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NUACHTLITIR



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# TEACHTAIREACHT ÓN UACHTARÁN

## HEALTH IS WEALTH

### **ANOTHER FOUR WEEKS INTO THIS GLOBAL PANDEMIC AND ITS DEVASTATING EFFECT IS EVERYWHERE TO BE SEEN.**

At the time of writing, there are more than 1400 people dead on the island of Ireland, hundreds of new cases confirmed every day and no end in sight.

Despite this, authorities are looking at some possible easing of the restrictions which have become part of our lives since mid-March.

However, as a GAA community it is important that we continue to play a very important role in the health and welfare of the nation.

Amid all the speculation about the possibility of there being any form of Gaelic games being played in 2020, there is the important fact that public health is more important than any return to play protocol.

Health is wealth and the GAA won't be interested in compromising this.

So, while it may be the case that in the coming weeks there are some easing of restrictions in society – the GAA remains a long way off a return to training and matches at club or county level.

**The health authorities would first need to deem it safe for contact sport to resume. There is no indication that this declaration is imminent.**

As an Association, we have said that our

preference would be to play a period of club games only before contemplating an inter-county fixture programme. It means it is likely there will not be any activity before August or September.

To allow the Association to possibly play inter-county Championships in a new schedule and in a new timeframe, a Special Congress was required which granted us the power to do that.

Sadly, this doesn't make a return to games any more imminent.

There cannot be lives of players at club or county level put unnecessarily at risk. This applies too with people who might also attend games.

Our bottom line is that we will not be in a position to return until the health authorities deem it safe to do so and that permission is still several months away.

It's a challenge for the GAA at national and local level.

Whenever the time to return comes, the reality is that championships at county and club level will be different and the timeframe in which to play them will be short. But we will be resilient, and we will cope when that time comes.

The time isn't right for it to happen just yet and we must still be patient and must continue to observe all of the requirements which have helped battle the virus until now.

As a community, the tireless effort of GAA

clubs continues to be a source of pride and inspiration in equal measure.

Whether it is fundraising, coaching remotely or continuing to help the vulnerable in isolation in our localities, the collective effort has been a powerful expression of the compassion and community spirit of Irish people and is replicated among our network of more than 400 clubs all over the globe where our Diaspora are using our network to rally and support each other too.

That effort should not be allowed to be all in vain.

To return prematurely to action would be reckless and disregard all of the effort and sacrifice which has been invested by so many.

There will be games again some day and the GAA will come back stronger than ever. If we stay the course, we have a chance to make sure we return with so many of our friends and family who remain at risk while this crisis continues.

Let's continue to play our part. Continue to stay safe and continue to hope.

Ar son Chumann Lúthchleas Gael, go raibh míle maith aghaibh.

Seán Ó hÓráin

Uachtarán CLG



# CROKE PARK CYCLING TEAM TO 'TACKLE' MALIN HEAD TO MIZEN HEAD FOR THE MATER FOUNDATION. GAA DIRECTOR GENERAL TO LEND HIS SUPPORT



**A GROUP OF CROKE PARK STAFF WILL UNDERTAKE A 'STATIONARY' CYCLING CHALLENGE TO RAISE MUCH NEEDED FUNDS FOR OUR FRONTLINE STAFF IN THE LOCAL MATER HOSPITAL.**

The group will attempt to cover 630km - the distance from Malin Head to Mizzen Head - within 24 hours using their turbo trainers and bike computers from the safety of their own homes.

The initiative will take place on Saturday next, May 2 and Sunday May 3 involving eight cyclists.

The first cyclist will 'set off' at 7.0am on Saturday for the first of three stages and there will be a changeover every hour before the final stint closes out the exercise the following morning at 7.0am.

The cyclists are being challenged to complete 26km in each of their one-hour stints.

Raising funds and awareness for our Croke Park neighbour (The Mater Foundation) is the aim of the venture, and the act of cycling at home will hopefully renew the importance of the 'Stay At Home' message that GAA has supported since the outbreak of the current pandemic.

The cycling group includes the following staff members: Alan

Milton, Cian Murphy, Kevin Leahy, Kevin Sexton, David Sweeney, David Power, Paul O'Donovan and Ard Stiúrthóir Tom Ryan and they need your support to raise both awareness and support for these most worthy of causes.

#### WHEN?

Saturday May 2nd - Sunday May 3rd (24 hours).

#### WHY?

To Raise much-needed funds for the Mater Foundation which will help provide equipment during these hugely challenging times.

#### HOW?

Eight GAA Staff Members will use indoor cycling trainers with bike computers and will be allotted 3 x 1 hour time slots each with the aim of achieving a total distance of 630km within 24 hours.

How can you help support this cause?

1. By giving whatever you can using the 'Give Now' button via the below link.
2. The more people that know about The Mater Foundation, the greater their impact, so please also spread the word by sharing the below link with your friends and family.
3. Please interact with the event on social media via the Croke Park and GAA channels (Twitter, Facebook, Instagram etc.).

4. <https://give.everydayhero.com/ie/gaa-stay-the-distance-malin-to-mizen-indoor-charity-cycle>

Thank you in advance for your support and generosity and join us on the 'cycle' via social media!

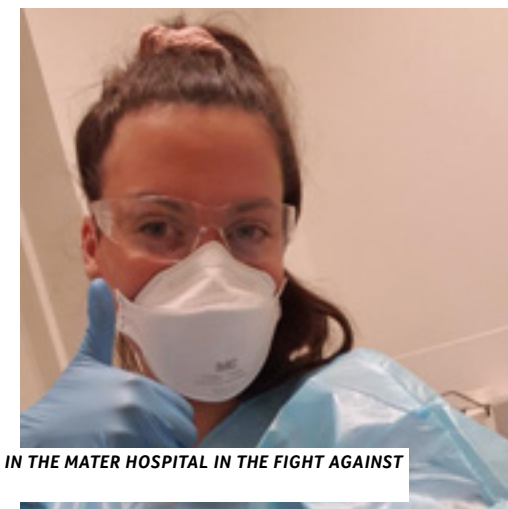
Donations will support patient care for Covid-19, as well as care for other life-threatening conditions like heart disease and cancer.

They will help to provide vital medical equipment to support frontline staff, such as ultrasound machines for monitoring Covid-19 in the lungs, and bronchoscopy stacks needed for cancer surgery.

The beneficiary of this campaign is the Mater Public Hospital. The Mater is the national centre for adult emergency respiratory life support (ECMO) in Ireland, as well as the home of the national Heart and Lung Transplant Unit, the Family Heart Screening Clinic and a centre for cancer care.

Brave staff there are battling against the impact of Covid-19, while still providing essential care to other critically ill patients.

By donating you will support these frontline staff and the patients they are working so hard to care for and protect. Every little will help!



NIAMH CLEARY (LEFT) AND AOIFE MCGIVNEY WORKING IN THE MATER HOSPITAL IN THE FIGHT AGAINST COVID-19.

# GAA.IE/CLUBS - THE GAA'S NEW CLUB DASHBOARD

**CLUB OFFICERS AND ADMINISTRATORS NO LONGER NEED TO REMEMBER DIFFERENT URLS FOR MEMBERSHIP, INSURANCE, TRANSFERS, INJURY FUND, VETTING ETC - YOU'LL NOW FIND EVERYTHING ON THE NEW GAA CLUB DASHBOARD -**

**LOCATED AT [WWW.GAA.IE/CLUBS](http://WWW.GAA.IE/CLUBS)**

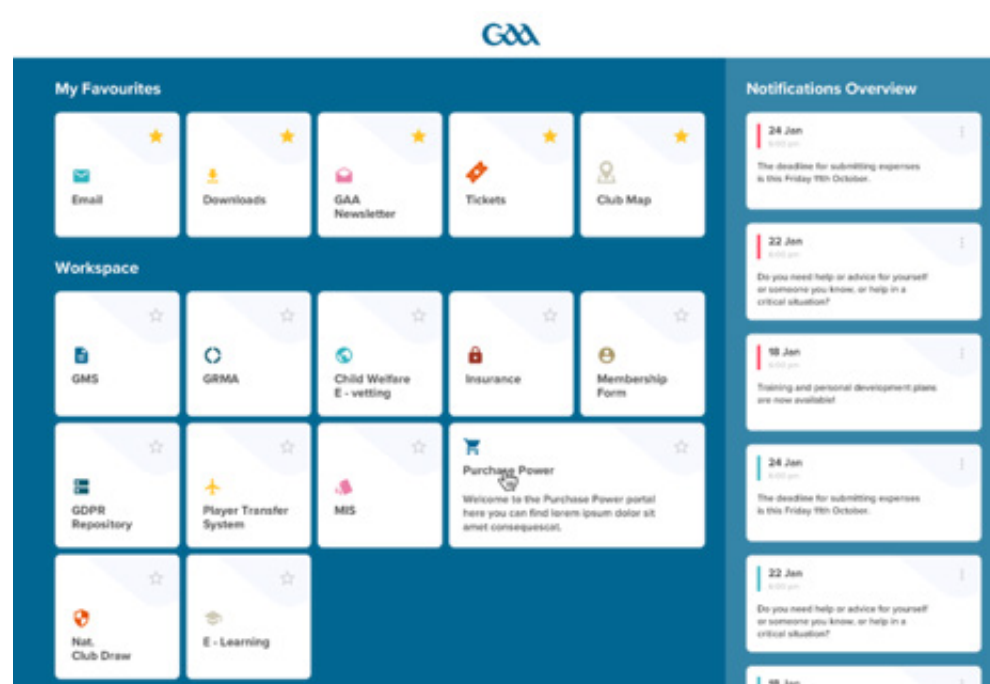
The Club Dashboard allows you to navigate to the site or portal you need in one click.

It will also post reminders and important notifications so that you don't miss a deadline or update.

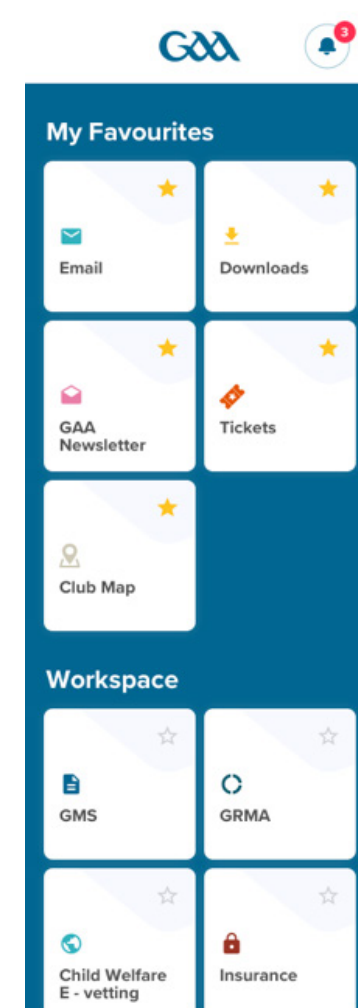
You can create your own 'favourites' section with the pages you visit most.

**GAA.ie/Clubs** is fully functional on desktop and mobile.

It is a quick and easy way to get to everything you need on gaa.ie



NEW DASHBOARD DESKTOP VERSION



THE NEW DASHBOARD AS IT APPEARS ON MOBILES



# ONLINE MEETING ETIQUETTE

## PARTICIPANTS

- (1) Before the meeting takes place please accept the invite (if you have the functionality) or email the secretary of the committee in charge in advance to confirm your attendance; if attending by telephone, please notify the telephone number you will use to join the meeting; this will ensure that you will be admitted from the lobby.
- (2) Notify the secretary of the committee in charge in advance if you will be joining the meeting after it has commenced.
- (3) If entering the meeting late, please do not ask to catch up on what has been happening; you can catch up with the secretary or another member after the meeting or raise a matter at the end of the meeting under 'aon ghnó eile'.
- (4) The chairperson/secretary will moderate the meeting and will be able to mute people in the meeting when necessary.
- (5) Given the number of people participating in each meeting, you will be asked to put yourself on 'mute' when the meeting commences (unless you are making a contribution) as this will reduce the amount of background noise and make the meeting easier for all to hear – the meeting moderator may mute all participants from time to time, if necessary.
- (6) Say your name before speaking.
- (7) Please be respectful of other people talking and do not interrupt them.
- (8) Avoid using computer keyboards and shuffling papers etc. which generate noise if you are not on mute.
- (9) Avoid talking to other callers (or people nearby who are not on the call).
- (10) It is advisable to blur your background (might not be available on some mobile devices) or at least ensure that sensitive information is not visible in the background during the meeting.
- (11) Be aware that most online meetings will be recorded, the chairperson/secretary will seek permission of the participants at the beginning of the meeting to record proceedings.
- (12) Ensure that you exit the meeting properly once concluded as conversations / comments made may be picked up and broadcast to all on the call inadvertently.



**HOSTS**

- (1) Send meeting invite in advance and include clear instructions on how participants join the meeting and ask participants to familiarise themselves with the software i.e. do a dry run.
- (2) Test all technology including camera/video, Wi-Fi etc. before the meeting.
- (3) Do not work on other tasks (like checking email) during the virtual meeting.
- (4) Make sure your mobile phone is on silent and that you are in a quiet room free from distractions.
- (5) Ensure that you have all the required documentation to hand to avoid moving away from the camera during the meeting.
- (6) At the beginning of the meeting seek permission to record the meeting if a recording is required.
- (7) Ask all participants to put their microphone on mute when not contributing.
- (8) Share documents in advance where possible. Where documents cannot be shared in advance, avoid rummaging during the meeting for files etc. be organised in advance

**VOTING AT MEETINGS HELD BY VIDEO AND/OR TELEPHONE CONFERENCE**

Rule 4.3 of the Official Guide stipulates that, voting except where otherwise provided in other Rules, at General Meetings and Committee Meetings shall be taken by a simple majority of those present entitled to vote and voting.

Rule 4.7 provides that video and/or telephone conferencing at Meetings is allowable, when deemed appropriate by the Committee-in-Charge. A Member participating in Video and/or telephone Conferencing shall be considered as being 'present' at the Meeting. Anyone who has been a delegate to Congress will understand why they must take their voting device with them when if they decide to leave the room in order to comply with the above rules.

It is important, in order to avoid a challenge later that, the committee-in-charge can produce evidence that the voting process was transparent and secure.

How can voting take place during a virtual meeting using MS Teams?

There are several ways this may be done in compliance with Rule i.e. present, entitled to vote and voting e.g.

- By using the chat feature you can ask delegates to register their vote; it is important to have a competent meeting facilitator who can reconcile and record the votes.
- By asking delegates to verbally cast their vote and then confirm, for record purposes, using a Form sent to the delegates email address
- By means of a Form in Teams during the meeting

It is important that:

- the Committee-in-Charge can verify who is present, entitled to vote and voting.
- agreement is reached at the start of the meeting as to how voting will be conducted.
- the Chairperson articulates clearly how the process is going to take place and allows enough time for members to contribute.



