



By Cian Murphy

## **MILLIONS FLOODING TO CLUBS IN NCD 2023**





#### DOZENS OF NEW AND RETURNING CLUBS HAVE SIGNED UP FOR THE GAA'S NATIONAL CLUB DRAW FOR 2023 WHICH IS ON COURSE TO SMASH PREVIOUS RECORDS.

The GAA's National Finance department have confirmed that there has been a flurry of interest in the NCD since tickets became available again for the draw next year.

GAA President Larry McCarthy said: "Every year the National Club Draw is a massive success story for clubs throughout Ireland and represents a golden opportunity for them to raise significant funds without the administrative hassle involved or the worry of compiling prizes.

"Coming out of the Pandemic, clubs are looking at how they can return to full operation and perhaps revisit ambitious development plans that had to be put on hold because of the difficulty and uncertainty of life in 2020 and 2021.

"We are seeing a lot of clubs engage in the NCD for the first time and plenty more coming back to the draw after a lapse of a few years. Our clubs in the Six Counties also have a longer lead in time to be involved than last year when the legislation to allow them to enter was successfully passed.

"All the money raised is kept by the clubs who raise the money.



# SUPPORT YOUR LOCAL CLUB



Opportunity for your GAA Club to raise up to €25,000

Club

The millions that have been raised for our clubs since this draw was initiated have played a crucial role in driving the growth and development of the Association and I expect 2023 to be a bumper year for the draw."

The draw celebrates its tenth year in 2023 and to date has raised more than €14.5m and raised more than €1.2m in 2022. Tickets are €10/£10 and all money raised by a club in ticket sales is retained by the club.

The 2023 National Club Draw (NCD) will take place on 15th March 2023. Tickets for the draw have now been distributed. A club can sell up to 2500 tickets. There is no financial cost to the club to get involved, all costs of tickets and prizes are covered by central council. In addition to retaining the proceeds for all tickets sold by the club, any club who sells a minimum of 200 tickets automatically goes into a draw to win €1,000.

If your club requires additional tickets or were not included in the initial allocation, please contact nationalclubdraw@gaa.ie

#### **IMPORTANT DATES:**

- 20th December 2022 last request for tickets before Christmas
- 16th January 2023 final request for tickets
- 31st January 2023 All sold and unsold tickets to be returned to CLO's. All sold tickets must be recorded on the Online Ticket System.
- 28th February 2023 CLO's return all sold tickets to Croke Park to be entered into the draw.
- 15th March 2023 National Club Draw

#### MAIN DRAW

The 2023 Main Draw prizes include a brand-new Dacia Duster Car and All -Ireland Final ticket packages.

#### CLUB SPECIFIC DRAW

- A draw will take place whereby 3 clubs will receive €5,000.
- Another draw will take place whereby 1 club in each county will receive €1,000.
- The club with the highest ticket sales in each province will receive €1,000

To qualify for these draws a club must abide by the following terms and conditions:

- 1. Sell a minimum of 200 tickets
- 2. Record all sold tickets on the online ticketing system.
- 3. Account for all funds raised through the draw separately in the club accounts
- 4. Adhere to all terms and conditions of the draw which are outlined on the back of the tickets.

If you have any further questions, please contact nationalclubdraw@gaa.ie

Clubs looking to download assets on the NCD can find them at: https://www.gaa.ie/my-gaa/administrators/national-club-draw



by John Harrington

### SEÁN HURSON: 'WE'RE HUMAN AND WE HAVE FAMILIES'

Club





ALS LAIS LAID LAI

Gàb

Club

REFEREE SEÁN HURSON WITH THE TWO CAPTAINS, SEÁN KELLY OF GALWAY, AND SEÁN O'SHEA OF KERRY, BEFORE THE GAA FOOTBALL ALL-IRELAND SENIOR CHAMPIONSHIP FINAL MATCH BETWEEN KERRY AND GALWAY AT CROKE PARK IN DUBLIN

"I'm heavily involved with my own club. I'm on the committee and a coach. We all are volunteers because we enjoy it and we love it."

Rather than respect referees, Hurson believes many coaches and players go out of their way to undermine them during matches in the hope that doing so will result in their team benefitting from favourable decisions.

"I think when you're starting out refereeing, everybody's trying to find a weakness and they're trying to gain a benefit to their team so coaches and players are focusing on what they can get away with," he says. "The culture is there: how can we get better at beating the opposition? Sometimes they reflect on weaknesses or perceived weaknesses of the referee and unfortunately that's what's happening with our coaches.

"They're focusing on the referee's performance rather than on their own players and I would see from reading articles that lack of knowledge of the rules is there, which is why coaches don't always understand why decisions are made."

"It's 'win at all costs' regardless of who they abuse at times or insult or whatever."

Hurson believes that referees come under

most pressure in this way at club level when they don't have the same level of support they do in the inter-county game.

"When we are refereeing an intercounty championship match we know we are going to have a stand-by referee, a linesman, four umpires, a fourth official so we've eight officials there. When you rock up to a Division three club game, you're on your own in a lot of cases, especially at juvenile level.

"Therefore you're very isolated and you don't have the support of your side-lines and perhaps, simple thing, you might have six parents looking after a team and all they're thinking about is winning and they will push all the boundaries so they can win and unfortunately when it's a line ball, we've all seen in clubs that the direction tends to be one way.

Bord Gáis Energy

Bord Gáis Energy

BOYLE SPORTS

"We as referees are compromised right away when we try to do something right – a simple line ball that goes out and you have a linesman from the home club who decides to go one way and we as referees adjudicate it to go the other way and already there's confrontation and the abuse may start and it may antagonise some of the opposing players and that's where it starts.

"Respect for all decisions – and you're not going to get them all right – and I think everybody could take a reset."



by John Harrington

### **COLM LYONS CALLS FOUL ON 'TROLLING' OF REFEREES**

#### SPEAKING AT THE ANNOUNCEMENT OF THE GAA'S PLANS FOR A NATIONAL RESPECT THE REFEREE DAY, 2022 ALL-IRELAND SHC HURLING FINAL REFEREE, COLM LYONS, CALLED ON THE MAINSTREAM MEDIA TO NAIL THE PERPETRATORS OF ON-PITCH INDISCIPLINE RATHER THAN RUSH TO CRITICISE REFEREES.

Lyons believes the mental health of referees is adversely affected by over the top criticism, both by 'trolls' on social media as well as those with a more traditional media platform. "This mightn't be popular but there are probably two elements that affect referees.

Club

Dr Noel Brick from the University of Ulster started this evidence-based research back in 2021 where he's talking about the welfare of referees.

"So the onus from my point of view is we have mainstream media, we have our media in the paper and social media. We also have our spectators who are also involved in social media who at times can put up negative tweets and make Facebook comments and that's something that maybe isn't monitored.

"There's a lot of trolling that goes on about referees. The GPA had a report recently, Tom Parsons spoke about the impact of abuse on high profile players in terms of Division 1 games.

"That study hasn't been done on referees. I've no doubt the figures would be actually higher for referees who have gotten abuse. "I'd like to emphasise the positive feeling about refereeing. If you talk to referees they enjoy refereeing but I do think there has to be an onus on journalists to be less critical, turning the narrative around from 'oh, the referee got it wrong' to putting the onus on the player putting himself in a position to get a red card.

"That's what I would like, our mainstream media journalism would step up a little bit and be more investigative and nail the perpetrators rather than blaming the referees."



Club

At the Croke Park launch, Lyons revealed that 135 red cards were handed out in Cork club matches from U-19 to senior level from the months of March to September.

GOO

WHERE WE ALL BELONG

Of those, 20 were appealed with just six of those appeals successful. Lyons believes these statistics suggest two things – that most players accept they've been sent off correctly by referees, and that the GAA's disciplinary process is a robust one.

Notwithstanding that, he believes some improvements can be made to the disciplinary process, most especially more fitting suspensions for those who physically assault referees.

