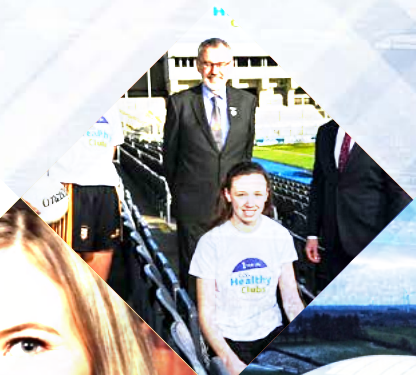


FEBRUARY 2022  
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FEABHRA 2022



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By Colin Regan

## IN ÓMÓS ASHLING: WE NEED TO LISTEN AND LEARN



THE LATE ASHLING MURPHY WHOSE MURDER LAST MONTH SHOCKED THE NATION

### The family of Gaelic Games is, like the rest of the country, mourning the death of Ashling Murphy.

As a member of the Kilcormac Killoughey camogie club Ashling epitomised the values we seek to bring to life. She loved the game she played, and she played the game with love. She loved the friends she made and they in turn loved her. She nurtured her many talents and she shared them with grace and generosity. She made her club and community a richer place.

At the age of 23-years-old, Ashling's most precious gift, her life, was stolen from her, her family, her friends. We can only wonder at what she achieved in that short time and ponder what she would have contributed and created were the opportunity to live out her

life not stolen from her.

Ashling's death has prompted conversations the likes of which have never taken place in Ireland. One of those conversations replaced our weekly team meeting in the GAA Community & Health department. We are a close-knit team of four women and two men. We have built the dynamic of our department on mutual respect and we have each other's backs. The floor was opened to our female colleagues and they shared their reflections on Ashling's life and her death, their experiences of womanhood generally and specifically within the GAA and our sister associations, Camogie and LGFA. Across the three associations they have inhabited

positions as players, coaches, volunteers, members, and employees. To inform this article, I also reached out to several female leaders within the GAA and our sister associations that I consider role models, all of whom have held official positions at club, county, provincial, and national level.

Their experiences were at times predictable and surprising, reassuring and upsetting, personal and universal. Their stories were all insightful and valuable. Here are some things I learned.

The GAA is a microcosm of the Irish state and society. Fundamentally, this means it is an entity founded by men and moulded within a patriarchal system. The Association has recognised this and is on a journey towards addressing the imbalances, biases, and behaviours, that manifest in such a system. These can be experienced by our female members as a lack of representation or perspective at leadership levels, sexism, stereotyping, condescension, and a lack of respect. The GAA is made up of people and people are imperfect. Issues will always arise and must be dealt with. Regardless, no member should feel they have been singled out because of their gender, or for any of the other eight grounds for discrimination in Irish law for that matter.

On the whole, their experience of Gaelic Games and specifically the GAA has been positive and, they noted, has helped inform who they are. With one jarring exception. One woman spoke of still being hurt by the sexism she experienced when running for a high-profile position at county executive level. The fact she had demonstrated ample character, capacity, and competency for such a role when successfully holding previous officerships at club and county level meant nothing to some. 'One person asked did I not have enough to be doing at home,' she recalled. The experience, and others like it (being asked to make the tea at a committee meeting full of men she was attending), have tarnished her love of the Association. There are doubtless many

other similar stories out there.

The positive experiences recounted were often framed by interactions with men who wanted to see them succeed and contribute to their association; men who don't just want the GAA to better reflect a modern Ireland but want it to shape Ireland for the better too. This brings us to a question that has been asked in the aftermath of Ashling's murder. What can the GAA do to help move Irish society towards greater inclusivity and equality? A shared space where women can enjoy everyday experiences, such as going for a run, walking home from work, or posting a comment online, without fear; or contribute to the sporting organisation that they love and are helping to grow and evolve without risk of embarrassment or discrimination?

The reason for turning to the GAA is the Association's access to a large swathe of the male population particularly through our players and officer cohorts. As one of the women I spoke with said: 'The GAA alone cannot end gender-based violence but it can look at how it values women and how it can develop respect for women; it has an incomparable influence on sporting and community life.'

The GAA alone cannot end suicide either. But it can and is contributing to the conversation around mental health in this country and is supporting the delivery of evidence-based actions known to reduce the risk factors associated with suicide. This has come about through a desire to support and protect our members, through the willingness of all levels of our association to take action, and through the establishment of partnerships with the appropriate entities such as the National Office for Suicide Prevention. This experience can help provide a pathway to follow.

Firstly, however, I believe we need to listen to the women who are part of our Association and our lives and reflect on what they share. As men, we need to take a good look at ourselves, our attitudes, biases, and behaviours. We also need to look inwardly as an Association. We

need to welcome constructive criticism and we need to see this watershed moment as an opportunity. Only then can we start to co-design some of the solutions.

We have strong female leaders in the GAA to help us on this journey. Through the work of the Community & Health department I have been fortunate to be exposed to a disproportionate amount of them. (One of my female colleague's first events on joining our team some years ago was attendance at our annual Healthy Club Conference in Croke Park. Her first words on entering the room was 'look at all the women'. Over half of the 400 delegates were female. Bar the strong female attendances at our games, this is highly unusual in the GAA world.)

These are the women who, like many of their tribe, have stepped up to the plate as guardians of the wellbeing of the members of their clubs and communities. This is hardly surprising considering that women in Irish society have traditionally been the custodians of the health of the men in their lives and families too. The 300 clubs already engaged in the Irish Life Healthy Clubs programme (175 additional clubs, including the Kilcormac Killoughey camogie club, are set to join this Spring) have benefitted enormously from the influence of this small army of female leaders. Many more have taken up the role of Healthy Club Officers in clubs not yet formally engaged in the programme, or on County Health & Wellbeing Committees.

They are helping to drive inclusivity in our clubs, establishing training and match programmes for children with additional needs; decorating their clubs during Pride week; drawing in their female friends to volunteer. They are undertaking coaching qualifications, becoming club secretaries and chairs. The latter three are, as yet, still small in numbers but they are helping establish norms that didn't previously exist. Barriers exist at every level, but particularly when it comes to progressing to county, provincial,

and national level volunteer roles, and they must be identified and removed. Research shows us that diversity of all kinds promotes organisational productivity and innovation. The GAA has been enhanced by what women have brought to our relatively newly established community and health structures. They will bring the same to every facet of the Association.

These women are working shoulder to shoulder in clubs with men who share their vision. Men who recognise that a truly healthy club and association is one where male and female qualities compliment each other and become more than the sum of their parts. We need to engage these men and urge them to be the agents for positive change in every aspect of their lives. Including when they are on a Whatsapp group and inappropriate or degrading content or comments are made about women. Or when they are in a pub or club and a drunken friend or team-mate gropes a girl. Or when they see any woman being singled out or in need of an ally.

We need to challenge ourselves to instil these values in the young men playing our games. We need to work with our sister associations and expert partners to explore how this can happen. We need our inter-county stars, male and female (now represented collectively under the GPA) to help us champion and embed any positive culture change.

Some people may ask how this is linked to a violent murder. Gendered violence does not happen in a vacuum. It is part of a continuum. It often begins with disrespect, a lack of empathy. In the GAA we need to remind all members that Respect is a core value of the Association and take appropriate action when that value is not being lived. We need to demonstrate consistently and publicly what Respect looks and feels like and champion those who live it. We need to foster empathy through shared stories, experiences, and



YOUNG MUSICIANS PAY TRIBUTE TO ASHLING AND HER LOVE OF TRADITIONAL MUSIC AT A VIGIL OUTSIDE DÁIL EIREANN

opportunities. We need to place our female games on a level playing field. We need to bring our manifesto 'Where We All Belong' to life.

We need only look to the Kilcormac Killoughey camogie club for inspiration and example. The quiet work being undertaken by the women and men on the club executive along with Ashling's coaches and a host of other volunteers is amongst the most empathetic and informed I have encountered (supporting units in the aftermath of a critical incident falls within the brief of the Community & Health

department in Croke Park.) This is despite the deep personal loss and grief they too are shouldering. The cocoon of care in which the club has encased Ashling's team-mates and friends, the scaffolding they have helped erect around their community, will support them through this most traumatic of experiences, not untouched, but intact. Because they know they are part of something bigger than themselves. Something that Ashling helped to build.

Colin Regan is the manager of the GAA's Community & Health department, based in Croke Park. [colin.regan@gaa.ie](mailto:colin.regan@gaa.ie)

## UPDATED GAA COVID 19 ADVICE

### A CHARA,

#### **FOLLOWING THE RECENT RELAXATION OF COVID RESTRICTIONS, WE ASK YOU TO NOTE THE FOLLOWING IN RELATION TO OUR GAMES IN THE COMING MONTHS**

Covid in the Community: While restrictions have been relaxed, it is important to note that Covid is still with us. In that context, it remains the position that everyone involved in our Association at either a playing or administrative level, continue to follow Government advice in the relevant jurisdiction on containment of the virus.

At its most basic level, this means that players, coaches or administrators who are displaying any of the symptoms of Covid should not attend training, games or meetings.

Further advice in this context is available at <https://www.gov.ie/en/publication/914a6-guidance-on-the-public-health-management-of-covid-19-cases-and-close-contacts/> for members in the 26 Counties and at <https://www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public> for those in the North.

Provision of Contact Tracing information (26 Counties): If an individual/team member(s) become infected with SARS-CoV-2 or is a close contact of a detected case, the Government's Contact Management Programme (CMP) is responsible for contact tracing and, if indicated, for arranging testing for close contacts. In order to undertake this mandatory medical function, it is essential

that the CMP have direct access to the relevant individual through provision of their contact information (i.e. mobile phone number). The provision of other contact details such as for a team doctor is not acceptable in this context.

Water breaks - Counties and Clubs should note that the provision for Water Breaks in our games is now removed from our Match Regulations with immediate effect.

The following provisions in this context now apply:

Maoir Uisce - Two Maoir Uisce who must be over 18 years of age, are permitted per team; they may not enter the field of play. Each must wear an official bib (Football: Purple or Green | Hurling: Brown or Lilac) and will be situated as per the "Pitch Layout" in our Match Regulations, and at least two metres from the sideline.

Official team personnel (Selectors/Coaches), substitutes, injured players or members of the extended panel may not act as Maoir Uisce. In the event that any official team personnel, injured player(s) or a member of the extended panel act as a Maoir Uisce, any breach of rule, shall be considered as a Misconduct at Games by Team Officials infraction.

Maoir Uisce are not permitted to have/use Communications devices i.e. walkie talkies.

