas. Is é cuspóir na fondúireachta seo ná aitheantas a thabhairt don obair sin, agus deis a thabhairt do chlubanna forbairt a dhéanamh ar an obair sin, ar bhonn tomhaiste agus pleanáilte. Tá treoir agus moltaí ar fáil don scéim seo ach teagmháil a dhéanamh le hOifigeach Forbartha Gaeilge Chumann Lúthchleas Gael, Jamie Ó Tuama, [jamie.otuama@gaa.ie](mailto:jamie.otuama@gaa.ie) nó le Glór na nGael ar [eolas@glornangael.ie](mailto:eolas@glornangael.ie).

Mar chuid den fhondúireacht seo, freisin, tá ciste miondeontas ann le cabhrú le clubanna imeachtaí Gaeilge a eagrú ina gcuid clubanna. Cuirtear na cistí seo ar fáil ag amantaí éagsúla le linn na bliana. Bronntar boinn chré-umha, airgid agus óir ar chlubanna ag deireadh na bliana – ag brath ar an líon spriocanna a leagtar síos san Fhondúireacht a bhaineann clubanna amach.

Is in ómós do Sheosamh 'Joe' Mac Donncha (1953-2016) a ainmníodh an Fhondúireacht nua seo. Fear le háireamh a bhí i Joe a bhain go leor amach dó féin



Liam Rushe ag Seoladh Thograí Gaeilge Chumann Lúthchleas Gael

agus do phobal na tíre seo i gcoitinne le linn a shaoil. D'éirigh leis an post is airde a bhaint amach i gCumann Lúthchleas Gael. Mar iománaí, thóg sé Corn Mhic Cárthaigh leis siar go Gaillimh agus bhí sé ina phríomhfheidhmeannach, agus ina chathaoirleach, ar chuid de mhóreagraíochtaí na tíre seo, Foras na Gaeilge ina measc.

Is scéim iontach í Fondúireacht Sheosaimh Mhic Dhonncha a thugann aitheantas cuí do chlubanna ar fud na hÉireann a

chuireann an Ghaeilge chun cinn taobh istigh dá gcuid clubanna. Bhí an-rath ar an scéim seo ó bunaíodh í. Go dtí seo, ta 50 club tar éis an bonn cré-umha a bhaint amach, tá 22 club tar éis an bonn airgid a bhaint amach agus tá trí chlub tar éis an bonn óir a bhaint amach. Tá os cionn 120 club tar éis leas a bhaint as an scéim miondeontas atá mar chuid den fhondúireacht agus chabhraigh an t-airgead seo go mór le clubanna imeachtaí Gaeilge a eagrú ina gcuid clubanna.

Seán Ó hÓráin, Uachtarán Chumann Lúthchleas Gael

Trí chláru leis an bhFondúireacht tá do chlub ag tabhairt tiomantais go gcuirfear an Ghaeilge chun cinn go gníomhach agus go dtabharfar spás lárnach di i saol laethúil an chlub. Tapaigh an deis. Cláraigh leis an bhfondúireacht go beo!

Tá tuilleadh eolais maidir le Fondúireacht Sheosaimh Mhic Dhonncha ar fáil ag [www.glornangael.ie/clg](http://www.glornangael.ie/clg)

# SEÁN CONNOLLY'S USING ROUNDERS TO GREAT EFFECT AND GROW THE CLUB

**S**eán Connolly's GFC is a small parish club in County Longford.

Their intermediate level footballers are striving for the success the parish craves.

Meanwhile they've a thriving minor club, driven by hard-working youth level coaches, willing to give their time and effort and have built it up over the last seven years into a position where the minor club can bring new players through from minors into the senior football.

Sound familiar?. Seán Connolly's achieves all of that, but, also has one other important element within the club. GAA Rounders.

Over the last three years, Seán Connolly's has added a Rounders club to its activities. Firstly, through the minor club board getting the children to train and play competitively and then with senior teams. This has had a huge impact on the demographics of the club and the type of people involved in the GAA Community of the parish of Clonbroney.

With the underage players, Seán Connolly's saw an uptake from 75% of the local school children being members of the GAA club to 95% by adding Rounders to it'. Let's be honest, some kids don't like football or hurling, but, a non-contact sport like



Rounders they will play all day long. You are getting them into the park to play a GAA sport. Much to the delight of the minor board half of those kids coming for rounders turned out to be rather good footballers too.