"In fairness, the majority of players know when they have stepped out," says Lyons. "Definitely the majority of players realise, 'do you know what? I'm putting my hand up here today, I'm out of order'. However there are certain situations where there is a greyness in the rule.

"In terms of those six appeals (in Cork), we're not privy to those appeals. And as referees, we don't really care.

"Our job is to ref it on the day, do a report. If someone asks us for clarification, we do a clarification. We do it with integrity, we do it with respect, and it's up to the hearings committee then to decide whether they back the player or they back the referee.

"And as you see, the majority of the time, the referee is coming out (vindicated).

"Does there need to be a tightening up of the process? Without a doubt.

"A maximum suspension of 96 weeks for someone who physically assaults a referee? Jesus lads, fellas get imprisoned when there's a physical assault!"





Communication is the key to mutual understanding, and Lyons believes it would be helpful if referees had the licence to explain decisions they have made in a match.

"At the moment, there probably isn't that protocol in place where I can come out and explain a decision," he says.

"I met a local player there just by chance on Tuesday in a coffee shop. I had sent him off two months previously. And we had a conversation, and he understood why he got sent off, he understood why he was brandished with a red card. It was within his rights to appeal that decision. The appeal was unsuccessful. The hearings committee...it stuck.

"But it's all about communication. I think we can all do a bit better in terms of explaining decisions. I think most of the decisions stand for themselves. We'd be the first as referees to put our hands up and say 'look, we got it wrong'. Does everybody as a player, manager, coach, selector say 'we got it wrong'?

"Some will, some won't. I think referees, we're very open to improving. We want to come off that field and say 'Do you know what? There wasn't an incident there now that is going to cause us contention tonight'. Or if you're sitting down, 'Will we watch The Sunday Game? Will we avoid The Sunday Game?' "In terms of impact, I'm a referee maybe for 20 years. I have family members who will pick up a paper. It does impact in terms of the overall... I think there is a duty of care to everybody in society to look out for everyone else. The mantra here is 'GAA, where we all belong'. And referees have to be central to that, and I would like to see the support structures, there's an improvement there in terms of that there is a better respect for referees.

"Going back to your question about a protocol, maybe that is something that will come out of this process. We have a strategic plan. One of the big pillars there is about improving supports for referees.

"The rugby, on-field decisions are contentious. They're reviewed [by] the TMO, and at the end of the day, they're in the biggest game of the recent past, the [question] was, was the Australian player time-wasting? Was the referee right or wrong? And they have TMOs. The soccer, they've brought in the VAR.

"There's always going to be comment on whether a decision is right. Nobody is from a neutral base. We're all coming from a different perspective. I think we have to have a tolerance of different perspectives.

"If I'm walking down the street as Colm Lyons in my civvies, why should I be treated any differently when I put on my referee's jersey? I should be treated with the same respect, the same tolerance that we would expect for anybody."



by John Harrington

### COLDRICK WANTS CLUBS TO TAKE MORE RESPONSIBLITY FOR ABUSIVE INDIVIDUALS

Club

DAVID COLDRICK SAYS GAA CLUBS NEED TO TAKE MORE RESPONSIBILITY WHEN THEIR CLUB MEMBERS VERBALLY OR PHYSICALLY ABUSE REFEREES.

Meath native Coldrick, who has refereed four All-Ireland Finals, believes it's not enough to simply make the individual accountable for their actions.

"I think it's trying to broaden out the responsibility on clubs and the accountability on clubs," says Coldrick.

"Yes, the individual needs to take responsibility, but you can have instances and I know of instances where an individual mentor at a juvenile level is suspended and the club is fined. But actually, the fine is paid by the individual.

"So therefore the club doesn't really have to take responsibility, they are making the person accountable because they're paying the fine, but he goes out and he does it again, which, in one particular instance, I know did happen.

"Again, you know he got a longer ban, he got a 48-week ban. He still paid the fine himself and the following week that juvenile team are in a county final and he turned up, and he started again.

"So I think kind of broadening out from just the individual is something that needs to be looked at on the sanctions piece."

One way that Coldrick believes clubs would take more responsibility for the actions of abusive club-members would be if repeated incidents of such abuse from the sideline resulted in their team being penalised on the field of play.



Football

Hurling

"Again, at juvenile level, in order to kind of bring that responsibility back on the team and the club, if a referee is being verbally abused from the sideline by a mentor or a team official, ok first time is a warning, which is, let's say, your yellow card, but the second is not just getting rid of him, but also saying look, well, I gave you a warning, so now it's actually a penalty to the opposition team that I'm going to reward on the back of your abuse.

"It means then that maybe the team and the collective club will actually sit up and maybe take a bit more notice, in terms of that abuse that's been directed at referees."

The GAA also have a number of initiatives aimed at enhancing the levels of support for match officials.

#### These include:

GOO

**WHERE WE** 

• Review of the Rules concerning infractions against Match Officials • Review of how serious infractions against Match Officials within the Association are processed.

• Updated training course on discipline procedures for Discipline Committees at all levels.

• Additional training to Match Officials around reporting disciplinary action.

• Review of the Give Respect, Get Respect campaign with a roll out in 2023. The role of the referee will be a feature of the next stage of the GAA marketing campaign highlighting Where We All Belong and there will be enhanced supports for referees made available through the GAA's eLearning platform.

Coldrick hopes that all of these initiatives combined can help ensure that a greater culture of respect for match officials can be fostered. "Well, look, you have to be positive," he says. "And you have to hope. I do think it has the backing of the Association right to the highest level in terms of Larry (McCarthy), as President.

Club

"So I would be hopeful. I think it is important that all stakeholders, including referees obviously, are involved in these discussions and review which is the intention.

"So I would be hopeful, but at the same time, look, there's no silver bullet. But we do need to take small steps. And hopefully the small steps will start making a difference."

What advice does Coldrick have for aspiring young referees who hope to follow in his footsteps and officiate at the very highest level of the game?

"I started when I was like 16/17 and there were tough times but I really wanted to make it to the top," he says.

"And the important thing is, is getting a good support team behind you. So like, that's your umpires for a start, but also within your county buddying up with a senior, someone that you can actually talk to when those tough days do come, and how to get over them, but also to report abuse.

"If there is abuse then leave it to the powers that be once you've done that job.

" It is an enjoyable pastime. Yes, of course, you'd like to be the player on what used to be the third Sunday in September, but for me the next best thing is actually as a referee on that third Sunday."





by John Harrington

### GLEESON SAYS CULTURE OF RESPECT FOR REFEREES MUST START AT GO GAMES

Club



#### THOMAS GLEESON IS LIKELY TO BE RECOGNISED A LOT MORE ON THE STREET NOW THAT HE'S THE FACE OF THE GAA'S NATIONAL RESPECT THE REFEREE DAY WHICH TAKES PLACE THE WEEKEND OF OCTOBER 22 AND 23.

He's a fitting ambassador for the initiative, because as well as being a member of the national panel of inter-county hurling referees, he's plugged into the circuit mains of Gaelic games in many other ways.

He coached his club Naomh Fionnbarra to the Dublin SHC 'B' championship title in 2020, and this year coached both the Dublin minor camogie team and Scoil Ui Chonaill senior hurlers.

He also does great work as Scoil Ui Chonaill's Games Promotion Officer, so in all sorts of ways his life revolves around Gaelic games.

Gleeson can pinpoint to the day when his obsession with the sports began.

He was a pupil in Scoil Plás Mhuire in the North East inner city of Dublin when his school principal, now TD Finian McGrath, asked him to take part in a GAA skills competition taking place in the GAA Museum in Croke Park.

The nine-year-old came out on top against pupils from an array of Dublin schools and was spotted by a coach from Naomh Fionnbarra GAA club who asked him to join their club.



