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GAAGO.IE TO STREAM 38 EXCLUSIVE GAA CHAMPIONSHIP MATCHES IN 2023

- 22 x Sam Maguire Cup, 9 x Liam MacCarthy Cup and 7 x Tailteann Cup games to be streamed exclusively
- Gráinne McElwain to present coverage alongside analysts Michael Murphy, Marc Ó Sé, Paddy Andrews, Seamus Hickey, Tommy Walsh and Eoin Cadogan, with more to be added
- A range of pricing options to be made available including a pre-Christmas Pass for €59 (€1.55 per game), '3 for 2 bundles' and a €12 'pay per game' option
- GAA members to receive a subscription discount, GAA clubs to avail of a clubhouse rate and free access to be made available to care-giving locations
- Games include Limerick v Clare in the Munster Hurling Championship and 2 x GAA Football All-Ireland Quarterfinals
- GAAGO today unveiled its exclusive 2023 GAA Championship broadcast schedule, presentation team and pricing in Croke Park.

After 8 years of serving the GAA's international fan base, next year's entry into the domestic Irish market represents a huge growth step for the online streaming platform.

Fans will access 38 live or on-demand matches in HD quality for a special launch price of just €59 up until December 31st, before it moves to €79.



Uachtarán Chumann Lúthchleas Gael Larry McCarthy, centre, with, from from left, former Kerry footballer Marc O'Sé, former Donegal footballer Michael Murphy, GaaGo presenter Gráinne McElwain, RTE director general Dee Forbes and former Limerick hurler Seamus Hickey at the media launch of the GAAGO

Individual pay-per-game matches will be available for €12, a '3-for-2' bundle deal will cost €24 and GAA members will receive 10% off any full price (€79) subscription. GAA clubs will be able to avail of a group pass for €150 and care-giving locations will watch for free using complimentary login codes distributed by County PRO's.

The subscription service will provide live action from every Provincial Championship and the football All-Ireland series to viewers in Ireland and around the world for 18 match days across 11 weekends.

Within the 38-game schedule twenty-two Sam Maguire cup, nine Liam MacCarthy cup and seven Tailteann Cup matches will be streamed. Some weekends will see matches shown on both Saturday and Sunday with simultaneous live feeds occurring on certain dates.

The highly experienced Gráinne McElwain will anchor pre-match, half-time and post-match discussion alongside a brand-new analysis team aiming to bring a player-led mentality to the discussion from Saturday, April 22nd, 2023.

She will be joined on the microphone by recently retired Donegal All-Ireland winning captain Michael Murphy, Kerry's five-time All-Ireland winner Marc Ó Sé and seven-time All-Ireland winner with the Dublin footballers Paddy Andrews.

Live hurling match analysis will come from All-Star Limerick All-Ireland winner Séamus Hickey, nine-time Kilkenny All-Ireland winner Tommy Walsh and Cork All-Ireland winner and dual star Eoin Cadogan. More analysts are to be announced for both codes in due course, as well as GAAGO's lead

commentators and side-line reporters.

Coverage will receive full outside broadcast treatment for at least 25 games with live commentary, graphics and match analysis, multi-camera setup and replays. Enhanced venue access rights and other in-game innovation coordinated by a newly appointed GAAGO producer is also planned.

The GAAGO.ie website supports virtually all internet-enabled devices and matches can be cast to a TV screen using the GAAGO iOS and Android apps.

Commenting on GAAGO's plans, Larry McCarthy, Uachtarán Chumann Lúthchleas Gael, said: "As someone who has lived away from Ireland for much of my life, I am well accustomed to viewing games on GAAGO. However, this new and exclusive domestic Championship schedule is a major advance, not just for the Association, but also for the viewers of our games. The comprehensive list of high-quality matches, a new look analysis team and a range of pricing that people can choose from makes the entire venture extremely exciting."

RTE Director General Dee Forbes said: "GAAGO has enjoyed tremendous success to date and is now set to play an even more central role as part of RTÉ's expanded coverage of GAA games which is good news for Irish sports fans everywhere. We know our audiences love live sport and now across RTÉ television, radio and online, in English and Irish, and through the comprehensive GAAGO schedule announced today, there is so much great live GAA action to get excited about. We're really looking forward to the start of the new season."

GAAGO EXCLUSIVE MATCHES (X 38)

(Note: 25+ games will receive presentation, analysis and multi-camera production)

Sat 8 April
CSFC New York v Leitrim (10pm Irish)

Sat 22 April
USFC Cavan v Antrim/Armagh, Breffni Park / Corrigan Park (6pm)
LSHC Galway v Wexford (5pm)
MSFC Tipperary/Waterford v Kerry (time tbc)

Sun 23 April
MSHC Clare v Tipperary (4pm)
LSFC Dublin v Wexford/Laois (time tbc)

Sat 29 April
USFC Ferm/Der v Tyr/Mon (5pm)
MSHC Limerick v Clare (7pm)

Sun 30 April
LSFC Semi Finals (2 x games) (time tbc)

Sat 6 May
MSHC Cork v Tipperary (7pm)
LSHC Dublin v Wexford (5pm)

Sun 7 May
LSHC Antrim v Kilkenny (time tbc)

Sat 13 May
MSHC Waterford v Clare (6pm)
Tailteann R1 'Game of the Week' (time tbc)

Sat 20 May
SFC Rd1 (2 x games) (time tbc)
LSHC Kilkenny v Dublin (6pm)
Tailteann Cup Rd2 'Game of the Week' (time tbc)

Sat 27 May
SFC Rd1 (2 x games) (times tbc)



Sun 28 May
MSHC / LSHC round robin (1 x game) (time tbc)

Sat 3 June
SFC Round 2 (2 x games) (time tbc)

Sun 4 June
SFC Rd2 (1 x game) (time tbc)
Tailteann Cup Rd 3 'Game of the Week' (time tbc)

Sat 10 June
Tailteann Preliminary Quarter Finals (2 x games) (time tbc)

Sat 17 June
SFC Rd 3 (Simultaneous T/I times) (2 x games) (time tbc)

Sun 18 June
SFC Rd 3 (2 x games) (time tbc)

Tailteann Cup Quarter Finals (2 x games) (time tbc)

Sat 24 June
SFC Prelim Quarter Finals (2 x games) (time tbc)

Sat 1 July
SFC Quarter Finals (2 x games) (time tbc)

NATIVE TREE SAPLING OFFER

IN ASSOCIATION WITH THE GAA GREEN CLUB PROGRAMME, GAA, CAMOGIE AND LGFA, CLUBS ARE BEING OFFERED THE OPPORTUNITY TO APPLY FOR UP TO 1000 NATIVE TREE SAPLINGS FOR PLANTING NEXT SPRING.

A request for between 100 and 1000 saplings can be made by filling out the short form at this link as soon as possible and at latest by February 1st - <https://forms.office.com/e/acGHw3VXww>

Orders will be considered and successful projects will be contacted directly by the Tree nurseries providing the saplings before National Tree Week in March. Currently, we are not charging for the supply or delivery of saplings thanks to the generosity of our sponsors who have made them available for the project.

The offer is in collaboration with, the Easy Treesie – Crann Project (www.easytreesie.com) supported by Coillte (www.coillte.ie) and has provided approximately 50,000 native tree saplings.

An additional 10,000 saplings sourced with funding from the Dept of Agriculture, Food and the Marine through the Woodlands Support Scheme have already been requested by Clubs.

The saplings will be used to create shelter belts, planted along walkways and to generally enhance the natural landscape and biodiversity of Club grounds. Planting trees is included in the 5 ways to make clubs biodiversity-friendly as identified



Uachtarán Chumann Lúthchleas Gael Larry McCarthy planting a native oak at Malahide Castle grounds in Dublin

in the guidelines on pollinator-friendly management of sports clubs by the National Biodiversity Datacentre and included in the recently launched GAA Green Club Toolkit at <https://learning.gaa.ie/greenclub>

gaa.ie/greenclub

The Easy Treesie Project aims to plant one million trees with Ireland's one million school children and their communities by 2023 joining the UNESCO-backed

Plant-for-the-planet's www.trilliontreecampaign.org challenge, reducing global heating by 1° during the UN Decade of Ecosystem Restoration, 2021-31.

GAA MASTER FIXTURES FOR 2023 PUBLISHED



The GAA published its Master Fixtures schedule for 2023.

The AIB All-Ireland Senior Club Football and Hurling Championship Finals are the first key dates in the diary, with both taking place on the weekend of January 21/22.

Round 1 of the Allianz Football League takes place on the weekend of January 28/29, with the four divisional finals taking place on the weekend of April 1/2.

The Allianz Hurling League begins on the weekend of February 4/5 with the Divisions 2A, 2B, 3A, and 3B Finals taking place on the weekend of April 1/2, and the Division 1 Final taking place on the weekend of April 8/9.

The provincial football championships begin on the weekend of April 8/9, with the All-Ireland Senior Football Final listed for Sunday, July 30.

The Tailteann Cup Final will take place on Saturday, July 15.

The provincial hurling championships begin on the weekend of April 22/23, with the All-Ireland Hurling Final on Sunday, July 23.