# SUPPORTING OUR MEMBERS, COMMUNITIES AND VOLUNTEERS DURING COVID-19

## **THE GAA WAS AMONG THE FIRST VOLUNTARY ORGANISATIONS TO MOBILISE ITS MEMBERS TO HELP ASSIST THOSE IN OUR COMMUNITIES MOST VULNERABLE TO THE COVID-19 PANDEMIC.**

As the crisis continues to evolve on a daily and weekly basis, this page has been created to act as a repository for any Covid-19 material relevant to all GAA units. In particular, it is intended to act as a one-stop shop for good practice guidelines for GAA Covid-19 volunteers, offering clarity and reassurance to:

- all GAA units coordinating Covid-19 supports in their communities
- the GAA volunteers operating at the coalface of such responses
- other agencies that GAA units may be liaising with, such as local Community Response Forums

Due to the varying structures in place across the two jurisdictions on the island of Ireland, Ulster GAA has developed its own micro-site with information specific to units in the 6 Counties which can be

accessed at [ulster.gaa.ie/covid-19](http://ulster.gaa.ie/covid-19)

Both sites will be updated regularly due to the constantly unfolding nature of the crisis.

The content of this page is broken down as follows, with each relevant resource available in the download section on this page.

### **GAA Covid-19 Community Volunteer information document – 26 counties**

This document offers an overview of all information pertinent to GAA Covid-19 volunteers operating in the 26 counties, including an outline of what roles GAA volunteers should and should not undertake, vetting requirements, insurance considerations, and general advice.

### **Local Authority Covid-19 Community Call Forums overview document and contact details - 26 counties**

Each local authority in the 26 counties has put in place a structure to coordinate all

Covid-19 community response activities. Each county board is represented on their local forum. All GAA clubs must register their Covid-19 activities with their local forum.

### **GAA Covid-19 Community Volunteer information document – 6 counties**

This document offers an overview of all information pertinent to GAA Covid-19 volunteers operating in the 6 counties, including an outline of what roles GAA volunteers should and should not undertake, vetting requirements, insurance considerations, and general advice.

### **Volunteer supports**

Volunteering Ireland (26 counties) has developed a broad suite of resources designed specifically to support any organisation managing volunteers during this crisis and intended to support and assist the volunteers themselves. Go to [www.volunteer.ie](http://www.volunteer.ie) for more information.

Volunteer Now is the 6 County equivalent and their repository of resources can be

found at [www.volunteernow.co.uk](http://www.volunteernow.co.uk)

Health & Wellbeing resources

The Government of Ireland has developed a website containing information relating to one's health and wellbeing in these challenging times, whether as an individual/family coming to terms with the restrictions of Covid-19, or as a volunteer answering the needs of your community. Go to [www.gov.ie/together](http://www.gov.ie/together) for more information.

In addition, the GAA's Community & Health department will each week produce a resource highlighting the supports available to a particular cohort of the population, or will focus exclusively on a particular health theme or topic. You will find some **general tips on keeping well during Covid-19** in the downloads section on this page.

Weekly Resources

**Older Adults**

**Minding Your Mental Health**



DBA Publications is pleased to offer a comprehensive range of products to help you keep your staff & customers safe.

If required, these items can also be bespoke printed with your club / county / province branding. For more information and full pricelist please contact us at: [info@dbapublishing.ie](mailto:info@dbapublishing.ie)

Email [info@dbapublishing.ie](mailto:info@dbapublishing.ie)

Tel 01 2887247

56 Carysfort Avenue  
Blackrock  
Co. Dublin



# Coronavirus COVID-19 SAFETY SIGNAGE SOLUTIONS

# Coróinvíreas COVID-19 SAFETY SIGNAGE SOLUTIONS

## PRODUCT LIST



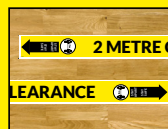
**KEEP SAFE DISTANCE**  
600x600mm square  
Apply to Floor- Code: FVS600



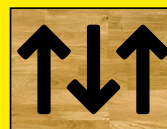
**REMEMBER SOCIAL DIST.**  
500x500mm round  
Apply to Floor- Code: FVR500



**SOCIAL DIST. STRIP**  
1500x300mm  
Apply to Floor- Code: FV1500x300



**2 METRE GUIDE STRIP**  
2m x 150mm  
Apply to Floor- Code: FV2Mx150



**SET OF 12 ARROWS**  
BLACK VINYL  
Apply to Floor- Code: FVARR



**KEEP YOUR DISTANCE**  
400x300mm  
Apply to Floor- Code: FVKYD



**PLEASE QUEUE HERE**  
400x300mm  
Apply to Floor- Code: FVPQH



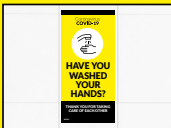
**AWAITING PRESCRIPTION**  
400x300mm  
Apply to Floor- Code: FVAPS



**COUNTERTOP STRUT**  
A4 & A3  
Code: STRA4 / STRA3



**HIGH VIS VEST**  
400x300mm  
Code: HIGHVIS



**WASHROOM VINYL STICKER**  
100x210mm  
Apply to Wall- Code: WYHV



**COVID-19 THE FACTS**  
PULL UP BANNER  
Free Standing- Code: FPU



**KEEP A SAFE DISTANCE**  
BADGE  
Code: KSDB



**QUEUE SYSTEMS**  
BLACK POST + BASE  
Code: QPOST



**QUEUE SYSTEMS**  
Retractable belt  
Code: QBELT



**PROTECTION SCREEN**  
Clear freestanding counter unit. Provide a barrier between cashiers and customers to ensure the health and safety of all staff and visitors  
740mm High x 620mm Wide x 200mm Deep  
Code: SCREEN



**POSTER WEDGE**  
600x1500mm  
Free Standing- Code: WED600



**A4 POSTER DISPLAY**  
includes poster  
Free Standing- Code: POSDIS



**A1 PAVEMENT SIGN**  
includes poster  
Code: PAVSA1



**WALL MOUNTABLE**  
SNAP FRAME - includes Covid-19 facts poster.  
Sizes available:  
A4, A3, A2, A1  
Code: SNFRA4, SNFRA3, SNFRA2, SNFRA1



**THE FACTS ABOUT COVID-19 POSTERS**  
Printed 1 side on 220gsm paper.  
Sizes available:  
A4, A3, A2, A1  
Codes: PFA4, PFA3, PFA2, PFA1



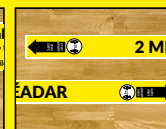
**FAN ACHAR SÁBHÁILTE AMACH**  
600x600mm square  
Apply to Floor- Code: FVS600



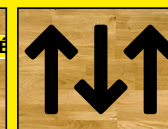
**CUIMHNGH AR SCARADH SÓISIALTA**  
500x500mm round  
Apply to Floor- Code: FVR500



**SCARADH SÓISIALTA**  
1500x300mm  
Apply to Floor- Code: FV1500x300



**2 MHEADAR STRIP**  
2m x 150mm  
Apply to Floor- Code: FV2Mx150



**SET OF 12 ARROWS**  
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Apply to Floor- Code: FVARR



**FAN ACHAR OIRIUNACH AMACH**  
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Apply to Floor- Code: FVKYD



**CIUAIL ANSEO LE DO THOIL**  
400x300mm  
Apply to Floor- Code: FVPQH



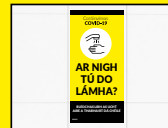
**AG FANACHT AR OIDEAS**  
400x300mm  
Apply to Floor- Code: FVAPS



**COUNTERTOP STRUT**  
A4 & A3  
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# GAA VENUES PLAYING THEIR PART

**AS THE BATTLE AGAINST COVID-19 CONTINUES, A RANGE OF GAA VENUES AT CLUB AND COUNTY LEVEL HAVE BEEN MADE AVAILABLE TO HELP COMBAT THE SPREAD OF THE DISEASE.**

There are 20 GAA venues being used as Testing Centres in the community where nursing staff are at the head of a range of frontline workers helping to carrying out this role. There are several other venues on standby and we thank all of those who have made this exceptional response possible.

Croke Park (Dublin)

UPMC Nowlan Park (Kilkenny)

Páirc Uí Chaoimh (Cork)

Entreca Monaghan GAA COE

Fraher Field (Waterford)

St Eunan's GAA, Letterkenny (Donegal)

LIT Gaelic Grounds (Limerick)

St Joseph's Doora Barefield GAA (Clare)

Tinryland GAA (Carlow)

Navan O'Mahony's GAA (Meath)

Elvery's McHale Park (Mayo)

MWHire O'Moore Park (Laois)

Kingspan Breffni Park (Cavan)

AvantCard Páirc Seán MacDiarmuida (Leitrim)

Aodh Rua GAA, Ballyshannon (Donegal)

Cusack Park, Ennis (Clare)

GAA National Handball Centre (Dublin)

Claremorris GAA (Mayo)

Semple Stadium, Thurles (Tipperary)



THE GAA NATIONAL HANDBALL CENTRE AND CROKE PARK'S CUSACK STAND TUNNEL ARE AMONG THE LIST OF GAA VENUES AVAILABLE AS COVID-19 TESTING CENTRES

By Colin Regan

## SHANE CARTHY ENDORSES 'ONE GOOD COACH' MENTAL HEALTH TRAINING WORKSHOP

**THE FIRST PERSON OUTSIDE OF HIS FAMILY THAT DUBLIN FOOTBALLER SHANE MCCARTHY SPOKE WITH ABOUT HIS MENTAL HEALTH PROBLEMS WAS HIS THEN COUNTY U21 MANAGER, DESSIE FARRELL.**

This is not unusual. Players and athletes often develop a close bond with their coaches; a connection that stretches beyond the parameters of their sporting codes. If based on experience, they see coaches as trustworthy, someone they can turn to in times of need. They know that they are in their corner, no matter what.

Research conducted by UCD's Psychology Department in partnership with Jigsaw, the National Centre for Youth Mental Health, has demonstrated the importance of all young people having access to such people, or 'One Good Adult' as they define them. The majority of the 20,000 young people (aged 12-25) surveyed as part of the 'My World' identified parents and grandparents as the 'One Good Adult' they turn to. But other mentors such as teachers and sports coaches also featured. This prompted the GAA's Community & Health department to work with Jigsaw to develop a 'One Good Coach' workshop, which is now available to access on the GAA's e-learning platform at <https://learning.gaa.ie/courses/OneGoodCoach/> and is also being promoted by the LGFA and Camogie Associations across their memberships.

Based on the successful workshop Jigsaw delivers face-to-face across its 12 services, the module offers participants a greater understanding of mental health and the importance of their role as One Good

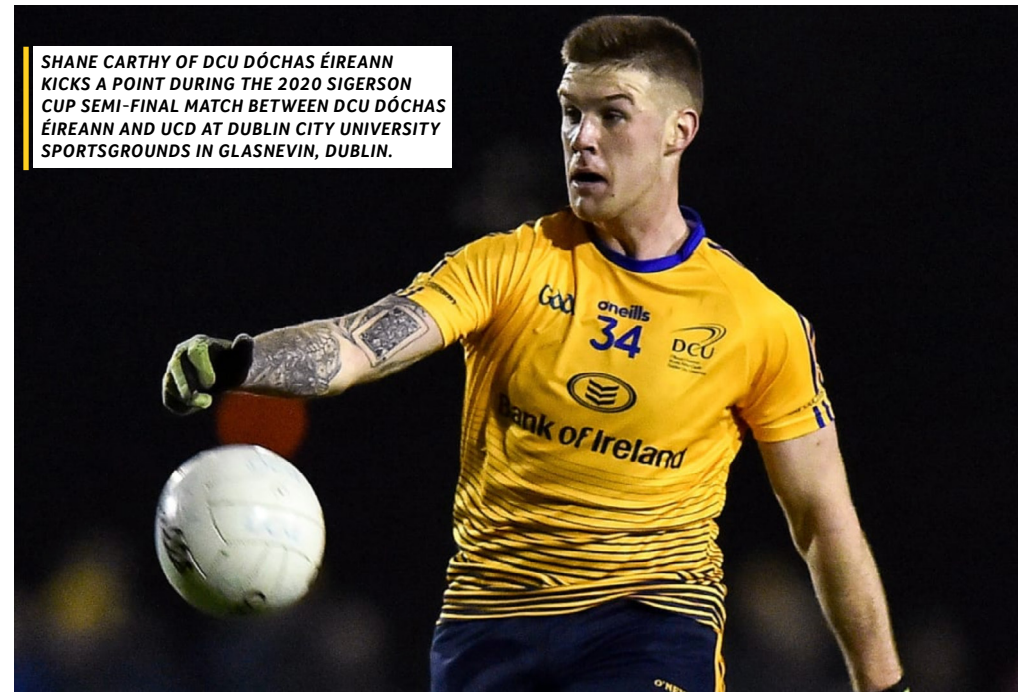
Adult, and a greater awareness of how to promote and support young people's mental health. While designed with a coach in mind, it should prove equally informative to Healthy Club or Children's Officers, any volunteers that work with young people, or even interested parents or young people themselves. The evidence-based interactive 40-minute content explores the principles that underpin good mental health and includes tips for promoting youth mental health.

When approached to act as ambassador for the 'One Good Coach' workshop, Shane Carthy was delighted to be involved. His story, like everyone's, is unique. But it helps to reinforce the potential impact 'One Good Coach' can have on a young person's life.

Back in 2014, Shane had put in a man-of-the-match display in the Leinster U21 championship final, despite, in his own words, experiencing complete inner turmoil the day of the game, and the weeks and even months leading up to it. As the rest of his team-mates celebrated the win in the Portlaoise changing rooms, Shane was already in his father's car on his way home. Sitting silently.

"I was the person with the ideal life – talented at sport, a family who supported me and a Dublin career going well. This is what it seemed from the outside looking in, but for me it was anything but. I kept this (his depression) a secret from everyone, friends, family etc.," Shane recalls.

He also acknowledges that he didn't have the emotional literacy to understand or articulate what he was going through. He



SHANE CARTHY OF DCU DÓCHAS ÉIREANN KICKS A POINT DURING THE 2020 SIGERSON CUP SEMI-FINAL MATCH BETWEEN DCU DÓCHAS ÉIREANN AND UCD AT DUBLIN CITY UNIVERSITY SPORTSGROUNDS IN GLASNEVIN, DUBLIN.

initially put his dip in mood down to a young man's changing hormones.

Before seeking assistance for his condition, sport had been Shane's coping mechanism. But things had escalated to such a degree that even his life's passion could no longer distract him from the constant pain and depression he was feeling. He opened up to his family who encouraged him to speak with his manager and mentor, too. Dessie had worked previously as a psychiatric nurse,

but this is largely incidental. As a coach, he is known for placing the wellbeing of his players above all else. As Shane revealed to Dessie his state of mind, he was immediately reassured that everything possible would be done to assist him on his journey to recovery. Shane too notes the support of Mick Galvin, another coach with that successful U21 Dublin squad.

Shane was receiving residential treatment in St. Patrick's Foundation while his team





DESSIE FARRELL COACHED SHANE CARTHY AT MINOR AND U-21 LEVEL WITH DUBLIN.

secured Dublin's place in the 2014 All Ireland U21 final. At the pre-final press gathering Dessie and his coaching team ensured that mental health became part of the national conversation by announcing that Shane was receiving residential treatment for depression. The story was covered on the front and the back pages and across the airwaves.