In Hurling the Maoir Uisce will also act as Hurley Carriers & may enter the field

of play with a replacement hurley when necessary.

This will also mean that the number of people allowed access to the controlled zone for games in our Match Regulations will increase by 2 (i.e. from 40 to 42) to accommodate this change.

In this context, Counties and clubs should note the provisions on unauthorised entry to the field of play as outlined in Rule 1.4 of the Rules of Control

1.4 ENTRY TO FIELD OF PLAY/INCURSIONS  
A Team Official shall not enter the field of play.

Exception: The Referee may give his permission to a Team Medical Officer or one authorised official to enter the Field of Play to examine an injured player.

Penalties on the day for the above infraction:

(i) Caution offender by showing him a Yellow Card;  
(ii) Order offender from the Pitch Enclosure for a second Infraction by showing him a second Yellow Card followed by a Red Card. The offender is debarred from the Pitch Enclosure for the remainder of the Game, including any Extra-Time, when played, and he may not be replaced.

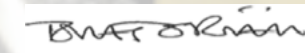
Fixed penalty on a second repeat infraction (i.e. a third ordering off): One match suspension in the same Code and at the same Level, applicable to the next game in the competition in which the third ordering of occurred, even if that game occurs in the following year's competition.

Finally, we wish to take this opportunity to thank all of those involved in the Association for their patience and co-operation with the various restrictions imposed over the course of the last two years. While the pandemic may not be over, there are certainly very positive signs for better days ahead and our activities, for the moment at least, will be returning to something resembling normality. In the interim, we again urge you to continue to follow Government advice and in particular, the provisions outlined North and South for those who are positive, are symptomatic or who are considered to be close contacts of a positive case.

Is muidle le meas,



Labhrás Mac Carthaigh  
Uachtarán



Tomás Ó Riain  
Ard Stiúrthóir

By John Harrington

## FOUR-YEAR EXTENSION OF PARTNERSHIP WITH IRISH LIFE AND GAA HEALTHY CLUBS

**THE GAA HAS ANNOUNCED A FOUR-YEAR EXTENSION OF THE PARTNERSHIP BETWEEN THE HEALTHY CLUB PROJECT AND IRISH LIFE.**

From the very outset, Irish Life has been involved with the Healthy Club Project which has grown from a very small pilot of just 16 clubs in 2013, four from each province, to Phase 5 now which has almost 500 GAA clubs involved.

“We’re very excited to announce another four-year partnership with Irish Life to ensure that GAA clubs are reaching as broad a population as possible through the Healthy Clubs Programme and supporting the health and wellbeing of our members and the communities that we serve,” said GAA Community and Health Manager, Colin Regan.

“At its core the Irish Life Healthy Club Project seeks to broaden the traditional remit of a GAA club beyond just delivering Gaelic Games. The clubs work with their members and communities in a number of areas that they would like to focus on.

“A lot of it came to the fore over the pandemic. Healthy Clubs were the first clubs that were out delivering groceries and essential goods to vulnerable people during lockdown.

“The common areas that Healthy Clubs are active in are physical activity for non-playing members with the likes of Ireland Lights Up; social Gaelic games be that hurling, football, rounders, handball, or Gaelic for Mothers and Others; mental health and emotional wellbeing; gambling, alcohol and drugs awareness; diversity and inclusion; environmental sustainability



**IRISH LIFE ANNOUNCES FOUR-YEAR PARTNERSHIP WITH GAA HEALTHY CLUBS. TO DATE, GAA HEALTHY CLUBS HAS ENGAGED 300 CLUBS AND WITH THEIR SPONSORSHIP, THEY EXPECT TO SEE AN ADDITIONAL 375 CLUBS JOIN THE GROWING MOVEMENT BY JANUARY 2024. PICTURED AT THE ANNOUNCEMENT AT CROKE PARK IN DUBLIN ARE, FROM LEFT, MEATH LADIES FOOTBALLER NIAMH O'SULLIVAN, UACHTARÁN CHUMANN LÚTHCHLEAS GAEL LARRY MCCARTHY, GRACE BIRCH LUCAN SARSFIELDS GAA HEALTHY CLUB, DECLAN BOLGER, CEO, IRISH LIFE, AND LIMERICK HURLER WILLIAM O'DONOGHUE.**

through the new Green Clubs programme; healthy eating, and a variety of other areas.”

Irish Life GAA Healthy Clubs ambassador and Limerick hurling star, William O'Donoghue, has seen at first hand the positive impact made by the Healthy Club Project in his own club, Na Piarasigh.

“Oftentimes we'd be leaving the pitch training back with the club and there'd be

a game of rounders on with people of all ages, men and women, girls and boys,” says O'Donoghue.

“They mightn't be people who typically engage in football and hurling or mightn't see so much around the club but they're getting down there and enjoying the club's facilities and are part of the club community so it's fantastic to see.

“I know we've a couple of healthy officers in the club who have different topics. We have had gambling talks and all kind of stuff has been made available to us. If it helps one person, then it's a worthwhile initiative.

“I imagine even being in a club that is seen to openly endorse these kind of programmes would make anyone who is struggling with any type of mental health or addiction issue a

bit more comfort in coming forward because people in the community are being seen to be open and positive towards it.”

All-Ireland winning Meath Ladies Footballer, Niamh O’Sullivan, is also an Irish Life GAA Healthy clubs ambassador.

Her club, Dunshaughlin & Royal Gaels, are one of 175 clubs about to commence Phase Five of the Healthy Club Project and she’s excited about the positive impact that will come from their involvement.

“It’s a great honour,” said O’Sullivan. “I know within my club during Covid, we got involved in delivering shopping to the wider community, especially elderly people who were afraid to come out of their houses.

“It was really rewarding times seeing the younger generation delivering the shopping to these elderly people. They were so happy to see a friendly face. A lot would stop us for five minutes to have a chat.

“I think it’s a great initiative with Irish Life. The GAA is a big part of our society here, both in Ireland and abroad. It’s not just focusing on the physical aspect of Gaelic games but mental health, which is a huge part of life. And healthy eating, diversity and inclusion, and working with older members.

“It’s an exciting time. It’s not all about playing sport. A lot of clubs rent out their halls or facilities for other exercise – gym or dance classes. The social side is important as well. It’s great that it’s a new four year sponsorship so it’s only going to get bigger.”



IRISH LIFE ANNOUNCES FOUR-YEAR PARTNERSHIP WITH GAA HEALTHY CLUBS. TO DATE, GAA HEALTHY CLUBS HAS ENGAGED 300 CLUBS AND WITH THE SPONSORSHIP, THEY EXPECT TO SEE AN ADDITIONAL 375 CLUBS JOIN THE GROWING MOVEMENT BY JANUARY 2024. PICTURED AT THE ANNOUNCEMENT AT CROKE PARK IN DUBLIN IS LIMERICK HURLER WILLIAM O'DONOGHUE.

# STEPS CHALLENGE IS BACK!

**THE GAA'S POPULAR 'IRELAND LIGHTS UP' WALKING INITIATIVE RETURNS WEDNESDAY 19TH JANUARY 2022 IN PARTNERSHIP WITH RTE'S OPERATION TRANSFORMATION AND GET IRELAND WALKING.**

Ireland Lights Up (ILU) encourages GAA clubs across the 32 counties to turn on their floodlights and open their walking tracks to enable their local communities to come together to walk and talk in a safe environment during the long dark evenings of winter. As ever, Operation Transformation will shine a light on this great initiative by showcasing each week on the show GAA clubs that are participating in ILU.

Running in conjunction with Ireland Lights Up, the GAA's Community & Health department has once again teamed up with Irish Life's My Life app to create a Steps Challenge to further incentivise club and community members to increase their physical activity levels in 2022. The challenge will commence on the 19th January and run for five weeks until midnight on the 23rd February. In each province, 3x O'Neills vouchers - €2,500, €1,500 & €1,000 are once again available to participating clubs.

To register your club for Ireland Light Up and the MyLife Healthy Clubs Steps Challenge, go to:

[www.getirelandwalking.ie/irelandlightsup](http://www.getirelandwalking.ie/irelandlightsup)



MyLife/GAA

## Every Step Counts Challenge is back!

€2,500 • €1,500 • €1,000

**O'NEILLS VOUCHERS**

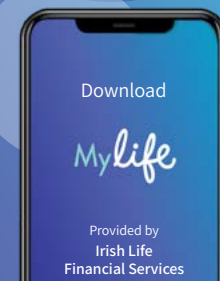
to be won per province

Hit the 4,000km target and your club  
will be entered into our prize draw

Just 3 steps to get the community involved  
in Every Step Counts 2022

1. Download the MyLife app
2. Register
3. Select Challenges (under Social tab to join your club and your province)

JOIN WITH  
YOUR CLUBMATES  
over 5 weeks to  
walk the combined  
equivalent of a  
4,000km trip around  
Ireland



Starts **Jan 19th** > Ends **23rd Feb**  
Challenge participants must be 18 or over



# IRELAND LIGHTS UP

RTÉ



# At Your Local GAA Club





## IS YOUR CLUB WINTER READY?

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 fascias can also sustain



some damage. Roofs in stands have also suffered damage in previous storms.

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

## Preparation:

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

aerials and satellite dishes are securely attached. Professional contractors should only be engaged to carry out such works

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

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

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



#### After a Weather incident /Storm:

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

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

By John Harrington

## WORLD CLASS DOME IS JEWEL IN CROWN OF CONNACHT GAA

**OFFICIALLY OPENED IN JANUARY TO MAJOR ACCLAIM, THE STUNNING NUIG CONNACHT GAA AIRDOME IS ONE OF THE NEW WONDERS OF THE SPORTING WORLD.**

It is the jewel in the crown of the already impressive GAA centre in Began in Co Mayo and is being seen as a gold standard example of what is possible in maximising latest technology to offer world class sporting facilities, and is a great tribute to the vision and drive of Connacht secretary John Prenty.

### **The Dome – Key Facts**

1. Largest Air dome for sport in the world
2. 150m long x 100m wide
3. 26m high (normal goal posts are 13m)
4. 100 tonne of tent above you kept up with fresh air; there is no fixed structure like metal or concrete
5. 265,000sq cubes of air inside which changes every hour giving over 14 times greater air quality than a normal sports hall
6. 20km of electrical cable 1,000 megabytes of internet capability
7. Smart Dome with over 100 sensors and its own weather station eg: it can detect snowfall itself
8. Manufactured in Slovenia by DBS
9. Built onsite by Prunty contracts
10. Delivered on time with the help of Tobin Consultant Engineers
11. Building took 10 months start to finish and delivered on budget for €3.1m
12. Pitch is 127m x 88m
13. 5 lane running track
14. 11 cameras on pitch for analysis
15. Full size gym
16. Can hold 10,000 people for concerts making it the largest venue in the country for an indoor event outside of Dublin
17. Can hold just under 3,000 for a match
18. Officially opened in January for the Connacht FBD Sligo v Leitrim match, won by Sligo
19. The National Coaching Conference will be hosted in February closely followed by Congress
20. Already averaging just under 1,000 visitors a day with Galway, Leitrim, Mayo and Roscommon school finals hosted since it opened. Teams from all over the country have been visiting or booking in.