Club



REFEREE THOMAS GLEESON WITH TEAM CAPTAINS SHANE DURKIN OF BALLYBODEN ST ENDA'S AND CAOLAN CONWAY OF KILMACUD CROKES BEFORE THE 2022 GO AHEAD DUBLIN COUNTY SENIOR CLUB HURLING CHAMPIONSHIP SEMI-FINAL MATCH BETWEEN KILMACUD CROKES AND BALLYBODEN ST ENDA'S AT PARNELL PARK IN DUBLIN.

Little did he know it at the time, but Gleeson's life had just been diverted down a significant path.

"Alan Brogan presented me with a football and Dublin jersey that day," recalls Gleeson now.

"It was just brilliant. Since that day my life has revolved around the GAA and it's the best thing I've ever done."

Gleeson is also a fitting ambassador for GAA's national Respect the Referee Day because, sadly, he knows just how distressing it can be when that respect isn't shown.

Early on in his refereeing career, he was physically assaulted after an underage club match.

"Physical abuse, it happened once when I was only after starting refereeing," said Gleeson. "I was refereeing three years. It was an U-11s game. In Dublin GAA there are skill points awarded so after a match I said a certain club won.

"The manager of the other team came up and said I was wrong.

"He followed me all the way out to the car and basically pushed me just before I got into my friend's car.

"That was three years into it. Since then, nothing has really happened. More verbal stuff than anything.

"It's good that I had strong people around me who refereed at adult level and got a hold of me and basically talked me through keeping refereeing rather than just giving up because when something like this happens, especially to a young lad who is coming through, there's going to be severe consequences.



REFEREE THOMAS GLEESON WITH KILKENNY CAPTAIN HARRY SHINE AND WEXFORD CAPTAIN LUKE MURPHY DURING THE COIN TOSS BEFORE THE 2021 ELECTRIC IRELAND LEINSTER MINOR HURLING CHAMPIONSHIP FINAL MATCH BETWEEN KILKENNY AND WEXFORD AT NETWATCH CULLEN PARK IN CARLOW.

"It's not only about quitting refereeing, it's about his own health, his own life structure going forward also."

Gleeson referees at the highest level of the game now where he deals with players and mentors who understand the rules well.

Where he thinks referees have the most challenging time is at underage level where they are often targeted by parents who are ignorant of the rules.

This is particularly stressful for the referees who are only teenagers themselves and so are often traumatised by being verbally abused by adults.

"Yeah, I think the problem is, especially in Go Games in Dublin, is that when kids are coming to matches they need to be brought by a parent and what happens is because they are only 20 or 25 minute games the parents will stay on the line and then one parent will start swearing and shouting and then someone else will back that parent and then it just gets a bit out of hand.

"The referees who are refereeing at Go Games could be 14/15/16 so only new out. It's an awful lot on them to go out and referee their first game without anybody on the sideline helping them.

"I know through Dublin GAA what happens is when they're doing the courses they have a day out in a certain venue where you'll bring numerous referees and you'll have their referee coordinator with them.

"You'll let them get in and referee for 10 minutes and then come back out and give them feedback and send another referee in and it's getting them slowly better.

### GCC WHERE WE Football

Club



LARRY MCCARTHY, CENTRE, WITH REFEREES, FROM LEFT, DAVID COLDRICK, COLM LYONS, SEÁN HURSON AND THOMAS GLE

"Because then you have someone to rely on when you come off to get that feedback. Then you get more of an understanding about how to referee the game."

Many GAA clubs around operate 'silent sidelines' where the practice of mentors and parents shouting instructions at children during matches is discouraged in order to not just create a more fun environment to play in, but also enable the young players to better develop their own communication and decision-making skills.

Derry GAA have become the first county to make the 'Silent Sideline' compulsory for all Go-Games matches and they hope to then expand it to older age-groups in the coming years.

Gleeson believes making a 'Silent Sideline' compulsory for all Go-Games matches nationwide would go a long way to encouraging a culture of respect for referees. "It's brilliant," says Gleeson of the 'Silent Sideline' approach.

"It helps the referee focus more on the game and on the rules and focus more on teaching the players the right techniques rather than the wrong techniques.

"The club I work for is Scoil Ui Chonaill down in Clontarf, that's the next thing we're going to do, silent sidelines, because it has to happen.

"Like, you have parents roaring and screaming from the sidelines but they don't know the rules so the referee could be 100% right and the parents could be 100% wrong but then the referee will think that he or she is not doing a good job and then everything goes all over the place.

"Definitely silent sidelines is something that the GAA overall should be looking into, rather than just in each and every club every so often putting it in place, every club should have it in place. "We need to start encouraging respect for referees at a really young underage level and bring it forward like that. At the end of the day, why do people play our games? To have fun. If someone is screaming and shouting on the sidelines, are the kids having fun anymore? No.

"Every time I coach a course, I coach to coach kids through fun games because they're here to have fun, they're here to see their friends, they're learning a skill while they're here.

"It's the same for a referee, it's learning new skills, how to communicate with mentors and players, speaking in the right manner to certain people, and yeah, you're right, it needs to start at a very young age and to push up all the way through the ranks, from kids all the way up."

Gleeson is doing his bit to bring through a new generation of referees by co-ordinating a Future Leaders programme in Dublin where Transition Year students will be trained to be referees.

He's passionate about refereeing because he believes it's a brilliant way to be involved in Gaelic games where the positives far outweigh the negatives.

"Ah yeah, it's brilliant," he says. "I played at a fairly high level football and hurling with my own club but I knew I wasn't going to get to where I wanted.

"Then the referee co-ordinator came to me when I was 13 or 14, he gave me a course and it's just something I've never looked back on, it was the best opportunity I ever took.

"Last year I made the Liam MacCarthy hurling panel. It took me a long time to get there but I enjoyed every single step of it and I would encourage every young person who wants to referee to follow in the footsteps of the referee co-ordinator in the club, to go to provincial, and obviously go to the national themselves."



Club

### **CLUB NOTES - SAVE THE DATE**



By Cian O'Connell

### **REFEREE KIERAN DALY MAKES SWIFT INTERVENTION IN WESTMEATH**

#### REFEREE KIERAN DALY HELPED A TEENAGER WHO COLLAPSED DURING A WESTMEATH U15 DIVISION THREE FOOTBALL FINAL IN KINNEGAD LAST MONTH.

In the second half of a game involving Inny Shamrocks and Lilliput Gaels a young player became ill with Daly occupying a central role in his recovery.

"Fifteen minutes into the second half a boy collapsed on the field in front of me," Daly, who is a fulltime paramedic, explains. "I had to administer first aid, it happened right in front of me. Interventions were made that were critical. Seconds do matter. The boy is in good form, he will be fine."

Daly, though, was keen to highlight the efforts of others who assisted the boy. "Enda Kenny was with me, Enda is a guard, he is used to serious incidents. I said to Enda all I needed was the space to help the boy. Enda was brilliant, Inny Shamrocks too, the people in Kinnegad too. There was a brilliant, brilliant, brilliant physio with Lilliput Gaels.

"The boy's mum and dad, who I spoke to, and his granny and little brother were there along with friends and family. It was a county final.

"This was about the GAA. You had people out waiting on the roads for an ambulance, you had Kinnegad people getting stretchers, you had Inny Shamrocks worrying about one player and trying to keep the others occupied. "You had a guard making space for the paramedic to carry out his medical duties. It was so well done. You had a crowd, who respected the seriousness of the situation. You had concerned parents, concerned grandparents, concerned family, concerned friends. All of this had a positive outcome."

Club

Throughout the worrying time Daly did his utmost to remain calm in challenging circumstances. "It was stressful, I'm used to working in an ambulance with stuff around me," Daly says. "I was on the field, I didn't have my medical equipment around me, but I had my experience as a trained paramedic to know something wasn't right and it had to be corrected immediately."

Despite his crucial and admirable assistance, Daly praised Enda Kenny's efforts. "You had 30 players on the field, another 14 or 15 subs - all under the age of 15, who aren't used to seeing something like this happening," he says. "The onus is always on a referee to protect everybody when dealing with a situation.