"A weight fell off my shoulders instantly," Shane notes. "I could finally focus on my treatment and overcoming the adversity I had experienced for too long. I continued to learn a lot about myself throughout the coming weeks and months I spent in hospital. I learned skills and coping mechanisms which I could resort to in times of difficulty, many of which I still rely on today."

One of Shane's coping mechanisms is running. Physical activity is a great stress buster and during the current Covid-19 crisis

many people are missing this mental health booster. Other coping mechanisms are also restricted, such as visits with family and friends, exploring the countryside. Therefore, it is now more important than ever that we remain mindful of our mental health and vigilant of its needs. Thankfully, there is still much we can do, and there are many supports available should anyone experience mental health problems during this period of social distancing and staying at home.

In addition to the GAA's collaboration with Jigsaw (see more about their work here: [www.jigsaw.ie](http://www.jigsaw.ie)), the Association's national mental health partner is Samaritans, who continue to run their freephone helpline (116-123) throughout the crisis, seven days a week, 24 hours a day. Their trained volunteers offer a friendly and non-judgemental ear should anything be weighing on your mind, or should you simply fancy a chat.

The Irish government this week launched a one-stop shop for all matters wellbeing during Covid-19 and can be accessed here: [www.gov.ie/together](http://www.gov.ie/together). It contains all the factual information any GAA member might need including useful content specific to mental health and links to [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

Mental Health Ireland has also compiled in one location useful resources and advice regarding your mental health, including an updated Covid-19 responsive version of the 5 Ways to Wellbeing accessible here: <https://www.mentalhealthireland.ie/get-support/covid19/>

Finally, this week the HSE and the NHS jointly launched an online 3-week stress control programme – available here: [Stresscontrol.org](http://Stresscontrol.org).

The CBT-based content will be familiar to clubs including St. Finbarr's National Football and Hurling Club and Midleton in Cork, and St. Sylvester's and St. Oliver Plunkett Eoghan Ruadh's in Dublin, who, in addition to Cavan GAA, made a similar programme available to members and their communities as part of their participation in the GAA Healthy Club Project, run in partnership with Healthy Ireland, the National Office for Suicide Prevention, the PHA, and Irish Life.



SHANE CARTHY PICTURED WITH HIS PARENTS ON HIS UNIVERSITY GRADUATION DAY.

## MINDING YOUR MENTAL HEALTH

**IT'S NORMAL TO FEEL SAD, STRESSED, CONFUSED, SCARED OR ANGRY DURING A CRISIS AND IT IS IMPORTANT THAT WE LOOK AFTER OURSELVES FIRST BEFORE TRYING TO HELP OTHERS.**

**YOURMENTALHEALTH.IE HAS LOTS OF ADVICE AND INFORMATION TO HELP YOU LOOK AFTER YOUR MENTAL HEALTH DURING THIS TIME AND HERE ARE A FEW TIPS FROM US;**

### Healthy Lifestyle

It is important to maintain a healthy lifestyle by consuming a healthy diet, exercising regularly and getting a good nights sleep. [Click Here](#) for our 'Recipes for Success' resource which has some great healthy recipe ideas

Also be mindful of your alcohol intake and try to limit your consumption, especially if you are feeling low: [askaboutalcohol.ie](http://askaboutalcohol.ie)

### Develop a Routine

Maintain structure in your day for exercising, meals, work, relaxation, sleeping etc. Try to keep your routine realistic and know that it is ok to revise it if you are struggling to achieve all that you have set out for yourself. Remember that everyone is different and what works for others may not work for you. Mental Health Ireland have developed a routine template which you can access [HERE](#)

### Take a Break

If you are working from home, make sure that you take regular breaks away from your phone and computer. Ensure that you switch off at the end of the day and take time to unwind.

### Limit News Consumption

Information overload can be upsetting and cause stress. Take a break from the news and social media every so often and only rely on information from trusted sources, such as the [HSE](#) or the [PHA](#).

The government's new Together Campaign is also a great source of accurate advice and information: [CLICK HERE](#)

### Stay Connected

Stay connected with family and friends through calls, video chat, social media, text messages etc. You can also use this time to up-skill yourself. The GAA's e-learning platform has lots of online courses and webinars that you can find [HERE](#)

### Ask for Help

If you are feeling low, talk to someone you trust or contact a mental health support service. You can find a full list of Mental Health Support services at either of the following links: [HSE](#) or [PHA](#)

[Mental Health Ireland](#) (ROI) and the [Public Health Agency](#) (NI) have also developed their five ways to wellbeing for tough times

You know yourself best, so try to recognise when you are not feeling yourself and find out what works best for you, REMEMBER: It's OK not to feel OK

The Samaritans is the GAA's national mental health partner and can be contacted any time for a friendly chat on: 116123

Healthy Minds...  
Healthy Bodies...  
HEALTHY CLUBS

IT'S OK  
TO NOT BE OK

# GAA LEARNING PROVING AN INVALUABLE RESOURCE FOR GAMES DEVELOPMENT INITIATIVES

**THE GAA LEARNING PLATFORM AT LEARNING.GAA.IE IS HOST TO A SERIES OF GAMES DEVELOPMENT INITIATIVES BUILDING ON THE VAST ARRAY OF RESOURCES AND COURSES PUBLISHED IN RECENT YEARS THAT ARE NOW PROVIDING A VERY VALUABLE OUTLET FOR COACHES, PLAYERS, AND TEACHERS WITHOUT THE OPPORTUNITY TO PERFORM THEIR USUAL ROLES IN THE PROMOTION AND PLAYING OF OUR GAMES.**

## Some of the new initiatives include:

GAA Primary Challenges – Lesson Plans & Physical Activities for Primary School Children

GAA Solo Challenge – A series of challenges designed to promote positivity, physical activity and wellbeing among young people, while encouraging them to stay at home and follow HSE guidelines at the same time.

Coaching Webinars – Live and recorded webinars with leaders in Coaching and Coach Education

Coaching Sessions & Activity Design – An initiative to challenge Coaches of all ages to design their own sessions and activities.

## Other content includes:

- 100's of activities to Coach Hurling, Football, Handball and Rounders on the GAA Coaching Planner <https://learning.gaa.ie/planner/>

- Games Development Conference Videos and Presentations from 2014 to 2020 <https://learning.gaa.ie/GamesConference2020>

- 'Gaelic 15' Injury Prevention Programme - <https://learning.gaa.ie/gaa15>

- Ceim ar Aghaidh Resources for Primary School - <https://learning.gaa.ie/ceim>

- The Skills of Hurling - <https://learning.gaa.ie/hurlingskills>

- The Skills of Football - <https://learning.gaa.ie/footballsills>

- Online Courses and Workshops for Coaches, Players, Referees and Administrators

- LGFA and Camogie Resources and Programmes

**GAA Learning Twitter** – The Twitter account of the GAA Learning & Development Community with over 14,000 followers provides better access to development resources to those actively promoting Gaelic Games.

**GAA Learning Youtube** – The Youtube channel of the GAA Learning & Development Community with over 3,500 subscribers with 100's of videos



**GAA**

ACTIVITY PLANNER  
**SOLO RUN - ON THE RUN**  
HURLING – CONDITIONED GAME

Rate this Activity

☆☆☆☆☆

☆

Y

Diagram

Video

This is a Conditioned game to develop the players' ability to Solo Run in a game situation

**Organisation**

- Mark out a playing area 40m long and 20m wide
- Divide the group into two teams of five players
- The aim is to score by soloing with the ball over the opponent's end line
- Players may only solo and hand pass the ball
- The ball may be flicked off the hurley by an opponent but no contact is allowed with the player or the hurley
- If a ball is intercepted or falls to the ground, the other team gain possession

**STEP Variation**

Players - The teams take turns in possession; allow more players on the team in possession



# GAA LEARNING COACHING WEBINAR SERIES PROVES A MASSIVE SUCCESS

**TO HELP COACHES THROUGH THIS DIFFICULT PERIOD, THE GAA, AN CUMANN CAMOGAÍOCHTA AND THE LGFA HAVE CREATED A SERIES OF COACH DEVELOPMENT SESSIONS TAKING PLACE LIVE EVERY TUESDAY AND THURSDAY AT 7.30PM ON GAA LEARNING.**

The events to date have been a huge success and have seen thousands registered to learn from leaders in Coaching and Coach Education including:

- Brendan Harpur: Coach and Coach Educator, Tyrone
- Stuart Lancaster: Senior Coach, Leinster Rugby
- Niall Corcoran: Games Promotion Officer, Kilmacud Crokes and Coach, Laois Senior Hurlers
- Gerard O'Connor: Games Development Manager, Dublin
- Paudie Butler: Coach and Coach Educator
- Owen Mooney: Learning & Games Development Coordinator, Dublin GAA

All presentations and resources provided by the presenters are now available on the GAA Learning site - <https://learning.gaa.ie/gaacoachwebinar2020>

#### **Upcoming events include:**

- Thursday, April 30th - Webinar - Johnny Bradley, Programme Director MSc Sports Performance Analysis, Carlow IT
- Tuesday, May 5th - Shane Pill, Associate Professor in Physical Education and Sport at Flinders University, Australia
- Thursday, May 7th - Liam Moggin, Coach, and Coach Educator
- Tuesday, May 12th - Eamonn O'Shea, Tipperary Senior Hurling Team Performance Director
- Thursday, May 14th - Shane Mangan, Gaelic Sports Research Centre

#### **Registration**

Please note that each new session involves a new registration period. Any coach that has registered previously must register for any individual session that they wish to attend. This is because each new session involves a new set of log on details that are sent out electronically on the day of each session.

Registration opens at 9pm following the completion of each session. A valid email address is required for each registration, and can be completed at:

<https://learning.gaa.ie/gaacoachwebinar2020>



## GAA / PDST FUTURE LEADERS SOLO CHALLENGE



# FUTURE LEADERS

## TRANSITION YEAR PROGRAMME

**THE GAA / PDST FUTURE LEADERS SOLO CHALLENGE IS DESIGNED TO PROMOTE POSITIVITY, PHYSICAL ACTIVITY AND WELLBEING AMONG YOUNG PEOPLE, WHILE ENCOURAGING THEM TO STAY AT HOME AND FOLLOW HSE GUIDELINES AT THE SAME TIME. THE INITIATIVE IS ONE THAT BOTH STUDENTS AND TEACHERS CAN TAKE PART IN AND HAS BEEN RUNNING FOR A NUMBER OF WEEKS.**

There are different challenges each week, all linked to the modules in the GAA Future Leaders programme. Like the modules in the GAA Future Leaders programme, the GAA Solo challenges are designed to be as inclusive as possible. Challenges include:

- a) Hurling & Gaelic Football Skills Challenges
- b) Coaching Challenges
- c) Wellbeing Challenges
- d) Nutrition and Recipes For Success Challenge

To get involved, students and teachers record videos of themselves doing the various challenges and upload them to Twitter, Facebook or Instagram.

Students can enter as many videos they like for as many of the challenges they like each week!

If students are registered for Gaisce, they can use these challenges as part of the #GaisceAtHome initiative.

The initiative is proving to be extremely popular and we have received hundreds of videos from all over the country each week.

“Teachers and parents have been in contact with us to say that it has been a very welcome distraction for their students and children over the past few weeks and a great way to keep them busy and active while the country is in lockdown,” said Future Leaders National Coordinator, Eoghan Hanley.

The GAA Solo Challenge is also supporting the Young Social Innovators Open Call To Teenagers. Over the next month YSI is asking young people to look around their community and to think about ... What is working? What is not working? What is bothering you? What can YOU do to help? Those interested should visit <https://www.youngsocialinnovators.ie/ysi-open-call/>  
The GAA Solo initiative is linked with RTE's Operation Transformation and the contestants on the show will be doing a GAA Solo on the show.

To find out more visit [learning.gaa.ie/gaasolo](https://learning.gaa.ie/gaasolo) or check out our Twitter, Instagram or Facebook pages - [@gaafutureleader](https://twitter.com/gaafutureleader)

## #GAAPRIMARY CHALLENGE IS LAUNCHED

**THE GAA, SUPPORTED BY THE CUMANN NA MBUNSCOL AND THE GPA ANNOUNCED THE PUBLICATION OF THE FIRST OF ITS WEEKLY #GAAPRIMARY CHALLENGES THIS WEEK ON [LEARNING.GAA.IE/PRIMARY-SCHOOL](https://learning.gaa.ie/primary-school) – A SERIES OF LEARNING & PHYSICAL ACTIVITIES FOR CHILDREN IN PRIMARY SCHOOL.**

During these particularly challenging times for families, the #GAAPrimary Challenges are designed to help Teachers and parents to work on the cross-curricular lesson plans with children to meet their learning needs. Gaelic game-themed lessons are across all curriculum subjects and are for children at every class level, based on the GAA Céim ar Aghaidh/Step Ahead resource.

For some fresh air and physical exercise, inter-county stars set Skill Challenges weekly that can be done at or nearby your home. There are also fun competitions and prizes to be won on the @GAAlearning twitter page.

[learning.gaa.ie/primary-school](https://learning.gaa.ie/primary-school)



<https://youtu.be/5IOTk69ctQc>

A key member of the team driving the #GAAPrimary Challenges is Micheál Martin, Principal of Kilmore National School in Wexford and Vice-Chairman of Wexford Co. Board. Michéal, who produced the [GAA Céim ar Adhaigh Learning Resource](#) in 2007, helps with the design of the weekly curriculum learning activities.

“The idea is not to overwhelm parents or students. One learning activity and one physical activity will be suggested each day with the subject area changing each day. It is important to have realistic expectations for children during this time. This is a challenging time for everyone and children will sense the anxiety in society. Teachers and schools have set work to be completed at home but it’s important to acknowledge that this is a new and difficult experience for children. We are attempting to provide a resource that will be beneficial in some homes. My opinion as a school principal is that one learning activity such as that we are providing as well as continuous book reading will satisfy children’s learning needs for now. It is also essential to get physical activity while respecting social distancing and we hope that the skill challenges can inspire children to get out and practice their skills”.



**Primary teachers are encouraged to share lesson plans, learning material and ideas by email to [gamesdevelopment@gaa.ie](mailto:gamesdevelopment@gaa.ie) or on social media using #GAAPrimary.**



## GAA GREEN CLUBS - ENERGY COMMUNITIES WEBINAR IN TIPPERARY

### THE GAA CONTINUES TO ENCOURAGE CLUBS AND COMMUNITIES OF THE BENEFITS OF GOING GREEN.

On Tuesday, April 21st, the Energy Communities Tipperary Cooperative held a webinar in association with **Community Power** and Tipperary GAA to inform participants of supports available for communities to become more energy efficient and sustainable, and to raise awareness of opportunities for Tipperary Clubs and County Board.

A video and the presentations from the webinar are available at <https://energycommunitiestipp.ie/grants/gaa-energy-communities-webinar/>. The webinar was organised as an initiative of the GAA Sustainable Clubs and Communities partnership with the local authority sector. The partnership, launched in Croke Park on January 24th, aims to promote sustainable local development, environmental awareness and climate action.

The partnership builds on the GAA's status as a Sustainable Development Goal Champion and aligns with local government commitments under the National Climate Action Plan and Local Authorities' Climate Action Charters. The partnership will result in the roll-out of a National Green Club Toolkit across the GAA in 2021.