The Joe McDonagh Cup Final is on the weekend of May 27/28, with the Ring, Rackard, and Meagher Cup Finals on the weekend of June 3/4.

The GAA Master Fixture Schedule booklets can be downloaded at the following.

JOIN AIB FOR THIS YEAR'S GOAL MILE WITH YOUR CLUB



AIB, PROUD PARTNER OF THE GAA FOR 32 YEARS, AND NOW OF THE GOAL MILE, HAS TEAMED UP WITH KILMACUD CROKES STAR CRAIG DIAS, AND MAYO SENIOR FOOTBALL ASSISTANT MANAGER STEPHEN ROCHFORD TO ENCOURAGE GAA CLUBS WORLDWIDE TO STEP UP TOGETHER AND TAKE PART IN THE GOAL MILE THIS CHRISTMAS SEASON.

Celebrating its 40th anniversary, the GOAL Mile has seen tens of thousands of people run or walk a mile (just 2,000 steps) to raise funds for GOAL at Christmas enabling GOAL's work supporting vulnerable communities in 14 countries across the globe. This year AIB is encouraging the GAA community to Step up Together and establish a Christmas GOAL Mile tradition with team mates, club friends and families.

People can take part in the GOAL Mile in a number of different ways, be it in one of the more than 150 GOAL Mile events being organised in Ireland and internationally or simply by registering with GOAL at www.goalmile.org and completing a mile in any place, at any time during the month of December.

AIB is committed to supporting sustainable communities. In supporting GOAL and encouraging communities such as the GAA to take part in the GOAL Mile this Christmas, AIB helps GOAL reach vulnerable communities already suffering deeply from the impact of poverty, climate change and crises.

So join us and let's Step Up Together for GOAL this Christmas!

Thank you and a very happy Christmas from all at AIB.



GAA CLUB WALKING TRACKS TO BENEFIT FROM HEALTHY IRELAND GRANT SUPPORT

THE GAA IS DELIGHTED TO ANNOUNCE A ONCE-OFF FUNDING OPPORTUNITY FROM HEALTHY IRELAND DESIGNED TO MAKE COMMUNITY WALKING TRACKS LOCATED ON GAA GROUNDS MORE ACCESSIBLE TO MORE PEOPLE.

Open to GAA, LGFA, and Camogie clubs in the Republic of Ireland, the €800,000 funding is designed to make existing walking tracks more accessible to persons with mobility issues, such as older persons and wheelchair users. Funding may also cover the upgrading or installation of lighting designed to prolong the hours of usage particularly during the dark winter evenings.

Healthy Ireland is a long-standing partner of the Irish Life GAA Healthy Club Programme and supporter of the GAA's efforts to maximise clubs' positive impact on the health and wellbeing of their communities. GAA clubs have in recent years invested heavily in the installation of walking tracks to support this outcome. Tens of thousands of people participate annually in the GAA's Ireland Lights Up initiative, which runs each January/February in conjunction with RTE's Operation Transformation and has become Ireland's biggest walking intervention.

An Uachtarán CLG, Larry McCarthy, said: "The GAA wants as many community members as possible to stay active by availing of our walking infrastructure. Such amenities require constant maintenance, with quality surfaces and lighting required to ensure they are suitable for persons with mobility issues and older people.

We greatly appreciate Healthy Ireland's support in helping clubs achieve this in a sustainable way."

Launching the grant application process in Croke Park today, the Minister of State at the Department of Health, Frank Feighan said: "My department is delighted to support the work of the GAA Healthy Club Project with this once off funding which will help to improve wellbeing at club level. Working in partnership underpins all our work in Healthy Ireland and is key to improving the health of the entire population. This project has made a significant contribution to the Healthy Ireland agenda since it was launched."

Tom James, Head of Healthy Ireland, added: "This is an important and worthwhile project. It is essential that if we are to improve health and wellbeing at a population level, we need to provide safe spaces for individuals to engage in physical activity in their own communities. This builds on the work that is underway in over 450 clubs all over Ireland and we are indebted to the GAA for their commitment to health and wellbeing."

To access the application process click [HERE](#). Please contact community.health@gaa.ie with any queries.

Healthy Ireland grant details

The Healthy Ireland grant funding may be used to: **The funding will be allocated via a competitive application process. It is open to all GAA, LGFA, and Camogie clubs in the Republic of Ireland with an existing



Minister of State with responsibility for Public Health, Well Being and National Drugs Strategy, Frank Feighan, TD, left, Uachtarán Chumann Lúthchleas Gael Larry McCarthy, centre, and Head of Healthy Ireland, Tom James, mark the launch of Healthy Ireland's funding to help upgrade GAA club walking tracks at Croke Park

walking track/amenity. GAA/LGFA/ Camogie clubs that use the same facilities are required to submit a joint application. Only one application per club allowed.

- Upgrade existing walking track surfaces
- Improve access/usability for persons with mobility issues
- Install/upgrade to LED lighting along existing walking track route
- Upgrade/maintain existing walking track boundaries

Funding is not applicable for:

- Development of new walking tracks
- Floodlighting for pitches that also lights walking tracks (or sections thereof)

A club may apply for one of the grant funding amounts below:

- Up to €10,000
- Up to €25,000
- Up to €50,000

To access the application process click [HERE](#).

IRELAND LIGHTS UP

'IRELAND LIGHTS UP' – THE COUNTRY'S BIGGEST COMMUNITY WALKING INITIATIVE – RETURNS TO GAA CLUBS IN PARTNERSHIP WITH RTE'S OPERATION TRANSFORMATION AND THE SUPPORT OF GET IRELAND WALKING.

Over 350 clubs have so far registered to take part in 'Ireland Lights Up' on January 11th, 2023. The initiative encourages all GAA clubs across the 32 counties to light up their walking tracks and bring communities together to walk and talk in

a safe environment during the dark winter evenings, while contributing to their physical, mental and social wellbeing. As ever, a club participating in Ireland Lights Up will be showcased each week on RTE's Operation Transformation.

The 'Every Steps Counts Challenge' delivered through the 'MyLife' app, in partnership with the Irish Life GAA Healthy Clubs programme returns in 2023 and three participating clubs from each province will win gear vouchers worth a

total of €5,000, kindly provided by Irish Life (T&Cs apply).

If energy costs are likely to prevent your club from participating in Ireland Lights Up, it is acceptable to ask participants for a once-off optional donation to cover any additional lighting costs the club may incur (we recommend no more than €2 per person/family). You could leave a donation box by your walking track one night of the initiative to collect this.

Also, this year thanks to support from Healthy Ireland and Sport Ireland, a grant of approximately €100 per club (based on last year's registration numbers) will be issued on completion of Ireland Lights Up 2023 to clubs that register their weekly walking numbers with Croke Park.

Click [HERE](#) to register 2023 'Ireland Lights Up' and 'Every Step Counts' MyLife Challenge. (Both activities commence on Wednesday, January 11th, to coincide with the broadcast of the second episode of Operation Transformation on RTÉ.



CLUB OFFICER TRAINING WINTER SERIES

THE GAA, LGFA AND CAMOGIE ASSOCIATION TODAY ANNOUNCED THE NEXT PHASE OF TRAINING FOR CLUB OFFICERS AS PART OF THE CLUB LEADERSHIP DEVELOPMENT PROGRAMME (CLDP). THE PROGRAMME, CREATED AND ORGANISED BY THE VOLUNTEER-LED OFFICER DEVELOPMENT COMMITTEE, FEATURES A RANGE OF LIVE WEBINARS, IN-PERSON WORKSHOPS AND ONLINE RESOURCES SUCH AS WEBINAR RECORDINGS, HOW-TO GUIDES, AND CUSTOMISABLE TEMPLATES THAT COVER EVERY ASPECT OF CLUB ADMINISTRATION.

The first level of the programme is tailored for newly elected Club Chairpersons, Secretaries, Treasurers, PROs and Coaching Officers. Each of these role holders will have the opportunity to join a role-specific 90-minute webinar that will be facilitated by an Associate of CLDP. Associates are typically former Club Officers who volunteer to help new Officers get started in their roles by delivering interactive training events and strategic planning workshops.

The second level of the programme is geared towards all Club Officers, irrespective of their role or experience level. Each County has a target to organise an in-person Club Officer Forum next spring to allow Officers to share their knowledge and experiences regarding common Club administration challenges. More information will be communicated on a county-by-county basis in due course once each County's Planning and Training Officer for 2023 has been confirmed.



The CLDP, launched in 2016, and adopting a One Association approach since 2019, has benefited over 10,000 Club Officers since its inception. By taking part in the programme, Club Officers will:

- **Gain a clear understanding of their roles and responsibilities**
- **Enhance their leadership, management and communication skills**
- **Meet other Officers and have numerous opportunities to hear how other Officers approach challenges associated with running a Club**
- **Know where to access additional resources and supports**
- **Feel better prepared for future roles in the GAA, LGFA or Camogie Association**

Here is what a few participants said last year:

“It’s very hard to produce an online course for such an important role in a Club however it was very well presented. Our presenter was excellent, his high level of experience shone through. I was completely motivated and invigorated after the course and very grateful to be afforded the opportunity to attend.”