"If that was a situation where I was a referee, but couldn't medically intervene I still had an onus of care to every other player to ensure their welfare with regards to what was ongoing . That is where Enda was brilliant, that is where the club officials were great."

The response from the emergency services was swift too. "First aid and medical interventions were given to the boy," Daly says. "He was then brought into a dressing room where advanced paramedics from the National Ambulance Services came to attend to the boy.



"It was then that I returned to the field, I didn't return until they came. A rapid response vehicle was there within 12 minutes, I returned to the field when I knew the boy was being medically treated. When I knew they had the medical equipment to treat the boy I was happy to referee the match."

Delighted that the boy is recovering, Daly was happy to provide valuable help.

"The GAA is absolutely super," he says.

"There was a massive, massive community feeling about it all.

"You had referees in the stands watching because they had sons, nephews, and nieces involved. The support I have received from other referees in Westmeath has always been very good. We have a super set-up and they give you the appetite and desire to want to be a referee and to enjoy every time you step on the field to put a whistle in your mouth. It is a great GAA story, thank God the boy is going to be okay."

## GAA THANKS SPORT IRELAND FOR THEIR COVID SUPPORT

#### THE GAA HAS THANKED SPORT IRELAND FOR THE COMPREHENSIVE ASSISTANCE PACKAGE MADE AVAILABLE TO CLUBS DURING THE COVID-19 CRISES, WHICH HAS SEEN MORE THAN €11M GO TO GAA CLUBS.

In 2020 Sport Ireland provided assistance worth €5.2m to Gaelic games and this funding targeted clubs throughout the 26 counties.Additional support funding of €6m was received from Sport Ireland in December 2021 to support clubs still recovering from the impact of Covid19. These funds were distributed to the clubs in 2021 and 2022 respectively.

In addition to relief payments to clubs there was support provided through the waiving of 2020and 2021 registration fees and more than €1.1m allocated to the Injury Benefit Fund.

Uachtarán CLG Larry McCarthy said: "Our ability to emerge from the harrowing pandemic is made possible because of the significant support the Association received from the Government and from Sport Ireland.

"As our community and health manager Colin Regan put it, when the world stopped, our people didn't. The worst of times brought out the best in the Irish people and this was exemplified by the community response to Covid harnessed through our club network all over Ireland.

"The assistance provided by Sport Ireland is an acknowledgement of the role that our clubs make to the communities they represent, and it is greatly appreciated." GAA Director General Tom Ryan added: "In any given year the financial burden on clubs to operate is significant and not playing games did not erase the financial burden that was on our clubs during Covid because of insurance and similar types of costs that remained in place.

Club

"Like all sports we worked closely with our colleagues in Sport Ireland and valued their advice and guidance to navigate our way through the Covid-19 crises.

AN GHAELTACHT GAA CLUB IN KERRY.

"This specific funding was invaluable aid and ensured that when restrictions lifted our clubs, and our members were in a position to go back to doing what they do best – staging and playing games and promoting a healthy lifestyle and culture of volunteering in our communities."

Sport Ireland funding assisted more than 1,100 GAA clubs in the 26 counties, while there was also funding made available to the LGFA and Camogie Association. Separately, the GAA also assisted clubs in the six counties with Covid relief aid.

For a breakdown on the assistance received please visit

https://www.gaa.ie/stories/gaa-thanks-sportireland-for-their-covid-support/



### CLUBS ENCOURAGED TO REGISTER FOR 'IRELAND LIGHTS UP' AND THE IRISH LIFE GAA HEALTHY CLUBS STEPS CHALLENGE 2023

General

'IRELAND LIGHTS UP' – THE COUNTRY'S BIGGEST COMMUNITY WALKING INITIATIVE – RETURNS TO GAA CLUBS IN JANUARY 2023 IN PARTNERSHIP WITH RTE'S OPERATION TRANSFORMATION AND THE SUPPORT OF GET IRELAND WALKING.

Football

Hurling

Club

GOU

**WHERE WE** 

The initiative encourages GAA clubs across the 32 counties to light up their walking tracks and bring communities together to walk and talk in a safe environment during the dark winter evenings. As ever, a club participating in Ireland Lights Up will be selected each week to feature on RTE's Operation Transformation.

In 2022, a record 700 GAA clubs signed up for Ireland Lights Up helping tens of thousands of participants to get more physically active. Clubs also recruited over 28,000 walkers to participate in the 'Every Steps Counts Challenge' delivered through the 'MyLife' app, in partnership with the Irish Life GAA Healthy Clubs programme.

Participants walked over 5,000,000 kms during the five-week challenge. Once again, three clubs from each province will win gear vouchers worth a total of €5,000, kindly provided by Irish Life (T&Cs apply).

Registrations for the 2023 'Ireland Lights Up' and 'Every Step Counts' MyLife Challenge open today (click here to register: **Ireland Lights Up 2023**). Both activities commence on Wednesday, January 11th, to coincide with the broadcast of the second episode of Operation Transformation on RTE.







Uachtarán CLG, Larry McCarthy, said: "The GAA is delighted to see Ireland Lights Up return in 2023 in partnership with RTE's Operation Transformation and Get Ireland Walking. It is one of our most popular initiatives and it opens our clubs to the communities that support them throughout the year.

"We are also delighted to be again teaming up with Irish Life to deliver another Healthy Clubs Steps Challenge as part of ILU 2023. The use of the MyLife App enables participants to track their individual steps and health benefits, while also potentially winning some valuable prizes for their clubs."

Declan Bolger, Irish Life CEO said: "We are proud to support the 'Ireland Lights Up' campaign with the 'Every Step Counts' Challenge hosted on our MyLife app. Earlier this year, 28,600 people tracked a phenomenal 5.2 million kilometres in support of their club and community. We are looking forward to beating that distance in January!

At Irish Life, we recognise the importance of supporting people to take care of their physical health and mental wellbeing, we are delighted to partner with Irish Life GAA Healthy Clubs on such a successful initiative."

Get Ireland Walking's Programme Manager, Jason King, said:

"Our vision as an organisation is to empower and support people to choose to walk more often as part of recreation, transport, and health as part of their everyday lives. We know walking works. We are delighted to partner again with the GAA and Operation Transformation in supporting clubs and communities across Ireland to walk together in a safe environment and increase the numbers of participants this year."

To register your club for Ireland Light

Up and the MyLife Healthy Clubs Steps Challenge, use the following link: Ireland Lights Up 2023

'Ireland Lights Up' Additional Info for Clubs:

- Ireland Lights Up will run from January 11, 2023, for seven weeks. Participating clubs are asked to host a community walk at least once per week, and more often should demand and capacity allow.
- Clubs that complete the registration process for Ireland Lights Up and adhere to the necessary criteria will be covered by Get Ireland Walking's insurance for all walk leaders. Irrespective of GAA membership status, leaders and participants are not covered by the GAA Injury Benefit Fund for this initiative. Review the full Terms & Conditions of participation: www.getirelandwalking.

#### ie/irelandlightsup

• To put an accurate figure on the

number of walkers that participate in Ireland Lights Up in 2023, clubs will be incentivised to report their participant numbers weekly. Those that do so will access a small grant to offset their lighting costs (thanks to support from Healthy Ireland and Sport Ireland). They will also be considered as host club for the launch of Ireland Lights Up 2024 (which involves a visit from RTE's Operation Transformation cameras to capture footage for the 2024 show). Further details on the grant and how

to register participant numbers will be forwarded to all clubs that register.

'Every Step Counts Challenge' Additional Info for Clubs:

- The 'Every Steps Counts Challenge' will commence on the MyLife App on January 11th and run for five weeks until midnight on February 15th. Clubs can in advance of this register all interested participants on the App. (If already on the MyLife App from previous Steps Challenges, participants only will have to sign up for the 2023 challenge on the App.)
- MyLife allows participants and clubs to track their participation in the challenge through regional and national league tables while also measuring the positive impact on their health and wellbeing.
- Clubs whose registered participants walk a collective 4,000 kilometers will be entered into a draw for prizes worth €5,000 across each province. Full details on the 'Every Step Counts Challenges' and prizes can be found here.
- All GAA clubs can get involved in the Steps Challenge (irrespective of having a walking track facility) and are automatically registered when they register for 'Ireland Lights Up'. Participation in the challenge is, of course, at a club's discretion.