The Green Club toolkit, which will be piloted across a small number of clubs throughout the country, will be focused



on the key action areas of Energy & Water Efficiency, Biodiversity, Waste Management & Plastic Use and Transport.

Ireland spends nearly €6 billion each year on fossil fuel between Transport, Homes and Industry. Apart from the impact on climate, that is money leaving the country and our communities. Since 2015, Ireland has a new energy policy which sets our country on a path away from the use of fossil fuels. It is now the mainstream policy of our country to move towards a low carbon economy. Engaging and empowering communities in this 'energy transition' is part of Ireland's national energy policy.

For more info visit <https://www.gaa.ie/my-gaa/community-and-health/sustainabledevelopment> or email: [greenclubs@gaa.ie](mailto:greenclubs@gaa.ie)

THE GAA'S JIMMY DARCY AND GREEN CLUBS AMBASSADOR DIARMUID LYNG AT ITS LAUNCH EARLIER THIS YEAR AT CROKE PARK



By John Harrington

## NAOMH ÉANNA MAKING NET GAINS DESPITE LOCKDOWN

**THE CURRENT LOCKDOWN CAUSED BY THE COVID-19 HEALTH-CRISIS HAS HAD AN IMPACT ON THE EMOTIONAL HEALTH OF EVERYONE IN THE COUNTRY, REGARDLESS OF AGE.**

But perhaps its effect on the youngest of all in our society is sometimes overlooked more so than on other age-groups because we mistakenly believe they don't quite understand what's happening, or we are reluctant to engage them on the topic.

The truth, though, is that our children take in far more than we sometimes appreciate, and it's important we give them the tools to process that information in the best way possible and encourage them to express their emotions rather than bottle them up.

That's one of the reasons why a recent initiative by the Naomh Éanna club in North Belfast is such a laudable one.

Pioneered by club-members Tierna Cunningham and Charlene Feeney, **'The Net Programme - Naomh Éanna Together'**, is a comprehensive resource for children aged eight years and older that helps them build emotional resilience, take pride in their club, embrace the GAA's code of behaviour, and practice healthy eating and sleeping.

"Where our club is situated in North Belfast which is one of the worst hit areas by suicide in the whole of the north, especially by young men," says Róisín O'Hare, who is a Naomh Éanna club member and Antrim GAA's County Health and Wellbeing Chairperson, when explaining the context behind The NET Programme.



A YOUNG NAOMH ÉANNA CLUB-MEMBER FILLS OUT A NET PROGRAMME WORK-SHEET WHILE WATCHING A VIDEO MESSAGE FROM CLUB SENIOR FOOTBALLER AND HURLER, JOE MASKEY.

"Up until October or November it had been very much teenagers and young men, but we recently had a very shocking incident up here when a wee boy who was only 11 years old took his own life. He wasn't a member of the club, but he lived in the general area and it affected

everyone here.

"Both Tierna and Charlene have wee boys who are the same age so it would have resonated with them. They would have thought that we were very much looking at the mental health of young men and women but no-one was really

doing anything in that space for younger children.

"People are a little bit reluctant to talk about those issues with younger children because of their perceived levels of understanding.





NAOMH ÉANNA CLUB-MEMBERS AND FOUNDERS OF THE NET - NAOMH ÉANNA TOGETHER - PROGRAMME, CHARLENE FEENEY (L) AND TIERNA CUNNINGHAM.

“So Tierna and Charlene came to me and asked would it be okay if they could look to develop a resilience programme for younger boys and girls.”

The NET Programme was originally designed to be delivered in a workshop-based setting that would involve senior club players working as mentors of the club's juveniles.

The Covid-19 lockdown meant those plans had to be shelved, but Cunningham and Feeney quickly repurposed them to ensure The Net Project could still be rolled out at a time when a resilience programme for young members would be all the more valuable.

“When everything was shut down Tierna and Charlene got in touch with me and to see if it was alright if they could keep working on this and use it as something a bit different way to help kids with resilience

training in the current shutdown,” says O’Hare.

“We’re all worried about the current situation but sometimes children don’t express how worried they are.

“Tierna and Charlene have done absolutely brilliant work. They’ve sourced information from different learning projects and emotional health projects and brought it all together into something unique. They’ve worked so hard on it, they really have.

“The original plan was that the boys and girls would see the players in person at the club if this had been rolled out as a normal programme.

“But instead they got the four senior players to make videos and one of them will be published every week. Joe Maskey’s was published last week, Ciara McNulty,

the captain of the ladies football team, will publish hers this week.

“They’ve thought of everything, they really have. There’s colouring in, there’s bingo, and all the rest of it. There are so many positive messages about not being down-hearted, and different tools for building resilience.

“It’s been brilliant in recent weeks seeing the videos of boys and girls doing different skills online like 30 jab lifts in 30 seconds.

“But Tierna and Charlene were a wee bit concerned there might be children looking at those saying, ‘Oh, I can’t do that’.

“So that’s why there’s a wee bit in there

about the power of ‘yet’. You mightn’t be able to do it yet, but practice, practice, practice, and you will do it.

“They’ve thought of everything. Tierna and Charlene are just absolutely brilliant. They’re just dynamos within the club. They take something, they run with it, and you know they’re just going to do an absolutely brilliant job.”

Antrim GAA hope that other clubs in their county and nationwide can take a look at ‘The NET Programme’, and adapt it for their own club.

An outline of the ‘The NET Programme’ can be downloaded below.

# The NET Programme NAOMH ÉANNA TOGETHER



By Cian O'Connell

## ST CROANS OFFERING VALUABLE SERVICE IN ROSCOMMON



**THROUGHOUT THE COUNTRY GAA CLUBS CONTINUE TO SERVE THEIR COMMUNITIES IN IMPORTANT WAYS. IN ROSCOMMON ST CROANS, SITUATED IN BALLYMOE AND BALLINTUBBER, HAVE BEEN BUSY CARRYING OUT VITAL AND RELEVANT WORK SERVING ALL GENERATIONS.**

The 1,700 crowd at the Scor na nÓg All-A response team was quickly stitched together, but St Croans Healthy Club Officer Gail Murray acknowledges the importance of maintaining people's wellbeing.

"There is an awful lot of fear out there, stress and pressure," Murray admits. "We are just trying to keep that connectedness with people, to try to combat their fears.

"We want to try to make sure that they are looking after themselves, that they are staying away from social media, keeping a really positive outlook, as much as we can.

"We are trying to reassure people that we are here to support them, whether that means a phonecall, getting their shopping if they are afraid to do that. We are also going to be doing phonecalls in case people are self

isolating or lonely, that we can just have a chat about anything."

It is only a numbers of weeks ago since the Roscommon GAA Health & Wellbeing committee presented clubs in the county with signs.

"It was an initiative ran with Healthy Ireland and Roscommon County Council," Murray explains.

"The key messages on it, the five ways to wellbeing just popped out and are really relevant to now.

"I just thought it was good to emphasise about taking notice and connecting with people, giving, and being active. While isolating they are very relevant I think for self care and wellbeing in the next couple of weeks."

One source of comfort has been the manner in which GAA clubs are trying to assist those in need.

"Even locally all the GAA clubs are reaching out to their local community," Murray says.



"The local community they are reaching out to mightn't necessarily have been GAA players. It is emphasising that the GAA is bigger than what you are doing on the football or hurling field. It spans out to social interaction and the community at a wider level. That is really evident now at the moment."

It isn't merely about helping club members either, Murray stresses the value of providing assistance for anybody in need.

"While it might have been initially through the Healthy Club initiative we put the notion of forming a community response out there we have 31 volunteers," she adds.

"Some of them aren't part of the club and weren't GAA players, but they are very much

about supporting our own local community. People are ringing us have nothing to do with the GAA club, we may have never met them before.

"Just doing the deliveries to those doors can be a bit heartbreaking, just seeing the older people waving out the window to say thanks, but they know we are here to reassure them and to support them. It is definitely wider than the GAA members and the club.

"We try to get those messages out through all the mediums, we acknowledge that everyone isn't on social media.

"So we will send text messages through the community alert groups, that type of stuff to make sure the older people and generations are getting those key messages."

By John Harrington

## CASTLECONNOR GAA CLUB CHALLENGE MEMBERS TO #BINTHEBOREDOM

**SLIGO GAA CLUB, CASTLECONNOR, HAVE COME UP WITH A NOVEL WAY FOR FAMILIES IN THEIR PARISH TO BEAT THE BOREDOM CAUSED BY SOCIAL DISTANCING DURING THE CURRENT COVID-19 HEALTH CRISIS.**

They've started a campaign that has quickly caught fire whereby club-members #BinTheBoredom by videoing themselves kicking a football into a wheelie bin and nominating others to do the same.

"The idea came from our club registrar, Rory O'Connor," says club PRO Neil Corcoran who has been busy uploading videos to social media for the past few days.

"He just dreamed it up on Friday, I think he was a bit bored at home, and he just felt this would be a good idea.

"He and his wife Deirdre had a bit of a brainstorm at home and came up with the hashtag #BinTheBoredom, because it was borne out of boredom.

"Deirdre's sister Siobhan is a graphic designer and she did up the poster to get it going and they were the first people on the videos.

"We've pushed it on Facebook and we pushed it on Twitter and had a bit of fun with it and it caught on. We've nearly everyone in the parish doing it at this stage. I'd say we must be up over 50 videos at this stage."

At a time when club activities have been forced to cease by the Covid-19 pandemic, the benefits of the #BinTheBoredom challenge have been two-fold.

It has connected everyone in the rural West

Sligo club in a different sort of way, and has gotten children out of cabin-feverish houses and into the fresh-air again.

"Everyone is at home and their kids are driving them daft," says Corcoran. "The kids are not expending the energy they normally would playing football, so this is helping them expend that energy.

"The idea of kicking it into a bin, it looks on the videos like everyone is getting it in first-time, but the reality is you're probably out there for half an hour trying to get it in and having a bit of fun with it.

"A few people were kicking it in left and right and one guy kicked it in from off the ground around 40 metres away.

"Some were making it a real challenge, and for some of the wee ones it was just about getting it in. It was great to see all the different age-groups doing it and having a bit of fun with it."

Like every other GAA club, Castleconnor have been proactive in the way they have dealt with the many challenges posed by the Covid-19 pandemic.

"We've been really pushing the government and HSE's messaging on hygiene," says Corcoran. "We're trying to get it across to younger people especially.

"They have a devil may care attitude and think they're invincible so we're just trying to get that message out there that you have to be careful because your health can affect someone else's.

"We have a weekly e-mail we send out to all our members with news and we always mention it in that as well. We've had to curtail our lottery.

"Previously one third of our lotto would have been done online and two-thirds would have come through envelopes, but we took a decision last week to kill the envelopes and we're asking people to go online.

"We're pushing a phone-number too for people to ring who aren't sure how they register for the lotto online, we're there to help them.

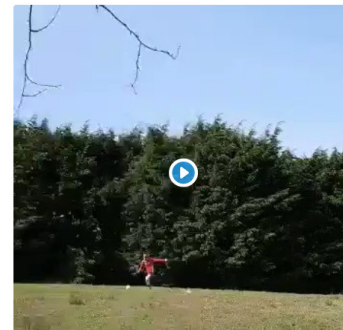
"Some people are annoyed we can't do the envelopes, but we can't be risking the health of our volunteers by asking them to handle envelopes and cash that have come from elsewhere."



Castleconnor GAA club  
@castleconnorgaa

#bintheboredom

Ah now Kenneth Healy, that's just showing off. What a strike.



Castleconnor GAA club  
@castleconnorgaa

#bintheboredom

Next up Club Registrar Rory O'Connor nit to be outdone by his young lad!



# GAA INSURANCE UPDATE

**THE ASSOCIATION ARRANGES AN ANNUAL PROPERTY & LIABILITY INSURANCE COVER FOR ALL AFFILIATED UNITS OF THE GAA/LGFA AND CAMOGIE ASSOCIATION. PREMIUMS ARE BILLED BY GAA FINANCE DEPARTMENT TO GAA COUNTY BOARDS AND THE LGFA AND CAMOGIE ASSOCIATION WHO ALLOCATE AND COLLECT THE PREMIUM ACROSS THEIR AFFILIATED UNITS. IF A UNIT HAS NOT PAID THE PREMIUM AS BILLED THEY WILL NOT BE PROVIDED WITH AN INDEMNITY IN THE EVENT OF A CLAIM ARISING UNDER EITHER POLICY COVER.**

All premiums billed for the current period of cover are due to be paid in full by all units.

Cover is conditional on the unit being a current affiliated unit, and in compliance with the relevant Associations Official Guide and GAA Code of Behaviour Underage at all times.

The renewal date of all covers is November 1st annually and our appointed insurance brokers are Marsh Ireland.

The Combined Liability and Property insurance documentation are on [gaa.ie](http://gaa.ie) under [www.gaa.ie/my-gaa/administrators](http://www.gaa.ie/my-gaa/administrators) and all units should read this documentation carefully to ensure they are familiar with the terms and conditions of cover.

In particular we would like to highlight the following;

## **Property**

Buildings are insured on a reinstatement value basis where max sum insured per location is €10m with inner limits of €250,000 per full size artificial pitch and €110,000 per grass pitch. Policy excesses are listed on page 4. Cover only responds in the event of an Insured Peril (Fire, Lightning, Theft etc. as detailed in policy document etc.) occurring.

## **Liability**

The business of the GAA as declared to insurers is that of a Sporting Organisation responsible for organisation and promotion of Gaelic Games.

Liability Insurance cover is not in place to cover individuals but in place to cover the legal liability of the affiliated unit. Therefore, when a solicitor's letter is received by a unit, Liability Insurance is in place to respond to that correspondence on behalf of the unit and the claim is handled accordingly by Insurers subject to the T&C of the policy.

## **All clubs must have a current Health & Safety Statement with risk assessments completed in place**

Fundraising and all Health and Wellbeing activities must be notified in advance and an extension of cover requested

Engagement of event sub-contractors and third party participants – please refer to page 8 and in particular units are reminded not to enter into any contract for services before submitting the contract for review as failure will invalidate cover

Engagement of Community Scheme workers – please refer to page 6 for Insurer's requirements

Construction and Development works – please refer to page 7 for Insurer's requirements

Gym facilities and Third-party contractors – please refer to page 8 for Insurer's requirements

Licensed bars and Personal trainers – please refer to page 9 for Insurer's requirements

Exclusions of cover – please refer to page 11 for the noted exclusions

***Please note that if a formal claim arises and it is established that the affiliated unit was in breach of the terms of cover, Insurers will decline the claim and the affiliated unit will be solely responsible for funding all claims costs and any awards from their own resources.***

## **Insurance Contact Information**

### **GAA Insurance**

**Sinead Leavy** [sinead.leavy@gaa.ie](mailto:sinead.leavy@gaa.ie) 01 865 8660

**Ciara Clarke** [Ciara.clarke@gaa.ie](mailto:Ciara.clarke@gaa.ie) 01 819 2347

### **Marsh Ireland**

**Email:** [generalgaaqueries@marsh.com](mailto:generalgaaqueries@marsh.com)  
**Tel:** 01 604 8114 or 01 604 8220





## PITCH MAINTENANCE CHECKLIST

**CURRENT RESTRICTIONS ENACTED IN RESPONSE TO COVID-19 PANDEMIC REQUIRE PERSONS TO STAY AT HOME. THE RESTRICTIONS DO, HOWEVER, PERMIT ONLY THOSE WORKS DEEMED ESSENTIAL TO MAINTAIN NON-ESSENTIAL BUSINESSES ACTIVITIES.**

In order to ensure the safety of members and volunteers Clubs & Counties should take a practical approach with respect to continuation of pitch maintenance and property checks up to the 12th April. If works are not essential then they should not take place.