“Brilliant session, very informative with some great advice. I loved listening to other Officers and their experience. I will definitely be implementing some of these within my Club.”

“Very practical information. I can see how we can use it immediately. The presenter had knowledge and was good at sharing and discussing with the course participants.”

Role Induction Webinars

Each Provincial Council will lead the delivery of online role-induction training for Chairpersons, Secretaries, Treasurers, PROs and Coaching Officers on the following dates:

- **10 January - Connacht**
- **12 January - Ulster**
- **19 January - Leinster**
- **26 January – Munster**
- **Various dates starting on 8 February – Britain**

General Modules

The Officer Development Committee

will also facilitate the organisation of additional training upon request from County Planning and Training Officers. In addition, further modules being organised by central departments will be added to the schedule in the coming weeks, e.g., the Sports Capital Programme and Foireann. Confirmed events in this category include:

- **31 Jan - Using Microsoft 365**
- **1 Feb - Healthy Club Officer Training**
- **2 Feb - Diversity and Inclusion**
- **8 Mar - Substance Abuse Awareness**

In-Person Events

Each County has been asked to organise a Club Officer Forum for both newly elected and longer serving Club Officers next February. Dates, times and the format are being refined at the minute, so more information will be communicated to Clubs in due course.

Archived Modules

A vast range of webinar recordings are also available that cover the following topics:

- **Digital Communications**
- **Using IT to Simplify Club Administration**
- **Operating Effectively as One Club**
- **Club Planning**

- **Demographics**
- **Commercial and Sponsorship**
- **Recruiting, Retaining and Engaging Volunteers**
- **An Ghaeilge sa Chlub**
- **The Corporate Trustee Model Explained**
- **Upholding Disciplinary Rules and Procedures**
- **Running the Club AGM**
- **LGFA YouTube Channel - [HERE](#)**

For more information, please refer to the Programme Brochure or Module Descriptors:

- **CLDP Programme Brochure 2023 - [HERE](#)**
- **Module Descriptors - [HERE](#)**

Sign-Up

Enrolment for all upcoming events is now open via the Officer Training Calendar: <https://learning.gaa.ie/officertrainingcalendar>

Paddy Flood, Cathaoirleach of the Officer Development Committee has encouraged Officers to sign-up. He said: “All Club Officers should be entitled to support and resources to help carry out their volunteer roles in their GAA, LGFA and/or Camogie

Clubs. Equally, however, I believe that each Officer has a responsibility to avail of this support so that they can fulfil their roles in an informed and skilled manner. I trust that the range of learning modules on offer will give you ample opportunity to gain updates on hot topics, share good practices with your fellow Officers and reflect on new ideas and developments. An exciting programme is on offer, so I hope to see you at an event over the winter months.”

For queries, contact your County’s Planning and Training Officer or e-mail officertraining@gaa.ie

Acknowledgements

This programme is designed by the Officer Development Committee:

Paddy Flood (Gaeil Triucha CLG), Ruairí Harvey (Páirc an Chrócaigh), Jack McCarney (Páirc an Chrócaigh), Niamh McElwain (Independent) Eilís Kavanagh (St. Martins), Éibhear O’Dea (Kilteely Dromkeen), David Denieffe (O’Loughlin Gaels), Gerard Bradley (Gortin St. Patricks GAA), Liam Lynch (Austin Stacks), Michelle Healy (Ahascragh-Fohenagh GAA), Alan Mongey (Tuam Stars GAA), Martina Dillon (Aodh Ruadh, Dungannon).

The rollout of the programme is led by the Planning and Training Operations Group and coordinated by Jack McCarney (GAA Planning and Training Officer). This group also includes Ruairí Harvey (Páirc an Chrócaigh), Fionntán O’Dowd (Ulster), John Brennan (Munster), John Haughney (Leinster), Adrian Hassett (Connacht), Tracy McDonald (Camogie) and Niall Mulrine (LGFA).

CLUBNOTES

KELLOGGS CÚL CAMPS

The review of the 2022 Kellogg's GAA Cúl Camps reveal another record-breaking year for the coaching initiative.

There were 142,800 boys and girls in the camps last summer – an increase of 5 per cent.

They were accommodated across 1,332 camps which fielded 2,124 coaches, 67 co-ordinators and 561 supervisors.

The new Kellogg's GAA Cúl Camp kit was a hit with 144,497 kits delivered and a further 20,000 donated to humanitarian causes.

Another important area of growth is in inclusion with 1,956 children with special needs accommodated at our camps. Roll on 2023!



SOD TURNED ON WALSH PARK REDEVELOPMENT

The first sod in the redevelopment of Waterford's Walsh Park was turned today by Minister of State for Sports Jack Chambers, with GAA President Larry McCarthy, Waterford GAA Chairperson Seán Michael O'Regan, and his fellow Waterford GAA officers also in attendance.

"It's exciting times, it's a long time coming and been discussed for a long time, O'Regan told WLRFM today.

"The fact it's here now, I'm delighted and looking forward to getting it started."

Walsh Park is named after Waterford gael, Willie Walsh, who refereed many All-Ireland football and hurling finals including the 1916 All-Ireland Hurling Final.

Phase One of the redevelopment will consist of a new, uncovered, seated stand in the northern terrace and the refurbishment of the existing southern stand. Once Phase 1 is completed, and it's due to be next year, Phases 2 and 3 will commence.

"The overall costing – and obviously, it could change by the time we get to the end goal – is coming in at around €12 million," said O'Regan.

"It's going to be in three phases and phase one will begin as soon as we can."

"While Phase 1 is starting, we will get straight into Phase 2's design stage – finishing off the design.

"The high level work for Phase 2 is Keane's Road. Construction there is set to start in 2024 and we're going to have a covered 1,300-seated stand, along with the facilities that are required, as in dressing rooms and an administration building as well.

"And then Phase 3 will be the last phase, which is down at the city end terrace – just tidying up that, turning it into a bank with a new entrance down there.

"That could be 2025."



COACHING CORNER

There is plenty to look forward to in 2023 with all the various initiatives across Coaching and Games including the updating of the Learning Management System and the launching of key cross code projects such as iCoachKids learning opportunities and the Sports Science Guide for Practice.

Coming up in January 2023 the 'Getting Started as Club Coaching Officer' Provincial webinars will take place on the following dates/days:

- **Connacht – 10th January Tuesday**
- **Ulster – 12th January Thursday**
- **Leinster – 19th January Thursday**
- **Munster – 26th January Thursday**

There will also be workshops developed for County Coaching Officers on Friday 20th and Saturday 21st of January as part of the County Officer Development Conference 2023 in Croke Park.

AFTER THE STORM - THE GAA, COVID AND THE POWER OF PEOPLE

There's a saying in Croke Park that reminds us that although the GAA is about games, in truth it is about people. Damian Lawlor's latest book on Gaelic games brings this right home.

Covid hasn't fully gone away and for many people the pain of the loss endured is still red raw. So, the conundrum here is whether it is simply too soon, too painful and too difficult for the public to engage in such a detailed examination of the depths of the crisis told through its impact on Gaelic games.

But the counter argument is that now is the time to record how we really feel, not some far away shore when that passing of time has had an impact on our thoughts and recollections. Recording the moment in the moment has its place.

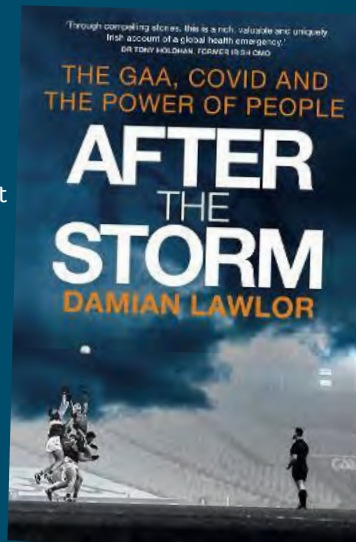
This approach has been vindicated by Lawlor's ability to tell the 2020-2021 period through a collection of compelling stories focusing on different people who had their own individual trials and tribulations and were part of the collective effort.

His reputation as a storyteller precedes him. This is his eighth book. His contacts with senior GAA officials of what was effectively a war-time administration gives him unrivalled access. There are plenty of previously unknown anecdotes here about just how close the GAA came to shut down and the various dilemmas that raged, including one tense Central Council meeting in 2020 when a phone call from Government pledged the funding needed to stage the Championships.

These are bolstered by a series of deeply personal and moving accounts of people navigating their way through the crisis. People like Antrim's Niall Murphy who spent 16 days in a coma in intensive care battling the virus, the simple act of kindness that was David Brady's round of phone calls and when at a time that the global message was to stay apart to save lives, GAA clubs and communities found a way to become closer than ever and the games become a symbol of resistance and a memory of what the world could be like.

We are not fully out the other side but this book reminds us of how far we have come.