**SEE THE GAA.IE DOME VIDEO HERE:**

**<https://www.facebook.com/officialgaa/videos/the-story-behind-the-nui-galway-connacht-gaa-air-dome/4758061327640824/>**



## HOW GREEN IS YOUR GAA CLUB?



• ENERGY • WATER • WASTE  
• BIODIVERSITY • TRANSPORT

**WHY NOT BEGIN YOUR JOURNEY TOWARDS MAKING YOUR CLUB A MORE SUSTAINABLE PLACE AND CHECK OUT THESE**

**TOP TIPS FOR A GREENER CLUB**

**BEFORE YOU GET STARTED, CONSIDER SETTING UP A CLUB GREEN TEAM. WE RECOMMEND A GROUP OF FOUR OR MORE WITH A RANGE OF AGES AND EXPERIENCE AS AN IDEAL MIX TO HELP GET YOU UP AND RUNNING.**

### TOP TEN GREEN CLUB TIPS FOR 2022

1. **Biodiversity:** Plant a pollinator-friendly flower bed in your club colours.
2. **Biodiversity:** Reduce mowing of non-playing areas to let wildflowers survive and thrive. See examples from other clubs at <https://pollinators.ie/sports-clubs>, this **Green Club Biodiversity Webinar** and the **Mullingar Shamrocks case study**
3. **Waste:** Carry out a survey of your club's

rubbish bins and bills to make sure you are segregating and recycling to the max.

4. **Waste:** Identify club teams to lead the way in eliminating single-use plastic bottles from training and matches. Depending on your club location, check out [mywaste.ie/business](http://mywaste.ie/business) for signage and posters for your club or contact [christine.chambers@keepnorthernirelandbeautiful.org](mailto:christine.chambers@keepnorthernirelandbeautiful.org) for

a Keep NI Beautiful Tackling Plastics Toolkit.

5. **Water:** Conserve up to two litres per flush by placing low-cost cistern bags in all older toilet cisterns in your clubhouse.
6. **Water:** Team up with other community organisations to identify risks and actions for water quality in your catchment area.

Depending on your club location, the Community Water Fund Development Grant is open until 8 February 2022 for local water projects big and small or visit [getwaterfit.co.uk](http://getwaterfit.co.uk) for free water saving tips and devices.

7. **Energy:** Understand your energy use by taking regular meter reads and carrying out a simple club energy audit. Start by completing the survey [here](https://forms.office.com/r/nMmVd103yG). <https://forms.office.com/r/nMmVd103yG>
8. **Energy:** Consider joining an energy community through the **SEAI's Sustainable Energy Communities Programme** or by contacting [greenclubs@gaa.ie](mailto:greenclubs@gaa.ie)
9. **Transport:** Use team communication apps to encourage players and parents to choose active travel and, where public health advice allows, car-sharing options. Visit <https://www.transportforireland.ie/plan-a-journey/> to help plan your journeys
10. **Transport:** Carry out a survey with club members to identify challenges to and options for more sustainable travel to and from the clubs. <https://learning.gaa.ie/be-sustainable>

The Green Club Programme is a partnership between the GAA, LGFA and Camogie Association and local authorities across Ireland. This partnership has its origins in the Sustainable Development Goals (SDG) Champions Programme organised by the Dept of Environment, Climate and Communications.

Both the GAA and Carlow County Council were among the 12 inaugural SDG Champions and initial informal discussions led to the establishment in January 2020 of the Green Club Pilot Programme.

Phase 1 of the Programme includes approximately 45 clubs – big and small, rural and urban – from across the four provinces plus a small selection of county and provincial venues.

Phase 1, which is modelled on and held in collaboration with the GAA's Healthy Club Project, will run up to June 2022 with the objective of developing a Green Club Toolkit to be shared, further tested, and refined as the programme expands beyond the initial phase. All resources, case studies, and learning developed throughout the pilot programme will be made freely available to all Gaelic Games units.



# NUIG CONNACHT GAA AIR DOME TO HOST COACHING CONFERENCE 2022

## **THE GAA COACHING CONFERENCE 2022 WILL TAKE PLACE IN THE NUIG CONNACHT GAA AIR DOME ON SATURDAY, FEBRUARY 19.**

“One of the highlights of the GAA’s Games Development calendar, the theme for this year’s event is “Coaching the young player” and organisers are assembling a list of impressive speakers and the unique setting in the Dome will allow for practical on pitch demonstrations.

One of the keynote speeches will be delivered by author, and former All-Star Clare hurler Tony Griffin who has acquired invaluable experience through his work with the award-winning SOAR foundation empowering and inspiring young people. Discussion panels are currently being finalised with Grainne McElwaine the MC. Keeping the club at the core of our work is a key part of our vision and strategy.

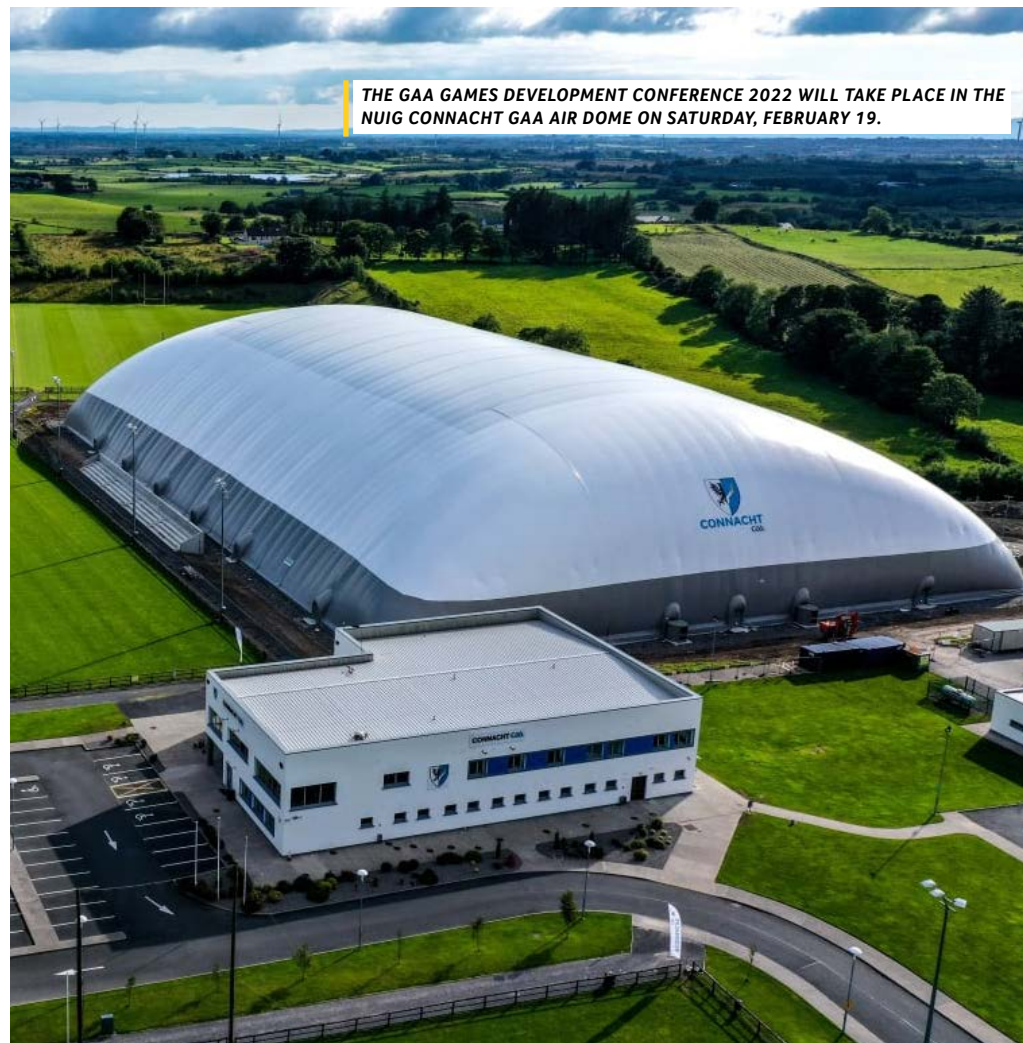
Conference organiser Martin Kennedy from the GAA’s Coaching and Games Department said: “It was really important for us that this coaching conference reflected our ‘club is core’ goal and

engaged directly with underage club and schools’ coaches. Hence the speakers and presenters all have strong experience from a variety of perspectives in coaching, supporting and engaging with both young players, their coaches, clubs and schools.

“Something slightly different perhaps will be Tony Griffin’s keynote which aims to give coaches a different but very much needed perspective on how teenagers think and feel, and how much they may value the one good coach/one good adult. Tony will discuss the important role the coach can play in supporting the young person and how best to connect and communicate with them.”

An attendance of 600 is expected and a limited number of tickets will be distributed to each county board and provincial council.

The conference will also be filmed and made available after the event via the Association’s youtube channel and coaches are reminded of the library of resources that are available at [www.learning.gaa.ie](http://www.learning.gaa.ie)



THE GAA GAMES DEVELOPMENT CONFERENCE 2022 WILL TAKE PLACE IN THE NUIG CONNACHT GAA AIR DOME ON SATURDAY, FEBRUARY 19.

By John Harrington

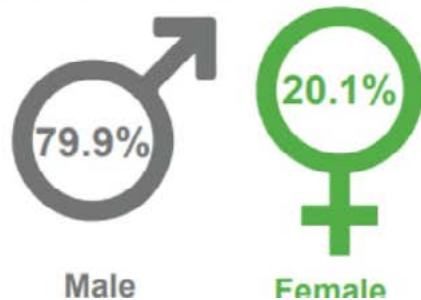
# Gaelic Games to Benefit from Lessons of Coaching Survey



Coaching and Coach Education in Gaelic Games: A Baseline Study



## Coach Gender:



## Areas that we coach:



**THE GAA, LGFA, AND CAMOGIE ASSOCIATION PUBLISHED THE FINDINGS OF THE LARGEST EVER COACH DEVELOPMENT SURVEY UNDERTAKEN IN IRISH SPORT.**

Over 10,400 coaches took part in the survey that has led today's publication of 'Coaching and Coach Education in Gaelic games: a benchmark report'.