If maintenance or property checks are deemed essential the person will need a letter on club headed paper to show Gardaí (this can be provided via email to display on phone) and the person is supposed to carry a form of ID also. We would recommend the person where possible wears Club/County branded clothing if they have same.

Essential pitch maintenance can continue provided;

- The persons undertaking the works should as far as possible be the usual person designated to undertake such work at the club
- All persons undertaking works must be informed of the HSE advises re social distancing and they have to confirm they are not sick and not under any restrictions that would prevent them working as per advises from health

officials. Posters / information advises should be in place at the property. These were included with previous communications and are available on <https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partnerresources/>

- Social distancing and other advises from HSE must be adhered to
- Equipment should only be used by designated persons and will need additional cleaning after each use by the designated person
- PPE must not be shared and should be cleaned after each use

It is important that clubs are proactive in protecting their property at this time. It is every clubs responsibility to ensure the below, at a minimum, is enforced to prevent any loss or damage to their property.

1. Heating should be on in order to prevent pipes from freezing. If boilers can be set at 4 degrees Celsius, this would be ideal.
2. Remove all waste from around the clubhouse, changing rooms etc.
3. Ensure all alarms are fully operational especially smoke & fire alarms
4. If CCTV is remotely accessible it can it be reviewed periodically?
5. Water systems may require flushing to prevent legionella
6. If feasible with the current guidelines, regular checks to be carried out in the clubhouse and surrounding area to ensure no damage/leaks etc.

If the persons who regularly does this work are unavailable to work and other persons need to undertake activities, units are legally responsible for ensuring such persons are competent to undertake the tasks and are provided with a safe system of work\*.

\*Should you have any queries in relation to the above, please do not hesitate to contact Croke Park or Marsh Ireland on the following e-mail – [generalgaaqueries@marsh.com](mailto:generalgaaqueries@marsh.com)



## GAA DEVELOPMENT FUND

### DEPOSITS

- Clubs are encouraged to deposit money into the GAA Development Fund eg. Club Lotto
- The variable interest rate a Club can earn on their deposit is 1.9%.
- Minimum deposits are €1,000/£1,000.
- Deposits can be sent via bank transfer
- Clubs who support the fund are given priority when applying for a loan.
- Forms for depositing funds can be obtained from a member of the National Finance team in Croke Park.

### LOANS

- A Club can make a loan application to the GAA Development Fund for purchasing new property or development of Club property.
- Bar facilities or renting out of facilities are **not** covered by the fund.
- The interest rate applicable is a variable interest rate, currently 1.9%
- Funding is only available to clubs with property vested in the GAA.
- Loan term is a maximum of 10 years.
- The maximum amount available to one club is €100,000 or £100,000.
- All loans must be guaranteed by the County Board and a recommendation provided by the Provincial Council.
- The application form and criteria to apply for a loan from the GAA Development Fund can be obtained from the National Finance Department in Croke Park.
- Due to current restrictions it will be at September at the earliest before the Financial Management Committee will be allocating loans again.

## HOW CAN A CLUB RAISE FUNDS DURING COVID-19 LOCKDOWN

1. **Promote Club fundraising activities through online channels**
2. **Obtain membership payments online**
3. **Use this time as an opportunity to plan for fundraising activities when things return to normal.**
4. **Speak with your Sponsors – be cognisant of the impact of Covid 19 on their business.**
5. **Communicate with regular Donors – assess impact of Covid 19 on their business.**
6. **Speak with your Bankers/Loan Providers**

# CHILD SAFEGUARDING UPDATE -SAFEGUARDING TRAINING

**DURING THESE COVID 19 RESTRICTIONS OUR CHILD SAFEGUARDING TRAINING IS STILL AVAILABLE FOR THOSE WHO WORK WITH CHILDREN IN THE GAA. CHILD SAFEGUARDING TRAINING IS A MANDATORY REQUIREMENT IN LAW FOR OUR UNDERAGE COACHES ETC. AND DURING THE TEMPORARY ABSENCE OF FACE TO FACE WORKSHOPS WE, AS WITH OTHERS, MUST BE CREATIVE AND MAKE OUR TRAINING AVAILABLE THROUGH THE PROVISION OF ONLINE TRAINING.**

During these Covid 19 restrictions our Child Safeguarding Training is still available for those who work with children in the GAA. Child Safeguarding training is a mandatory requirement in law for our underage coaches etc. and during the temporary absence of face to face workshops we, as with others, must be creative and make our training available through the provision of online training.

We would remind Club personnel that those who are eligible to undertake the Safeguarding 1 online refresher programme, i.e. have previously attended safeguarding training within a three year period, may avail of this online refresher programme by accessing <https://learning.gaa.ie/safeguarding>. To be eligible to undertake this online refresher one must have attended a Gaelic Games face to face workshop (Safeguarding 1) within the last three years or have attended an LSP or other sports organisations' delivery of the Child Safeguarding 1 workshop within that 3 year period.

We also recognise that some new coaches, or others who assist in various capacities with underage teams, have yet to attend their Child Safeguarding Training. Many

were registered to attend one of the more than 100 Safeguarding 1 Workshops that were unfortunately postponed due to the current restrictions.

Our Safeguarding Training Committee will shortly advertise the availability of a New live online Safeguarding 1 programme, equivalent to the current Safeguarding 1 face to face programme, for members of the Gaelic Games Associations. Those who had their workshop postponed or others who may wish to participate in the new online delivery can register to attend a New live online Safeguarding 1 programme by writing to [safeguardingonline@gaa.ie](mailto:safeguardingonline@gaa.ie) and will receive updates and notifications as to when the online training shall take place.

***Please remember that other Child Safeguarding policies and publications are available on [gaa.ie](http://gaa.ie)***

***Code of Behaviour (Underage)***

**<https://www.gaa.ie/api/pdfs/image/upload/oh19oq3mbgtnoi6arn22.pdf>**

***Maintaining Appropriate levels of behaviour in our work with children and young people***

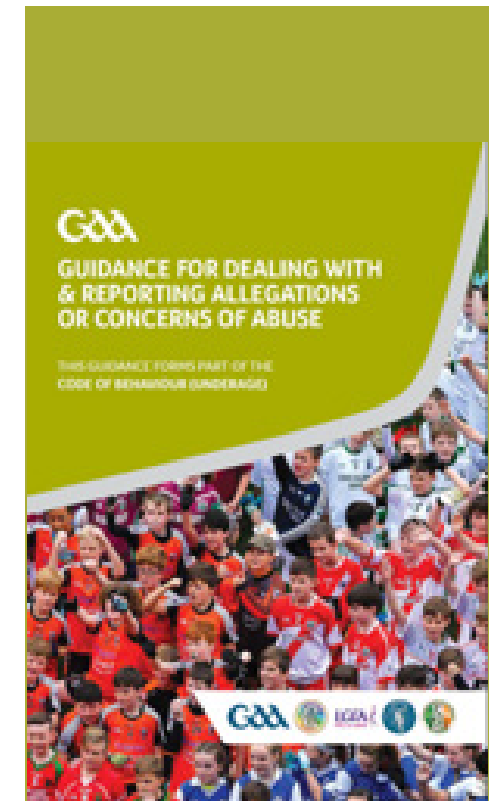
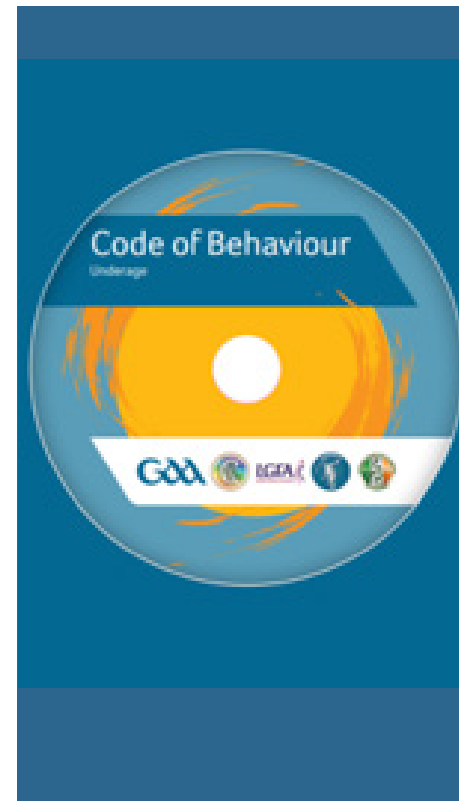
**<https://www.gaa.ie/api/pdfs/image/upload/tgt2wj098wplkinj58pfd.pdf>**

***Guidance for Dealing with and Reporting Allegations and Concerns of Abuse***

**<https://www.gaa.ie/api/pdfs/image/upload/n5hsvzyl3eb5kbrfbyfe.pdf>**

***Garda vetting applications***

This is an ideal time for Clubs to double check that all persons appointed by their Club to work with children this year have



fulfilled the criteria of vetting. You can apply for vetting at <https://www.gaa.ie/the-gaa/child-welfare-and-protection/vetting>

Or

***NI vetting applications***

**<https://ulster.gaa.ie/safeguarding/access-ni/>**

The GAA continues to provide a full child safeguarding service, as we have done in the past. Association members or the general public may submit any child safeguarding concerns that are relevant to the GAA by contacting us immediately at [mandatedperson@gaa.ie](mailto:mandatedperson@gaa.ie) or make contact with a local statutory authority if they wish. Other child safeguarding queries may be forwarded to [nationalchildrensoffice@gaa.ie](mailto:nationalchildrensoffice@gaa.ie)



# CLUB LEADERSHIP DEVELOPMENT PROGRAMME UPCOMING REMOTE WEBINAR WORKSHOPS

**THE OFFICER DEVELOPMENT TEAM IN CROKE PARK, IN CONJUNCTION WITH OUR COLLEAGUES ACROSS VARIOUS OTHER DEPARTMENTS AND COMMITTEES WITHIN THE GAA, AND THE LGFA AND CAMOGIE ASSOCIATIONS ARE PLEASED TO ANNOUNCE THE ROLLOUT OF A SERIES OF ONLINE-BASED LIVE WEBINAR SESSIONS FOR CLUB OFFICERS.**

Volunteers involved in our games worldwide to engage with, and increase their knowledge base via the medium of remote learning. Our aim is to achieve a blend of traditional modules combined with new content, relevant to the challenging times we find ourselves in. We have already seen tremendous interest in our Governance and Finance modules, with over 200 Club Officers tuning in.

Please see below the current plan in place for upcoming modules. We are always open to new suggestions for content and for all forms of feedback - <https://learning.gaa.ie/officerfeedback>

Stay tuned in to our Twitter account - @GAAlearning, and our online calendar - <https://learning.gaa.ie/OfficerTrainingCalendar> for regular updates and details of upcoming workshops. If you haven't already, please create an account on the GAA's Learning Portal (<https://learning.gaa.ie/>), from where the majority of webinars can be accessed live, at the allocated time (<https://learning.gaa.ie/lms/course/index.php?categoryid=260>).

Creating an account and pre-registering for modules allows you to track your own progress and learning achievements.

Remember, we also have two online-only modules which can be accessed at any time. We would encourage all Officers to complete these – Club Officer Foundations and **Leading Effective Meetings**.

Sessions will also be made available for County Officers – who will be contacted directly in advance of workshops.



# THE GREAT TEAMS AREN'T JUST ON THE FIELD

# CLUB FOLDER STRUCTURE – A RESOURCE FOR CLUB SECRETARIES

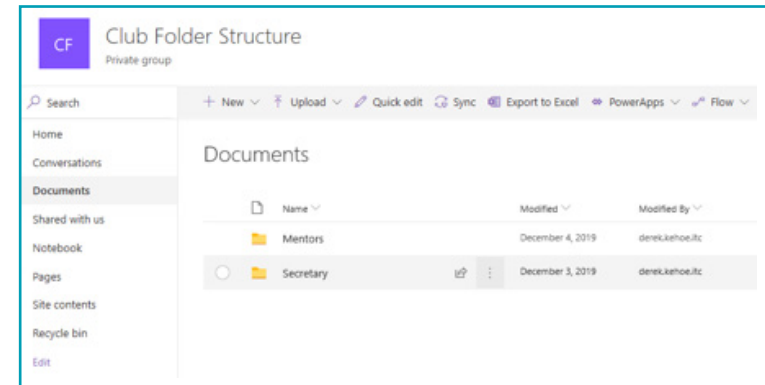
**THE DIFFICULT SITUATION WE CURRENTLY FIND OURSELVES IN, THE GAA IS TRYING TO MAKE LIVES OF ITS CLUB OFFICERS A BIT EASIER. IN DOING SO, WE'RE HAPPY TO ANNOUNCE THAT THE CLUB FOLDER STRUCTURE IS NOW UP AND RUNNING! WORKING ALONGSIDE ERGO FOR THE LAST FEW MONTHS, A ONE DRIVE FOLDER HAS BEEN CREATED AND POPULATED WITH TEMPLATES AND GUIDES FROM DEPARTMENTS WITHIN CROKE PARK THAT CLUB SECRETARIES CAN OBTAIN. THE AIM OF THIS PROJECT IS TO HELP CLUB SECRETARIES HAVE A LOGICALLY ORGANISED FOLDER STRUCTURE TO THEIR ROLE AND AVAIL OF RESOURCES FROM SEVERAL DIFFERENT DEPARTMENTS. WE'RE HOPING TO HAVE MORE TEMPLATES AVAILABLE IN THE NEAR FUTURE AND EVEN EXTEND THIS PROJECT TO OTHER CLUB OFFICERS.**

To see how you can access the Club Folder Structure, follow the steps highlighted below:

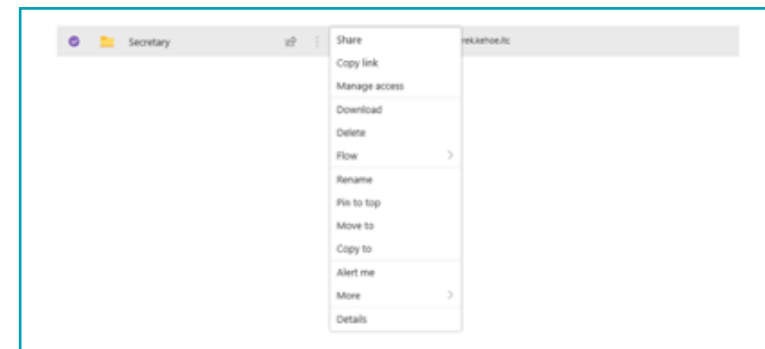
In order to get access to the template all you need to do is click on the following link [Secretary Templates](#)