After the Storm, by Damian Lawlor is from Bonnier Black and White books. Price €16.99/ €16.99



ULSTER GAA YOUNG VOLUNTEER AWARD

Fourteen-year-old Louise Dempsey from the Latton O'Rahilly club, Co. Monaghan, has been awarded the Translink Ulster GAA Young Volunteer of the Month award.

The award is presented each month to one young volunteer whose efforts best demonstrate the volunteering ethos and community spirit of the GAA.

Louise has been an ever-present figure around Latton throughout her young life, having joined the club at just four-years-old. Despite the sad passing of her dad Barry five years ago, Louise was not deterred in her commitment and enthusiasm for her club and she has continued to volunteer in many roles.

These include the running of the club shops, providing food to the senior team after training and games along with her mum and club treasurer Camilla, and other tasks such as gate collections, facilitating raffles and serving tea at functions. Louise is also a huge asset out on the playing field, where she assists in setting up cones and drills and fetching footballs at senior training each evening.

Latton O'Rahilly GAA Club Secretary, Christina Weldon, commented: "This young member has epitomised what being a volunteer is all about from a very young age. She is a wonderful, quiet and unassuming young lady who has brought so much to our club over the last number of years, and is a credit to herself and her family. It shows that age is not a burden to volunteering, and she certainly deserves her award."



Liam Conlon (Translink), Louise, and Michael Geoghegan (Ulster GAA Vice President)

SPLICED

The critically acclaimed hurling-based one man show *Spliced* by Timmy Creed is set for a headline performance at the new GAA National Handball Centre at Croke Park in January.

Described as "Honest and hard-hitting, *Spliced* is a visceral account of his struggle to become an individual outside of the sporting institution that raised him. He wants to talk about identity, masculinity and mental health in a sports club."

Spliced is playing in the Show Court of the National Handball Centre in January as part of the First Fortnight mental health arts festival. This will be the first event to happen in that incredible new show court.

There's a special GAA group rate of €18 per ticket. Anyone wishing to book a group should email grace@firstfortnight.ie while individual tickets can be booked at www.firstfortnight.ie. *Spliced* will be followed by a post-show discussion exploring some of the themes touched on by the play on Sat 7th Jan.



NEW FEMALE COACH MENTORSHIP PROGRAMME FOR GAELIC GAMES

THE THREE GAELIC GAMES ASSOCIATIONS HAVE TODAY LAUNCHED A MAJOR NEW INITIATIVE AIMED AT SUPPORTING THE DEVELOPMENT AND PATHWAY FOR FEMALE COACHES ACROSS FOOTBALL, LADIES FOOTBALL, HURLING AND CAMOGIE.

The Camogie Association, LGFA and GAA have collaborated to secure the support of the Sport Ireland Women in Sport Fund and will run the programme throughout 2023. The aim of the programme is to increase the participation of female coaches in the upper end of the Gaelic Games Player Pathway in all four codes and will see participants experience an intensive coach development programme that will support them to achieve their coaching ambitions.

As this will be a robust coach development programme aimed at ambitious female coaches, there are three important criteria. Participants must be:

- 1) **Actively coaching in one of the following areas in the 2023 season**
T3 – T4 – Intercounty Talent Pathways (18 – 23yrs: Minors, U20/21, 3rd Level)
F3 – Adult Club Level E1 – Adult Inter-County.
- 2) **Have the time to be engaged with the programme.**
- 3) **See coaching as something that they want to progress with in the future.**

Expressions of interest are being sought from interested candidates during the month of December. In January there will be an online information session to provide interested participants with more detail about the specific content and key dates of the programme. There will be approximately

25 places on the programme for 2023.

Uachtarán CLG Larry McCarthy said: “I am delighted to see the launch of this initiative which will ensure that the considerable coaching expertise of women in Gaelic Games is developed to the highest standard for the benefit of all players.

“This is another example of the three Gaelic Games Associations successfully collaborating on a project that will support our players, clubs and counties and I encourage those with an interest to sign up for 2023.”

Uachtarán Camogie Hilda Breslin said: “I am delighted to see this initiative come to fruition. The Female Coach Mentorship Programme is designed to increase and upskill female coaches at the upper levels of Gaelic Games coaching, an integral part of the Camogie Association National Development Plan. We hope to see more women coaching at the highest level in Camogie and I encourage all those interested to sign up to this initiative.

“We are delighted that once again the Gaelic Games family are working together to improve coaching standards that will benefit all of our players”.

Uachtarán LGFA Mícheál Naughton said: “We are delighted to confirm details of this Female Coach Mentorship Programme, and I encourage as many of our female coaches as possible to complete the expression of interest form as a first step. This programme is yet another strong example of the Gaelic Games family working together for the betterment of our sports – and on another exciting collaborative initiative. We also thank our colleagues in Sport Ireland for the



vital funding assistance that will enable the roll-out of this programme.

“Increasing the number of female coaches within our sport is one of our key and ongoing aims, and this female coach mentorship programme will play a huge role in this targeted area. The benefits of the female coach mentorship programme will be wide-ranging for applicants, and we look forward to following their journeys.”

Female coaches are asked to fill out the expression of interest form available from the link below. You don't have to make up your mind until you hear more in January 2023.

Also, members of a county board or those involved in recruiting coaches for the upper end of the pathway or inter-county teams should consider if there is a particular female coach in your county that you would like to support with their coach development. If so contact cliadhna.oconnor@gaa.ie.

Across the year coaches will:

- **Explore their personal motivation and ambition for their coaching career.**
- **Reflect on their own strengths and weaknesses with regards to**

interpersonal relationships and team dynamics.

- **Have a number of their own coaching sessions recorded to aid with the reflection process.**
- **Build a relationship with a mentor.**
- **Engage in coaching conversations and peer support through mini communities of practice built with subgroups of participants and mentors.**
- **Have opportunities to present and debate their own coaching ideas.**
- **Have opportunities to develop their own network.**
- **Have in-person days together as a group.**
- **Have multiple online and small group ideas exchanges**

Expressions of interest will be accepted until Wednesday 21st December 2022 and should be made via the following form [HERE](#).

An online information evening will be held on Thursday 19th January 2023. Interested coaches will get a full outline of the programme and key dates at this time. Participants will be confirmed by Thursday 26th January 2023. The first gathering will take place Saturday 25th February 2023.

For information contact: cliadhna.oconnor@gaa.ie

GAA GREEN CLUB TOOLKIT LAUNCH

A NEW GAA GREEN CLUB TOOLKIT LAUNCHED TODAY IN CROKE PARK WILL BE FREELY AVAILABLE TO ALL GAA, LGFA AND CAMOGIE ASSOCIATION UNITS AND MEMBERS TO SUPPORT THE IMPLEMENTATION OF SIMPLE SUSTAINABILITY ACTIONS ACROSS THE FIVE AREAS OF ENERGY, WATER, WASTE, BIODIVERSITY AND TRAVEL & TRANSPORT.

The GAA Green Club Toolkit is the culmination of two years of collaboration between the GAA and the local authority sector, led by the County and City Management Association (CCMA), on a project to support sustainability and climate action in clubs and communities. The GAA-CCMA partnership led to the establishment of the GAA Green Club Programme, which saw over 30 clubs from across 17 Counties participate in Phase 1 of the GAA's first ever national grassroots sustainability initiative. The Toolkit, which offers clear and practical advice to Gaelic Games clubs on how to engage in green and sustainable actions, contains applied and engaging case studies from the Phase 1 Green Clubs.

Green Clubs were thanked at the launch for their contribution to the development of the Toolkit, with each club presented with a plaque in recognition of their participation.

Expert input from organisations and agencies across the island of Ireland, including the SEAL, Action Renewables, LAWPro, Irish Water, NI Water, the Regional Waste Management Offices, the National Biodiversity Data Centre, RSPB

NI, the NTA, the RSA, Keep NI Beautiful and Sustainable NI, was crucial to the development of the toolkit.

Expressions of interest for the next phase of the GAA Green Club Programme were opened at the Toolkit launch. Any Club that wishes to be recognised as a Green Club must apply through www.greenclubs.gaa.ie. Applications will close on Jan 29th. Clubs will be required to follow a series of steps over 2023 and 2024 in order to achieve Green Club status.

The GAA Green Club Programme is supported by the Department of Environment, Climate and Communications and was featured as a case study in the recently launched Sustainable Development Goal (SDG) National Implementation Plan 2022-2024.

GAA President Larry McCarthy said at the launch: "The GAA is a games organisation but it is also an organisation built on our commitment to the communities that our clubs represent. This Green Clubs Toolkit will support our members to ensure that our extensive network of facilities at club and county level are equipped to follow best practice across the five pillars of Energy, Water, Waste, Biodiversity and Travel and to ensure we play our part as community leaders in environmental sustainability. After two years of hard work I want to thank all the organisation who collaborated on this initiative and look forward to the Green Club Toolkit being put into action by clubs at home and abroad."

Eamon Ryan, Minister for the Environment,



Climate and Communications was quoted as saying: "The Department of the Environment, Climate, and Communications is delighted to support the GAA in its Green Club Programme. The GAA is at the heart of every community and parish in the country. Climate change is often seen as a global challenge but it's very much a local challenge, something that we can all do something about – right here, in our parish, in our clubs."