Please direct any club queries to **stephen.quinn@gaa.ie** 

## **ENERGY COST ASSISTANCE FOR GAA CLUBS**

Club

ON TUESDAY 15TH NOVEMBER 2022, SPORT IRELAND ANNOUNCED FUNDING TO SUPPORT SPORTING ORGANISATIONS WITH THE RISING ENERGY COSTS ASSOCIATED WITH THE PROVISION OF SPORT.

<u>We ask clubs to complete the below survey. The closing date for applications is Thursday 24th November 2022.</u>

Only one application per club can be submitted. This should be submitted by the Club Secretary/ Officer using an official GAA email address.

Evidence of actual costs incurred during the period Sept22 to Mar23 will be required to drawdown any grants payable and this information will form the basis of any audit procedures that Sport Ireland wish to carry out. Any funding received will be distributed to clubs in April 2023.

Although Sport Ireland Funding is only available to clubs in the 26 counties, the GAA are asking all clubs on the island of Ireland to submit details of their estimated energy costs as it may be possible to support all clubs through other sources of finance.

Please note: Energy costs associated with nonsporting activities are not eligible for support under this scheme. Please exclude an estimate/ actual costs for bars and other commercial activities.

Link to the application form: https://forms.office.com/r/sRBNvpYaLL

Should you have any queries, please contact **nationalfinance@gaa.ie** 



Football Hurling

Club

General

### STEERING GROUP ON INTEGRATION UPDATE

WHERE WE

GOO

#### THE FIRST MEETING OF THE STEERING GROUP ON INTEGRATION ('SGI'), CHAIRED BY MARY MCALEESE, TOOK PLACE ON OCTOBER 19TH.

It was unanimously agreed that the future integrated structure will be based on One Association for all Gaelic games and built on the principle of equality. It was also unanimously agreed that a significant listening process is required to assist the development of the integrated structure and this process should be one where all voices are given an opportunity to contribute.

To begin this process representatives of Clubs, One Clubs, Camogie Association, GAA and LGFA management, Players, County Committees, Provincial Councils, and relevant others including representatives of outside organisations which have successfully affected integration processes will be invited to take part.

Starting this December, the SGI plans to hold a series of one-day forums on the "how" of integration to which these representatives will be invited and given the opportunity to share their ideas with members of the Steering Group.

Further details on the one-day forums will be published when finalised.

### JOHN JOE IMMORTALISED IN NEW STATUE

UACHTARÁN CLG LARRY MCCARTHY WAS PRESENT IN CAVAN TOWN FOR THE UNVEILING OF A STATUE TO THE LATE GREAT JOHN JOE O'REILLY OF CORNAFEAN.

This newest addition to the atlas of GAA monuments, the impressive life size statue depicts the football hero in his most famous pose, clutching the Sam Maguire in triumph after the 1948 final. A special committee of community representative groups spearheaded the initiative.

Captain of the triumphant Cavan team at the Polo Grounds final in New York and retained the title in Croke Park a year later, John Joe was an iconic figure who was named at centre back on the GAA Team of the Century and Team of the Millennium.

Inspirational on and off the field, he was the Defence Forces youngest ever commandant but sadly passed away at just 34 years of age.

The Uachtarán said: "Like all the greats, John Joe evokes powerful memories for people fortunate to have seen him play. Like the rest of his great comrades, they are never really gone as long as there are people here to remember them and celebrate them. The joy of this unveiling is that this statue will ensure that John Joe will forever be a part of the Cavan GAA story and I've no doubt it will become an important civic monument at the centre of the county town, serving as a reminder to all who pass through it of the sporting achievements of the county."



### CÚCHULAINN AND TÁIN ÓG HURLING CLUBS BENEFIT FROM €250,000 EQUIPMENT INVESTMENT



IN RECENT DAYS, CLUBS WHO COMPLETED ALL THEIR GAMES IN THE TAIN ÓG AND CUCHULAINN COMPETITIONS HAVE COLLECTED THEIR EQUIPMENT PACKS AS A REWARD FOR THEIR COMMITMENT AND PARTICIPATION IN THE TWO HURLING COMPETITIONS.

With close to 550 games played this year across both the Tain Óg and the Cúchulainn, it's fair to say the two competitions have been a great success. Now, over 85 clubs from 15 different counties have been given equipment packs consisting of hurls, helmets and sliotars to help further the development of Hurling in their club and county.

With the help of the competition coordinators and the county games managers, over 750 helmets, 500 hurls and 6000 sliotars have been distributed out to the clubs as part of €250,000 equipment investment in the next three years.

After a very successful year for the two Hurling competitions, planning for next year is already underway and the future of Hurling in the top half of the island has never looked brighter.

GAA Director of Coaching and Games Development Shane Flanagan paid tribute to all involved in the Táin Óg and Cúchulainn competitions. "These competitions provide a structured games programme for many clubs within developing hurling counties. Having a variation of opponents at your own level is one of the strengths of the Táín Óg and Cúchulainn leagues.

"I would like to thank the Department of Transport, Tourism, Culture, Arts, Gaeltacht, Sport and Media as part of the Sport Ireland Targeted Equipment grants.

"It will help bring a long-term legacy to the involvement in these competitions."

Entries for the 2023 competitions will be requested in the coming weeks and will be communicated through counties and clubs directly.

### BANK OF IRELAND AND ULSTER GAA LAUNCH COMMUNITY SUPPORT AWARD FOR CLUBS

General

BANK OF IRELAND AND ULSTER GAA ARE CALLING ON GAA OFFICIALS ACROSS THE PROVINCE TO SHOWCASE THE WORK OF THEIR CLUBS FOR THE BANK OF IRELAND ULSTER GAA COMMUNITY SUPPORT AWARD.

Football

Hurling

Club

GOO

**WHERE WE** 

Clubs are at the centre of communities and many of them go over and above their day-today operational activities to promote outreach, equality, diversity and inclusivity.

Bank of Ireland and Ulster GAA would like to hear from Gaelic Football, Hurling, Camogie, Rounders and Handball clubs from across Ulster on all the great community-focused initiatives carried out during 2022 and are calling on Club Officers to nominate their clubs.

After nominations have closed, a panel of judges will select a shortlist, to include one club finalist from each county and they will receive a certificate and a £250 O'Neill's Sports equipment voucher.

The panel will then review the nine county winners together and select the standout club who will claim the overall Bank of Ireland Ulster GAA Community Support Award, as well as receive a plaque and a £1000 O'Neill's Sports equipment voucher.

Club officials can find out further details and nominate their own club for this award by visiting **ulster.gaa.ie/communitysupportaward**.

The nomination process closes on Friday 18th November.

For further information on the Bank of Ireland Ulster GAA Community Support Award please contact **diarmaid.marsden.ulster@gaa.ie**. DIARMAID MARSDEN, ULSTER GAA HEAD OF CLUB AND COMMUNITY DEVELOPMENT DEPARTMENT, WILLIAM THOMPSON, BANK OF IRELAND, AND STEFAN CAMPBELL, ARMAGH AND CLAN NA GAEL FOOTBALLER LAUNCH THE BANK OF IRELAND ULSTER GAA COMMUNITY SUPPORT AWARD AT CORRIGAN PARK, BELFAST.





By Cian Murphy

### **CEREMONY IN CANADA TO MARK THE FINAL RESTING PLACE OF JP RYAN**



A CEREMONY HAS TAKEN PLACE IN CRANBROOK IN WESTERN CANADA TO MARK THE FINAL RESTING PLACE OF ONE OF THE GAA'S FOUNDERS, JP RYAN.