It will take you to the following page

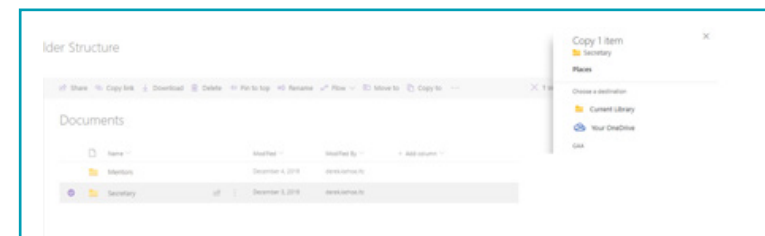
Once you are on the page if you hover over the Secretary folder three dots will appear as shown above. If you select click on the three dots a menu opens up which is shown below



Select the **Copy to** option and a window will open on the right hand side



Now select Your One Drive and the system will copy the folder structure and contents to your one drive where you can begin to use the system





# GAA LEARNING PORTAL – RESOURCES FOR CLUB OFFICERS

**WHEN IT COMES TO RUNNING GAA CLUBS, ALL CLUBS HAVE A WIDE RANGE OF NEEDS FOR INFORMATION AND TRAINING. THAT'S WHY WE'RE CONSTANTLY WORKING ON UPDATING ALL RESOURCES ON THE GAA LEARNING PORTAL FOR CLUB OFFICERS. HERE'S WHAT IS AVAILABLE:**

- **Online Modules**
  - Club Officer Foundations - a 30-minute module which helps new Club Officers get started in their roles.
  - Leading Effective Meetings - a 30-minute module on how to run effective Club meetings.
  - Access here - [https://learning.gaa.ie/club\\_leadership](https://learning.gaa.ie/club_leadership)
- **Learning Files**
  - A vast range of handouts relevant to each module in the Club Leadership Development Programme. For example, essential child safeguarding information, injury benefit fund guidance, independent team guidance, One Club guidelines, etc.
  - Access here - <https://learning.gaa.ie/ClubOfficerLearningFiles>
- **Role Profiles**
  - Sample descriptions of key duties for the roles of Chairperson, Secretary, Treasurer, PRO, Registrar, etc.
  - Access here - <https://learning.gaa.ie/OfficerRoleProfiles>
- **Club Support Manual**
  - Advice sheets which explain key areas of Club administration, e.g. optimising Club structures, improving communication in the Club, recruiting volunteers, etc.
  - Access here - <https://learning.gaa.ie/>

- **Club Planning Guide**
  - An explanation of the process to develop a strategic plan for improving your Club over a 3 to 5 year period.
  - Access here - <https://learning.gaa.ie/ClubPlanning>
- **IT Helpdesks**
  - User guides and support service information for IT systems such as the Games Management System, Office 365 and the injury benefit fund.
  - Access here - <https://learning.gaa.ie/ITHelpdesks>





## 2020 ELECTRIC IRELAND GAA HIGHER EDUCATION RISING STARS AWARDS

**THE 2020 ELECTRIC IRELAND GAA HIGHER EDUCATION RISING STARS AWARDS HAS RECOGNISED THE MOST CONSISTENT PERFORMERS FROM THIS YEAR'S COMPETITIONS AND HAVE ANNOUNCED DAVID GARLAND AS THE ELECTRIC IRELAND HIGHER EDUCATION GAA RISING STARS FOOTBALL PLAYER OF THE YEAR. THE DCU DÉ FORWARD IS ALSO JOINED BY FIVE OF HIS TEAMMATES ON THE ELECTRIC IRELAND HIGHER EDUCATION GAA RISING STARS 2020 FOOTBALL TEAM OF THE YEAR.**

Meanwhile in hurling, University College Cork hurler, Shane Kingston has been named Electric Ireland Higher Education GAA Rising Star Hurling Player of the Year 2020 as the Electric Ireland Higher Education GAA Rising Stars 2020 Hurling Team of the Year has been unveiled.

Garland was outstanding throughout DCU DÉ's journey to Electric Ireland Sigerson Cup glory in 2020. The Donaghmoyne forward scored a total of 1-14 across all games, finishing off with four magnificent points from play and a man of the match performance as he led DCU DÉ to victory in this year's final over IT Carlow. Garland's efforts in the Electric Ireland Sigerson Cup have resulted in him being recalled to the Monaghan Senior Intercounty panel for 2020.

The country's top footballing talent was on display during this year's Higher Education Football season with DCU DÉ claiming their fifth Electric Ireland Sigerson Cup crown while Cork Institute of Technology gained promotion from the Electric Ireland Trench

Cup following their victory in the final over Mary Immaculate College.

In this year's Football Team of the Year, Electric Ireland Sigerson Cup Champions, DCU DÉ lead the way with six Rising Stars while beaten finalists IT Carlow have four representatives on the team. Letterkenny Institute of Technology, who reached the Electric Ireland Sigerson Cup Semi-Final for the first time, and UCD have two representatives each. There is also one representative from Electric Ireland Trench Cup Champions, CIT.

Shane Kingston, a member of Cork's Senior Hurling team, was named in last year's

Electric Ireland Higher Education GAA Rising Stars Hurling Team of the Year and continued his terrific form in the competition in 2020. The Douglas club man was a consistent threat to opposition teams and scored four great points in the Electric Ireland Fitzgibbon Cup Final as he claimed his second Fitzgibbon Cup medal and this year's Electric Ireland Higher Education GAA Rising Star Hurling Player of the Year title.

This year's Higher Education Hurling season showcased incredible skill and was a wonderful advertisement for these prestigious competitions with UCC winning back-to-back titles overcoming IT Carlow, whom also contested the Final of the Electric

Ireland Sigerson Cup, in the Electric Ireland Fitzgibbon Cup Final. In the Electric Ireland Ryan Cup, Garda College gained promotion to next year's Electric Ireland Fitzgibbon Cup by defeating Ulster University in the Final.

Following the defence of their Electric Ireland Fitzgibbon crown, UCC dominate this year's Team of the Year with no fewer than seven Rising Star representatives. Following their impressive run to the final, IT Carlow have four representatives on this year's team. Beaten semi-finalists, DCU DÉ and Mary Immaculate College make up the rest of the team with three and two representatives respectively.



## Electric Ireland Higher Education GAA Rising Stars 2020 Football Team of the Year

1. Evan Comerford - DCU DÉ, Ballymun Kickhams, Dublin
2. Brendan McCole - DCU DÉ, Naomh Naille, Donegal
3. Mike Breen - UCD, Beaufort, Kerry
4. Niall Hughes - IT Carlow, Kilanerin - Ballyfad, Wexford
5. Ray Connellan - UCD, Athlone, Westmeath
6. Jordan Morrissey - DCU DÉ, Éire Óg, Carlow
7. Trevor Collins - IT Carlow, Graiguecullen, Laois
8. Shane Carthy - DCU DÉ, Naomh Mearnóg, Dublin
9. Michael Langan - LYIT, Naomh Mícheál, Donegal
10. Pdraig O'Toole - IT Carlow, Kiltegan, Wicklow
11. Mícheál Bannigan - DCU DÉ, Aughnamullen, Monaghan
12. Peadar Morgan - LYIT, Naomh Naille, Donegal
13. David Garland - DCU DÉ, Donaghmoyné Fontenoys, Monaghan
14. Gavin O'Brien - CIT, Kerins O'Rahillys, Kerry
15. Cian Farrell - IT Carlow, Edenderry, Offaly

## Electric Ireland Higher Education GAA Rising Stars 2020 Hurling Team of the Year

1. Oisín Foley - DCU DÉ, Crossabeg Ballymurn, Wexford
2. Shane Reck - IT Carlow, Oylegate Glenbrien, Wexford
3. Robert Downey - UCC, Glen Rovers, Cork
4. Eanna McBride - Mary Immaculate, J.K Brackens, Tipperary
5. Paddy O Loughlin - UCC, Kilmallock, Limerick
6. Conor Burke - DCU DÉ, St. Vincent's, Dublin
7. Mark Coleman - UCC, Blarney, Cork
8. Darragh Fitzgibbon - UCC, Charleville, Cork
9. Richie Leahy - IT Carlow, Rower Inistioge, Kilkenny
10. Rory O Connor - DCU DÉ, St. Martin's, Wexford
11. Shane Conway - UCC, Lixnaw, Kerry
12. Cathal Dunbar - IT Carlow, Naomh Éanna, Wexford
13. Chris Nolan - IT Carlow, Mount Leinster Rangers, Carlow
14. Shane Kingston - UCC, Douglas, Cork
15. Tim O Mahony - Mary Immaculate, Newtownshandrum, Cork

Marguerite Sayers, Executive Director, Electric Ireland, commented "We are happy to announce the Electric Ireland Higher Education GAA Rising Stars 2020 Hurling & Football Teams of the Year. While it is unfortunate that due to the on-going Covid-19 pandemic we will not be able to recognise the players through the annual Electric Ireland GAA Higher Education Rising Stars Awards Ceremony, the health and well-being of the players and their families is the top priority for both ourselves as sponsors and the GAA. We remain determined to spotlight standout performances in these highly coveted competitions. 2020 was another thrilling season and it's a pleasure to be able to support these players as they combine their studies with life on and off the pitch."

Uachtarán CLG, John Horan said "Congratulations to the Electric Ireland GAA Higher Education Rising Stars Football & Hurling Teams of the Year 2020 who played such a prominent role in this year's Higher Education GAA season. I would especially like to congratulate David Garland and Shane Kingston who have been named Football Player of the Year and Hurling Player of the Year respectively. It is a tremendous honour to be recognised for your achievements on the pitch and many of these men are the rising stars of our great games."

## 'CUAILLE' – IRIS GHAeilGE CLG AR FÁIL ANOIS!

**TÁ AN CHÉAD EAGRÁN DE IRIS NUA GHAeilGE CHUMANN LÚTHCHLEAS GAEL AR FÁIL ANOIS. IRIS Í A BHEIDH AR FÁIL AR LíNE, CEITHRE HUAIRE SA BHLIAIN. IS AR FHOGHLAIMEOIRÍ GAeilGE AGUS AR CHAINTEOIRÍ LíOFA GAeilGE ATÁ SÍ DíRITHE GO PRÍOMHA ACH TÁ MÍREANNA ANN ATÁ FEILIÚNACH DO LUCHT MEÁNSCOILEANNA, FREISIN. TÁ CLUASTUISCINT AGUS DHÁ LÉAMHTHUISCINT IN EAGRÁN NA MÍOSA SEO!**

Sa chéad eagrán seo de 'Cuaille' cuireann 'Cú' na hailt 'Ár gCluichí, Ár Laochra', 'Do Chlub, Do Chontae', Crosfhocal, Cuardach Focal, 10 gCeist CLG Ort chomh maith le hailt ó Liam de Lása, Mártan Ó Ciardha, podchraoladh i gcomhar leis an Spota Dubh, alt faoi Scór agus go leor leor eile inár láthair.

Dúirt Uachtarán Chumann Lúthchleas Gael, Seán Ó hÓráin:

"Is cúis mhór áthais dom go bhfuil an iris nua ar líne seo, 'Cuaille', ar fáil anois agus tá súil agam go mbainfidh idir óg agus aosta taitneamh agus tairbhe as a bhfuil ann. Cuirfear an iris seo ar fáil uair sa ráithe agus i measc na míreanna a bheidh ann beidh 'Ár gCluichí, Ár gCultúr', crosfhocail, tráth na gceist, 'Do Chlub, Do Chontae' podchraoltaí, míreanna club agus go leor leor eile."

Bainigí taitneamh as Cú agus Cuaille. Is féidir an iris a íoslódáil anseo:

<https://www.gaa.ie/news/cuaille-iris-ghaeilge-clg-ar-fail-anois>



### Gluais / Glossary

**Iris** – magazine **ar líne** – online **ar fáil** – available **líofa** – fluent **go príomha** – primarily **míreanna** – items **feiliúnach** – suitable **lucht meánSCOILEANNA** – secondary school goers **podchraoladh** – podcast **i gcomhar le** – in conjunction with **óg agus aosta** – young and old **taitneamh agus tairbhe** – enjoyment and benefit **ráithe** – season **íoslódáil** – download



## GET YOUR HANDBALL FIX AT HOME



# GET YOUR HANDBALL FIX AT HOME

**WITH THE CURRENT SUSPENSION OF ALL GAA HANDBALL ACTIVITIES, WE HAVE COMPILED A LIST OF 10 IDEAS TO HELP YOU PASS THE TIME AND STILL GET YOUR HANDBALL FIX.**

### **1) Handball Heroes**

We have turned 13 of our star players into a special Colouring In book. Check out who made the cut below.

### **2) Handball Activity Book**

Crosswords, Wordsearches, Puzzles....ideal for the children in the household.

### **3) Rapid Reflex Challenge**

A viral challenge among the Handball Community to test out who has "Rapid Reflexes".

### **4) Home Skills Challenge**

A 14 day home skills challenge to keep your Handball levels sharp.

### **5) GAA Handball TV on YouTube**

Literally 100's of old matches through the years for you to enjoy.

### **6) Coaching Video Series**

You don't need an alley to practice technique or learn tactics! Check out our excellent Coaching Video Series.

### **7) Referee Pathway Quiz**

Take the first step on our new Referee Pathway by trying our Foundation Level Multiple Choice Quiz. Suitable for players and spectators too.

### **8) Quiz #1**

First in a series of Quizzes....can you name all 21 All-Ireland Senior 4-Wall Champions?

### **9) Club Iontach**

Now is the time to plan ahead for your Club. First stop should be our Club Iontach Accreditation Scheme.

### **10) History**

Browse through a range of our History Archive Articles. We are always looking for more content so please feel free to submit your own content aswell.

By John Harrington

## 2019 MACNAMEE AWARDS WINNERS ANNOUNCED

### THE WINNERS OF THE 2019 MACNAMEE AWARDS HAVE BEEN CONFIRMED BY THE GAA.

The GAA National Communication and Media Awards are named after the late Pádraig MacNamee, former President of the GAA, Chairman of the GAA Commission (1969-1971) and member of the RTÉ authority.

They are presented annually in recognition of outstanding contributions made by individuals and Association units in the area of media and communications.

Due to the Covid-19 situation the presentation of the MacNamee Awards has been postponed until a future date.

The GAA President offered his congratulations to this year's winners. He said:

"The power of communication and the need to be able to tell the GAA's story and reflect all that is great and good about the Association has never been more critical than it is now. It is against this backdrop that we single out some exceptional examples of this craft."

"I want to congratulate all of the winners and also thank them for the work they do to help us to promote our games.

"In particular I want to pay tribute to the Hall of Fame recipient Martin Breheny for his lifelong passion for the GAA and the skillful role he played at keeping Gaelic games at the forefront of media coverage."

The winners of the 2019 MacNamee Awards are as follows:



### 2019 Best Website – Ballycran – <http://ballycran.down.gaa.ie/>

The St. Joseph's GAA Club, Ballycran website is a great example of what a GAA club website should be. Informative and engaging, the website is clearly laid out and simple to navigate. The most important club information is easily accessible, and the menus are logical and well structured.