"The GAA Green Club Toolkit is an invaluable tool that identifies practical local solutions to this global challenge. It works because it doesn't section climate action off – it stitches it into every day life, every day sport, every day community development and enrichment.

The leadership shown by the GAA at national, regional and local level is captured in the inspiring case studies that bring this excellent resource to life. I'd like to acknowledge the work that all the contributors made to this resource and applaud their success in translating

the Sustainable Development Goals into meaningful action through the Green Club Toolkit. I look forward to following the positive impact that the Green Club Programme makes in clubs and communities across Ireland"

Speaking at the launch in Croke Park, Liam Bergin, Dublin City Council and member of the CCMA Climate Action Waste and Transport Networks Committee said: "The Green Clubs Programme has been supported by the Local Authority sector since its inception, with Carlow County Council as a Sustainable Development Goals champion, and we are delighted that the expertise of the Climate Action Regional Offices (CAROs), the Regional Waste Offices and the Local Authority Water Protection Offices (LAWPROS) working with other expert partners has contributed to developing the supports and guidance for clubs in this Toolkit which is being launched today."

For more information visit <https://greenclubs.gaa.ie/>

ENERGY SAVING TIPS FOR GAA CLUBS

THIS WINTER WILL BE A CHALLENGING ONE FOR GAA CLUBS. AS ENERGY COSTS CONTINUE TO RISE, MANY CLUBS WILL STRUGGLE TO MEET THE COST OF KEEPING THEIR SPORTS AND COMMUNITY ACTIVITIES RUNNING AS THE DAYS GROW COLDER AND THE EVENINGS DARKER. THE GAA GREEN CLUB PROGRAMME HAS SOME ADVICE FOR CLUBS LOOKING TO CUT DOWN ON ENERGY COSTS AND TO REDUCE THE CARBON FOOTPRINT OF THEIR CLUB ACTIVITIES.

Start by understanding your energy usage and then take action with low-cost quick wins, moderate cost retrofits, and investment projects for long-term savings.

Start by Understanding your energy use

Review your energy bills

Draw up a simple table or list of costs and quantities (e.g kWh, litres) for all the club's energy and fuel bills – electricity, gas, generator diesel, machinery fuel (e.g. pitch and maintenance equipment), etc.

Why?

To make immediate savings where current tariffs and charges are not set appropriately.

To identify opportunities for saving.

To establish a baseline that will highlight unusual spikes in usage.

Top Tip: Check if the MIC on your bill is right for your club. You will have an agreement with your supplier on the maximum amount of electricity that can be supplied to your premises at a given time, known as the Maximum Import Capacity (MIC). If the MIC is set too high, your club might be paying more than necessary in each electricity bill. If set too low, your club could face a substantial excess capacity charge each time you go over the agreed MIC.



Take your own meter readings

Nominate someone to take and record meeting readings at key times and regular intervals.

Why?

To identify what your club's major electricity users are.

If your bill is estimated, to show if your club is being charged correctly or not.

To show spikes or unexpected patterns in usage.

Take Action with:

Low-cost quick wins.

Significant savings at moderate cost.

Long-term investments.

Low-cost quick wins – Increase energy efficiency**Lighting**

Nominate someone from each team and committee as well as outside user groups to take responsibility for turning off the lights in changing rooms, toilets, the gym, and meeting rooms after use.

Plan floodlighting and other exterior lighting (e.g. carparks, walkways, security lights) timings in advance to save energy and money.

Space & Water Heating

Communicate with team management, club users, and match organisers in advance to confirm that showers will be in use and at what time they will be needed before turning on water heating.

Ensure heating is timed or turned on only for rooms that are in use and only for the period needed.

Identify and block off draughts and avoid leaving windows and doors open when heating is in use.

Lowering the heating by one degree could save your club 10% on heating costs

Equipment Use and Maintenance

Regular servicing and checks of, e.g., boilers, generators and pitch equipment will save on fuel and energy.

Running dishwashers etc only when full will save on energy and water.

Top Tip: For clubs in the 26 counties, membership of a Sustainable Energy Community (SEC) will give your club access to expert energy advice and support in accessing energy grants. Check if there is an existing SEC in your area or partner with community groups in your area or other GAA clubs in your county to set one up.

<https://www.seai.ie/community-energy/sustainable-energy-communities/sec-map/>

<https://www.seai.ie/community-energy/sustainable-energy-communities/start-an-energy-community/>

Clubs in the North can also learn about other energy saving and funding opportunities through the NI Sustainable Energy Programme and by keeping updated on the 'Path to Net Zero' Energy Strategy

Significant savings at moderate cost – insulate and upgrade**Insulation**

Insulating attics, walls and/or floors will save on heating cost.

Up to 30% of heat can be lost through your clubhouse roof, with up to 30% lost through walls and 10% through floors.

Grants for insulation are available through the Sustainable Energy Authority of Ireland.

Insulating water pipes inside and out will save on water heating and will protect pipes from freezing in winter.



**SUSTAINABLE
DEVELOPMENT
GOALS**

• ENERGY • WATER • WASTE
• BIODIVERSITY • TRANSPORT

Interior Lighting Upgrades

Upgrading interior lighting to LED will result in immediate cost savings and lower maintenance costs.

Timers and Sensors

Installing sensors and timers on lighting and heating will result in energy savings for your club.

Top tip: Independent expert advice, from qualified persons among your club membership or from a contracted third-party consultant, will help you identify the most suitable opportunities and investments for your club, will help you calculate pay back and energy savings, and will give you access to information on grants and funding available to the club. Mentor advice is also available through the SEAI's Sustainable Energy Community programme.

Invest for long-term savings**Floodlighting LED Upgrade**

Upgrading your pitch floodlights to LED will see your club use up to three times less energy on pitch lighting and will save significantly on maintenance costs.

Solar Generation

Installing solar PV panels on your clubhouse could be a viable way for your club to produce green electricity and save money on your energy bills.

See

<https://www.seai.ie/technologies/solar-energy/> and <https://www.seai.ie/publications/SEAI-Solar-PV-Guide-For-Business.pdf> for more details.

Heating Upgrades

Heat pumps are a highly efficient way of heating a building and can result in considerable cost savings for clubs that have high heating bills.

Heat pumps will only be cost effective and energy efficient where your clubhouse is already highly insulated, and they must be correctly sized for your club use.

Talk to your Sustainable Energy Community Mentor or ask an independent expert for advice.

IS YOUR CLUB WINTER READY?

THE CLOCKS HAVE GONE BACK AND AS WINTER APPROACHES THE RISK OF DAMAGE AT CLUB PROPERTIES AS A RESULT OF SEVERE WEATHER INCREASES. PREPARATION IS KEY TO MINIMISING DISRUPTION DURING SUCH EVENTS.

All units should pay attention to weather warnings where the latest updates can be found on Met Eireann. Clubs should also pay attention via local radio to any local warnings which may be in effect for certain areas. In winter the expected main impacts will include high winds, heavy rainfall and an increased risk of flooding.

These warnings are in place for a reason - to protect lives and mitigate property damage. If clubs have any planned activities for example underage training sessions, scheduled to take place during the weather warning, the activities should be cancelled where appropriate. If you proceed with holding the activity, you are putting the lives of members, visitors such as parents coming to collect children and the club property in danger. A common sense approach should be taken.

Below are some of the most common claims which have arisen at GAA properties as a result of previous weather incidents /storms:

- **Ball Stop Nets:** It is a condition of Property Insurance cover that retractable nets are retracted when not in use. If your nets are retractable they need to be retracted & secured now.
- **Roof tiles & Roofs:** These are easily blown off in severe weather, and



gutters and fascia's can also sustain some damage. Roofs in stands have also suffered damage in previous storms.

- **Fallen trees and building damage:** Trees are currently in full leaf with a large surface area, so even moderate strength winds can bring down weakened trees and/or tree limbs. Some trees may already be compromised due to saturated soils at the moment and during wind warning some disruption due to falling trees/branches is likely. Heavy rain, coupled with falling leaves may block drains and gullies, leading to surface flooding.
- **Flooding:** If your club property is located in an area where a flood warning is in effect it might be worth investing in some sandbags and/or flood barriers to protect your property, particularly if you live in a flood risk area.
- **Broken glass:** Glass in windows can be damaged by severe winds or flying objects. Take care if trying to remove the glass, wear protective gloves and eye goggles.
- **Boundary walls and fencing:** collapsing in storm weather

Preparation:

- The best thing you can do at any time of the year is to make sure your property is well looked after. Property Insurance is not a maintenance cover and damage to property where the underlying cause of loss is determined to have occurred due to a lack of regular maintenance and/or upkeep will not be covered by property insurance
- Retract Ball Stop Nets: It is a condition of Property Insurance cover that retractable nets are retracted when not in use. If your nets are retractable they need to be retracted & secured now
- Check your roof regularly: Roof tiles should be checked once a year, and again after a severe storm, to make sure no tiles have come loose. Loose tiles could cause damage to your property or neighbouring property. Look for loose or missing tiles, crumbling pointing or

any other signs of damage. Also ensure any television aerials and satellite dishes are securely attached. Professional contractors should only be engaged to carry out such works

- Check and secure your fencing and check boundary walls: Secure all fences, gates or posts on your property and regularly inspect boundary walls. These can cause severe damage to club property and neighbouring properties if blown away in a storm
- Check any trees on the property and remove hazardous branches: Cut down loose or overhanging branches, particularly those close to windows or power lines. Professional contractors should only be engaged to carry out such works
- Keep gutters clear of moss and leaves: If your gutters overflow during a downpour, it's time to give them a good clean. Remember to make sure they're securely fixed in place once you've finished. Professional

contractors should only be engaged to carry out such works

- Property Generally: Secure any loose objects such as portable goals or ground maintenance equipment which could be blown. Items must be locked away or safely secured at all times
- Windows and doors: Close and lock all windows and doors securely
- Services - ensure you know where water, gas and electricity mains are, should you need to turn them off or on at any stage. Have contact numbers available for professional contractors should services be required

Professionals perform many of the above jobs for a reason. If a task involves any hazardous activity such as working at heights, use of ladders, working near power lines, or use of power tools you must engage bone fide contractors to carry out such works.



