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LÚNASA 2017
NUACHTLITIR



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BALL STOP NETS – DON'T GET CAUGHT FOR INSURANCE AND INJURY CLAIMS



A GAA Club has been sued for €220,000 after a player had a finger amputated following an accident involving a ball stop net.

There are a number of similar claims pending against the Association and this has prompted calls for all clubs with nets, especially around all-weather facilities, to be aware of the need to ensure they are safe and not in danger of causing injury.

A “catastrophic degloving injury” happened to a club player in 2014 while playing in a five a side match at an all-weather facility owned by

a GAA club. A ball was stuck in netting on top of fencing and while attempting to dislodge the ball a ring on the player’s finger got caught in part of the fencing holding up the netting and resulting in the serious injury.

The case was adjudicated on last January and the High Court awarded damages of €145,000 plus costs and bringing the total to €220,000. A traumatic injury for the player – but also a totally avoidable incident for the club.

The number of personal injury claims taken against the Association has doubled in the

past 5 years. The cost of these claims has also doubled and this is the only factor driving the increase in the cost of Insurance for the Association which covers all affiliated units.

Every club can assist in preventing claims which will reduce the cost of insurance for all units by proactively managing activities and by ensuring that properties are maintained and checked on a regular basis.

While this incident occurred on netting on an all-weather pitch, it could occur with any netting such as ball stop netting or on any other fencing.

The issue with ball stop netting in particular is that over time it can sag and the balls/ sliotars then become caught in it. Netting should be

in place to stop the balls/sliotars leaving the playing area and are not intended to catch balls / sliotars.

It is essential that all clubs carry out an assessment of all fencing, netting and gates at your clubs which may have the potential for such an injury to occur. All fencing and netting must be regularly checked to ensure it is free from hazards.

All netting, fencing and netting must be safe and all facilities should have appropriate signage in place. Signage must advise that wearing of jewellery, particularly rings is not permitted, and that balls that get caught are not to be retrieved by players or by using hands.



COMING SOON: NEW MEMBERSHIP APP FOR GAA CLUBS



A new app for GAA clubs will save clubs money and make it easier for them to manage their registration of membership.

The app, which will be unveiled later this year, is part of a wave of new technology initiatives taking place in the Association.

Among the key goals for this new app will be:

Reduction of volunteer time

Increase in club membership

Save clubs money

Improve club communications

More effective club administration

Improve information security

Assist in club fundraising

Facilitate compliance with new data protection legislation

Please watch this space for upcoming reports and guidelines on the new app service and its launch date.

CLUBS URGED TO TAKE STEPS TO ENSURE COMPLIANCE WITH EU DATA PROTECTION RULES

GAA Clubs need to act NOW to prepare and protect themselves from strict new Data Protection Regulations which will come into force early next year.

Under new EU legislation, the Data Protection Commissioner will have the power to impose fines of up to €20 million, and also give individuals who have suffered a data breach the right to pursue a case through the courts.

The new regulations will have an impact on every GAA Club and how you handle the personal data of your members.

To ensure that we as an Association are ready, the GAA has targeted this coming November 2017 as a deadline for EVERY Club to be in order ahead of the arrival of the new regulations.

An extensive information, education and training programme is being put in place in Croke Park and will be made available to all Clubs and Counties in the coming weeks and months.

This is not something that any of us can ignore.

The General Data Protection Regulations or GDPR is new EU legislation which will come into effect on May 25th 2018 and, whilst there is a substantial amount of time to comply,

it is important that the GAA is aware of the significant differences between the current Data Protection legislation and that which will come into effect in 2018 and the greatly increased consequences of non-compliance.

What is Data Protection Legislation?

Data Protection legislation is primarily focused on protecting the rights of individuals and ensuring that the privacy of those individuals is not compromised. It applies where an individual or organisation (defined in the legislation as the Data Controller) collects, stores or processes any data about living people, often referred to as personal data, on any type of computer or in a structured filing system.

It applies to any information that can be used to identify a living individual, Personal Data, and includes a person's name, address, date of birth, phone number, email address etc. There are other categories of information which currently are defined as Sensitive Personal Data which require more stringent measures of protection and these include religion, ethnicity, sexual orientation, trade union membership, medical information etc.

The GAA has implemented processes to comply with the current Data Protection Legislation. However, upcoming EU Legislation called the General Data Protection Regulation (GDPR) will significantly impact on



the GAA and will necessitate changes in how Members' data is captured, processed and managed.

The new legislation gives a significant increase in power to the Data Protection Commissioner including ability to impose fines of up to €20 Million for non-compliance. It also provides for civil litigation where individuals who have been impacted by non-compliant management of their personal data.

GDPR applies to the GAA and every individual GAA Club will need to adapt how they currently operate to ensure compliance. There is no 'grace' period and compliance must be achieved by May 25th 2018.

In reality, because of the way GAA Clubs

typically operate, the GAA Clubs need to have all of the changes needed for GDPR compliance completed by November 2017 to allow for GDPR compliant processes during the Membership renewal period for November to March 2018.

Specific implications for the GAA.