Integration of social channels ensures that the club website is a consolidated source of news for members. Fixtures and Results are very well presented and important reference material is available through the 'Club Policies and Procedures section'. The club featured articles, particularly with members who have travelled overseas, are excellent.

### 2019 Provincial Media Award – 'Mayo GAA – A Decade in Review' by The Western People

Mayo's search for Sam Maguire remains one

of the great Irish sporting stories. The past decade brought so many promising and subsequently painful days which are recalled with sheer passion in a comprehensive 124 page Western People review. The Green and Red didn't claim the All-Ireland Senior Football Championship in this spell, but it was a thrilling adventure.



### 2019 National Media Award – Keith Duggan, The Irish Times "Summer of 69"

Keith Duggan's feature 'Summer of '69: When the city boys from Belfast brought All-Ireland glory to Antrim' is a beautiful piece of sports-writing.

Telling the story of the Antrim team that won the 1969 All-Ireland U-21 Football Championship, it brings their unexpected triumph back to shimmering life. Duggan unspools the narrative deftly as Andy McCallin, Michael Colbert, Liam Boyle, Gerry McCann, and Seamus Killough reminisce colourfully on a time, and Belfast, long gone.

'Summer of 69' has a great emotional range. There are moments that make you chuckle and others that hurt the heart, most especially the tragic fate of the late Din Joe McGrogan. By the end you're left with a real sense of a particular time and place, and also of the passing of time itself.

### 2019 Best Programme GAA – Meath Senior Football Championship Final Programme

There was definite purpose behind the planning, styling, make-up and production of this programme. Extending to 130 pages, the contents are plentiful, easy to find and to read. It is refreshing that so much of the editorial, statistics and imagery relate directly to the fixtures, yet some space was found to promote other aspects of GAA games development.

The clear, light-touch approach to graphic design and layout gives a clean space to display the varied contents. A wonderful memento and terrific value for every Meath Gael.

### 2019 Best GAA Related Radio Programme – Radio Kerry - ‘Terrace Talk – Kerry’s Golden Years’

This programme celebrated the best Gaelic football team of all time and indeed Kerry’s Golden Years. The show was lively, informative, entertaining and inclusive from start to finish and kept the listener enthralled.

Several players are interviewed included Eoin ‘Bomber’ Liston, Ambrose O’Donovan, Denis ‘Ogie’ Moran, Jimmy Deenihan, Ger Power, John Kennedy, Jack O’Shea, Mickey ‘Ned’ O’Sullivan and Pat Spillane. An emotional and informative interview with Mick O’Dwyer was one of the highlights of this show, which included a mix of chat and commentary – helped along by an enthusiastic and knowledgeable presenter.

### 2019 Gradam Gaeilge (Irish Language Award) – ‘An Siol a Cuireadh sa tSneachta’ – in eagar ag Seán Mac an tSithigh

An bhliain seo caite rinne Comórtas Peile na Gaeltachta ceiliúradh ar chaoga bliain a bhunaithe. Tá cuntas ar bhunú agus ar stair an chomórtais sa leabhar seo ag tosaí leis

an gcaoi ar thug buíon peileadóirí as Corca Dhuibhne an turas fillte 650 míle go Gaioth Dobhair i lár an tsneachta ar an 4ú Eanáir 1969 gur chuireadar an síol as ar tháinig ceann de na comórtais is tábhachtaí dá bhfuil againn. Cuntas den scoth atá ann agus

cur síos freisin ag an 50 club as na Contaethea Gaeltachta, as Bleá Cliath, Béal Feirste agus as Londain ar an gceangal atá acu leis an ócáid.

### 2019 Best New Media – Roscommon Gaels All-stars

Any club that provides the kinds of services that Roscommon Gaels does through its All-Stars initiative deserves special recognition. However the Gaels’ clever use of social media and digital campaigns to raise awareness of their work and to ultimately fund it, through winning the TG4 / Subaru competition, deserves to be recognised through the McNamee Best New Media Award. Their campaign involved two separate digital initiatives - creating an excellent video describing the Roscommon Gaels All-Stars and then utilising social media to generate awareness and win votes for their competition entry.

<http://www.roscommongaels.ie/>

### 2019 Best Photograph – Ray Ryan, The Tuam Herald

Carnmore minor hurling keeper Torin Finnerty is embraced by Dylan McLoughlin, a



member of the management team, after they won their first ever Galway County Minor A hurling championship in Salthill.

### 2019 Best GAA Club Publication – ‘The Story of Brosna GAA’

The story of Brosna GAA is a wonderful history of the club over 130 years. A fantastic production, the hardback book has stunning photography on the front and back covers. The Club’s history is chartered through the book, decade by decade.

There are interesting stories from the early years of the club, the ‘Snippets from the past’ section are a great way of presenting these stories.

The book covers all activities of the club, which highlights the role the Club plays in their local community.

This book serves as a testament to the pride members have in Brosna and their parish.

### 2019 Best GAA Publication – ‘Forgotten Gaelic Volunteer’ by Donal McAnallen

The book gives an insight into a part of the history of Cumann Lúthchleas Gael that had been left untold up to this time.

It is the story of those Ulster GAA members who fought in World War One, the context in which this came about and an explanation in to how they were ultimately overlooked.

It is a fascinating piece of research, a very well-crafted publication and a worthy addition to the history of the Association.

### 2019 Best TV Documentary – 40 Years of the Sunday Game

Described as “a cultural touchstone” and also as “one of the remaining rituals of Irish life” the Sunday Game has been an institution on Irish television and has played a crucial role in the coverage and popularity of Gaelic

Games since it first aired back in 1979. The Sunday Best – 40 Years of the Sunday Game produced by Loosehorse for RTÉ was a wonderful, colourful, nostalgic trip down memory lane and an exploration of the key to the programmes success, and how it has developed over the decades. So much has happened over those four decades, yet with passion and skill it was all woven perfectly together to tell a brilliant story.

### Hall of Fame – Martin Breheny

A native of Kilkerrin in Galway, Martin began his career in the Tuam Herald under Editor Jarlath Burke, who was a hugely respected figure in Irish journalism. He moved to Dublin in the late 1970s where he worked as a general sports reporter with the Irish Press Newspaper Group on Burgh Quay and reported at the Olympic Games staged in Moscow (1980), Los Angeles (1984), Seoul (1988) and Barcelona (1992) and travelled extensively as a boxing writer.

However, he was always synonymous with Gaelic Games and following the closure of the Irish Press Group in 1995, Martin would go on to cover the GAA for the Title and The Sunday Tribune before joining the Irish Independent in 2000 as Gaelic Games Correspondent and later becoming its GAA Editor. Over the course of his career he produced books in conjunction with some of the major figures in football and hurling including Cyril Farrell, John O’Leary, Mick O’Dwyer, Joe Kernan, Brian Cody and DJ Carey. He was also the co-author of the Ultimate Encyclopedia of Gaelic Football and Hurling published in 2001.

For over four decades he has covered to an exceptionally high standard the development and evolution of the GAA at national level, and with a passion for our national games hugely evident throughout.

**For more information please contact Alan Milton, Director of Communications on 01 8363222**



## WHAT MY CLUB MEANS TO ME - CLUB ESSAYS



**A HUGE THANK YOU TO ALL OF THE YOUNG WRITERS WHO RESPONDED IN SUCH HUGE NUMBERS TO OUR CALL FOR ESSAYS ABOUT WHAT THEIR CLUB MEANS TO THEM.**

The pride and passion of our young members for their clubs and what the GAA, LGFA and Cumann Camogieochta means to them was inspirational.

Over the next few newsletters we will showcase a number of our favourite submissions and will contact prize winners directly. Owing to space we will have to make some alterations. As the offices in Croke Park are currently closed it will be a number of weeks before we dispatch prizes.

Anyone who would like to, is still encouraged to send a 500 word GAA Club-themed essay to [clubnewsletter@gaa.ie](mailto:clubnewsletter@gaa.ie)



**My second home**  
By Cora Pierce, Gort na Móna GAA U12s, Belfast, Co Antrim

Gort na Móna is my second home. Every time I put on a my jersey, a sensation of pride rushes through me knowing I'm representing my club, even though the virus has come and we can't play the games we all love right now. We will smile again, we will return stronger and more united than ever!

Joining Gort just over two and a half years ago was one of the best choices I made. The club gave me so much joy and so many new friends. If I have had a bad day at school, going to training or a match that night really cheers me up. We all have a laugh, even if the coaches work us hard!

My coaches and mummy always give good advice. They always believe in me, it gives me that extra boost to play to my full ability and make them proud. My proudest moment so far was playing hurling with the boys in a championship final and being fouled (completely emptied lol) in the last few minutes and getting the free that helped us win the game!

Even though we don't always win, just

knowing that I tried my best and made my club proud is a win in my eyes. I have so many memories it would take me a while saying them all.

One of my memories is standing on the bank with friends and family watching lots of matches. Even though it would always be freezing it was so amazing watching loads of people with such amazing skill - I would sometimes get lost in the game.

Words can't explain how I feel when I catch a ball, the feeling of scoring a point or goal or even defending from a goal coming in! It's the best feeling knowing I've done my job and I am making my coaches proud!

One thing I love about our club is that we are like a big family, everyone is really kind, welcoming and accepts people for who they are. Especially our coaches and mentors, they want us to succeed as much as us. I came into this not know a thing about what I was doing but it was the drive from my coaches, it made me want to improve. I am still crafting my skill but I am enjoying the journey.

I can't wait for the day when I get to be on the pitch with all my friends, having fun playing the sport we all love and our so passionate for. I can't wait for the day when we are all watching a match on the hill cheering on my club, I can't wait to put on my kit and run on the pitch to be a part of this amazing club!

I am so proud to be a Gort girl.



**Hurling is the greatest game on Earth!**  
By Brian Mc Neill (St Ciaran's PS, Cushendun / Ruairí Óg, Cushendall, Antrim)

Hurling is a popular Irish sports game and to play you need a hurl, a helmet and a ball. It is my favourite sport by miles! Hurling is usually a 15 a-side game and there are lots of different positions on a hurling team. For example, goalkeeper, full back, corner backs, centre half back, wing half backs, midfield, centre half forward, wing half forwards, corner forwards and full forward.

I am from North Antrim and I play for the mighty Ruairí Óg Cushendall! The age group I play for is Under 10 and Under 12. The positions I sometimes play in are centre half forward, wing half forward, full forward or corner forward.

My favourite position is forwards because I like to score lots of goals and points for my team.

My favourite hurling player is Bubbles O'Dwyer and my nickname is Bubbles after him! He plays for Tipperary and that's why they're my favourite team.

My goal is to play in Croke Park with my county or club. Croke Park is the stadium where the All-Ireland County finals and All-Ireland Club finals are played. Croke Park is situated in Dublin which is the Capital of Ireland and it can hold around 82,000 people so it is massive!

If I ever get the chance to play in Croke Park, it would be a dream come true. I will keep practising my hurling skills every day in the hope that, one day, I will get to play there! I think I will have to play for Antrim though, not Tipperary!



### Fun and a great atmosphere By Hannah Molloy, age 11, St Maur's GAA, Rush, Co Dublin

Fun, great atmosphere, athletic, skilled and talented are just some words to describe St Maur's. For all the players, the club and GAA is a place and activity to help all players to relax and to be themselves.

The club has many facilities including helping the community. St Maur's holds bingo for the elderly and also help adults and children to be healthy and active.

The history begins in 1844 when football was played in the local area between the local parishes. My great great uncle Seamus Clerkin, who sadly recently passed away at a good age of 90 years old, was the last living player from the 1951 Dublin Junior Championship winning team for St Maur's. From 1844, I strongly believe that St Maur's has immensely improved from a club house with two bars, a gym and a hall to a ball wall, two pitches and now a new addition in 2020 - an all new all-weather pitch.

As a player myself I strongly believe that St Maur's offers many opportunities to make new friends and to learn new skills from Easter, Summer and Halloween camps to one or two nights of training. I myself have learned how to be team player and made new friends from different schools in the local area.

With a younger sibling myself, I have learnt teaching skills which I pass on to her and in this crisis, it is great to have a sibling that we can practice together, as my training and games have been cancelled for reasons, I understand, but still miss.

St Maur's is very family driven. My dad is our Manager and a lot of the parents are very good at helping out from training, pulling out goals, making teas coffees and sandwiches etc.

St Maur's has many facilities like the pitches, club house etc, but also St Maur's has many websites on Facebook, twitter and lots more to help players in times like this to still have a coach posting videos of skills for the players to do for about 10 - 15 minutes a day.

St Maur's also help schools in the local area by teaching people that have never played before how to solo or hand pass, this leaves almost half of them people wanting to join the great atmosphere up in St Maur's.

St Patrick's day is also very important to St Maur's. For example, last year the club made one of the biggest floats ever seen in a Rush parade.

St Maur's doesn't stop there. With this awful crisis going on the older players of the club are helping the elderly of the community to do their shopping and getting them whatever they need.

To conclude, I strongly believe that St Maur's has absolutely no downfall - from helping the community and always improving its facilities. As a player of St Maur's GAA club, I believe that St Maur's feels like a second home and always will.



### I love Rathnure just as much as my family

By Joey Gaffney, age 9, Rathnure GAA, Wexford

**What Rathnure Club means to me**  
Rathnure club means the world to me, I love it so much. I have 3 Rathnure Jerseys. All my uncles are trying to get me to play for Cloughbawn. I'm trying my best to play in the Martin Codd Cup - it would be my dream to score in my first match on the Martin Codd Cup team. It means the complete world to me. Other people would prefer to go on holidays but I would prefer to train all day with the Rathnure hurling team. I would play all day in a Rathnure Jersey. We are after winning three Rackard League titles in a row and I want to win at least one. I want to be like all the Rackards.

Did you know that there's a hurler called Jimmy Rackard? He was a first cousin of Billy, Bobby and Nicky Rackard.  
True or False:  
Did Nicky Rackard play football for Rathnure?  
Answer: True. He won one football county final.

**What Rathnure Club means for my Community**  
It means there's more money for the community. So we can have more activity in the community. It helps to get people together and get more active. It helps people to work together. Rathnure community do motivate8 every year.

It brings all families from the hurling club, the parish and the school together. It is a big fundraiser for the hurling club, and this year they made €16,000. With that money they can pay for the arena and for jerseys and to enter competitions. The club needs to do fundraisers every year. I love my community, my friends, my club and being from Rathnure.

Q: What activity is held in the arena every Saturday? Read on for the answer.

- A. Busy Bees
- B. Time for Fun
- C. Community meeting

### A Story from its History

In 1998 Rathnure played Portlaois in the Leinster Senior hurling final. Joe Mooney was captain and Dan Quigley was the Banisteoir. When the final whistle blew, everyone ran out onto the pitch. It happened - it actually happened! The news spread across the club. They won 1-13 to 1-6. They also made it to the leinster final in 2006 against Ballyhale, but it was a hard loss because they lost by only 7 points.

The answer to the last question is Busy Bee's

### What you look forward to doing when you can eventually play and train again?

I'm looking forward to showing them all my skills when I get back. My friend Jack Doyle is training in the afternoon as well. We really love hurling. We can't wait to play our first match in the Martin Codd Cup. I'm also looking forward to playing hurling with all of my friends again. We have only had one training session so far. I really hope that we will have more sessions this year. I'm training day to night and I hope that it will all pay off. My grandad died 2 years ago and ever since he died I've practiced all day every day.