After a Weather incident /Storm:

- If your property has been affected by a weather event / storm, it can be frightening, but do not panic; there are some steps you can follow.
- Be careful: The most important thing is that you look after your safety. Do not touch cables which may have been blown down or are hanging. If your property has suffered damage, proceed with caution do not walk too close to buildings or trees that may have been weakened. Check for damage from a safe distance
- Take photos: From a safe distance, take photos of any damage that occurred. Make a list also, as this will be useful for your insurer to process any claims more smoothly
- Report the damage: if your property suffers damage all claims can be reported to Marsh Ireland via email at propertyclaimsgaa@marsh.com or to sinead.leavy@gaa.ie or ciara.clarke@gaa.ie. Details on property insurance policy excesses are in the policy document
- Keep receipts: If you make any emergency repairs such as roof repair or glass replacement you must retain these receipts

Make decisions in the best interest of the club – do not reopen your club to normal club activities until it is safe to do so, be safe not sorry.

Weather Warnings

Yellow

Not unusual weather. Localised danger.

Orange

Infrequent. Dangerous/disruptive.

Red

Rare. Extremely dangerous/destructive.

GAA PLAYER WELFARE CHECKLIST

HURLING HELMET SAFETY

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:355 or another replacement standard as determined by the National Safety Authority of Ireland (NSAI).



REMEMBER: It is the player's responsibility to wear a helmet with a facial guard that meets the standard.

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.

The following helmet manufacturers currently provide products which meet the standards set out in IS:355 or other replacement standard as determined by the National Safety Authority of Ireland (NSAI).

- Mycro
- Azzuri
- Cooper.ie
- Marc Sports
- O'Neills
- Atak Sports

Once the helmet or faceguard is modified in any way, the player is playing at an increased risk of injury and not covered under the terms of the GAA Player Injury Benefit Fund.

Safety tips when purchasing helmets:

1. Buy from a reputable source
2. Be wary of social media marketplaces
3. Check your helmet for a CE mark (conforms to EU safety requirements)
4. Do not modify your helmet

If your helmet does not meet the required safety standards, you could suffer:

- Facial Injury
- Concussion
- Eye Injury

Additional information - <https://learning.gaa.ie/mouthguardshurlinghelmets>

MOUTHGUARDS



The key points for players and parents/guardians to be aware of regarding mouthguard use are as follows -

- All Gaelic footballers must wear a mouthguard in all training 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

Further information on mouthguard use within the GAA can be found here - <https://learning.gaa.ie/mouthguardshurlinghelmets>

CONCUSSION AWARENESS & PROTOCOLS

Clubs are reminded that concussion guidelines and educational resources, including a bespoke eLearning course, are available on the GAA Learning Portal. It is important that club members, players, coaches, referees, and parents familiarise themselves with these resources in the event of a suspected concussion during Gaelic games activity.

Resources can be accessed [here](#).



DEFIBRILLATORS

Clubs are reminded to "ACT" to ensure heart safety at their facilities as a new season begins.

Accessible – make sure that your defibrillator is stored in an area where ACCESS is not restricted, remember time is critical. Specialised units are available for outdoor storage.

Charged – Ensure that your defibrillator is fully CHARGED and that self-tests have passed by carrying out weekly inspections. Ensure that your battery and pads (pad-paks) have not reached their expiry date.

Trained – Ensure there are enough TRAINED rescuers to respond anytime the Clubhouse or pitches are occupied.

Updated defibrillator guidelines are available for clubs via this [link](#).



ANTI-DOPING AWARENESS

Since 2001 the GAA have been drug testing players as part of an agreement with the Irish Sports Council (now Sport Ireland) and their policy to cooperate with the international anti-doping campaign administered by the World Anti-Doping Association (WADA). The GAA believes that doping is contrary to the spirit of sport and every member has a duty to ensure that Gaelic games are free of doping.

All GAA members are subject to the Anti-Doping Rules as adopted by the Sport Ireland (Rule 1.16 GAA Official Guide 2021). While any player may be selected for testing, there is a particular focus on testing regarding Inter-County players.

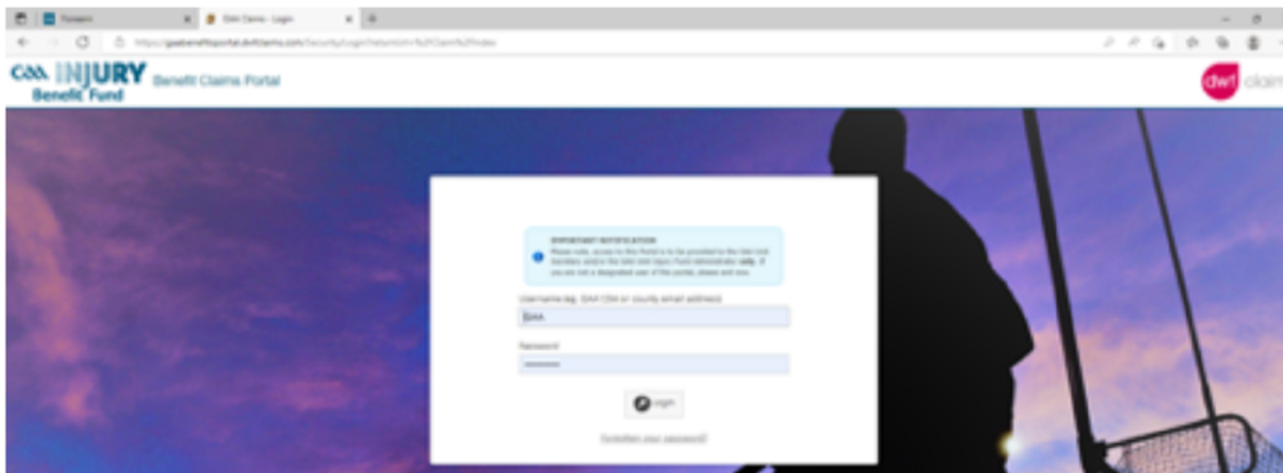
The GAA advises all members to read and understand the Anti-Doping Rules and to understand their responsibilities under the rules. The consequences of not adhering to Anti-Doping Rules can be severe for players and their support personnel such as coaches and parents; therefore, it is critical that any questions/concerns be clarified with either the GAA or Sport Ireland.

Up to date information with regard to the GAA and Anti-Doping can be accessed [here](#).

PLAYER INJURY FUND

GAA INJURY BENEFIT FUND – IMPORTANT POINTS

- All GAA Injury Benefit Fund claims are notified online via the GAA DWF Claims portal.
- All Claims must be notified within 60 days of the injury date, the injury date is day 1
- No appeals will be considered for any unit which has failed to notify the claim within the required 60-day notification time frame.
- The claims portal is built in accordance with the terms of the Fund – If a unit goes to log a claim for an injury that occurred more than 60 days from the injury date, an error message will come up advising that the claim is outside the terms of the Fund.
- As part of the logging of the claim, a unit is asked to confirm that the information in relation to the injury is all true and correct
- If it is established that a unit logged a false date of injury to bypass the 60-day notification requirement, the claim will be declined, and no appeals considered
- If the injured player is not on Foireann as a registered playing member at the time of the injury, there is no cover available under the Fund
- GAA Injury Benefit Fund cover year is from June 1, 2022 – May 31, 2023, the 2023 GAA membership year is separate and commences on January 1, 2023, all playing members must be registered for 2023 on Foireann to ensure cover is in place in the event of an injury in 2023.
- The March 31st date in rule has nothing to do with eligibility for cover under the GAA Injury Benefit Fund. The March 31 date relates to eligibility to vote at an AGM only.
- All queries in relation to accessing the claims portal need to be directed to DWF Claims InjuryFundGAA@DWFClaims.com or telephone 01 790 9455
- **GAA Injury Benefit Fund** – this is the link on gaa.ie to the GAA Injury Benefit Fund information which includes the 2022 Summary document that outlines the full terms and benefit of the Fund as well as a user guide for the claim's portal.
- The **GAA Injury Benefit Fund** is not an insurance product – it is a benefit fund in place to support registered playing members as per the terms and benefits of the Fund. It is each player's personal responsibility to ensure that they have adequate covers in place.