Outlined below are some of the implications of the new legislation for the GAA:

- The new legislation places the onus on what are termed 'Data Controllers' to demonstrate compliance with the requirements of the legislation.
- All individual GAA Clubs, County Boards and Provincial Boards are Data Controllers, as defined in the legislation, as they capture personal information about their members.
- Each Club, County and Province must take steps to comply with the new legislation.
- The GAA centrally will ensure that relevant contractual inclusions are in place for service providers, known as 'Data Processors', that the GAA uses.
- Individual Units must ensure that similar inclusions are in place for any Data Processors that they use locally.
- GAA Clubs must obtain Consent from their members to process their data. The request for consent must be clear and informative and describe what the information being requested will be

- used for, who will have access to it and for how long it will be kept. Members must be informed of their rights under the legislation and how they can raise a complaint.
- GAA Members will have the right to request a copy of all information held about them. This is known as a Subject Access Request and all information must be provided within one month of receipt of such a request.
- A Data Catalogue, or map of information held, along with the purposes, retention periods and recipients of data collated about members must be in place to facilitate Subject Access Requests.
- The GAA will provide guidance for the systems that it utilises and Clubs must have processes to manage information that they capture outside of 'official' GAA systems.
- Processes for ensuring data is accurate, complete and up to date must be in place.
- Similarly, complete deletion (right to be forgotten) or migration of data must be supported.
- Data protection by design must be in place. The GAA will issue guidance on this including a project management methodology which will account for it.
- Privacy Impact Assessments must be conducted on all projects to ensure the risks are identified and mitigated.
- A Data Protection Officer must be nominated – This may not need to be a full-time role but it should be someone suitable qualified and experienced for the role.
- The GAA centrally will need to provide 'Data Protection Officer' services to Clubs.

- Breaches of Data Protection legislation must be reported and a process must be in place to ensure this happens.
- Security measures must be in place to prevent unauthorised access.
- Data transfers to non-EU countries must be carefully managed.
- Responsibility is on Data Controllers, the GAA and each GAA Club, County Board or Provincial Board to demonstrate that processes and procedures are in place to comply.

The GAA, with appropriate Legal Counsel, intends to leverage the pathway outlined by the Office of the Data Protection Commissioner as a framework for compliance with GDPR. It is fully intended to take full ownership of GAA Centralised systems and to provide specific instructions to Clubs, Counties and Provincial Boards, as well as staff, volunteers, committees and other stakeholders, on how to comply.

Plans for Compliance

There are three area of focus that will be used to facilitate GDPR compliance within the GAA. These are as follows:



1. **Technology** It will be impossible to deliver compliance without the use of technology. Secure, accurate and access controlled systems to capture, process, maintain and delete information are critical. Upgrades and improvements in the functionality of centrally managed GAA IT Systems will be required to comply with GDPR and work is well underway to deliver the changes necessary within the timelines required. One of the primary areas being enhanced is the central GAA database (Servasport). This will have a new 'Member App' which will streamline the GAA membership registration process and facilitate GDPR compliant communications.
2. **Processes** Significant work is required to develop, implement and monitor processes that can ensure compliance with the requirements of GDPR. Guidance on how to implement these processes will be provided to all GAA Clubs, County Boards and Provincial Boards and will include guidance on how to manage paper documentation containing Personal Data. In addition, processes to provide Data Protection Officer expertise, to GAA units that require it, will be included.
3. **People** The most important factor in delivering GDPR compliance is the people who will be capturing and processing the Personal Data of our members. It is imperative that a comprehensive awareness campaign is undertaken to ensure that every GAA member is aware of both their rights as individuals under the new legislation and their



responsibilities if they are tasked with managing Personal Data. In depth guidance and training, including classroom and on-line training, will be needed to support volunteers and ensure they are equipped to comply with GDPR.

Next Steps and Timelines

Over the coming weeks a series of updates will be issued to the broader GAA Community to increase awareness of GDPR and to provide reassurance that support will be provided.

In parallel, the IT system enhancements and training materials required will be finalised and will be deployed on a phased basis during November, December and January. It is envisaged that all of the supports required will be in place by March 2018, well in advance of the May 2018 deadline. Further information and updates regarding progress will be provided on an ongoing basis.

CLUB LEADERSHIP DEVELOPMENT PROGRAMME

After another successful period of rolling out the GAA's Club Leadership Development Programme (CLDP), feedback would suggest that the Programme is not only providing excellent support to our Club Officers, but it is also only highlighting the desire of Officers to access additional training and supports

It can safely be said that the aim of the Programme is to provide the principal GAA Club Officers - Chairperson, Secretary, Treasurer, PRO - with the basic knowledge and core leadership skills required to fulfil their roles effectively, has been met. However, it also highlights the need for continued development of the Programme in terms of content. Throughout the summer months, this development has been ongoing, with structure and content undergoing a review, based on feedback from participants and Leadership Associates, and amendments made.

It is envisioned that training will begin to be rolled out again in some counties from October, with a view to all Counties hosting a CLDP event before April 2018.



Noel Connors (Waterford hurler), Uachtarán Aogán Ó Fearghail and Paddy Flood, Chairperson of the CLDP



ONLINE MODULE ON EFFECTIVE MEETINGS

The GAA has developed an online module to help all Officers meetings run more effectively.

About the Module

Meetings are an essential part of running a GAA Club Executive, County Management Committee or Provincial Council. Running meetings so that they run smoothly and achieve what they are supposed to is not as easy as it sounds but it is a skill that can be developed. A well-managed meeting can encourage cooperation between members because people can be made aware of developments across their area of interest in the Association and contribute to them. Meetings also play an important role in developing team spirit, as volunteers feel a part of changes and plans that they have helped shape. They are especially useful for problem solving. On the other hand, meetings that are not well run can be a source of frustration for members and slow down progress with developments.

Considering this, the GAA has developed an online module to support officers at club, county and provincial levels to run more effective meetings. It is a time-saving guide to planning and running meetings from start to finish which covers preparation, keeping the meeting on track, complying with the GAA Constitution & Rules, and follow-up on actions. It includes best practice advice for dealing with challenging individuals, as well as downloadable templates for creating effective meeting agendas and meeting minutes.