Former GAA President John Horan represented Croke Park at a ceremony where an ornate new grave and headstone was unveiled which marks Ryan's historical significance to the GAA. Joseph P Ryan was an athletics enthusiast and a friend of the GAA's first president Maurice Davin and also hailed from Carrick-on-Suir.

His friendship with Davin is thought to have been instrumental in Ryan, a solicitor based in Callan, being one of the seven men in the billiards room of Hayes Hotel in Thurles where the GAA was officially formed on November 1, 1884. Michael Cusack, John Wyse Power, John McKay, Thomas St George McCarthy and JK Bracken were the others present. Ryan's active involvement in the fledgling GAA in Ireland was brief as he emigrated not long after and eventually settled in Canada in Cranbrook in British Columbia where he became immersed in local life and was a journalist and a magistrate. A project spearheaded by Canada GAA and supported by the GAA's History Committee led to the grave unveiling to mark the resting place of one of the Hayes Hotel Seven, with a hurling club based in Vancouver also commemorating Ryan's GAA link.

Former GAA President John Horan said: "We remain indebted to those men in Hayes' Hotel for their courage and their vision.

"Life took Ryan away from Ireland soon after the formation of the GAA and his involvement in the fledgling Association in Ireland was limited.

"But taking the well-worn path west to the new world to America and later to Canada he immersed himself in local life where his work as a journalist and a police magistrate set him apart and he is fondly remembered for his contribution.

"In doing so he was part of something that the GAA seeks to do to this day – a service and commitment to local communities.

"As we approach our 140th anniversary it is only right that we take this opportunity to ensure that the seven men in that room in Thurles are not forgotten and that JP Ryan has his contribution recorded for history."

A delegation from across Canada GAA also attended the ceremony in Cranbrook where a lone piper led the cortege.

Canada GAA secretary Seán Harte said: "A special word of thanks to lar Uachtarán John Horan for attending the ceremony in Cranbrook, and we recognise and honour the great vision of the founding members of the J.P Ryan's Hurling Club in Vancouver. The true purpose of a monument re-dedication is to mark the significance of the place and recognition and respect for the person, Canada GAA is honoured to have played its part in the restoration and re-dedication of this gravesite, preserving the history and honor of a founding member of the GAA, the late JP. Ryan."

By John Harrington

### **16 SLIOTAR SUPPLIERS NOW COMPLIANT WITH OFFICIAL GAA SPECIFICATIONS**

Club

#### 16 SLIOTAR SUPPLIERS ARE NOW COMPLIANT WITH THE SPECIFICATIONS FOR OFFICIAL GAA SLIOTARS.

That's from a total of 30 suppliers who made expressions of interest to become licensed GAA sliotar suppliers.

22 of those suppliers failed initial tests for the following reasons.

15 failed the Coefficient of Restitution test, which basically tests the 'liveliness' of the ball and goes a long way to determining how far it can be struck. 11 were too high and 4 were too low.

11 failed the rim (rib/ridge) height test – 11 were too low.

Three had failed the Sliotar mass/weight test - two were too low and one was too high.

Two Sliotars had failed the Sliotar diameter test – Two were too low.

Since the initial test results were issued in July, 10 suppliers resubmitted Sliotars for testing. Eight of them passed and two failed the mass/weight test with one too high and one too low.

New specifications for the sliotar were passed at GAA Congress 2022 and are as follows:

The diameter of the Sliotar - not including the rim (rib) - shall be between 69mm and 72mm.

The mass of the Sliotar shall be between 110 and 116 grams.

The rim (rib) height shall be between 1.8mm and 2.6mm

The rim (rib) width shall be between 3.6 mm and 5.4mm.

The thickness of the leather (chrome or synthetic) cover shall be between 1.8mm. and 2.7mm. and shall not be laminated with a coating greater than 0.15mm.

Where the GAA Sliotar Specification is not adhered to, problems have arisen around how far Sliotar is travelling, and this has implications for the integrity of the game as a contest and a spectacle.

A Sliotar Work Group (SWG) was established in June 2021 with a view to ensuring that all matters pertaining to the use of approved match Sliotars, and the licensing of the GAA Sliotars suppliers, are regulated in the most effective manner possible.

Since then, the SWG has met 37 times and engaged in an extensive process of consultation with sliotar suppliers, overseen a comprehensive programme of field tests, engaged in an ongoing process of consultation with GAA units at all levels, and prepared that motion on the modernisation of the sliotar specification at GAA Congress 2022.

Also, to address the problems associated with sliotar counterfeiting and non-compliance with the official GAA Sliotar specification, the 'Smart Sliotar' was developed and introduced by the SWG this year. In an effective regulatory context, it addressed the illegal use of the official GAA logo and meets ethical production and supply chain practices as determined by the World Federation of the Sports Goods Industry (WFSGI).

A tag or chip is embedded in the core of the Smart Sliotar which can be read by an app on a mobile phone and can be verified as being an official match ball.

The Smart Sliotar was used in the All-Ireland U-20 A and B Championships this year, and next year will be used at senior inter-county level also.

All GAA approved Sliotar suppliers were invited to produce Smart Sliotars with the

embedded chip, but so far only two have done so, O'Neills and Greenfields (PDMR).

The hope is that other Sliotar manufacturers will opt to do so in the future.

High visibility (yellow) sliotars will be used at all inter-county levels – senior, U-20, and U-17 – in 2023, and then at all levels throughout the Association from 2024.

Companies seeking approved supplier status are requested to contact Pat Daly in Croke Park.

#### His contact information is as follows: pat.daly@gaa.ie



### **SEASON TICKET - ARE YOU IN?**

IF YOU'RE ALREADY THERE IN YOUR MIND, WHY NOT BE THERE IN PERSON WITH THE 2023 GAA SEASON TICKET? WITH NO PHYSICAL CARD YOU'LL MANAGE YOUR TICKETS ON YOUR SEASON TICKET ACCOUNT. GET MORE OF THE ACTION, MORE OFTEN, AT A GREAT VALUE PRICE. Benefits of a 2023 GAA Season Ticket include:

Club

- Entry to all your county's Allianz League matches in your chosen code
- All Allianz League Semi Finals/Finals/ Relegation (regardless of county involvement)
- For football, entry to your county's opening Championship match.Two

Championship matches for hurling

- Option to buy tickets for your county's remaining Championship matches
- Access to bring a friend when available
- One Championship match 'Opt Out' and still qualify for All-Ireland Final should your county qualify
- Entry to AIB GAA Club Senior Championship Finals

To buy tickets or for more information please visit gaa.ie/seasonticket





To buy tickets or get more information: gaa.ie/seasonticket

### SANTA'S COMING HO HO HOME TO CROKE PARK!

Club

THE GAA MUSEUM ARE DELIGHTED TO ANNOUNCE THE RETURN OF SANTA TO CROKE PARK, THE HOME OF GAELIC GAMES. A TEAM FROM THE NORTH POLE ARE SETTING UP A TRAINING CAMP IN CROKE PARK AND THEY'D LOVE YOU TO VISIT AS THEY PREPARE FOR THEIR SPECIAL JOURNEY AROUND THE WORLD ON CHRISTMAS EVE.

On the Santa Experience, you'll see the Elf Dressing Rooms, the Igloo Clubhouse and the North Pole Skills Zone. Then it will be time to step inside Santa's very special Croke Park cabin to meet the man himself. You can take a photo with Santa and tell him about your predictions for the 2023 All-Ireland Championships! Every child will receive a small GAA-themed gift and photos will also be available to purchase if you wish. After your visit with Santa, don't forget to collect a Junior Explorer passport and follow the trail around the museum. Then stop off at Cú Chulainn's Den write your letter to Santa, get it stamped and post it in our museum post box!

Please note that the Santa experience is a group tour, and you will be joined by other people during your visit, but every ticket booking will have a chance to meet Santa for an individual photo. Photos can be purchased separately or you are welcome to take your own pictures. Tickets also include access to the newly refurbished GAA Museum including the interactive games area, and visitors to the Santa Experience will also receive a 25% discount voucher for our Stadium Tour!