The report gives an invaluable insight to the volume of work being undertaken by the volunteer coaches of the three Gaelic Games sports organisations that will now inform coach development policy at National, Provincial, County, School, and Club levels.

GAA.ie spoke with the GAA's Strategy, Insights, and Innovation Manager, Dr. Peter Horgan, who led the research study, about how the lessons learned from the survey will now be implemented.

You can download 'Coaching and Coach Education in Gaelic games: a benchmark report' at the bottom of this article.

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**GAA.ie: Peter, the GAA, LGFA and Camogie Association has published the result of a survey titled, 'Coaching and Coach Education in Gaelic Games: A benchmark report'. What exactly is the substance of this report?**







THE GAA'S STRATEGY, INSIGHTS, AND INNOVATION MANAGER, DR. PETER HORGAN, PICTURED SPEAKING AT THE 2020 GAA GAMES DEVELOPMENT CONFERENCE.

**Dr. Peter Horgan:** The report that we have produced is the first example of a report from across Ladies Football, Camogie, and GAA that looks at both the practices and the experiences of coaches. Not just from across the various different playing platforms, but also across the different experience levels.

What we had intended on doing was trying to find out and understand more about our coaches and their experiences. Their experiences both of coaching and training teams, of playing games, and their experiences of coach education. We were also interested as well in how they saw the future. What would they like to see in the future? What would they see as impacting on how they did their job? And, also, what type of learning or what type of events would they like to attend into the future to develop themselves?

**GAA.ie:** Who has been involved in putting this survey together?

**Dr. Peter Horgan:** There was a broad coalition of people involved and they're all listed in the report itself. We had people from Camogie, Ladies Football, and the GAA.

Sport Ireland were also involved and there was a significant input from Universities - IT Sligo, UCC, Mary Immaculate College, DCU, UCD, University of Ulster, and the University of Georgia in the USA. There was a lot of expertise from a lot of different areas and I think that breadth of experience helped to pull this together.

**GAA.ie:** It's the largest ever coaching survey ever conducted in Ireland?

**Dr. Peter Horgan:** Yes, it is. There are other studies that have been done internationally, but those have been largely done by the equivalent of Sports Councils or Universities which are multi-sport. From what we can figure out it's the largest study that has been ever conducted in a single organisation or a single governing body or single sport. So even though this is across Ladies Football, Camogie, and the GAA, if we were to view the Gaelic Games codes as a single entity, from what we understand it's the largest coaching study that has ever been conducted anywhere.

**GAA.ie:** In general, from all the information you've gleaned from this

**survey, what does the vista of coaching in Gaelic Games look like? Is it generally positive?**

**Dr. Peter Horgan:** We had over 10,500 responses in total and when we analysed the survey responses there was over 4 million data points. There were responses from all over Ireland and overseas. So it was an enormous volume of information that we had to work through. We then had several focus groups for coaches from across different domains. So, for example, coaches of children, teenagers, adults, clubs, schools, inter-county, male, female, and so on.

Once we break it down, the headline findings are quite positive for us. Coaches in Gaelic Games tend to be very active, very committed to their games, very committed to their teams. They also tend to coach multiple times per week, and they commit a significant amount of time every week to coaching and games related activities. The coaches tend to be well-educated. Over 91%

of our coaches have some form of coaching qualification, which is quite heartening when you consider the volume of work that's been ongoing in that area in the last 20 years or so. A huge number of the coaches had more than 5 years coaching experience. And when we asked about whether they wanted to stay involved, again, a huge number of those coaches identify that they were going to stay involved in coaching. That's not to say that everything is perfect. Coaches would also like more support, build greater coaching capacity in their club. What this study does is provide us with some guidance towards helping coaches.

**GAA.ie:** Using the information that has been gleaned from the survey, what sort of policy recommendations will be made?

**Dr. Peter Horgan:** There's a few different things that have come out of this already. The main study has already generated two smaller studies. We have a study of Gaelic Games at primary school level and also a



ST AIDAN'S SNS, BROOKFIELD PLAYERS LISTEN TO THEIR COACH MARK MOLONEY, RIGHT, DURING THE CORN MHIC CHAOILTE SHIELD FINAL AGAINST ST CRONAN'S SNS, BRACKENSTOWN, DURING DAY TWO OF THE 2019 ALLIANZ CUMANN NA MBUNSCOL FINALS AT CROKE PARK IN DUBLIN.



KILKENNY CAMOGIE STAR, GRACE WALSH WAS ON HAND WITH GRAINNE O'BRIEN, AGE 10, LEFT, AND RACHEL MCAULIFFE, AGE 10, IN BRUFF GAA CLUB, LIMERICK TO MARK THE FIRST DAY OF THE 2021 KELLOGG'S GAA CÚL CAMPS.

study of female coaches in Gaelic Games.

Both of those two studies are already ongoing and we hope to be in a position to produce those reports in the next couple of months.

There were some strong recommendations from across the coaches to have leadership within clubs for coaching. It is the case across many clubs that they would have a club coaching officer, for example, but the strong recommendation from our coaches was that this role be formalised in all clubs.

The Games Development Committee has now submitted a motion that will go to Annual Congress in February, looking at creating the role of the Club Coaching

Officer. While it has been in place in lots of clubs already, it's not an official role within the Official Guide. So that's one of the things that has come out of it immediately.

Some of the coach education information, for example, will also allow us to look at our provision of coach education, what it is that we provide. And, again, the coach education group that we have within the organization are looking at reformatting our coach education support at the moment. That would very much be in line with the results of this study in terms of the format of the education the coaches wish to receive or maybe some of the content of education the coaches wish to receive. That will all be coming on stream again in the next number of months.

### **GAA.ie: The importance of clubs developing a Coach Development Plan for their own coaches was also highlighted in the survey?**

**Dr. Peter Horgan:** Absolutely. We would all know that our clubs are centres of player development. Our players join the club and they improve and become better players and become more skilled and more proficient at playing our games. But, equally, the feedback was very strong that we wanted our clubs to be centres where coaches improve too.

The hope would be that part of the function of the Club Coaching Officer would be that the standard and the availability of coaches would be part of that role. What we'll be looking at doing is having each club devising a plan towards the development of their own coaches.

What type of education might they require? What type of support do they require? What resources might they require?

What we are looking at is to support clubs to develop a club coach development plan whereby clubs will become a centre for the development of their own coaches which would mean that clubs can be more self-sufficient in that regard. And that as well as the standard of player improving year on year within a club, that the standard of coach within the club would also improve year on year.

### **GAA.ie: You mentioned that on the back of this survey there's already a study ongoing into the involvement of female coaches in Gaelic Games. In the most simplistic terms, is the goal of that study to find out how best to recruit more female coaches and how best to support them in the role?**

**Dr. Peter Horgan:** Absolutely. About 21% of respondents to the survey were female coaches. What the data was showing us was

that there was a higher proportion of female coaches involved with the younger age groups, with nursery or Go Games players.

We also looked at why it is that people begin to coach, and a key driver for coaching was that their children began playing our games. So, a son or a daughter might get involved with a club and a mother or father might decide I'll give a hand-out coaching and get involved. And that's a really important thing for every club.

A goal of our female coach study is to better understand the experiences of female coaches within Gaelic Games.

We are looking at what those experiences are like and how we might encourage more female coaches to get involved in Gaelic Games. It's a study involving several coaches, researchers and academics from across Gaelic games, several universities, and both Sport Ireland and Sport NI to get a better understanding of that experience of being a female coach and what it is that we can do as organizations to better support those female coaches.

### **GAA.ie: 73 per cent of coaches surveyed said that balancing coaching with other demands was their greatest challenge. Presumably, how to better support our coaches in a myriad of different ways will be the priority now that we're armed with some very useful information? Do you think we're now in a better place to support our coaches going forward?**

**Dr. Peter Horgan:** Yes, absolutely. Like I said, our coaches tend to be very, very busy. So, a large number of coaches coach more than one team. A large number of coaches, almost 40%, coach more than one code. They spend more than seven hours per week on coaching related matters. When games are added on top of that, it could be another nine hours in the week on coaching and/or games related matters. So, they're giving massive amounts of their time.

When that's the case, obviously you have to be very, very careful because people are busy with

work, family and other commitments. We need to ensure that when a person dedicates time to coaching Gaelic Games that that time can be best spent. So, for example during the pandemic there was huge engagement by coaches in online learning, webinars, and podcasts. So can we provide those alternative learning opportunities for coaches, rather than in just the traditional format.

And, on more practical basis, maybe looking at things like fixtures programs, to ensure that those coaches that are coaching multiple teams benefit from fixtures programs that makes that easier to do.

**GAA.ie: So, Peter, is the bottom line that a lot of good information has been gathered by this survey which will now be put to good use?**

**Dr. Peter Horgan:** Yes, the huge part always for me is what happens afterwards. Conducting a survey is brilliant and conducting focus groups is brilliant and we've got very rich information from all of our participants who have given us really, really detailed accounts of their coaching practices and their coaching experiences.

But it's really up to us now as an organisation to be able to take that data and look at our provision of coach education, look at our provision of coaching, look at our resources, look at our support materials, look at all of those things and see how can we make it easier for somebody to get involved as a coach and to stay involved of one of one of our teams.

Whether that's organizationally, having a club coaching officer within every club who would be there as the key contact point within the club, looking at our support materials or resources, whether we provide more online materials and so on, and then our education provision.

So, if we know the coaches are coaching

multiple teams and we know the coaches are giving significant amount of time every week to being involved with our teams then let's look at our learning opportunities that we provide and can we provide those in a form and a format that can fit in with those busy lives that coaches are leading?

I think that it is important that we keep engaging in this type of research work. It's important that we learn more about our coaches and the work that they do. They really are a crucial part of Gaelic games and can have a massive impact on our players and their enjoyment and participation in our games.