What you'll learn

1. Approaches, rules and tips for running effective meetings
2. How to prepare and organise a Club Annual General Meeting
3. Tools and templates to organise and run effective meetings

Accessing the Module

1. To access the module, complete these steps:
2. Open an internet browser on your laptop or PC – (Our preferred browser is Google Chrome. Please note that the module is not compatible with a phone or tablet device)
3. Ensure that pop-ups are enabled on your computer – [Click here](#) for guidance on unblocking pop-ups
4. Click on this link - http://learning.gaa.ie/courses/Effective_Meetings/

More information

For more information, visit - <https://sway.com/1LMvqc1RpCILd7yN>

CLUB PLANNING PROGRAMME

What is the Club Planning Programme?

Originally launched in 2008, the Club Planning Programme (CPP) is designed to support Clubs in the development, implementation and review of Club Plans. Under the current GAA Strategic Plan, covering the period 2015 – 2017, the Club Planning Programme is undergoing a period of review and update to ensure it continues to meet the needs of Clubs developing Plans. Some of the key features of the updated Programme are:

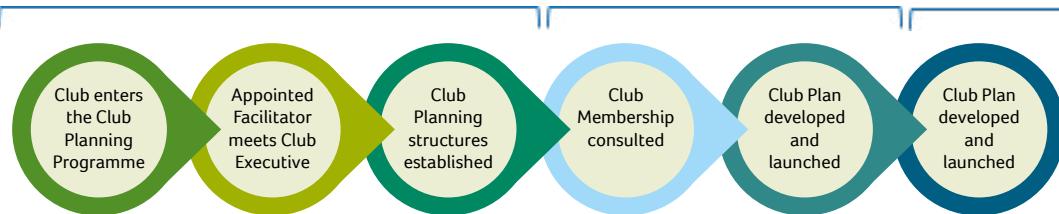
- Club Planning Facilitators working



within each County.

- Updated resources including the Club Planning Pack and online supports.
- Updated Club Planning Workshop.
- Improved implementation, monitoring and evaluation supports.

What is the Club Planning Programme?



The duration of this process will largely be at the discretion of the Club; however, the design and development phase should take between two to three months and the recommended Club Plan duration will be from one to three years.

How can a Club get involved?

Getting involved in the Club Planning Programme in 2017 is very straight forward. Your County Development Officer is currently seeking interest from Clubs, therefore any Club interested in being a part of the Club Planning Programme should contact its County Development Officer at... [developmentofficer.\[COUNTY NAME\]@gaa.ie](mailto:developmentofficer.[COUNTY NAME]@gaa.ie)

CONCUSSION: IF IN DOUBT, SIT THEM OUT!!!

Concussion is a brain injury and can be caused by a direct or indirect hit to the player's head or body. Concussion typically results in an immediate onset of short lived signs and symptoms. However in some cases, the signs and symptoms of concussion may evolve over a number of minutes or hours.

Concussion diagnosis is a clinical judgement by a suitably qualified medical professional.

GAA Concussion Guidelines

The GAA Concussion Guidelines are based on international best practice and are approved and regularly reviewed by the GAA's Medical, Scientific and Welfare Committee. The guidelines are based on the following key principles:

- Concussion is a brain injury that needs to be taken seriously to protect the long term welfare of all players.
- Any player suspected of having sustained a concussion, should be removed immediately from the field and should not return to play on the same day.
- Where a Team Doctor is present, he should advise the person in charge of the team (i.e. Team Manager) in this regard and the player must not be allowed to continue his participation in the game.
- Concussion is an evolving injury. It is important to monitor the player after the injury for progressive

deterioration.

- Concussion diagnosis is a clinical judgement – Use of the SCAT 3 (Sport Concussion Assessment Tool 3RD Edition) can aid the doctor in his /her diagnosis.
- Players suspected of having a concussion, should have adequate rest of at least 24 hours and then should follow a gradual return to play (GRTP) protocol.
- Players up to the age of 18 should have a two week rest period and then should follow a GRTP protocol
- Players should receive medical clearance (by a doctor) before returning to play.
- The guidelines have received widespread acknowledgement and praise for their emphasis on the principle "if in doubt, sit them out".

Further resources including the full guidelines, the GAA's E-Learning Course and advice sheets for Players, Coaches, Parents and Referees are available on <http://learning.gaa.ie/Concussion>

Clubs are encouraged to ensure the GAA's Concussion Awareness Poster is on display in dressing rooms – Posters can be requested by e-mailing gearoid.devitt@gaa.ie

CONCUSSION



NOT ALWAYS A KNOCK-OUT!

ACTION PLAN	SYMPTOMS
<p>Recognise <small>the signs and symptoms</small></p> <p>Report <small>if suspicious, don't hide it</small></p> <p>Rehab <small>with rest and medical guidance</small></p> <p>Return <small>after following Return To Play Protocol and getting medical clearance</small></p>	<ul style="list-style-type: none"> ◦ Headache ◦ Confusion ◦ Nausea ◦ Dizziness ◦ Double/Blurry Vision ◦ Sensitivity to Light ◦ Feeling Hazy or Groggy ◦ Just not 'feeling right' ◦ Memory Problems ◦ Pressure in Head

For the Return to Play Protocol and further information on Concussion see learning.gaa.ie/Concussion

IF IN DOUBT, SIT THEM OUT!!!

PLAY SAFE



Hurling Helmets

The GAA would like to remind all players at all levels in all Hurling Games and Hurling Practice Sessions it is mandatory for, and the responsibility of, each individual player to wear a helmet with a facial guard that meets the standards set out in IS:335 or other replacement standard as determined by the National Safety Authority of Ireland (NSAI).

All players are advised that in the event of a head injury occurring, if the helmet being worn does not meet the standard or is modified or altered from the original manufactured state, they are not covered under the terms of the GAA Player Injury Fund.

There is an information sheet for distribution to players at

all levels on: <http://learning.gaa.ie/mouthguardshurlinghelmets>

Mouthguards are Mandatory

Since January 1st 2014, it has been mandatory for players in all grades to wear a mouthguard in all Gaelic football games and practice sessions.