Santa will arrive at Croke Park on Saturday November 26th and the Santa Experience will run on selected dates until Thursday December 22nd. The experience lasts 50 minutes and is wheelchair and buggy accessible. Free parking is available outside the GAA Museum with entry to Croke Park at St Joseph's Avenue (turn at the Daybreak Shop on the Clonliffe Road).

All tickets must be pre-booked online in advance. Tickets prices are: Adults: €11 Children aged 2 upwards: €17 (including gift) Children aged 13 months – 23 months: €9 (including gift) Children Under 1: Free of charge and gift included, but ticket must be booked

Children must be accompanied by an adult.

Please contact us at **santa@crokepark.ie** if you wish to learn more about for our Sensory visits.

Please check the FAQ section on the Santa page on the GAA Museum website where answers to the most common queries are all provided.



Pre-book online crokepark.ie/santa

### **ENERGY SAVING TIPS FOR GAA CLUBS**

General

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

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

Start by Understanding your energy use

#### **Review your energy bills**

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

#### Why?

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

To identify opportunities for saving.

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

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





#### Take your own meter readings

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

#### Why?

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

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

To show spikes or unexpected patterns in usage.

#### **Take Action with:**

Low-cost quick wins.

Significant savings at moderate cost.

Long-term investments.

Low-cost quick wins – Increase energy efficiency

#### Lighting

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

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

#### Space & Water Heating

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

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

Identify and block off draughts and avoid leaving windows and doors open when heating is in use. Lowering the heating by one degree could save your club 10% on heating costs

#### **Equipment Use and Maintenance**

Club

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

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

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

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

#### https://www.seai.ie/community-energy/ sustainable-energy-communities/start-anenergy-community/

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

#### Significant savings at moderate cost – insulate and upgrade

#### Insulation

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

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

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

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



# SUSTAINABLE DEVELOPMENT G ALS

# ENERGY • WATER • WASTE BIODIVERSITY • TRANSPORT

#### Interior Lighting Upgrades

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

#### **Timers and Sensors**

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

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

#### Invest for long-term savings

#### **Floodlighting LED Upgrade**

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

#### **Solar Generation**

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

#### See

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

#### **Heating Upgrades**

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

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

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

### **IS YOUR CLUB WINTER READY?**

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

General

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

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

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

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



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

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

Club

#### Preparation:

**WHERE WE** ALL BELONG

GOV

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

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

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

contractors should only be engaged to carry out such works

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

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



### WHERE WE Football

GOV

Club

### \*\*\*\*\*

After a Weather incident /Storm:

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

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

### **Weather Warnings**

	Yellow	Not unusual weather. Localised danger.	
	Orange	Infrequent. Dangerous/disruptive.	
121	Red	Rare. Extremely dangerous/destructive.	

### **CLUB AGM- CLUB AGM CHECKLIST**

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. IN PREPARATION FOR UPCOMING CLUB AGMS WE HAVE BEEN WORKING ON A NUMBER OF DIFFERENT RESOURCES TO ASSIST CLUBS AS MUCH AS POSSIBLE. HERE IS WHAT'S AVAILABLE:

#### Webinar

- A one-hour webinar was held and recorded on Running the Club AGM.
- The webinar looked at:
  - o How to prepare for the AGM
  - o Understanding the rules and articles concerning the AGM
  - o Being able to run the AGM smoothly
  - o Knowing where to seek additional support
- Access here -

#### https://youtu.be/E76tjJvb4IE

#### Presentation

- A set of presentation slides from the Running the Club AGM is available for people to view.
- Access here -

#### https://learning.gaa.ie/clubagm

#### Templates

- A set of AGM templates including:
  - o Motion forms
  - o Nomination forms
  - o Minutes

Club

- o Sign-in sheet
- o Standing Orders
- Copies of the GAĂ Official Guide and Club Constitution
- Access here -

#### https://learning.gaa.ie/clubagm

#### 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

#### **IT Helpdesks**

- User guides and support service information for IT systems such as the Foireann System, Office 365 and the injury benefit fund.
- Access here -
- https://learning.gaa.ie/ITHelpdesks







Club

# **SUSPECTED HEAD INJURY**

- Concussion is a brain injury that can be caused by an impact to a player's head or body
- Over 90% of concussions occur without a loss of consciousness, therefore recognition of other signs and symptoms is crucial

### "IT'S NOT ALWAYS A KNOCK-OUT"

# **OBSERVATION**

### **INITIAL SIGNS:**

### The nature of the impact:

- The speed of the impact / collision
- Was the player braced for impact? (Did they see the impact coming)
- Was there any rotational (twisting) motion of the head / neck caused by the impact?

### **INDICATORS:**

### Player's reaction:

- Did they lie motionless for any period of time?
- Were they unsteady on their feet?
- Did they clutch their head?

### **RED FLAGS:**

- Possible neck or spinal Injury -player should not be moved
- Prolonged Loss of consciousness
- Deteriorating conscious state
- Convulsions / Seizures
- Vomiting
- **Double Vision**

- Disorientation/Confusion
- Severe or increasing headache Abnormalities of balance or coordination
- Slurred or incoherent speech
- Weakness or tingling/burning in arms or leas

# **A SIMPLE TWO-STEP PROCESS SHOULD BE APPLIED:**

1. RECOGNISE the signs and symptoms

2. REMOVE the **player** from the **field** of play

> Remember. if there is any suspicion of concussion, the player should be removed from the field of play:

# **"IF IN DOUBT,** SIT THEM OUT"



# WHERE WE ALL BELONG

## **DEFIBRILLATOR AWARENESS AND INFORMATION**

Club

#### GAA DEFIBRILLATOR GUIDELINES

The Medical, Scientific and Welfare Committee has produced guidelines which gives GAA Clubs advice and recommendations in key areas such as acquisition, accessibility & storage, training and maintenance of AEDs. To view the guidelines, click **here**.

#### ACT TO ENSURE HEART SAFETY AT YOUR CLUB

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

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

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

#### Information on Certified Training Courses is available via:

- > The Irish Heart Foundation (www.irishheart.ie)
- > The Pre-Hospital Emergency Care Council (PHECC)

#### ALWAYS ENSURE YOUR DEFIBRILLATOR IS IN FULL WORKING ORDER

#### **Storage and Maintenance**

- We remind Clubs of the importance of correct storage and maintenance of the Club defibrillator
- Performance of the defibrillator may be compromised if the manufacturer's recommendations are ignored
- For Clubs who purchased their defibrillator as part of the National Defibrillator Scheme several years ago, if you have been storing your defibrillator in an unsuitable external cabinet, you can get your machine checked by contacting 1850 432 787 or by e-mailing **info@hearts.ie**
- Approved, heated, outdoor cabinets are available from Heartsafety Solutions on 1850 432 787 or by e-mailing info@hearts.ie
- Maintaining your defibrillator is very easy, a weekly inspection is essential to ensure this life-saving equipment is always ready if required. The new LifePAK CR2 AED which is available to purchase or via the Community Heart Programme performs a daily 'Self-Check' and then notifies designated Club members if there is an issue that requires attention.
- Please read your user manual and visit **www.irishheart.ie** for further information and demonstration videos.

Click **HERE** for a Maintenance Checklist that can be used for AED(s) in your Club

#### **IRISH MEDICINES BOARD ADVICE ON AUTOMATED EXTERNAL DEFIBRILLATORS**

The IMB has published this leaflet to provide advice on selecting and purchasing an AED for use in a community setting. It also provides recommendations for maintaining the device after it has been purchased. Please click **here** to view the leaflet.