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Download the two reports [here](#)

The Coaching and Coach Education Study Advisory group was composed of:

Dr Peter Horgan - GAA

Dr Richard Bowles – Mary Immaculate College of Education

Dr John Considine – University College Cork

Dr Paul Donnelly – University of Ulster

William Harmon – Ladies Gaelic Football Association

Hayley Harrison – Sport Ireland Coaching

Dr Seamus Kelly – University College Dublin

Dr Áine MacNamara – Dublin City University

Prof. Bryan McCullick – University of Georgia

Padraig McGourty – IT Sligo

Niall Williams – Camogie Association



## Coaching and Coach Education in Gaelic Games: A Baseline Report.

## 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:

#### *Urgent medical attention:*

- 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 legs

## 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"**

# SAFETY CHECKLIST FOR HURLING HELMETS

**IN ADVANCE OF THE 2021 GAA SEASON, PLAYERS ARE REMINDED ABOUT THE NEED TO CHECK THEIR EQUIPMENT IS IN GOOD CONDITION AND MEETS THE REQUIRED SAFETY STANDARDS.**

The GAA would like to remind all players at all levels in all Hurling Games and Hurling Practice Sessions it is mandatory for, and the responsibility of, each individual player to wear a helmet with a facial guard that meets the standards set out in IS:355 or other replacement standard as determined by the National Safety Authority of Ireland (NSAI).

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

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

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

Players and parents should note that not all products provided by some of these manufacturers meet the standards of IS:355.

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

**THE GAMOGIE ASSOCIATION** **GAA**

## HELMET SAFETY INFORMATION

DO	DON'T
	
<p>✓ ENSURE THAT your helmet is an approved, NSAI Standard IS355, helmet with facial guard</p>	<p>✗ TAKE PART IN ANY game or training session without an approved helmet with facial guard</p>
<p>✓ WEAR AN APPROVED helmet for ALL training sessions and matches</p>	<p>✗ REMOVE/REPLACE the facial guard with an alternative facial guard</p>
<p>✓ ALWAYS CHECK that your helmet is in good condition</p>	<p>✗ MODIFY YOUR HELMET or facial guard in anyway</p>



**BROKEN BARS ON HELMET CAN CAUSE HORRIFIC INJURIES**

By John Harrington

IN ATTENDANCE AT THE LAUNCH OF THE INTRODUCTION TO COACHING GAELIC GAMES AT CROKE PARK IN DUBLIN, ARE, FROM LEFT, UACHTARÁN CUMANN PEIL GAEL NA MBAN, MÍCHEÁL NAUGHTON, UACHTARÁN CHUMANN LÚTHCHLEAS GAEL LARRY MCCARTHY AND HILDA BRESLIN, PRESIDENT OF THE CAMOGIE ASSOCIATION.

## NEW INTRODUCTION TO COACHING GAELIC GAMES AWARD LAUNCHED

**A COURSE AIMED AT INTRODUCING COACHES TO GAELIC GAMES WILL INCREASE THE NUMBERS AND QUALITY OF COACHES INVOLVED IN DEVELOPING PLAYERS ACROSS THE GAA, LGFA AND CAMOGIE ASSOCIATION AND MAKE IT EASIER FOR THEM TO ACQUIRE COACHING CREDENTIALS.**

In a significant step, this collaborative project has produced a coach education programme which will ensure that beginner coaches in Gaelic games do not need to take code specific introduction courses.

This new course will be shared across each of the three Associations and will, for the first time, ensure that beginner coaches of any of our codes come together and engage in a common programme. Coaches operating in clubs that have different codes, particularly One Club model clubs, now can take one coaching course, which is a huge benefit to our volunteer coaches.

Since 2019 the three Gaelic games

Associations have worked closely together to develop this new common Introduction to Coaching Gaelic Games or ICGG Award.

Launching this new course at Croke Park, the three Associations believe that this approach will ensure that beginner coaches, regardless of their code of choice, will learn from and share with each other and assist their coach development.

This course has been designed to be more interactive and practical than previous introductory courses, with a significant emphasis on coaches learning by doing.

Last year 300 coach developers, from across the three Associations, took part in collaborative upskilling events in preparation for the ICGG programme delivery in 2022 – with a start date to be agreed when pandemic restrictions allow.

The ICGG Award course has been designed to support new coaches develop a solid foundation of knowledge, skills, competencies, and values for coaching the

child, youth or adult playing population.

The Introduction to Coaching Gaelic Games award is structured around three key elements:

1. The Coach | 'Being a Coach', 'How to Coach', and 'Preparation for Planning'.
2. The Player | 'Who are you coaching?'. Whether they are child, youth or adult players, male or female and address the need to be inclusive.
3. The Game | a focus on movement for Gaelic games, skill development and games.

This programme will provide coaches with awareness, knowledge and experiences related to:

- Why do you Coach? | Each coach is an individual, and each will bring their own skills and characteristics to our games.
- How do you Coach? | A set of skills and

behaviours which coaches can use in games and training sessions

- What do you Coach? | The games and developmental activities that can be used by coaches, and how to structure sessions to hone the skills of players
- Who do you Coach? | The specific players that a coach has within their team/group; looking at age, stages of the player pathway they are at, the importance of inclusivity and how it impacts upon their coaching.

Upon completion of this Award, coaches can then choose learning and development opportunities specific to them, their needs, and abilities with specific reference to the stage of the player pathway (see attached graphic) that they coach.

Welcoming this new ICGG award;

Uachtarán CLG, Larry McCarthy said: "Working in partnership with the LGFA and



the Camogie Association, I believe that this new introductory coaching to Gaelic games course will have a profound effect on our volunteer coaches. This streamlined and collaborative approach will allow new coaches to concentrate on how to coach and how to coach well and will allow them to maximise their time and the impact they have in developing players. Tús maith leath na hoibre, we are told, and this can put Gaelic games on a strong footing.”

Uachtarán of the Camogie Association, Hilda Breslin said: “We are delighted to be involved in the development of the first collaborated coaching programme

within the Gaelic games family. This collaboration will provide prospective coaches within the Gaelic games Associations to come together and learn the fundamentals in a supportive and inclusive environment. We are excited for the future success that this collaboration will bring, and I thank my colleagues in the GAA and LGFA for their continued support in the development of this programme”.

Speaking on behalf of the LGFA, President Mícheál Naughton said: “The launch of the Introduction to Coaching Gaelic Games is another major collaborative project between the Ladies Gaelic Football

Association, the GAA and the Camogie Association. This is a very important step for the provision of coach education at grassroots level and ensuring courses are more accessible at local level. The benefits will be evident for clubs all over the world, with this single course now being provided for coaches regardless of the code they are coaching, rather than having to attend multiple events. We would like to thank everyone involved for the hard work in bringing this to fruition and we look forward to getting coach developers active across the country, and beyond.”

Details on the roll-out and availability of

this new coaching course will be made in the coming weeks. For further information contact

Lyn Savage, Ladies Gaelic Football Association National Development Manager: [lyn.savage@lgfa.ie](mailto:lyn.savage@lgfa.ie)

Louise Conlon, Camogie Association Technical Development & Participation Manager: [louise.conlon@camogie.ie](mailto:louise.conlon@camogie.ie)

Shane Flanagan, GAA Director of Coaching & Games Development: [shane.flanagan@gaa.ie](mailto:shane.flanagan@gaa.ie)

## GAA HELP SOUGHT FOR SUICIDE RESEARCH SURVEY

**THE GAA REACHES INTO EVERY PARISH IN IRELAND AND THROUGHOUT ITS EXISTENCE IT HAS PROVIDED SUPPORT TO ITS MEMBERS AND ITS COMMUNITIES THROUGH GOOD TIMES AND BAD.**

It is often during unexpected crisis situations or tragedies such as suicide that the Association comes into its own by rallying around those affected to provide an appropriate community-based support and response system.

GAA clubs across Ireland are being asked to share The National Suicide Research Foundation Survey amongst their networks. In a first-of-its-kind study, it aims to explore the experiences and support needs of adults who have been bereaved by suicide in Ireland.

Over 1,500 people have participated to date in the survey. However, the NSRF researchers want to hear in particular from men who have lost someone to suicide. Currently, males make up approximately 20% of people who have taken the survey. Of those who die by suicide in Ireland each year, approximately 75-82% are male.

This ground-breaking research aims to provide a national profile of the impact

of suicide bereavement and the needs of the estimated 60,000 people impacted by suicide every year in Ireland. The survey is open to adults in Ireland who have been bereaved by suicide (such as family and friends) as well as the wider circle of people who may have been affected by the death (such as emergency service staff, health professionals caring for the person, first responders to the death, neighbours or other members of the community who may have had contact with the person who died by suicide).

The link to the survey is here : [www.hugg.ie/suicide-bereavement-survey](http://www.hugg.ie/suicide-bereavement-survey). On this webpage, you can find out more about the survey and view a detailed Participant Information Leaflet.

Clubs can follow updates on the research [@NSRFireland](#) and [@HUGGIreland](#) or via the survey hashtag: #SuicideAfterWords IF YOU NEED HELP

Samaritans Ireland 24-hour helpline is 116 123

Pieta House helpline call 1800 247 247 or text HELP to 51444





By John Harrington

## MARTIN FOGARTY LAYS OUT BLUEPRINT FOR A BRIGHTER HURLING FUTURE



MARTIN FOGARTY

**WITH OVER 1,000 COACHING SESSIONS COMPLETED IN EVERY COUNTY OF IRELAND AND 300,000 MILES CLOCKED ON HIS CAR, NATIONAL HURLING DEVELOPMENT MANAGER, MARTIN FOGARTY, IS READY TO DRIVE OFF INTO THE SUNSET.**

His five-year contract in the role is up, and such was the energy and effectiveness with which he fulfilled his brief that a significant void will be left by his absence.

He achieved a lot, especially when it came to encouraging the growth of hurling in previously stony soil, and is hugely enthusiastic about the hard work of both

the GAA staff and club volunteers in those less hurling-fertile counties.

But, even now as he prepares to leave the position, the Kilkenny-man prefers to remain solution-focused rather than reminisce too much about the gains made and memorable times had.

Because the truth remains a harsh one – It's 137 years since the GAA was founded and yet still hurling remains an endangered sport in many counties, and close to extinction in some.

There are eight senior hurling clubs or less in 13 counties, and four or less in six

counties.

New hurling clubs are being established every year around the world, and yet at home in Ireland few significant gains have been made to popularise a native sport that the United Nations has seen fit to grant special cultural status to.

Such has been the entropy in vast swathes of the country towards the development of hurling for decades and decades that it's easy to believe we'll never see it become a national sport in the truest sense, but Fogarty is still convinced that if there is a will there can be a way.

He believes the key to development is to financially reward clubs that promote hurling in the weaker counties and back to the hilt the cross-county club competitions – the Táin Óg Leagues for underage players and the Cúchulainn Cup for adults – that have already had a hugely positive impact by giving isolated clubs a meaningful programme of matches.

"It can definitely change for the better," he told GAA.ie. "Longford with three adult clubs have to aspire to having six. And then they have to aspire to that six becoming 12. The same in Cavan and the same in every county. Leitrim with two have to aspire to have four and so on.