The introduction of this rule has led to a drop of 37% in the number of dental injury claims made via the GAA Injury benefit fund, resulting from incidents in Gaelic football training sessions and matches in grades up to Minor in 2013. At adult level a similar drop of 39% has occurred, proving the benefits of wearing a mouthguard in reducing the risk of dental injuries.

Key Points

- All Gaelic footballers must wear a

NO MOUTHGUARD? NO GAME!

mouthguard in practice sessions and matches.

- It is the responsibility of each individual player to use a mouthguard
- A properly fitted mouthguard is the best available protective device for reducing the incidence and severity of sports-related dental injuries
- Players can be sent-off in a game for not wearing a mouthguard
- Players will not be covered under the GAA player injury scheme if they don't comply with the mouthguard rule
- No Mouthguard? No Game!

Mouthguard Exemption

A player can apply for a mouthguard exemption application from which can be requested by e-mailing playerwelfare@gaa.ie

The player in question must provide supporting medical evidence clearly stating

why a mouthguard cannot be worn. Further information on the above is available at the following link: <http://learning.gaa.ie/mouthguardshurlinghelmets>

If you have any queries in relation to the above please do not hesitate to contact Gearóid Devitt - GAA Player Welfare Officer @ gearoid.devitt@gaa.ie / 01-8658610

DERMOT EARLEY YOUTH LEADERSHIP LAUNCHED IN ANTRIM

Following on from its successful roll-out in 2015-16, the GAA, Foróige, and NUIG are delighted to announce that the innovative Dermot Earley Youth Leadership Initiative has been extended to Antrim and the application opportunities opened to young GAA members aged 15-18 years were eagerly taken up.

Fully supported by the family of the late Dermot Earley Senior, since 2014 the programme has now grown its reach from three counties to 11 counties (Kildare, Dublin, Offaly, Roscommon, Galway, Tipperary, Cork, Donegal, Monaghan, Antrim and Mayo) giving more than 400 young people from 200 clubs the opportunity to enhance their leadership skills and aid them to reach their full potential and in doing so to make their mark in their clubs, their counties, and indeed their country.

The initiative is a year-long programme running over three modules from September 2017 to June 2018. It involves 30 hours of workshops designed to develop the leadership skills that Dermot epitomised on and off the field.

Key skills include decision making, communication, leadership, team building, critical thinking and presentation skills. In Module 3 participants put their enhanced skills into action through a club or community-based action project.

Those who complete all three modules will have the opportunity to graduate from NUIG with a Foundation Certificate in Youth Leadership and Community Action. The

workshops are facilitated by a troupe of excellently trained tutors who have already received a Diploma in Training and Education for their efforts and commitment.

Officially launched by GAA Ard Stiúirthóir Paraic Duffy in the Antrim GAA offices, key speakers on the day included Barney Herron (Chairperson of Antrim Health & Wellbeing Committee), Collie Donnelly (Chairperson of Antrim GAA), Michael Hasson (Ulster GAA Chairman), Séan Campbell (CEO Foróige) and Stacey Cahill (GAA National Health & Wellbeing Coordinator).



Stacey Cahill, GAA Health and Wellbeing Coordinator



Attendance at the launch of the Dermot Earley Youth Leadership initiative in Antrim recently

The launch was also attended by young people who will be participating in the programme and their parents as well as representatives from Antrim Football, Hurling and Camogie.

For more information on the Dermot Earley Youth Leadership initiative please visit www.gaa.ie/community

GOVERNANCE AND FINANCIAL CONTROLS IN YOUR CLUB

Clubs are asked to pay attention to the Association's recently published **Governance Guide**.

The guide is available to download on the GAA website at <http://www.gaa.ie/my-gaa/administrators/club-resources> and is intended for use by all units. Copies have already been distributed to each county board, and further copies are available from Croke Park on request should you need them.

Please review the document in the context of your club, and please endeavour to make good governance a recurring theme in how the affairs of the club are conducted.

We would like to draw your particular attention to the provisions regarding financial control and to alert you to two specific and simple measures that should be implemented immediately.

Please take immediate action to ensure that:

1. Your bank mandates are up to date, and any former signatories have been removed from the mandate
2. Blank cheques are never pre-signed
3. Two signatures are required on all cheques and two authorizations are required for electronic transfers

These should of course be standard practice already. By observing good financial controls in your club you are serving to safeguard your assets and reputation, and those of the Association as a whole.

Thank you for your continued commitment in this regard.



HEALTHY CLUBS: THE IMPORTANCE OF RECOGNISING THE BIGGER PICTURE

This year's unique All Ireland final pairing begs a question: when one of these fine teams wins the Liam MacCarthy Cup is it fair or even possible to consider the other side losers?

Both sets of players have given us such memorable sporting pleasure over the course of the championship it would do both teams and managements a disservice to consider them in the black and white terms of mere winners and losers. They are much more than that and they deserve to be recognised as such.

The same can be said of many clubs in the Association. Referring to them as a sports club is too reductive and fails to reflect the broader work they undertake on behalf of their members, their communities. Primary amongst these are the 60 clubs – at least one in each county – that are currently concluding their participation in Phase 2 of the GAA's Healthy Club Project (an exciting programme run in partnership with Healthy Ireland, the HSE, the National Office for Suicide Prevention, the PHA, and Irish Life).

In a nutshell, the project attempts to



Volunteers from the 26 GAA Healthy Clubs who are Smoke Free.
The Smoke Free All-Ireland Hurling Semi Final between Cork and Waterford was inspired by the work of the Healthy Clubs at grassroots

support GAA clubs in becoming hubs for health in their communities. Participating clubs ask their members and communities 'how can we help support your health and wellbeing' and then they work together to try to achieve agreed goals.