EIGHT ALL-IRELAND CHAMPIONS CROWNED AT 2022 SCÓR SINSIR FINALS

THIS YEAR'S SCÓR SINSIR ALL-IRELAND FINALS TOOK PLACE LAST NOVEMBER 12TH BEFORE A PACKED CROWD IN CASTLEBAR'S ROYAL THEATRE. RINNEADH IONADAÍOCHT AR 34 CLUB AR FAD AGUS AR 18 CONTAE AG NA BABHTAÍ CEANNAIS SEO – DEICH gCLUB AS CÚIGE LAIGHEAN, NAOI gCLUB AS CÚIGE ULADH, OCHT gCLUB AS CÚIGE MUMHAN AGUS SEACHT gCLUB AS CÚIGE CHONNACHT.

After a fantastic day's entertainment, the participants and clubs below were crowned All-Ireland Champions. There were four titles for Munster, three for Ulster and one for Leinster. Kerry's CLG Ghníomh Go Leith were particularly happy after taking home two titles.

Catch up on all the action at this this year's finals at the following [link](#).

Na Buaiteoirí

Tráth na gCeist – Mónalín, Luimneach
Rince Foirne – An Caisleán Nua, Tiobraid Árann

Amhránaíocht Aonair – Marc Ó Laoire, Gníomh go Leith, Ciarraí

Aithriseoireacht – Donal Ó Muireagáin, Carraig an Chropáin, Ard Mhacha

Bailéad Chrúpa – An Ghlasdromainn, An Dún

Nuachleas – Eiméid Charn an Bhua, Cill Mhantáin

Ceol Uirlise – An Mullach Bán, Ard Mhacha
Rince Seit – Gníomh go Leith, Ciarraí

Meanwhile, the following dates have been confirmed for the Scór na nÓg 2023 provincial and All-Ireland Finals. Beidh

Marc Ó Laoire ó CLG Ghníomh Go Leith Ciarraí ag casadh sa chomórtaas amhránaíochta aonair



Babhtaí Ceannais Uladh agus na Mumhan ar siúl ar an Satharn, 15 Aibreán agus beidh Babhtaí Ceannais Chonnacht agus Laighean ar siúl an lá arna mhárach, Dé Domhnaigh, 16 Aibreán. Is ar an Satharn, 6 Bealtaine, a bheidh Babhtaí Ceannais Ceannais na hÉireann ar siúl san INEC, Cill Airne ar 3.00pm. The Scór na nÓg 2023

All-Ireland Finals will take place in the INEC, Killarney, on May the 6th at 3.00pm.

Scór na nÓg 2023 Munster Final, Saturday, 15th of April, 2023

Scór na nÓg 2023 Ulster Final, Saturday, 15th of April, 2023

Scór na nÓg 2023 Connacht Final, Sunday, 16th of April, 2023

Scór na nÓg 2023 Leinster Final, Sunday, 16th of April, 2023

Scór na nÓg 2023 All-Ireland Final, Saturday, 6th of May, 2023

55 BONN FSMD BRONNTA AR CHLUBANNA CLG

BHRONN AMBASADÓIR GAEILGE CHUMANN LÚTHCHLEAS GAEL, PAUL CONROY, AGUS PAT CAREY, CATHAOIRLEACH GHLÓR NA NGAEL, 55 BONN AR CHLUBANNA CLG MAR AITHEANTAS AR A GCUID OIBRE AGUS AN GHAELIGE Á CUR CHUN CINN ACU INA GCUID CLUBANNA. BA I BPÁIRC AN CHRÓCAIGH A BHÍ AN ÓCÁID BHRONNTA OÍCHE DÉ HAOINE SEO CAITE, 2 NOLLAIG.

Bronnadh an méid is mó bonn riamh ag ócáid na bliana seo, rud a tharla go díreach mar gheall ar an ardú suntasach atá tagtha ar rannpháirtíocht sa scéim go náisiúnta. Sé bhonn chré-umha agus tríocha a bhronnadh ar an oíche, chomh maith le sé bhonn airgid déag agus trí bhonn óir. Ina hóráid ar an oíche, mhol Gráinne McElwain, Cathaoirleach Choiste Náisiúnta Gaeilge CLG, an obair atá déanta ag na clubanna. Dúirt sí go raibh rian na Fondúireachta le feiceáil i gclubanna de chuid CLG ó cheann ceann na tíre – idir chomharthaíocht Ghaeilge, laethanta teaghlai, ranganna Gaeilge, tráthanna ceisteanna agus go leor eile.

Dúirt Caitriona Nic Seoin, Bainisteoir Forbartha le Glór na nGael, go bhfuil athruithe suntasacha tagtha ar an scéim le bliain anuas agus go bhfuil béim ar leith á cur ar an ngluaiseacht náisiúnta agus an ar an gcomhpháirtíocht idir chlubanna. Baintear seo amach trí fhórait rialta idir chlubanna, comhimeachtaí le comhairlí áitiúla, agus Blitzchomórtas Náisiúnta na Fondúireachta, atá tosaithe i mbliana.

Rinne sí comhghairdeas ach go háirithe leis na trí chlub a bhain bonn óir amach

in 2022, agus dúirt sí go raibh na moltóirí iontach tógtha leis an tiomantas agus leis an dílseacht a léirigh siad don Ghaeilge, agus leis an gcomhoibriú lena gcuid pobal áitiúil.

Is in ómós do Sheosamh Mac Donncha (1953-2016) a ainmníodh an Fhondúireacht nua seo. Fear le háireamh a bhí i Joe a bhain go leor amach dó féin 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. Thíos tá liosta de na clubanna uilig ar bhronnadh duaiseanna orthu.

Bonn Óir:

*Cumann Iománaíochta Bhearna /Na Forbacha, Gaillimh
Na Gaeil Óga, Áth Cliath
Toigh Chonnachta, An Dún*

Bonn Airgid:

*Droichead Mhaigh Eo, An Dún
Eoghan Rua, Cill Chua, An Dún
Ard Ghlais, An Dún
Lámh Dhearg, Aontroim
Ruairí Óg CLG, Bun Abhann Dalla, Aontroim
Raonaithe na Croise CLG, Ard Mhacha
Cill Uird CLG, Corcaigh
Mungairí Naomh Póil CLG, Luimneach
Tír na nÓg CLG, Aontroim
Roibeard Eiméid CLG, Sleacht Néill, Doire
Naomh Columba CLG, Gleann Cholm Cille,
Dún na nGall
Éire Óg CLG, An Charraig Mhór, Tír Eoghain*



Cathaoirleach Ghlor na nGael, Pat Carey, agus Ambasadóir Gaeilge CLG, Paul Conroy, in éineacht le baill de Chumann Iománaíochta Bhearna - Na Forbacha

*Peil na mBan Charna, Gaillimh
An Spidéal CLG, Gaillimh
Oileáin Árann CLG, Gaillimh
Na Mistéalaigh CLG, Caisleán an Bharraigh,
Maigh Eo*

Bonn Cré-umha:

*An Craobh Rua CLG, An Bearach, Tír Eoghain
Naomh Feichín, Lú
Áth Troim, An Mhí
Conn Mag Aoidh, Aontroim
Mair Uilín CLG, Aontroim
Oirthear Bhéal Feirste, Aontroim
Clann Éireann, Ard Mhacha
Clogthithe Lusca, Áth Cliath
Naomh Eoin, Baile an tSaoir, Áth Cliath
Cill Mochuda Ná Crócaigh, Áth Cliath
Teach an Dá Mhíle, Cill Dara
Áth Í, Cill Dara
Cill Droichid, Cill Dara
Fíodh Alúine, Cill Dara
Na Magha CLG, Doire
Naomh Colm CLG, Baile na Scríne, Doire
Naomh Mhuire CLG, Nua Chongbháil, Doire*

*Gaeil Fhánada, Dún na nGall
Gaeil Leitir Ceanainn, Dún na nGall
Gaeil Inis Ceithleann CLG, Fear Manach
An Chéad Chumann CLG, An Baile Nua,
Fear Manach
Cumann Mhig Uidhir, An t-Iompú, Fear
Manach
Uí Chonaill CLG Doire Uí Loin, Fear
Manach
Seamrógá Tigh Mór, Fear Manach
Naomh Pádraig CLG, Domhnach, Fear
Manach
Dún Mhór Mhic Eil, Gaillimh
Cinn Mhara, Gaillimh
Cathair Loistreáin CLG, Gaillimh
Áth an tSléibhe, Luimneach
Dún Bleisce, Luimneach
Áth Dara Peil na mBan, Luimneach
Áth Dara Camógaíocht, Luimneach
Coillte Mach CLG, Maigh Eo
Naomh Pádraig CLG, Domhnach Mór, Tír
Eoghain
An Clochar Éire Óg, Tír Eoghain
Piarraig an Ghallbhaile, Tír Eoghain*

By Cian Murphy

ANTON O'TOOLE DOCUMENTARY PULLS AT THE HEARTSTRINGS

THEY SAY YOU CAN TELL A LOT ABOUT A MAN BY THE COMPANY HE KEEPS. WELL, THERE'S A SCENE IN THE UPCOMING TG4 DOCUMENTARY ON ANTON O'TOOLE THAT CAPTURES THIS PERFECTLY AND SUMS UP THE EFFECT THAT THE DEARLY DEPARTED DUBLIN HERO HAD ON THOSE CLOSEST TO HIM.