"I firmly believe that if the GAA implement what I have recommended to them, and these recommendations come from the people on the ground at the coal-face, players, mentors, and our very good staff, then it will revolutionise hurling if it's put into place.

"That starts off by helping the existing clubs, which means providing the games.

"So instead of a club having three or four games a year, maybe packed into a weekend, that they have a meaningful competition. And that is the Táin Óg at underage and the Cúchulainn at adult level.

"That means at the very least having a six, seven, eight-game programme that's obviously going to be spread across 10 weeks. What that will do is first of all ensure every club has a competition that's hard to win.

"So instead of a lad coming home with 15 county medals that he got by playing 15 matches, he's going to be in a competition that's a proper challenge. He's going to have variety. And if you have that you'll attract more players and you'll have more players training and playing.

"If you're going to have a competition that involves eight games over 10 weeks, then you're going to do at least 10 training sessions. You're going to do a bit of pre-season training.

"This is vital because very few athletes want to take part in a Mickey Mouse competition.

"Real athletes want something that's challenging. Now, they might never win it, but they want to be challenging. My own club for example despite playing at senior level since 1959, having dropped to Intermediate for just three of those years,

have never won the county championship. But, by God, every year they want to win it and work tremendously hard to do so. That's the point I'm making.

"If we as an organisation can really put those competitions in place and respect them to the hilt, the current players will train more, and they will get better. There will be a knock-on effect with their inter-county teams. There will be a knock-on effect in that more players will want to play the game.

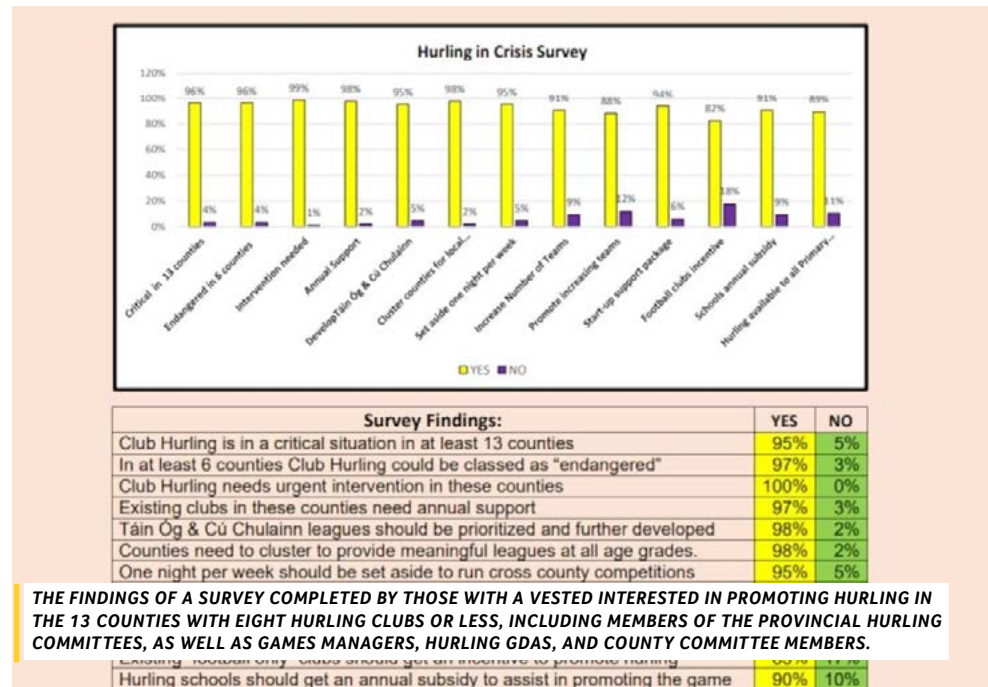
"I have met a huge amount of football people who say they like hurling but basically it's not worth toggling out for. To play two or three matches in the year is not what they want. If they had a competition that was meaningful, they would take part.

"That will have a big knock-on effect and when that happens other clubs will see, yeah, this is worth playing. And I'm firmly convinced that existing clubs will start fielding hurling teams and not just football teams.

"But we need to support them financially because it's very difficult for people to run hurling in those clubs.

"I would be very confident that there are people now at the top of the GAA who may not have been aware of some of this and are now realising that the biggest challenge the GAA has is to foster the game in those counties and to foster the game by what we're talking about, by making sure the Tain Óg and Cúchulainn are firmly established and supported with no interference allowed into them.

"It's important to say that. I use the word sabotage and that can happen. You can have a county board that will back it and county officers who back it, but it just takes one person in a club to go off and organise a football game in opposition to a hurling game and that's where the



problem starts."

Fogarty doesn't believe it's simply enough to consolidate existing hurling clubs by giving them meaningful games, he wants the GAA to have the ambition to encourage county boards to establish new hurling clubs at underage level in parts of their county where none currently exist.

"It's like sowing seeds," says Fogarty. "If you sow 10 seeds and if only two of them come to fruition, then that's two more than you had. I'm listening to people saying we'll consolidate what we have. That's a cop out. That's saying I don't want to do anything. Consolidate and nurture your current crop but continually plant new seeds so that in a few years, despite some seeds falling by the wayside, you will have a much larger forest.

"You consolidate what you have by providing these games, but at the same time you start new nurseries. You try to start 10 areas of hurling in, say, Mayo, with the hope that at least three will survive.

"Fermanagh is another great example. They had just one adult club until this year and that was Lisbellaw. However, in Fermanagh, there are now seven underage units and if those units can be grown and brought with support up to adult level, theoretically in five years' time you could have eight adult units and that would be unbelievable. That's what needs to happen.

"The support has to come from the top. It must be financed because hurling costs money. Once it's financed then the counties have to proactively look around and encourage clubs to start up hurling.

"We're seeing it in a lot of places where you have dual nurseries, for example. And people need not to be afraid. Football clubs need not to be afraid that if hurling gets going that it's going to interfere with their football. It won't interfere with it, it'll actually enhance it.

"If you could get a county to decide we'll have a really serious go at it saying, right, are there six areas in this county we could sow seeds in, try a bit of hurling and encourage them? If three of those survive, that's what we're after. I can really see that happening."

When he looks back on the highlights of his five years as National Hurling Development Manager, it's the visits to newly established hurling clubs that really stand out in his mind's eye.

It takes a huge amount of work and dedication to start a hurling club from scratch in parts of the country where little or no tradition of the game exists, and Fogarty has been hugely impressed by those who have risen to the challenge.

"When I see new clubs starting up, I get a great kick out of it, and two of them stand out for slightly different reasons," he says.

"One is Laochra Óg down in West Cork. In a totally football area, these people started up around the time I started in this role, and I was privileged to be down there a few times. They have progressed so much that earlier this year they signed a lease on their own new club grounds.

"To see that happen, that is unbelievable. To watch those people build something from nothing.

"When I went down there first all they had was a farmer's field down a back lane with a portacabin as a dressing-room.



THE GAA'S NATIONAL HURLING DEVELOPMENT MANAGER, MARTIN FOGARTY, MAKES A PRESENTATION TO PLAYERS AT THE LAUNCH OF THE TÁIN ÓG HURLING LEAGUE.

"The hills on the field were so bad, they had two juvenile pitches set up on it, that when you were standing on one pitch you could just see the tops of the goals on the other. That's a fact! It was unbelievable!

"I just get some kick out of seeing how far they've come in such a short space of time, and it's the same for another new club, St. Finbarr's, up in Derry.

"A few people had gotten hurling going in an existing Gaelic Football only club in Derry, but then their club banned the hurling. Those people should hang their heads in shame.

"Local Regional Hurling Officer Kevin Hinphey did tremendous work in the background and on the field since, and thankfully a neighbouring club opened their doors to those who wanted to play hurling and allowed them to use their facilities.

"When they made that move, they quickly

went from having 15 players to 50 players and now I think they have 150 players and are competing now up to U-15 level.

"For me the real joy is looking at the dedication of the GAA hurling staff and club volunteers in those disenfranchised areas because, with my hand on my heart, if I was living in some of those counties, I couldn't say I'd be involved in hurling because it's so difficult.

"When you have a young lad of 13 or 15 coming over to you after a Táin Óg game and saying thanks for organising it, it's very moving what it means to them. You wouldn't see that in Kilkenny, Galway, or Tipp because players take hurling for granted. How the youngsters even know you were involved, and thanking you for organising it, I mean that would bring a tear to your eye.

"I remember after one of the Táin Óg Finals a couple of years ago up in Breffni Park when a team from Donegal played a team

from Louth and they were beaten fairly well.

"Their mentor came over to me after and said they were delighted, they didn't mind getting beaten well because now they could see the level they had to rise to. Sure, God, that would tear the heart out of you! That's what would lift me."

Fogarty's remit as National Hurling Development Manager was so broad and his passion for spreading the hurling gospel so zealous that it's difficult to sum up all that he did over the last five years.

He was a driving-force behind the huge success of the Táin Óg and Cúchulainn Cups but is keen to credit Armagh native Ryan Gaffney and Monaghan duo Pauric Dowdall and Aidan Morgan, regional development officers at the time, for coming up with the concept in the first place and doing the early heavy lifting.

When Fogarty saw its value he quickly

drew Connacht clubs into it via Connacht Hurling Development Manager Damien Coleman who needed no convincing of its value.

It has thrived since with over sixty clubs involved and driven by a small very dedicated hurling staff who pull out all the stops to make the games happen.

Fogarty also supported Provincial and County Games Development Administrators roll out their various initiatives.

He offered his coaching expertise to countless club teams as well as county senior and underage teams and squads.

He established hurling coaching courses for teachers and coaching work-shops tailored to the specific needs of clubs, counties, and provinces.

Perhaps one of his most lasting impacts will be the work he did to promote ring-



UNDERAGE CLUB HURLING IN FERMANAGH IS UNDERGOING A REVIVAL.

fencing Monday nights as a hurling-only night in the Táin Óg League counties.

Previously, hurling competitions and matches were shunted here, there, and everywhere with the result that sometimes they fell through the cracks altogether.

But now there's a broad acceptance that hurling has its own day in the week which has proven invaluable for those trying to grow the game in those developing counties.

Attitudes in some areas have been slow to change, but Fogarty is hopeful now that hurling is no longer perceived as the annoyance, or even the threat to football, it once was by many.

"I'm fairly confident that we're at a stage where we have 90 per cent buy-in in terms of Monday nights being ring-fenced for hurling in those counties," says Fogarty.

"That is happening and I'm pretty confident now that people are starting to see the benefits.