Practical examples include developing healthy eating policies and workshops, walking groups

and exercise classes, promoting emotional wellbeing, becoming smoke-free clubs.....the list goes on. The 60 clubs – supported by their county health and wellbeing committees – will be recognised for their efforts at a special ceremony in Croke Park on November 4th where they will be crowned Ireland's first official 'Healthy Clubs'.

It is intended to start Phase 3 of the project in early 2018 when new clubs will be invited to submit expressions of interest. If your club is interested in getting involved visit www.gaa.ie/community for more information.

GOLDEN TICKET TRIP 2017

In July the Camogie Association launched its Golden Ticket Trip initiative.

This was aimed at under 10 club teams and those chosen played in a Super U10's blitz at the qualifying stages of the Camogie championship.

Enormous interest in this initiative saw 250 clubs apply, 58 clubs taking part with 1160 girls involved.

Blitzes took place prior to the Senior Quarter Final (Aug 5th), Premier Junior Semi Finals (Aug 12th), Senior Semi Finals (Aug 19th) and Intermediate Semi Finals (Aug 20th).

They all received tickets to attend the championship match after their blitz and also Golden Ticket for Croke Park for the Camogie All Ireland Final (Sept 10th) where they will all be in draw for €1000 & Lap of Honour!



Crookedwood (Westmeath)



Silvermines (Tipperary)



O'Tooles (Dublin)



Fr Shields (Tyrone)



Turloughmore (Galway)

THE 2018 NATIONAL CLUB DRAW IS NOW OFFICIALLY UNDERWAY!



17 March 2017; Lúthchleas Gael Aogán Ó Fearghail presents Stephani Bonar, Elsie Friel, Canic Friel and Raymond Mc Namee from Naomh Mhuire Convoy, Donegal, who won "Highest Sellers in Ulster and nationally" during the presentation of prizes to the winners of the GAA National Club Draw at Croke Park in Dublin, presentation made by Uachtarán Chumann Lúthchleas Gael Aogán Ó Fearghail

Every club has been allocated 2018 NCD tickets and this year's brand new promotional material. These can be collected from your respective County Liaison Officers.

This year the NCD has new prizes and even more prizes than ever before. Last year GAA Clubs benefitted from €1.5m that was raised through the NCD.

If you require more tickets please contact nationalclubdraw@gaa.ie. Pick up your club's tickets as soon as possible and get selling.

TRANSFORM YOUR CAREER AT UCD INNOVATION ACADEMY - FREE COURSES STARTING IN SEPTEMBER AND OCTOBER

UCD Innovation Academy are now accepting applications for the 18-week part-time (two half-days a week) UCD Postgraduate Certificate in Innovation, Entrepreneurship and Enterprise starting in September and October 2017.

The course is free for eligible job-seekers, homemakers and carers of all academic disciplines under the Government Springboard+ initiative.

It aims to equip participants with the creative and entrepreneurial mindsets and skills to identify and pursue new opportunities whether as the head of a new business / social enterprise or within an existing organisation. Throughout the course, there is a distinct focus on learning-by-doing. Participants, guided by Entrepreneurial Specialists, practice key tools for innovation and new venture development (e.g. Design Thinking) through a series of real-world challenges working in teams, as individuals and in collaboration with external organisations.



Graduates of the course have gone on to set up their own businesses, award-winning social enterprises or have returned to employment.

The course has been supported nationally over the past few years by the GAA through the work of the Rural Development Committee.

For further information and to register your interest, please see www.innovators.ie/springboard-adult-learning/

GAA OVERSEAS

In the first 12 months after the foundation of the GAA in Thurles in 1884 there were 300 GAA Clubs established all over Ireland. It prompted Michael Cusack to describe our growth as “being like a prairie fire.” In 2017 that flame still burns – with the expansion now alight world-wide.

There are now 400 GAA Clubs in operation outside of Ireland from Montreal to Madrid to Moscow and Melbourne.

There is scarcely a corner of the world now where Gaelic Games is not being played.

And while the missionaries of our national sports may start out being the Irish abroad travelling for work and adventure – increasingly the big stories about the GAA abroad feature the progress made in youth competitions and non-native Irish and second and third generation Irish embracing and playing our games.

The ABC's

The All Britain Competition (ABC) is in its sixth year and in 2017 was hosted by Tír Chonail Gaels in Greenford in London.

It is a three-day festival of Gaelic Games activity and was devised by Galway man Brendie Brien and Leitrim native John Gormley as a means of providing developmental games opportunities for

children and youth players in Britain.

Catering from the age of eight up to minor, there are school and club teams entered with competition for football, hurling, ladies football and camogie.

In 2017 there were 2,000 children from across 188 teams from Gloucestershire, Hertfordshire, Lancashire, London, Scotland, Warwickshire, Ulster and Yorkshire attended.

The CYC

The Continental Youth Championship is a four-day GAA competition held annually in the USA, with the inaugural event having taken place in 2004 in New York.

The host city is rotated each year with Buffalo the host venue in 2017 and with football, ladies football, camogie and hurling for children aged six up to minor featuring.

In Buffalo there were 200 teams, 568 games and more than 2,500 children who took part from across the USA and Canada.



Fun in the sun at the ABC



ABC Action



Watching and waiting in ABC



New Frontiers in CYC



Ag iomaint i Meiriceá

THE ALZHEIMER SOCIETY OF IRELAND – AN OFFICIAL GAA CHARITY FOR 2017

The Alzheimer Society of Ireland is seeking your help, to sign up as a Memory Ribbon Collection volunteer click here.

https://docs.google.com/forms/d/e/1FAIpQLScolP4ARyo1QsJ42LEja-4LmyMugFbORiv95wpr9y25Weoww/viewform?usp=sf_link



GOING UP! EVERYBODY NEEDS A LIFT...