It's a hospital waiting room in Beaumont and Anton is getting the results of a scan. The chances are the results will not be good. There for moral support sitting either side of him are half a dozen of the greatest footballers ever to grace Croke Park – team mates from the iconic Dublin side of the 70s there with him as they were on the field of play – all for one and one for all.

Over the next hour you get to see what it is that made that group tick and it was less to do with football and everything to do with their commitment to each other.

It's important at this point to make a disclosure and indeed an admission of a conflict of interest.

This writer features in the doc. Mercifully it is brief as in, blink and you'd miss it, and so not a reason to shy away from what has been a beautifully stitched together piece by Bankos Tales Productions.

It was a pleasure and a privilege to sit in the same dressing room and be coached by Anton O'Toole, someone who has had a seismic impact on my life on and off the field.

The arrival of Gaelic games in my consciousness coincided with the Sam Maguire success of 1983 and my introduction was seeing Anton bring the shining cannister into the school yard into a mobbed Synge Street CBS a few weeks later. In those days Synger was a school for 1,500 boys and to have one of ours in Anton not just play for Dublin but win four All-Irelands in a rock and roll era made it as big as it could get.

Not long after I encountered Anton again, in typical fashion slipping into Dolphin Park unnoticed and away from any fuss or fanfare. We were Under 10s taking penos and spotted him and asked him to take part. It being my turn to stand in goal I stopped his side-footed kick – knowing now in my own winter plumage that it was a purposely feeble effort that any adult would make. But I went home and told my parents I had stopped an Anton O'Toole penalty and that was it, for the next 30 years I tried to replicate that act and collected muck from just about every one of the 90 or so club goalmouths around the capital.

Anton would give me and a handful of my friends our chance to play senior at 18 and nearly 20 years later I got to repay the favour and play a very small part in Templeogue Synge Street winning an intermediate championship when he was also in charge.

Not long after he gave me my senior football debut, I got the sort of break that journalism students write letters to Santa

for. Journalism is bizarre in the sense that most of those involved will tell you that in truth, they needed more luck than talent to make their way.

My break came when the *Evening Press* needed some Dublin GAA copy in the run up to the Dublin v Down 1994 All-Ireland final. I rang Anton to see if he could give me a dig out. 'Any time, no problem, just don't ever do any of those where are they now pieces – I hate them.' The Press ran the piece, I had a foot in the door and I was on my way.

Anton altered my path on and off the field. But that's not what was important. Any time and every time you met him, Anton just made you glad you were alive.

It's hard to put a finger on what it was exactly. He was shy and would run a million miles away from smoke blowing and back slapping. Yet at the same time, he was magnetic in that people were drawn to him, the easy smile and the good humour,

self-deprecating and honest. Anton would put you in good form, for no other reason than you bumped into him.

Whatever it was exactly – it is here in this documentary. It is in the tears that roll softly down the cheeks of the great David Hickey; a man who is clearly waging and raging his own battle against the dying of the light and is adamant that Anton be remembered as one of the greats. Alan Larkin, Paddy Cullen, Fran Ryder, Bobby Doyle, Stephen Rooney and teammates gathered for a cliff-top picnic to remember not just a teammate but a friend.

There are also considered but heartfelt and genuine contributions from Tony Hanahoe and Brian Mullins, himself now also sadly residing up on the Hill 16 in the sky next to Kevin Heffernan, Anton and Mick Holden.

As a contribution to history this documentary is invaluable because there



are rare glimpses into the mindset of the team that rescued the GAA in Dublin almost 50 years ago. Though many have tried, the Dubs of that era repeatedly refused to do books and neither fear nor favour wooed them. The closest thing to the book of revelations is the superb David Walsh magazine article in *Magill* of 40 years ago but even that too, is now hard to come by.

But against the backdrop of celebrating Anton O'Toole the chinks in that old armour are there. The hurt that still crackles in them over their 1975 All-Ireland final loss to Kerry and the regret over team selection and in having trained for 10 days straight before the game is

clearly evident and insightful. And there is a delightful debate on the prospect of what would happen if the Dubs of the 70s met the six-in-a-row winning Dubs of today. They leave the last word on it to Anton, but I won't spoil it for you.

In recent weeks John Bridges of Synge Street, the club teammate and friend who christened him 'The Blue Panther' has also passed on. Toole wasn't really into the nickname, not because it was a nickname but because it was fuss and he was always about actions speaking louder than words.

Whatever it was about Anton it's there in the faces of his friends and clubmates Mary Black, and Roy Curtis and in the

conviction that Eoghan O'Gara said gripped him to make sure he got in to see him and say thank you before he slipped away, and it's there in the teary-eyed Glenn Hansard in the clip that went viral of Anton being serenaded by buskers as he wandered up Grafton Street during his last Christmas in 2018.

Like O'Gara, a lot of Anton's important work in sky blue was in making space and creating opportunities for others to profit. But there's no shortage of footage both old and new which leaves you in no doubt but that the Blue Panther and those famous rugby boots were capable of sublime scores in their own right – and it says something that Kerry legend

Ger Power made it his business to travel up from Tralee to fondly pay his tribute to his former adversary.

Ultimately this is an hour well spent not really about sport. It is about love, the love of a great but more importantly one of God's good ones. A gentleman and a gentle man.

We are blue, we are white, we are Synger dynamite.

Síngé abú, Anton abú

Le grá i gcónaí

Anton O'Toole - Finscéal de Shaol GAA, will be broadcast by TG4 on Thursday, December

By John Harrington

GAELIC GAMES EUROPE PRIORITISE YOUTH DEVELOPMENT

A RECENT FORUM FOR YOUTH COACHES HELD BY GAELIC GAMES EUROPE AT THE IRISH EMBASSY IN BRUSSELS FOCUSED ON HOW BEST TO CONTINUE GROWING THE GAME AT YOUTH LEVEL ON THE CONTINENT.

There has already been significant youth development in recent years, most notably in Brittany and Galica, and the forum provided an opportunity for coaches all over Europe to connect with one another and learn what has worked best for others.

“We’re trying to put some momentum and energy behind it because it’s something we really want to focus on long-term,” says Gaelic Games Europe Chairperson, John Murphy.

“There was a great buzz at the coach’s weekend. We had two hours the first morning with Mickey Quigg, the former New York GAA Games Development Officer. He walked us through some drills because one of the challenges we have is how do you skill up or down drills when you’re working with kids of multiple ages.

“If you have five U10s, two U12s, and a few U8s, how you match them up with drills or make them more simple where required. So Mickey walked us through that.

“We went to the Embassy for lunch and then we did different talk pieces. I presented our new strategic development plan for the county and the specific focus we’re going to have on youth going forward.

“We then did a piece about how you can

create a more inclusive focus on getting more girls playing Gaelic games. Mickey Quigg presented that.

“Our new Youth Officer, Pearse Bell from Vannes, who has been a driving force behind Féile, presented on how you get sponsors involved in youth development.

“Our Coaching and Games Development Officer, Alexandre San Martin Costa talked about the huge success of the Galician Schools project in order to give some detail to people who might be interested in doing the same.

“Tadhg Dunne from Luxembourg GAA spoke about how they have around 90 kids coming out to train, which is incredible, and how they have male and female coaches at each age-group.

“The ambassador spoke about their mission in Belgium and what the DFA focuses on which gave us some good insight because it’s important to have that connection.”

Because the numbers playing youth Gaelic games in Europe continues to grow, GGE are putting a big effort into developing and upskilling more and more coaches.

And to ensure more youth players continue along the player pathway from adolescence through their teenage years and then into the adult grade, they also intend to organise more competitive matches at youth level.

“There’s a lot of involvement and enjoyment in that U6 to U12 age-group



Coaches pictured at the Youth Coach Forum held by Gaelic Games Europe recently



The Brussels team who were crowned John West Féile Peile na nÓg European champions this year

and at the age of U12 and beyond the kids want a bit of competition,” says Murphy.

“So absolutely our focus will be to have more and more tournaments or even friendlies where one club comes up to another or multiple clubs have blitzes.

“One of the reasons we had that weekend was to facilitate that network. When you know what the other person is like at the end of the phone it makes it a lot easier to organise that friendly or tournament.

“This weekend we were already nailing down a date for doing something in France at the end of May next year. So, yeah, the aim is more tournaments at all age-groups and also growing the Féile. That was a great success for us in its pilot year this year.

“The feedback was so overwhelmingly positive that I think it will become a central part of our youth calendar going forward. It’s a great opportunity for kids to compete both in Europe and then in Ireland.”

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.

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