"I've always given the example of Slaughtneil. That in a small club not only are they able to play the two games, but they were also within a puck of a ball or two from being All-Ireland champions in both codes.

"It's not that you're expecting all teams to be at that level, but Slaughtneil are at that level. At the weekend you saw Loughmore-Castleiney doing the same by showing they can't just compete in both codes, they can be absolutely among the best clubs in the country in both codes.

"That's something I think all clubs and all counties should take on board. They don't have to play the two games equally, but they can definitely play the two games."

Covid-19 has been challenging in lots of

different ways to developing hurling, most obviously in how it curtailed the Táin Óg and Cúchulainn competitions, but there have still been so many good hurling news stories in the past couple of years.

The common thread between them all is that if you give people, both young and old, the opportunity to play hurling, they'll grasp it with both hands.

"You only have to look at the savage work done by (Games Promotion Officer) Adrian Hession in Mayo this year," says Fogarty.

**"Ballina were back playing at junior level after a big gap** and so were Moytura. We had those guys training above in the Connacht GAA Dome last week and watching the buzz they got from it would lift you.

**"Then there was Fermanagh this year. Their GDA, Emmet Conlon, and Hurling Officer, Kieran Farmer, got a South Fermanagh adult team going.** And they got another adult team going, Erne Gaels, that have grown from a juvenile club. So that was two new teams playing in Fermanagh.

"They took part in a South Ulster League that the lads organised that was a trial for the Cúchulainn and that worked out brilliantly. The likes of that, you'd have a pep in your step walking when you're hearing those stories."

While Covid-19 disrupted the games schedule and made it more difficult to get boots on pitches, necessity was also the mother of invention as Fogarty and the Provincial Hurling Development Managers made good use of technology to scatter more seeds than ever.

"We have to say it quietly but we actually got to spread the coaching gospel to way more coaches than before," says Fogarty. "Chancing our arms with webinars and

LAOCHRA ÓG VOLUNTEERS PLANT A CLUB FLAG ON THE 8.3 ACRE SITE WHERE THEY'LL DEVELOP THEIR NEW HOME.



BALLINA STEPHENITES PLAYERS ARE PUT THROUGH THEIR PACES BY MAYO GAA GAMES PROMOTION OFFICER, ADRIAN HESSION.



MARTIN FOGARTY PICTURED AT THE LAUNCH OF THE TÁIN ÓG YOUTH HURLING LEAGUE, AN U-13 CLUB HURLING COMPETITION FOR CLUBS FROM 11 DEVELOPING COUNTIES THAT HAS PROVEN TO BE A BIG SUCCESS IN ITS FIRST YEAR.

bluffing the technology we reached thousands of coaches. Damien Coleman from Connacht and myself organized a couple which rapidly grew into a series while Kevin Kelly with his staff did similar in Ulster.

“In one way it was easy - sitting in the living room with tea and biscuits, no rain or frost or travel and hurling away. However, behind the scenes it was savage work, preparing presentations, videos, bookings, et cetera. The chat after most presentations went on late into the nights with hurling people with no homes to go to!

“Two of the webinars stand out. One was a feature on Slaughtneil when almost 2,000

people were online, and the other was our ‘Hurling Around the World’ webinar where we had representatives from most of the hurling units across the world ‘in studio.’”

His time is nearly up, but Fogarty is still brimming with ideas about how to develop hurling in both big ways and small.

Before Covid-19 hit he was ready to begin a pilot-programme in Longford he hoped could eventually be rolled out to other counties with a small number of hurling clubs.

The plan was to bring together the non-county players from all the clubs in the county under one umbrella for training sessions with high-profile coaches while

their county players were in action in the Ring, Rackard, and Meagher Cups.

Another idea of his he hopes the GAA will pursue in the future is to harness the ‘Intangible Cultural Heritage’ status given to hurling by establishing UNESCO Hurling Heritage Hubs around the country.

These would target primary schools in non-traditional hurling areas by giving them start-up equipment, grouping these schools in clusters of at least three, and training teachers to deliver a coaching programme to the pupils.

By promoting hurling as an intrinsic part of our culture and including it in the school curriculum as a subject rather than simply

a form of physical exercise, Fogarty believes new life could be breathed into the sport on a truly national scale.

There were frustrations along the way and some days were harder than others, but Fogarty ends his time as National Hurling Development Manager satisfied that he did his best, enthused by the pure love for hurling he found in all parts of the country, and in no doubt that it was a most enjoyable period of his life.

“Of course I enjoyed it, it was a privilege,” he says. “I’m not saying it wasn’t hard work, of course it’s hard work, but you enjoy it because you’re meeting the heart and soul of the GAA.

“I’m not emigrating or anything, but I will miss meeting many that have become great friends. One such person that I didn’t get to say goodbye to and who sadly passed away during covid was Seamus McShane from Sheep Island Hostel in Ballintoy Co. Antrim.

“When working up in that area I generally stay at the hostel, not because Croke Park had me on a budget or anything but for the sheer atmosphere and beauty of the area and the hurling passion. It’s close to Ballycastle near the Giants Causeway looking over at the Mull of Kintyre in Scotland. I’ve actually taken a few teams up to stay and play there and we paid tribute to Seamus on one of the webinars.

“I met great people all around the country. People that are pulling teams together from five football clubs and they’re working on their own or with one or two others if they’re lucky.

“You’re meeting coaches and players who are just hungry for knowledge.

I wouldn’t have called it a job, it was more of a vocation, really.

“It was an honour.”

# 2022 GAA NATIONAL CLUB DRAW

**GET YOUR CLUB INVOLVED AND BE IN WITH THE CHANCE OF RAISING €25,000!**

Tickets have now been distributed for the 2022 National Club Draw. If your club require additional tickets or were not included in the initial allocation, please contact [eoghan.maguire@gaa.ie](mailto:eoghan.maguire@gaa.ie) or [nationalclubdraw@gaa.ie](mailto:nationalclubdraw@gaa.ie)

**Remember:**

ALL money raised by your club through ticket sales is retained by **YOUR** club

**Important Dates:**

- Additional tickets can be requested up until Friday 15th April 2022.
- Tickets (sold/unsold) should be entered onto the Online Ticketing System and returned to your County Liaison Officer by Saturday 30th April 2022.
- The GAA National Club Draw will take place on Thursday 2nd June 2022.
- (Tickets should not be sent directly to Croke Park by any club)



**2021 NATIONAL CLUB DRAW WINNER  
CHRISTY PHILLIPS RECEIVING HIS PRIZE**

**SUPPORT YOUR LOCAL CLUB**

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



## MULKERRINS WINS 1ST MICK KERR MEMORIAL

### MARTIN MULKERRINS SAW OFF CHARLY SHANKS IN A THRILLING FINAL AT MICK KERR MEMORIAL IN BREACACH HC.

Earlier Mulkerrins defeated Colin Crehan in a two game SF, whilst Shanks was also a controlled winner in his SF over Diarmaid Nash. In the final, having lost the first 15-11, Shanks was under pressure to start strong in the second. And that he did, holding a 12-5 lead. But 5 quick points from Mulkerrins saw that lead quickly diminish, and the scores were at 13-12 to Shanks, who composed himself and found the two points required to force a tiebreak 15-12. Mulkerrins took control at the start of the tiebreak and never looked back, sealing the win 11-5.

It was a great weekend of Handball, and a very well run tournament, with the spectators thrilled to be back watching top class Handball.

The Elite Men are next back in action in three weeks time at the Irish 4-Wall Nationals in Belfast, which will be the last tournament before the 2022 All-Ireland 4-Wall Championship Series commences.

To watch back any of the matches, check out GAA Handball's Facebook page for full match footage of the QF's, SF's and Final.

#### First Round:

David Walsh dft Caolan Daly 15-8, 15-14  
Cian O Driscoll dft Shane O Neill 14-15, 15-7, 11-2  
Gary McConnell dft Cahir Munroe 15-3, 15-3  
Conor McElduff dft Kevin Diggins 15-4,

14-15, 11-8  
Jack O Shea dft Sean Clarke 15-8, 9-15, 11-10  
Gavin Buggy dft Conor Walsh 15-11, 14-15, 11-8  
Owen McKenna dft Caolan McCartan 15-5, 15-6  
Ryan Mullan dft Mark Rainey 15-12, 10-15, 11-2

#### Round of 16:

Martin Mulkerrins dft Ryan Mullan 15-5, 15-8  
Peter Funchion dft Gavin Buggy 15-2, 15-2  
Sean Kerr dft Jack O'Shea 15-8, 15-14  
Colin Crehan dft Gary McConnell 10-15, 15-7, 11-10  
Diarmaid Nash dft Cian O'Driscoll 15-11, 15-1  
Conor McElduff dft Dominick Lynch 15-4, 15-13  
Niall O'Connor dft Owen McKenna 15-10, 15-9  
Charly Shanks v David Walsh 15-3, 15-4

#### QF's:

QF 1: Martin Mulkerrins dft Peter Funchion 15-13, 15-1  
QF 2: Colin Crehan dft Sean Kerr 15-11, 15-11  
QF 3: Diarmaid Nash dft Conor McElduff 8-15, 15-14, 4-3 ret inj  
QF 4: Charly Shanks dft Niall O'Connor 15-5, 15-11

#### SF's

SF 1: Martin Mulkerrins dft Colin Crehan 15-6, 15-7  
SF 2: Charly Shanks dft Diarmuid Nash 15-9, 15-6

#### Final:



Martin Mulkerrins dft Charly Shanks 15-11, 12-15, 11-5.  
9th Place Playoff:

SF 1: David Walsh dft Caolan Daly

SF 2: Gavin Buggy dft Mark Rainey  
Final: David Walsh dft Gavin Buggy

# CUMANN LÚTHCHLEAS GAEL AGUS AN GHAeilGE – SUIRBHÉ DÁTHeANGACH / BILINGUAL SURVEY

**TÁ SUIRBHÉ Á CHUR AMACH AG COISTE NÁISIÚNTA NA GAeilGE, CLG, LE HEOLAS A BHAILIÚ A CHABHRÓIDH LEO CLÁR OIBRE A LEAGAN AMACH DON CHÉAD DÁ BHLIAIN EILE CHOMH MAITH LE SUIM SA GHAeilGE I MEASC BHAILL AN CHUMAINN A MHEAS.**

Chomh maith leis sin, is mian leis an gCoiste an cur amach atá ag an bpobal ar thograí agus ar acmhainní reatha Gaeilge an Chumainn mheas. Is iomaí acmhainn, scéim agus togra Gaeilge atá ag an gCumann, dar ndóigh, leithéidí Fondúireacht Sheosaimh Mhic Dhonncha (i gcomhar le Glór na nGael), Scór, Cuaille, Podchraoladh (i gcomhar leis an Spota Dubh), Ceannairí don Todhchaí agus Rannóg Gaeilge Shuíomh Idirlin CLG, mar shampla.