John Sheehy from the Kilmacud Crokes GAA Club in Dublin was the winner of last month's prize via GRMA (the GAA membership and rewards scheme) to win an exclusive behind-the-scenes-day at Croke Park. John got to tail the GAA Communications team at the Kerry v Mayo semi-final replay. Here's his report and pictures on a GAA day with a difference...

I often take a lift to different floors of the building where I work. On Sunday 20th August 2017 however, I find myself in a lift with Des Cahill, Des Dolan and Colm Cooper heading to Level 7 in Croke Park! I'm a guest of the GAA on the first football semi-final day in Croke Park, as winner of a GRMA competition.

Having arrived at the Media entrance on Jones' Road at 13:00, I receive my Press Pass and a very interesting afternoon begins!

Cian Murphy (GAA Communications) is showing me around for the day. I had thought the Ironman was already over in the streets of Dublin, but discover you have to be fit to follow Cian around Croke Park on match day! He's constantly busy, on the phone and walkie-talkie, while seeming to know and have a smile for everybody.

In the media area I find myself sitting next to Ciarán Whelan, and close to Jimmy Magee. The crowd begins to build in Croke Park as the minor teams appear on the pitch. Cian and I head for a hearty meal in a premium level restaurant, with the game still on view on big screens. Afterwards

it's down the lift through the stadium's labyrinth, past the arriving Mayo team bus, to pitch level, watching half-time entertainment and meeting the gregarious Jerry Grogan from Cahirciveen, the sideline announcer and voice of Croke Park.

At this point I realise I've left my camera back in the restaurant, so we head back to retrieve it, passing en route through the great and the good in the Ard Comhairle with lots of county managers, former players and politicians.

At the end of the minor game Cian and I take the lift down to the pitch and around to the corner of the Cusack/Davin, where the referees are preparing for the senior match. Just now the county secretaries arrive with team sheets, and the referees are informed that the teams are as selected. It's amazing what you witness on a day like this – logistically it's like the GAA putting on a version of Eurovision every big match day. With an interval act too! Today it's the RNLI, resplendent in yellow oilskins, teaching us to Respect the Water.

Back up in the Media section, the view affords a perfect oversight of the action.



Heroes on parade

grma 
go raibh maith agat



Pulling the trigger: Andy Moran on fire

In driving rain, the floodlights penetrate the encircling gloom. The Mayo explosion on stage begins with Andy Moran's fourth minute goal. Attackers are on top today. Kieran Donaghy starts to outshine Aidan O'Shea.

The match thunders on, enthralling red, green and gold. At the break I venture inside with all the hacks for a media cup of tea and sambo. Most men (it is nearly exclusively men) are watching the pundits on the Sunday Game Live. Whelo is chatting with Tomás Ó Sé, who looks more trim than ever. Inter-county retirement is suiting him – though, as a Dub, I would say that! The game continues to captivate In the second half - a couple more goals, fabulous saves and blocks, moments of skill in the rain by both sides.

Cian and I watch the last couple of minutes with Mícheál Ó Muircheartaigh, who's celebrating his 87th birthday.

After Bryan Sheehan's free kick attempt at the death, it's a mad dash to the ground floor, watching the players come down the tunnel. The next stage for me is witnessing the interviews (RTE and Sky) with both team managers and also man-of-the match Andy Moran.

I move next door into a bigger room where the press members await, myriads of mobile phones left on the table to record post-match comments by each of the managers in turn.



My day in Croke is done. Back into the lift, Kieran Donaghy is in there this time, chatting and smiling. I leave the stadium alongside Enda Kenny, no doubt looking forward to a reprise of the contest the following Saturday. A memorable afternoon in the GAA theatre of dreams – something to talk about in the lift at work on the Monday!



Cap: Facing the reporters post match

YOUR SUPPORT of our Games makes this **POSSIBLE**

MÍLE BUÍOCHAS

2,000+

Club officers have received specialist training as Chairpersons, treasurers, Secretaries and PROs through the Club Leadership Development Programme



€2M

in the last eight years has been made available to fund bursary grants for GAA students at third level



€11M

was spent on Games Development, including the funding for more than 200 full-time GAA coaches working with Clubs and Schools nationwide



MÍLE BUÍOCHAS

€1.5m

was raised for Clubs through a National Club Draw



€10M

in the last five years has been allocated to GAA Clubs for the redevelopment of pitches and clubhouses



€1m

over the next four years will be spent on the GAA Healthy Club Project in partnership with Irish Life targeting 60 Clubs across 32 counties reaching 44,638 members



GAA OFFICIAL GUIDE – REVISED AND UPDATED 2017

GAA Official Guide Part 1 - 2017

To download part 1 of the Official Guide click [here](#)

GAA Official Guide Part 2 - 2017

To download part 2 of the Official Guide click [here](#)

GAA OFFICIAL GUIDE May 2017



DON'T RISK THE ODDS WITH NEW GAA GAMBLING RULE

Players, team management or match officials prohibited from betting on game in which they are involved.

The recent match-fixing allegations concerning Athlone Town FC and the fines imposed on two of Ireland's Olympic boxers in Rio has again highlighted the harmful impact that insider gambling can have on sport.

Couple this with international research indicating that athletes – and especially those engaged in team sports – are an 'at risk' group when it comes to gambling addiction, and the need for the GAA to protect both the integrity of its games and the wellbeing of its members comes into sharp focus.

It is hoped that the motion passed at this year's congress in Croke Park – and now in force – will go some way to achieving both. But only if everyone abides by it and knows the consequences of failing to do so.