The senior rounders club came from sheer hard work. Board members unsure what it was all about, concerned over the pitch, 'another group wanting to use their pitch'. But, the upside for the club. This was huge, especially in a small parish club. They didn't see that at the time. All these new members. That was the basic sense of it. The truth was more spectacular.

On an early January Sunday morning at

9am, the rounders teams gather for training. Crisp under foot, faint mist still clearing under the new sun. Grunts, gasps and the occasional 'argh' could be heard. They came out in their numbers. Not the young dedicated footballers striving for Seán Connolly's football, but the over 30's to 50's to play a game, many had not played since school. The parents of the underage players, those wanting to keep fit, those wanting a way into the GAA community spirit were all embraced. Most would be too old for first team football, but a game of skill and cleverness - they had all that was required to wear the Seán Connolly's jersey.



Seán Connolly's that morning, became the embodiment of our Association. All-inclusive, community building and accepting of all. By promoting a second Gaelic game in the club we had given the young, who didn't like football and the older ones who couldn't play football at a first level a chance. A chance to take an active part and wear the Seán Connolly's jersey and be proud.

By embracing GAA Rounders within the Club they now have an extra 50 active senior rounders players on top of the 30 footballers. Within the minor board, they have added a good few children which are playing rounders alone with 50% of those coming back to the club and now playing football.



## 501 CLUB

### What are the benefits of becoming a member?

In addition to enjoying this social space, membership of The 501 Club comes with many other benefits:

You'll automatically receive tickets to all GAA fixtures in Croke Park in 2019, including the All-Ireland Finals.

At each fixture\*, you'll enjoy a full bar and casual buffet, which will be upgraded to a full sit-down meal for the All-Ireland Finals.

You won't have to worry about getting your hands on concert tickets as membership comes with the option to purchase tickets to all gigs in Croke Park.

Like Suite holders, you'll have your own

bird's-eye view of the action as the windows of The 501 Club look directly onto the pitch. Your exclusive stadium seats are also located directly outside the Club – these covered, Premium level seats mean you'll have a perfect view, every single time\*.

Membership comes with excellent flexibility, allowing you to transfer your tickets to corporate clients or family and friends. You could even use them as staff rewards – there's nothing quite like match motivation!

### Who is the Club for?

Perhaps you're on the waiting list for a Suite, or perhaps you'd just like to experience more hospitality, more often. Either way, The 501 Club could be the perfect fit for you.

### What does it cost?

Annual membership of The 501 Club is €3,500 per seat.

### How do I become a member?

To find out more about this wonderful membership opportunity, please contact Marie Smyth, our Suite and Hospitality Manager. You can phone Marie on 00353 1 819 2358 or email [msmyth@crokepark.ie](mailto:msmyth@crokepark.ie).

\*The 501 Club will be open for the majority of fixtures throughout the year. However, there are a few exceptions when the Cusack Stand is not open and The 501 Club will be closed – full details can be found on The 501 Club Calendar. On these occasions, you will be seated in the Hogan Stand.

### FIXTURE LIST 2019 (PROVISIONAL)

#### FEBRUARY

Sat 2nd Allianz Football League, Dublin v Galway

Sat 9th AIB GAA Football All-Ireland Junior & Intermediate Club Championship Finals\*

Sun 10th AIB GAA Hurling All-Ireland Junior & Intermediate Club Championship Finals\*

Sat 23rd Allianz Football League, Dublin v Mayo

#### MARCH

Sat 16th Allianz Football League, Dublin v Tyrone

Sun 17th AIB GAA All-Ireland Senior Club Championship Finals

Sat 30th Allianz Football League Division 3 & 4 Finals\*

Sun 31st Allianz Football League Division

#### JUNE

Sun 9th Leinster GAA Football Senior Championship Semi-Finals  
Sat 22nd Christy Ring, Nicky Rackard, Lory Meagher Cup Finals\*