Cinneadh roghnach atá ann an suirbhé a líonadh isteach agus beidh na freagraí iomlán rúnda. Is mian leis an gCoiste téamaí agus patrúin chomónta a aithint tríd na freagraí agus clúdófar na téamaí comónta sin ar chlár oibre an Choiste amach anseo.

Má bhíonn aon cheist faoin suirbhé nó faoi na nósanna imeachta a bhaineann leis is féidir teagmháil a dhéanamh le CLG trí ríomhphost a chur chuig [jamie.otuama@gaa.ie](mailto:jamie.otuama@gaa.ie).

IS FÉIDIR LEAT AN SUIRBHÉ A LÍONADH ISTEACH [ANSEO](#)

The following survey is being distributed to assist Coiste Náisiúnta na Gaeilge, CLG, in putting together its agenda for the next two years and to gauge interest in the Irish language at club level.

The Coiste would also like to gauge public awareness of current GAA Irish language projects and resources through the survey. The GAA has many Irish language resources, schemes and initiatives – Fondúireacht Sheosaimh Mhic Dhonncha (in conjunction with Glór na nGael), Scór, Cuaille, a Podcast in conjunction with An Spota Dubh, An Irish language version of Future Leaders TY programme and the Irish Section of the GAA's website, for example.

It is a personal choice to fill in this survey. Answers are totally confidential, and all information gathered will be used to establish common themes which will assist Coiste Náisiúnta na Gaeilge with its agenda.

If you have any questions regarding this survey or regarding procedures relating to it, you can contact the GAA by email, [jamie.otuama@gaa.ie](mailto:jamie.otuama@gaa.ie).

YOU CAN FILL OUT THE SURVEY [HERE](#)





## GAA'S IRISH MC HANDBOOK AVAILABLE NOW!

**COISTE NÁISIÚNTA NA GAELIGE, CLG, ARE LOOKING FORWARD TO LAUNCHING THEIR 'LÁMHLEABHAR FHEAR AGUS BHEAN AN TÍ' FOR GAA MC'S AT COUNTY AND CLUB GROUNDS ALL OVER THE COUNTRY AND FURTHER AFIELD, THIS COMING FEBRUARY.**

The handbook will ensure crowds at GAA grounds all over will be treated to a bilingual experience on match day from the pre-match build up ('Fáilte go Staid an Phiarsaigh do chluiche an lae inniu') to half-time Scór entertainment (cuirigí fáilte mhór roimh ghrúpa ceoil uirlise CLG lolair na hÉirne), to saying goodbye at full time (slán abhaile).

Cé gur acmhainn dhátheangach é an lámhleabhar seo, atá dírithe ar Fhear nó ar Bhean an Tí go príomha, tá achmhainní eile ann, freisin, mar shampla liosta de na páirceanna baile agus nathana úsáideacha do na meáin shóisialta.

Although the handbook is primarily a bilingual resource to help matchday MCs there are also other useful resources in it such as a list of County Grounds and Useful Phrases for Social Media.

Uachtarán Chumann Lúthchleas Gael, Labhrás Mac Carthaigh, who will launch the bilingual booklet along with the Croke Park MC, Jerry Grogan, spoke about the importance of such a resource.

'The Irish language is an integral part of our Association and 'Lámhleabhar Fhear/Bhean an Tí' will add to the presence the language has at county grounds all over Ireland and further afield. I encourage

MCs from all over to avail of this resource to ensure that the Irish language can be heard at all big GAA events and games. Acmhainn iontach é an lámhleabhar seo.'

Dúirt Gráinne McElwain, Cathaoirleach Choiste Náisiúnta na Gaeilge;

'Tá muid ríméadach mar Choiste Náisiúnta na Gaeilge go bhfuil a leithéid d'áis tacaíochta ann anois do chlubanna agus do chontaetha, ionas go mbeidh siad in ann an méid sin Gaeilge agus is féidir a úsáid ag cluichí agus ag ócáidí eile de chuid Chumann Lúthchleas Gael.'

Is féidir an lámhleabhar a íoslódáil ag an nasc seo a leanas: / The handbook can be downloaded at the following link: <https://www.gaa.ie/api/pdfs/image/upload/ua1la1bkhmozubcjt2q.pdf>

Lámhleabhar Fhear/Bhean an Tí is a resource which was published on behalf of Coiste Náisiúnta na Gaeilge, CLG 2021-2024.

# NATIONAL FLAG REGULATIONS

**PLEASE FIND BELOW A COMPREHENSIVE GUIDANCE DOCUMENT FROM THE DEPARTMENT OF THE TAOISEACH ON THE NATIONAL FLAG OF IRELAND, WHICH CONTAINS RELEVANT INFORMATION REGARDING ITS USE BY IRISH SPORTS TEAMS AND ATHLETES.**

**THE GUIDANCE CAN BE ACCESSED FROM THE [GOV.IE WEBSITE](#) HERE**



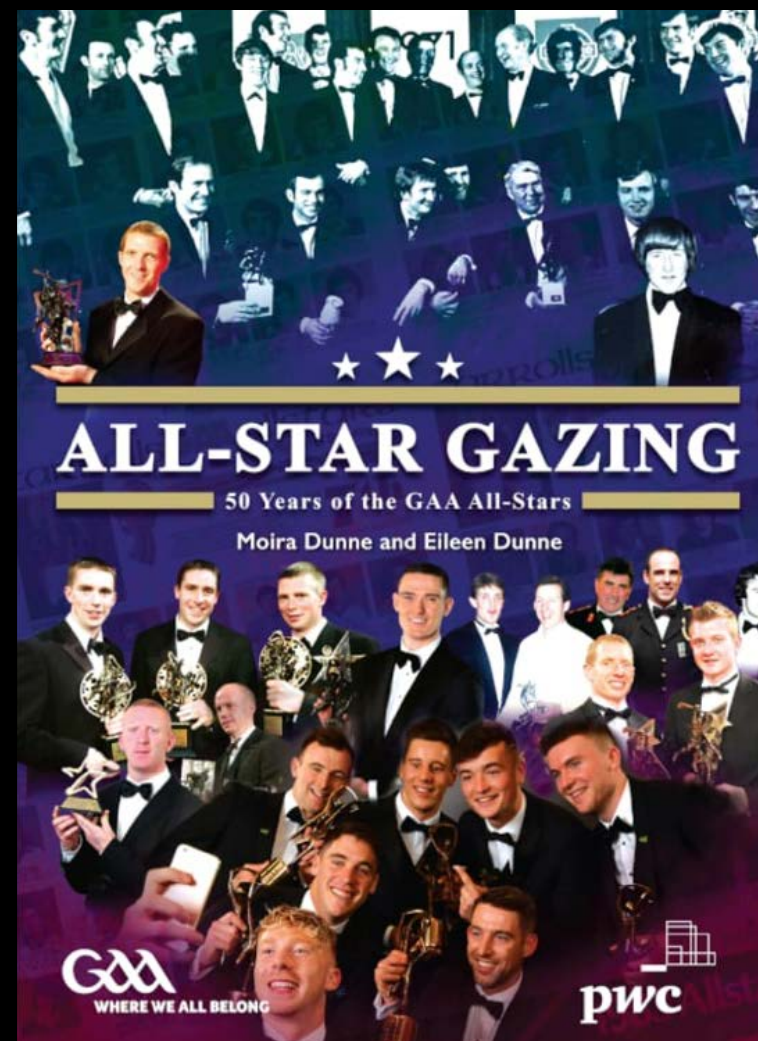
## ALL-STAR GAZING COMP WINNER

### COMPETITION WINNER

The winner of a copy of the excellent new book, All-Star Gazing by Moira and Eileen Dunne on the 50 year history of the GAA All-Star awards is Joe McGuinness, Skerries, Co Dublin

He was selected from the list of winning entries to the question: Who was the first player awarded an all-star?

The answer is Offaly hurling goalkeeper Damien Martin in 1971.



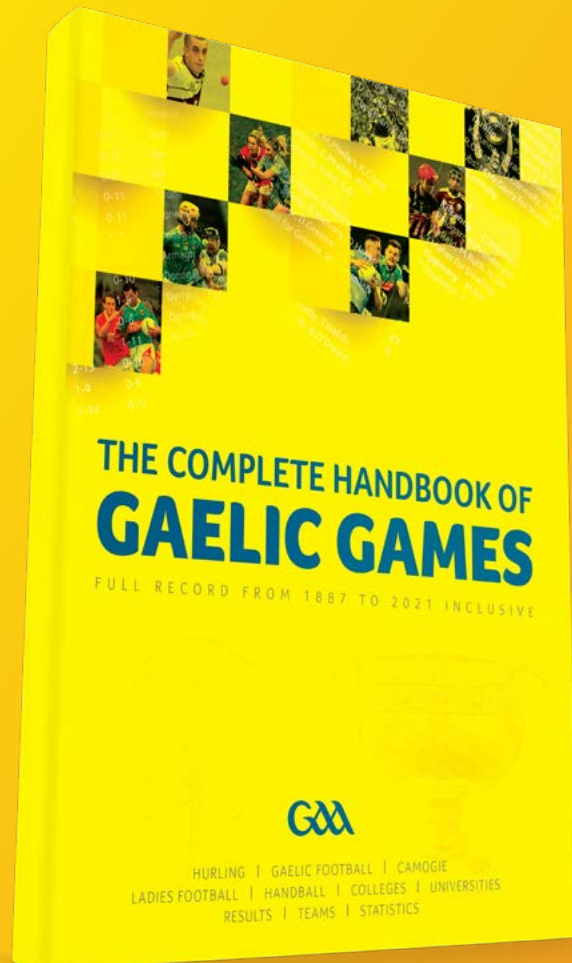
# THE PERFECT GIFT

## **THE COMPLETE HANDBOOK OF GAELIC GAMES**

The comprehensive statistical record of GAA activity at national level since the inauguration of the All-Ireland Championships in 1887.

## **GAA CROKE PARK ANNUAL**

History, highlights and heroes of renown - it's all packed in here in the GAA Croke Park Annual 2020/2021



**FOR MORE DETAILS CONTACT:  
[LYNN@DBAPUBLISHING.IE](mailto:LYNN@DBAPUBLISHING.IE)**





Football

Hurling

Club

General

## MÍLE BUÍOCHAS

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

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