I love Rathnure just as much as my family.



**We always have loads of fun**  
By Rian Carolan, Simonstown Gaels  
U10s, Navan, Co Meath

This Club started in 1965. Our colours are blue (like Dublin).

Simonstown Gaels won their first Meath Senior Football title in 2016 and we won again, for the second time, in 2017. I was there supporting them with my flag in Páirc Tailteann in Navan both times. The first time, I ran onto the pitch afterwards and my picture with the team was in the newspaper the next day. I started to play with Simonstown when I was 4 years old in the Academy with my friends from school. Now I play U-10's.

My brother, Dáire, who is 5 years old, plays as well. He trains in the Academy every Saturday.

What I love most about Simonstown is the training. We always have loads of fun together. In the Summer, when we are coming home from Go Games, we sometimes stop for ice-creams with our coaches at the shop at Ross Cross. They are famous for having the biggest ice cream cones in Ireland!

Also, my Mammy is a coach and she helps all of us. I really like having her beside me.

Each year in Simonstown, our Club have a "mini league" competition. Over 200 players, all U12, play in this and players

from outside the Club can play as well. On the final night, we always have a big party, and everyone gets a medal. It's great fun.

My favourite player on the Senior team is Niall Kane (Squealer). He also plays on the Meath team. I have the same curly hair as him and someday, I hope to be a great player just like Squealer.

My favourite position is playing midfield, because I can defend and I also have the chance of scoring too. I think I am very good at passing the ball to others when they are in a better place to score than me and I am not greedy with the ball.

Our biggest rivals are Navan O'Mahonys (personally my biggest rival because one of my best friends plays with them) My babysitter, Kelsey Nesbitt, also plays for Simonstown Ladies and for the Meath Senior Team as well. She is a brilliant player and a very nice girl.

I can't wait until the Coronavirus is over so I get to see my friends again and we can start training and playing games again. I do hope the Cúl Camp is on this year as I look forward to this every year. I also can't wait for the ice creams at Ross Cross!



**No matter where you come from, you are always welcome**  
By Niamh Maher, age 11, Rheban GFC,  
Co Kildare

Rathnure club means the world to me, My name is Niamh Maher and I am part of the Rheban LGFC U12 / U13 teams. I have been part of the Rheban GAA club since I was 3 years old. I love Rheban because everyone is friendly and kind. I have amazing coaches; Cathriona Byrne, Regina Owens, Anne-Marie Murray, Linda Byrne and Colette Germaine. My coaches are a big part of my Gaelic development. They always have faith in me and my fellow team-mates. They always make training fun and inspire our team. One of the things I love the most about Rheban is the friendships, craic and memories. Last year, myself and my team-mates had an amazing opportunity to play in a league. We got to the final, but sadly it didn't go our way on the day. We did have amazing support from our family and friends and members of the club. Everybody was so proud of our achievement.

My club means an awful lot to me; it's a huge part of my life. Rheban is such a great club in so many ways. Over the last few years, Rheban has held the "Cúl Camps" and they have been so much fun. On the last day the club organises an ice-cream or slushy for every child for free and we finish up with a huge water fight. This is a great way to end the week and it shows everyone having a brilliant time. Days like this are the ones that I will always remember. In Rheban, no matter where you come from, you

are always welcome. I have made so many friends for life. I don't live in the area of Kilberry where Rheban pitch is, and I don't go to the same school as most of the girls on my team, but everyone is friends and I really like that.

Rheban is a social outlet where people can come together and play the sport or talk about the sport they love! Players get to train and play matches and supporters and members can meet up and have a chat. Rheban is a great place for beginners as everyone is welcome, and the coaches, mentors and committee make everyone feel included. Rheban's players and mentors are respectful to the opposite teams in matches. I think that is a good example to show other teams that we want to play the game and follow the rules.

Last year in 2019, Rheban G.F.C. celebrated 90 years. As a matter of fact, my Grandad and Gran-Uncles were and are a big part of the club. Between them they were managers, players, secretary and chairman. My Dad is now also a coach to my brother's team (U10/ U11). Three generations! In 2016, Rheban built an indoor Astro-Turf that was named after my Gran-Uncle "Jack Maher". I'm very proud to be part of the Maher Family and the Rheban Family.

When all of this is over and things get back to normal, I'm looking forward to seeing all my friends from Rheban; they are like a second family to me. I hope there will be a girl's league again this year because we enjoyed last year and got to the final. I am also looking forward to getting back training and playing matches. I like interacting and meeting other teams too. Usually in the summertime, we get treated to an ice-pop after training. It definitely makes training worthwhile!

So there you have it, an essay about my favourite GAA Club; Rheban GFC. I hope you enjoyed it.





### Catastrophe in Croke Park

**A short story by Alanna Dolan, age 10, Caltra & Ahascragh Fohenagh**

I woke up one morning at 8:00am for my football match against Dublin in the All Ireland Final in Croke Park. We went to get the bus and we were rushing so much we got there just as the bus was leaving.

It was a really long journey from Caltra to Dublin but, when we finally got there, DISASTER STRUCK when I realised that I forgot to bring my mouth-guard and I am on the starting team.

I had to find one quick because the referee will not let me play if I don't have a mouth-guard. I was really starting to panic. It was only thirty minutes until our match against Dublin was due to begin. I went outside Croke Park to see if any of the shops around the stadium sold mouth-guards.

I found a shop that I knew sold mouth guards but when I went in they were all sold out. There were not going to be any supporters at the match because of this virus thing called the corona virus. Eventually I found a mouth-guard in another shop. I went back to the stadium and we did some drills to warm up. Our manager told us to go into our positions. I was in my usual position - backs. We went into our positions and we waited for Dublin to come. We waited for a while. Just then the thing I was hoping would never, ever, ever happen just happened! Our manager

told us to get all our things and get back on the bus. I had NO idea why he told us to get back on the bus but just then he told us that the match had been cancelled because of the Corona Virus. I think I was the most disappointed out of everyone on the team because first I had to go all over Dublin to find a shop that sold mouth-guards and after all of that the match had been cancelled. I was SO SUPER annoyed. Then our manager told us we were going to get ice cream in Supermacs instead. THEN I WAS SOOO HAPPY! We went back to the Ballinasloe Supermacs for ice cream. When we got there I ordered a cheese burger and chips. For dessert I ordered a chocolate ice cream Sunday! It tasted SOO nice! Then I woke up from my dream!

I like my clubs Caltra and Ahascragh because of all the matches we play, and because every training session is really good too. I like to play Camogie and I like to play football too with my club. It is always great fun to go to play football and Camogie. I would love to play camogie and football for Galway when I get older in Croke Park for an All-Ireland Final! Camogie and football are both my favourite hobbies. I Love to play Camogie and I love to play Football too! I can't wait until the Corona virus is all gone and we can get back to training and matches!



### Mount Sion's Munster Title By Dylan Ryan, Age 13, Mount Sion GAA, Waterford

In 2002 Mount Sion made it to a Munster Senior Club final against Sixmilebridge of Clare and with Jim Greene as Manager the team were hitting new levels.

Mount Sion were victors for the first time in 21 years. They won on a scoreline of 0-12 to 0-10. In arctic conditions on December 1, 2002. Mount Sion took to Thurles in hope of returning to Mount Sion with the O'Neill Cup in hand. With rain bucketing down it was never going to be a match of skill it was nothing more than a slugfest with the winners being the team who simply wanted it more. However, amidst the arctic conditions one man rose above all to put up nine points for Mount Sion with two of those coming late to help secure the title for Mount Sion. That man was none other than the mighty Ken McGrath.

Jim Greene was manager that day and he happens to be one of my sporting heroes. On the day his tactics were spot on which gave them the spirit to win. I admire Jim so much because he is the definition of a true Mount Sion man. Jim says one of his favourite sporting moments was half time during this match because the passion was exhilarating; it was the type of passion that could only be found in a Mount

Sion dressing room. Another reason I admire him so much is because he was the first ever Waterford All-Star.

To put on a Mount Sion jersey is an honour and as Jack Lynch once said 'Every time you pull on your club jersey you should treasure that moment by playing every game as if it was your last but playing well enough to make sure it isn't!'

I love Mount Sion. Some of the best moments in my life have happened because of the club for example winning the U12 county title. Even though it was U12 on small goals in Walsh Park everyone in the club was down there to support us and the scenes after the final whistle were extraordinary, you'd swear we had just won the club All-Ireland, but for me that day showed what Mount Sion is all about. No matter what the age group, no matter what the weather - if there is a Mount Sion match the crowds will be there in numbers to cheer on the team. You can't get that anywhere else apart from Mount Sion and that is the reason I love Mount Sion so much because no matter what, we always have a community behind us that is with us every step of the way. It has been a dream to be able to wear that Mount Sion jersey for the last Decade and I can only hope I have the privilege of pulling on that jersey for decades to come. CNOG SION ABÚ!



### An Opportunity to open our eyes

**By Cara Phelan, age 15, Portlaoise GAA, Co Laois**

My name is Cara Phelan, I am 15 years old, Portlaoise is the best club don't say you weren't told I play football and camogie for The Town, the white and green that wears no frown, Portlaoise has the best coach all the other clubs are always trying to poach.

They are inspirational, dedicated and loyal. They never get mad or reach the boil. They never look for a quick fix, now I'm on the Laois team and in the mix. They teach skill and timing without a fuss; we have great craic on the team bus.

Portlaoise teaches me to be hard working, dedicated and to think, to stand tall in this world and never to shrink. Portlaoise GAA teaches me to have choice, freedom and liberty. To improve my mind and agility.

I feel because I hurled I'm ready for the real world. This club has a great committee, everyone works to a tee, just like one big family which is just great to see.

Rathleague is like a taste of heaven, not one pitch, not two, but seven. All marked and lined and ready for play. Not once a week but everyday.

The club began long ago, it's always on a high never on a low, every year we lift a cup, you'll hear us shout "yup yup". It brings us closer together like birds of a feather.

We all stand as one enjoying the club fun. But now it's all on hold, when it will end, we're not told. The story will unfold, then all the jerseys will be sold. The corona

came, we weren't prepared, its spreading through the world now we are scared.

All we want is to play, let's hope it's all gone by May. It would be awful if it ruined the GAA year. Instead of skills, living in fear. It came as a disguise, an opportunity to open our eyes. When it's all over I'll have a change of view. Be happy to train and listen to what to do.

I won't mind that sprint I'll run faster and take a hint.

I will mind my gear and take good care; I'll follow the rules and play fair. Doing everything I can let us follow our fellow man, doing the best that we can. All we want is for the sun to shine, and for each and every one of us to be fine.

Back out on the pitch, playing sport without a glitch. Until then, I train alone, just talking to team mates on the phone. It's down to us on our own, now's not the time to moan and groan.

Hitting the ball off the wall, solo up and down the hall, trying not to drop the ball. Hoping my mother wouldn't shout "that's all". Out alone for a run, it's not much fun. I'm lucky to reach 5k, without the coach saying hooray. I hope this corona goes away, and the GAA will not delay. The leagues were meant to start. I'm filled with pity in my heart. We were definitely in with a chance, just looking at it from a glance.

However, all cannot be lost, it would be too much of a cost. The 'Champo' will have to go ahead, we're sick of watching Father Ted.

We miss the tea-mates, the fun and the chat. We miss it so much; we want to be flat to the mat. I want to run I want to sprint, I want to even do a lap, and hear the coach say now that's a wrap! So, come on GAA, chose the best, my club is way above the rest. I'd love to win this competition and give Portlaoise GAA the recognition.



### To be the best that I can be By Étain Devlin, age 13, Seán Treacy's Hurling Club, Lurgan, Co Armagh

I started training with Seán Ó Treasaigh hurling club in the Winter of 2015. Clan Na Gael, my camogie club, had stopped training for the Winter as we didn't have an indoor venue and I was 9 or 10 when I went to my first training session with the U10 Seán Treacy's hurlers.

My younger brother had started not long before, and I went along every Friday and stood on the sidelines watching until John, the Club Chairman, told me to "grab a hurl and join in".

It was the start of something really special for me and since then, I have lined out for Seán Treacy's many times, and represented them in Croke Park twice.

My first experience of the sacred ground that is Croke Park was in August 2018, when the club took part in the world's largest training session as recognised by the Guinness Book of World Records. The 'Croke Park Open Day' 2019 was my second chance and I played in a series of matches against other boys selected from Ulster hurling clubs. I was so proud and ecstatic as I was the only girl selected to take part in the hurling section and the local coaches singled me out to highlight my skill and determination.

Seán Treacy's has dwindling numbers in the U14 age group, and so I was distraught when I was told that because I am a girl, I was unable to field for any hurling team past the age of 12. I was distraught, as training with boys who are very skilled and very physically strong has helped both my confidence, athleticism and my general ability to play both camogie and hurling.

However, the Seán Treacy's were very considerate and understanding, and offered to keep me on as a junior coach. I was very

enthusiastic to begin, and am currently working towards the GAA Gold Mark Award. I help train the U7.5 age group on Friday nights and they have blitzes most weekends that I attend when I don't have Armagh County Gaelic training. I thoroughly enjoy working with the younger children because it feels like I am making a real impact on their hurling ability and their love of the sport.

I have lined out many times for Seán Treacy's at U12 and was one of the youngest players at U14, and I must admit that the best part of being a girl playing hurling is that no-one ever expects you to be much of a threat.

I enjoy proving them wrong, and by the time they realise that I'm strong and not the kind of girl who is afraid to chip a nail playing sport, I have already made an impact by putting in some physical challenges or finding the back of the net! It's not all a bed of roses though, nearly every match I play some of the boys make it clear that I am not welcome on 'their pitch'. I try not to take it to heart, and so I continue to work hard until they realise that I am just as good as they are.

Seán Treacy's are very supportive about this issue, and their frequent advice is, "Don't worry about it. If they're being standoffish, you show them how it's done!" I took this advice to heart, and to this day I have never backed down from a challenge even if it is against someone bigger, stronger or better than me.

Seán Treacy's have helped me so much. They have taught me to be resilient, and that no matter what anyone else says, I am still a valued member of their team. They taught me to be the best me that I could be, and to hold my head high when others can't.

At last year's Award Ceremony, I was presented with the Player of the Year award, much to some the other boy's chagrin! I was overwhelmed, and I will never forget the look of shock on their faces when my name was called out. John, our coach, said some very heart-warming things, like how I was "the one player on the team to always hold my head high."

He said I was a natural leader, and that they were sad to lose me. It was completely unexpected, but a welcome surprise.

Before the Covid-19 pandemic, I was taking part in trials for the U14 Armagh County Camogie team, and I have no doubt that if I had never joined Seán Treacy's Hurling Club, I would not be the camogie player that I am today. They have taught me so much and I am so proud to be part of such an inclusive and supportive club. It is not just a club but a family and a community and I am so happy to consider myself a member. Treacy's Abú!



Football

Hurling

Club

General

## MÍLE BUÍOCHAS

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

Produced by the GAA Communications Department in Croke Park,  
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