The new Rule (1.18 – Betting – in the Official Guide Part 1) states that: 'A Player, a Team, a member of a Team Management or a Match Official involved in a Game is strictly prohibited from betting on the outcome of any aspect of the Game concerned.'

Any breach of the rule shall be penalised in accordance with Rule 7.2 (e) – Misconduct Considered to have Discredited the Association – and carries a minimum eight-week suspension while debarment and expulsion from the Association may also be considered for either individuals or entire teams/units.

To assist in the policing of this new rule, which now applies to all games carried out under the GAA's auspices, the Association has entered a Memorandum of Understanding (MOU) with Betfair and is currently

in discussions to consider a similar relationship with the Irish Bookmakers Association. The MOU allows for both parties to share relevant information should a suspected breach of rules or regulations have taken place.

To support clubs and counties in educating their players, coaches, and officials on the topic of gambling awareness, the Community & Health department in Croke Park is developing a workshop that will be made available to interested units through their network of County Health & Wellbeing committee tutors towards the end of 2017.

This workshop – designed in consultation with addiction counsellors and GAA players who have fallen foul to problem

gambling – will, amongst other things, explore the relationship between sport and gambling while probing the reasons why athletes are more prone to gambling addiction than the rest of the population. It will also provide units with a sample gambling policy they can adopt to help protect their members and our games while raising awareness of the risks involved in what many consider to be an innocent flutter.

For more information on the GAA's work concerning gambling awareness go to gaa.ie/my-gaa/community-and-health/gambling-alcohol-drug-education/



DRUGS IN OUR SPORTS: DON'T BE A DOPE

Already this year we have seen how the shadow of a failed drugs test can fall across the GAA World.

Authorities in charge of drug testing in Ireland have repeatedly stated that they do not perceive there to be a problem with performance enhancing drug abuse in Gaelic games. However, the fact that GAA players are capable of making simple mistakes through poor choices in the area of purchasing health supplements proves the need for greater vigilance and education in this area.

All GAA members are subject to the Anti-Doping Rules as adopted by the Irish Sports Council (Rule 1.16 GAA Official Guide 2017). While any player may be selected for testing, there is a particular focus on testing with regard to Senior Inter-County players.

The onus is on players to educate themselves on their rights and responsibilities with respect to Anti-Doping. Due to the World Anti-Doping Agency's principle of strict liability Ignorance is not a defence.

The General Anti-Doping E-Learning Course (2015) for all members is available at the following link: http://learning.gaa.ie/courses/Anti_Doping_Awareness/



<https://www.youtube.com/watch?v=Bk6HerGfIZw>

A new player specific e-learning course for players and officials involved with Senior Inter-County Panels can be accessed by following the instructions at the below link:

[Accessing the 2017 GAA Senior Inter-County Player E-Learning Course](#)

Further information on Anti-Doping is available at the following link:

http://learning.gaa.ie/courses/Anti_Doping_Awareness/

Sport Ireland Trained GAA Anti-Doping Tutors are available to present an Anti-Doping by request to Clubs, Schools, Higher Education Institutes, Development Squads and Inter-County Panels by contacting gearoid.devitt@gaa.ie

Supplements

The GAA recognises the demands of Gaelic games and indeed the training and nutrition challenges they present. The Association also recognises that there are many factors that contribute to optimal athletic performance such as genetics, training, commitment, motivation, rest and recovery, along with good nutrition and hydration practices. These factors are the cornerstone of performance therefore using a sport nutrition supplement will not substitute for a less than adequate nutrition and/or hydration strategy. Sports supplement companies use powerful marketing campaigns to imply that the use of sports supplements are essential for maximising performance; however, much of the publicity is not based on sound scientific evidence.



<https://www.youtube.com/watch?v=4Z6YOQ9PKtl>

KEY POINTS

- Vitamins, minerals, herbs, meal supplements, sports nutrition products (e.g. Protein, Creatine, BCAAs), and natural food products are all classed as supplements
- Players may use them to maintain health, recover from exercise, enhance training adaptations, gain weight, burn fat and/or supplement their diet or for medical reasons
- Risks with supplements are categorised in terms of health and possible doping violations
- Batch tested products are not as risky; however, no guarantee can be given on the safety of a supplement
- Be aware that supplements which claim to be muscle building or fat burning are more likely to be associated with contamination
- The use of supplements is not recommended for any player under the age of 18
- Players should seek the opinion of a registered Sports Dietician/Nutritionist and their Team Doctor on any supplements

RISK MINIMISATION

Choosing to take a sports supplement is a balance between weighing up the risks (i.e. contamination and a potential sporting ban) against a potential exercise performance benefit. If you choose to take a supplement, make a decision after considering the following:

- Need – Do I need additional ingredients in my diet? If so, can I get them from food?
- Risk – If not, what risks are involved with a supplement that might help?
- Consequences – Understand the sanctions for taking a contaminated supplement



<https://www.youtube.com/watch?v=F5dGFmv3QmA>

CONTAMINATED PRODUCTS

The issue of contaminated products has been acknowledged in the new 2015 code. If a player can establish no significant fault or negligence then the sanction can range from a reprimand to a maximum of two years. To manage the risks of supplements:

- You MUST undertake thorough internet research of any supplement products before it is consumed.
- This search should include the name of the product and the ingredients/ substances listed.
- Information revealed as a result should be further investigated and players are advised to keep evidence of their research.
- Screen shots should be taken and the results saved in a folder. All saved information should be backed up.
- Check if the product is batch tested on www.informed-sport.com.

Remember each player is personally responsible for any substances that may be found in his body, whether he intended to cheat or not. Realise that contaminated supplements may result in at least a two year ban from sport.

An information sheet on supplements for players and mentors is available at

<http://learning.gaa.ie/sites/default/files/Information-Sheet-Sports-Supplements%202016.pdf>



GAA NOW

GAANOW is a new online video platform available worldwide on GAA.ie which houses in-game clips, weekend round-up packages, archive footage and other bespoke content.