For further information on the scheme available to Clubs, please contact the Player Welfare Manager - Eoghan Tuohey (eoghan.tuohey@gaa.ie)

HUGH MCMANUS, FATHER OF ANTRIM HURLER NEIL MCMANUS, PICTURED WITH THE AUTOMATED EXTERNAL DEFIBRILLATOR GAA CLUBS CAN PURCHASE THROUGH THE COMMUNITY HEARTS PROGRAMME. HUGH'S LIFE WAS SAVED WHEN HE WAS TREATED WITH A DEFIBRILLATOR AFTER SUFFERING A CARDIAC ARREST IN HIS HOME IN 2015.





### **CARDIAC SCREENING AWARENESS AND INFORMATION**

Club

FOLLOWING THE COMPLETION OF A TWO YEAR RESEARCH PROGRAMME IN WHICH NEARLY 300 GAA PLAYERS WERE EXAMINED IN AN ATTEMPT TO ASSESS THE EFFECTIVENESS OF VARIOUS SCREENING METHODS, THE GAA'S MEDICAL, SCIENTIFIC & WELFARE COMMITTEE UPDATED ITS POSITION PAPER ON CARDIAC SCREENING. The GAA now advise that the most effective way to identify risk is for players over the age of 14 to undergo cardiac screening on one occasion. It is also advised that this process be repeated before the age of 25. Players should consult their team or family doctor if they wish to get screened and screening should consist of completion of the GAA's Cardiac Screening Questionnaire, a Physical Examination and an ECG. As part of its commitment in this context and to aid diagnosis, the GAA in conjunction with the Gaelic Players Association (GPA) have implemented a programme whereby any doctors carrying out a cardiac screening programme for a GAA player will be able to send that ECG to the cardiac department in the Mater under Dr. Joseph Galvin to have a sports cardiology opinion on the ECG.

In order to avail of this service, GP's should contact Eoghan Tuohey, the GAA's Player Welfare Manager in Croke Park

(eoghan.tuohey∂gaa.ie) or 01 819 2923).



Club

### GAA OFFICER TRAINING INFORMATION

#### CORPORATE TRUSTEE MODEL WEBINAR

Stephen Lohan and Aisling Greenan from the GAA's National Finance Department recently delivered a webinar to explain the Association's Corporate Trustee model for Clubs. This webinar covered:

- The Association's rules regarding GAA property and trusteeship
- ICCLG The Corporate Trustee
- Options for Clubs
- The procedure to adopt the Corporate
   Trustee

This webinar was organised and moderated by Jack McCarney on behalf of the Officer Development Committee.

A total of 125 people joined the webinar live. The recording, slides, a Corporate Trustee Information Pack and FAQ document are all available via this link to all GAA Learning Portal users:

https://learning.gaa.ie/lms/course/view. php?id=12417



CHAIRPERSON TREASURER

SECRETARY

PRO

#### **ROLE INDUCTION WORKSHOPS**

Induction training for newly-elected Club Officers of GAA, LGFA and/or Camogie Clubs will be delivered as part of the Club Leadership Development Programme (CLDP) next January.

Each Provincial Council will take the lead on providing role-specific online workshops for the roles of Chairperson, Secretary, Treasurer, PRO and Coaching Officer. The following dates have been confirmed:

- Role Induction Connacht, 10 Jan
- Role Induction Ulster, 12 Jan
- Role Induction Leinster, 19 Jan
- Role Induction Munster, 26 Jan
- Role Induction Britain, 8 Feb

More information on what each module entails, running times and how to register will be communicated to Clubs during November.

If you have specific training needs, please contact your County's Planning and Training Officer to find out more information about additional Officer training events being organised on a County-by-County basis next January and February.

### PLAYER INJURY FUND

Football

#### GAA INJURY BENEFIT FUND - IMPORTANT POINTS

GOO

WHERE WE ALL BELONG

• All GAA Injury Benefit Fund claims are notified online via the GAA DWF Claims portal.

Hurling

- All Claims must be notified within 60 days of the injury date, the injury date is day 1
- No appeals will be considered for any unit which has failed to notify the claim within the required 60-day notification time frame.
- The claims portal is built in accordance with the terms of the Fund If a unit goes to log a claim for an injury that occurred more than 60 days from the injury date, an error message will come up advising that the claim is outside the terms of the Fund.

Club

General

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









By John Harrington

### MEMORIAL TO TIMOTHY 'TED' DOWNEY ERECTED IN GLASNEVIN CEMETERY

#### COMPARED TO THE COMPREHENSIVE MEDIA COVERAGE OF THE MODERN ERA, LITTLE WAS RECORDED FOR POSTERITY OF THE EARLY HEROES OF THE GAA.

Match reports were less indepth than they are now and photographs were few and far between, so the mists of time often cast a shroud over men who shone brightly in their own playing days.

Thankfully, an interest in local and national history by those with a genuine curiosity for the past often gives us a renewed appreciation for the achievements of those trailblazers.

Timothy 'Ted' Downey is one such player who will have new lustre to his name thanks to the considerable efforts of his fellow Midleton GAA men, John Fenton and Vincent O'Neill.

Downey was one of the highest profile Gaelic footballers of his day, having the distinction of winning All-Ireland titles with two different counties. Cork (Midleton) in 1890, and Dublin (CJ Kickhams) in 1897.

As part of a research project into that Midleton team of 1890, the first Cork team to win the All-Ireland Football Championship, Fenton and O'Neill traced Downey's journey from his home town to Dublin and his final resting place in Glasnevin Cemetery where he lies in an unmarked grave.

But not for much longer. Thanks to the interest taken by Fenton and O'Neill and the support and financial assistance



of Cork GAA, Dublin GAA, Croke Park, Midleton, and Ballymun Kickhams GAA club, a memorial to Downey will be erected over his grave on November 8.

GOO

**WHERE WE** 

"From our point of view it's a very worthy initiative," former Cork hurling star, Fenton, told GAA.ie

"There are two types of people - people who are interested in local history and peope who, when you start talking about it, their eyes glaze over.

"If you're interested, it's fascinating. For those of us who are interested it is absolutely fascinating what we have discovered when we began researching that All-Ireland winning Midleton team of 1890, finding out who these lads were and what became of them.

"We were hoping to get a small bit on a few of the lads who were involved in that team but we almost have a book unearthed on it now, to be quite honest.

"We came across the Downey brothers. Three of them played football with Midleton in 1890 and Ted was only 16 and a half.

"We were the first Midleton/Cork team to win an All-Ireland Football title for Cork so in itself it was a very historic achievement for those lads. Their commitment to the club and their team was phenomenal."

Ted Downey moved to Dublin to work for Arnotts & Co. in their drapery department. Initially he played with Young Irelands GAA club with whom he won a Dublin senior championship in 1896.

By the following year though he had joined CJ Kickhams where he went one better by winning an All-Ireland medal, just like he had with Midleton five years previously. "He's among the first people to win All-Ireland medals with two different counties in the history of the GAA," says Fenton.

Club

"If there were All-Stars at the time he would have been a multiple All-Star. By all accounts he was a very gifted footballer."

Timothy 'Ted' Downey's achievements certainly deserve to be remembered, and they will now thanks to the considerable efforts of Fenton and O'Neill.

A total of 50 guests will attend the unveiling of the memorial on November 8, including GAA President Larry McCarthy and representatives of Cork GAA, Midleton GAA club, and Ballymun Kickhams GAA club.

"There's no headstone above his grave which is why we're doing this memorial," says Fenton.

"He's buried in an unmarked grave. There were two people in the grave already who are not related to him.

"He's also buried alongside his uncle. His uncle was Jeremiah Cronin who was a brother of his mother. Ted was the first of his family into that grave 80 years ago. Then his uncle followed him. Then his first cousin and his first cousin's wife.

"So there are six people in the grave and all the people who are buried in the grave will be named on the new headstone.

"There's another man, William Colbert, who was on that Midleton team as well who is also buried in Glasnevin but has a headstone, and we'll also be laying a wreath on his grave."

The heroes of the past deserve to be remembered. Thanks to Fenton and O'Neill, their fellow Midleton clubman Timothy 'Ted' Downey will now never be forgotten.





Club

### **MÍLE BUÍOCHAS**

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

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