Sun 23rd Leinster GAA Football Senior Championship Final

Sun 30th Leinster GAA Hurling Championship Final & Joe McDonagh Cup Final

#### JULY

Sat 20th GAA Football All-Ireland Senior Championship Quarter-Finals

Sun 21st GAA Football All-Ireland Senior Championship Quarter-Finals

Sat 27th GAA Hurling All-Ireland Senior Championship Semi-Final

Sun 28th GAA Hurling All-Ireland Senior Championship Semi-Final

#### AUGUST

Sat 10th GAA Football All-Ireland Senior Championship Semi-Final

Sun 11th GAA Football All-Ireland Senior Championship Semi-Final

Sun 18th GAA Hurling All-Ireland Championship Finals

#### SEPTEMBER

Sun 1st GAA Football All-Ireland Championship Finals

Sun 8th Liberty Insurance All-Ireland Camogie Championship Finals\*

Sun 15th TG4 Ladies All-Ireland Football Finals

*\*The 501 Club will be open for the majority of fixtures throughout the year. However, there are a few exceptions when the Cusack Stand is not open and The 501 Club will be closed. On these occasions, you will be seated in the Hogan Stand.*

## GAA MUSEUM ALL-STARS!

**T**he visitor attractions at Croke Park – the GAA Museum, Croke Park Stadium Tour and the Ericsson Skyline Tour - have achieved the much coveted TripAdvisor Certificate of Excellence 'Hall of Fame' Award.

This impressive accolade is only given to attractions that consistently achieve great traveller reviews and earn a TripAdvisor Certificate of Excellence for an incredible five years in a row. It is the icing on the cake following an incredible year at the GAA Museum, which also saw us celebrate our 20th anniversary in 2018 with a special programme of events.

Find out more:  
[www.crokepark.ie/trip-advisor](http://www.crokepark.ie/trip-advisor)



# IMPORTANT POLICY NOTICE - CHILD SAFEGUARDING RISK ASSESSMENT AND STATEMENT

**C**lubs and County Boards are reminded that following the Child Safeguarding Risk Assessment that took place in March 2018 that the next risk assessment takes place on an All-Ireland basis in October/November 2019. This will form part of a Sport Ireland audit of all Sports Associations in Ireland.

Following the risk assessment each Club/ County Board shall then update their Child Safeguarding Statement and put the new amended statement on display.

There is no requirement at present on Clubs or County Boards to replace their current Child Safeguarding Statement, adopted in March 2018, unless it is shown to be inadequate. Children First Legislation, adopted by the Association on an All-Ireland basis for the purpose of the child Risk Assessment and Safeguarding Statement procedures, stipulates that this process need only be reviewed every 24 months thus permitting the existing procedures to remain in place until the next formal review in Oct/Nov 2019.

This timescale is within the legal requirements of Children First and in accordance with our Association priorities for 2019.

The risk assessment will look at our

practices that ensure the safeguarding of children when they are attending our games or activities. It will also examine our levels of vetting of adults who work with children, the numbers who attend child safeguarding training and also those who have undertaken a formal coaching qualification all of which, including adherence to our Code of Behaviour (Underage), are now mandatory requirements in accordance with legislation and Association policy.

With a long lead up to the risk assessment in Oct/Nov 2019 Clubs in particular are reminded that compliance with legislative requirements is mandatory and are urged to set about achieving such compliance so as to enable them continue the delivery of our games and activities to children and young people in their community.

## **New Youth/Child Membership Form 2019**

Just in time for 2019, a new Child and Youth Membership Application Form, as proposed by the National Child Safeguarding Committee, and adopted by Ard Comhairle, has now been agreed and will be included in the amended Official Guide.

While the form includes many of the previous membership application questions it now significantly contains the



‘medical needs question’ where parents are strongly urged to share any medical needs or ailments that their child may be experiencing with the relevant persons in their Club so as to enable us take all such matters into consideration while their child is participating in our games and activities.

Sharing this information does not interfere

with the GDPR or Data Protection rights of a child and is seen as an essential part of delivering on our child safeguarding procedures,

The form has been issued in draft format thus enabling Clubs to amend or add to it as deemed necessary and it may be downloaded at [www.gaa.ie/my-gaa/administrators/membership-registration](http://www.gaa.ie/my-gaa/administrators/membership-registration)



Football

Hurling

Club

General

## MÍLE BUÍOCHAS

Thank you to all of those who have contributed to this month's edition of the GAA Club Newsletter. Your feedback is welcome and any comments, suggestions or queries should be directed to [clubnewsletter@gaa.ie](mailto:clubnewsletter@gaa.ie).

Produced by the GAA Communications Department in Croke Park, Edited by Cian Ó Murchadha and designed by DBA Publications in Blackrock, Co Dublin.