For more details visit www.gaa.ie/gaa-now



GAA NOW

The home of GAA Action

NO LARGE BAGS OR BACKPACKS ALLOWED IN CROKE PARK

Following a review of safety procedures with the relevant statutory authorities, Croke Park can confirm that as of Sunday, 25 June 2017, patrons will not be permitted to take large bags and backpacks into the stadium for all match day and concert events.

Smaller bags (no bigger than A4 - 8.27in/21cm × 11.7/ 29.7cm) will be permitted but may be subject to searches and patrons are urged not to bring bags at all where possible.

Please allow plenty of time to get into the stadium, and for match entry procedures, ticket checks and searches, we would advise arriving at the stadium at least 1 hour before throw-in.

We would like to thank our patrons in advance for their cooperation with this matter as we look forward to a fantastic season of concerts and matches in Croke Park over the coming months.

For further information, please visit <https://crokepark.ie/match-day/faq>



Patrons are not permitted to take large bags and backpacks into Croke Park for all match day and concert events.

FUNDÚIREACHT SHEOSAIMH MHC DHONNCHA

Tuilleann teanga na Gaeilge ómós agus gean mór ag gach leibhéal den Chumann Lúthchleas Gael, ach go minic ní bhíonn sé éasca a theacht ar bhealaí praiticiúla chun sin a léiriú, go háirithe acu siúd nach bhfuil chomh líofa sa teanga agus ba mhaith leo a bheith.

Is ar an údar sin a bunaíodh Fundúireacht Sheosaimh Mhic Dhonncha i mblíana chun cuidiú a thabhairt do gach cumann sa tír atá ag iarraidh an Ghaeilge a chur chun tosaigh i measc a gcuid baill féin. In ómós an Iar-Uachtaráin agus an Iar-Iománaí Joe McDonagh atá an scéim ainmnithe agus tá sé leagtha amach ar bhealach a dhéanann oibair na gclubanna i bhfad níos éasca agus iad i mbun na hoibre.

An chúis atá leis sin go bhfuil go leor tacaíochta le fáil ón eagraíocht Glór nan Gael.

Níl le déanamh ag an gclub ach táille €30 a íoc a chlúdaíonn iad ar feadh tréimhse 3 bliana agus a luaithe agus a bhíonn sin déanta beidh gach cúnaimh le fáil acu ó Ghlór na nGael agus Bonn Sheosaimh Mhic Dhonncha le fáil acu le crochadh ina gclub-theach, ach toradh sásúil a bheith ar a gcuid oibre.

Tá oibríthe ag Glór nan Gael i ngach ceantar den tír agus iadsan sásta a dhul isteach i gclubanna agus cabhair agus comhairle a thabhairt maidir le gníomhartha agus

imeachtaí a spreagfaidh úsáid agus foghlaim na Gaeilge i measc na mball.

Tá liosta gníomhaíochtaí ina bhfuil 70 rud nach bhfuil deacair a dhéanamh aonaithe mar bhunchloch – rudaí simplí praiticiúla. Ar chuid acu sin tá dhá-theangachas a bheith i réim ar fhógraíocht, suíomh idirlín an chlub, ranganna a chur ar fáil, páirt a ghlacadh i ‘Seachtain na Gaeilge’, seisiún traenála trí Ghaeilge nó ciorcail comhrá a eagrú agus a leithéid sin.

Is rudaí simplí iad ar fad nach bhfuil mórán deacracht lena n-eagrú ná le iad a chur chun cinn agus is iontach an deis í an Fhondúireacht do chlubanna a ndualgais agus a meas ar an teanga a chomhlíonadh agus a chur chun cinn.

Is fearr ná sin fós gur féidir le clubanna atá cláraithe deontas a lorg ó Fhondúireacht Sheosaimh Mhic Dhonncha chun cuidiú lena ngníomhaíochtaí ar son na teanga a chur i gcrích.

Cuirfidh an Fhondúireacht maoiniú meaitseála ón chiste ar fáil d’imeachtaí r bhonn €2 do gach €1 a chuireann an club féin ar fáil – uasmhéid €400.

Déan teagmháil le Glór na nGael ag clg@glornangael.ie nó ag oifigí s’againn chun labhairt le ball foirne i do cheantar féin faoin chlárú leis an Fhondúireacht. Tá táille €30 chun clárú ar feadh tréimhse bliana féilire.



Laoch Uasal na nGael: SHEOSAIMH MHC DHONNCHA

Glór na nGael
Ráth Cairn
Baile Átha Buí
Co. na Mí
Fón: (028) 30262574

Glór na nGael,
Gaeláras Mhic Ardghail,
6b Sráid an tSéipéil Uachtarach,
Lúr Cinn Trá,
Co. An Dúin. BT34 2DS
Fón: (028) 30262574

Gael go smior ab ea Seosamh Mac Donncha agus níl bealach is fearr ag clubanna Chumann Lúthchleas Gael lena n-omós a léiriú dósan agus don chultúr agus don teanga a raibh grá aige di, ná tacú leis an scéim seo.

Coiste Náisiúnta na Gaeilge, in conjunction with Glór na nGael, have devised a scheme

through which clubs in all counties can avail of professional support in their endeavours to promote an Ghaeilge. Fundúireacht Sheosaimh Mhic Dhonncha is a practical and simple way to honour one of our greatest Gaels, the late Joe McDonagh, and to ensure that one of the passions nearest to his heart lives on.

Fundúireacht Sheosaimh Mhic Dhonncha = The Joe McDonagh Foundation
Tuilleann = earns
bealaí praiticiúla = simple ways
tacaíocht = support
dhá-theangachas = bilingualism



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.

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