

SEPTEMBER 2018
NUACHTLITIR
MEÁN FÓMHAIR 2018

FOR NEWS, VIDEOS AND FIXTURES www.gaa.ie



DATE SET FOR NATIONAL GAA CLUB FORUM

GAA Clubs are set to debate their place and their future in the Association at a major event happening later this year.

More than 300 club delegates from across all 32 counties will be in attendance at the GAA's National Club Forum at Croke Park on Saturday, December 8.

The Forum is the work of the National Club Committee chaired by Mick Rock and which was set up by GAA Uachtaran John Horan last Spring.

As identified in the GAA Strategic Plan, the one-day event will bring together a broad representation of GAA club members from around the country to share their stories, ideas and ambitions for their clubs and the GAA nationally.

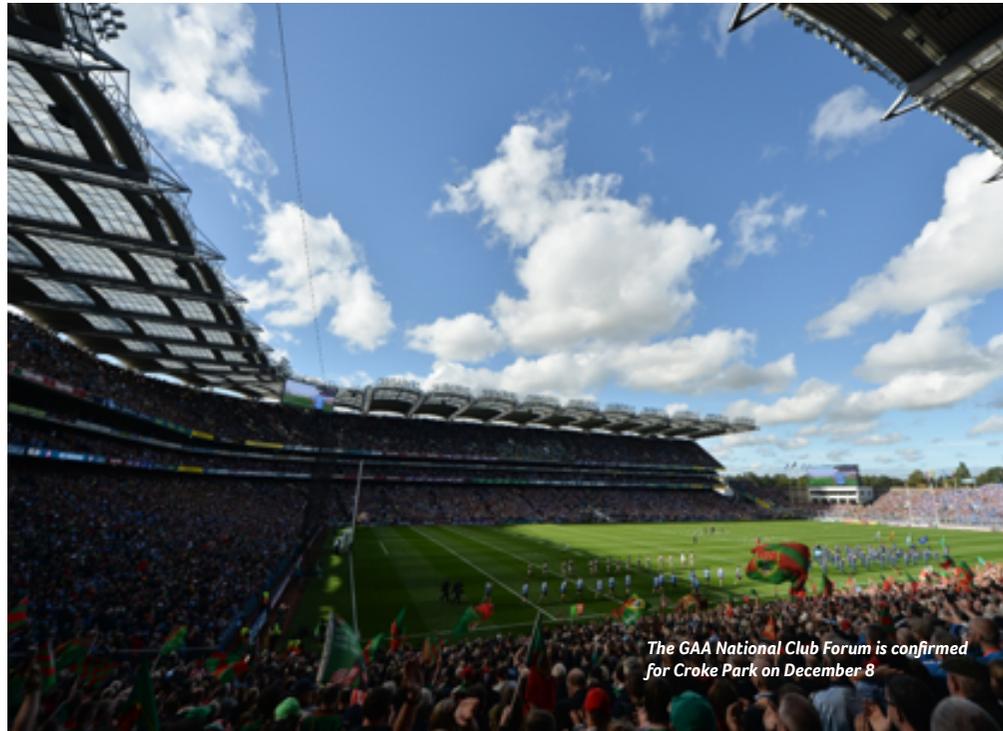
The agenda for the event will be heavily influenced by the response to a GAA Club Survey held last summer which resulted in a phenomenal response with 853 clubs registering and taking part.

Clubs who took part were asked for an expression of interest in attending a National Club Forum to debate issues further. From those who indicated they would like to be involved there will be 10 per county in attendance.

This will be the largest gathering of club officials at Croke Park in years and will be an invaluable opportunity to meet face to face with senior leaders within the GAA. Mick Rock, Chairman of the National Club Committee said: "The National Club Forum is a marvellous opportunity to bridge the disconnect, perceived or otherwise, that is often spoken about between grassroots GAA and headquarters.

"Following on from the excellent feedback received through the club survey recently, this Forum provides an opportunity for clubs to tease out the issues raised there. It is a platform for club representatives to have their concerns aired and responded to at the highest level, and a rare chance to interact with fellow club personnel from around the country.

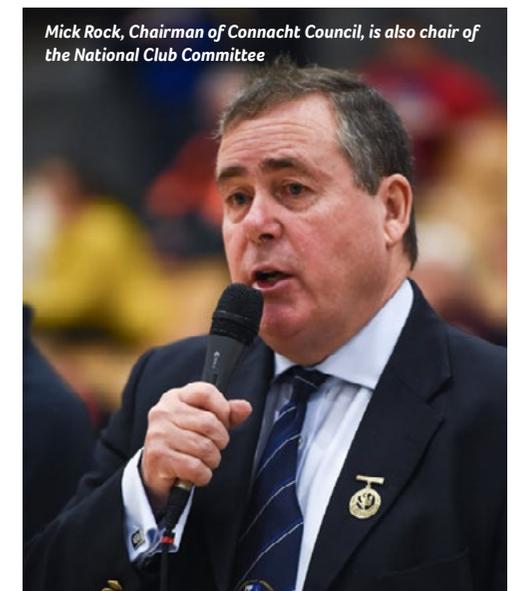
"I see it as a first step in the process of re-empowering and re-energising clubs, which is fundamental to the continued growth and relevance of the GAA."



The GAA National Club Forum is confirmed for Croke Park on December 8



More than 300 Club delegates will get the chance to debate burning issues at Croke Park



Mick Rock, Chairman of Connacht Council, is also chair of the National Club Committee

SINK HOLES AND STORMS – ADVICE FOR OUR CLUBS

The recent shocking images of the sinkholes which have decimated the facilities provided by Magheraclone GAA in Monaghan have gone global.

Thankfully, there were no reported injuries as a result of the collapse.

Reports into the full details of the causes of the incident are still being established.

However, the incident, as does the recent Storm Ali event, serve as a reminder for clubs to be aware of the GAA's Insurance Policy and how clubs and officers can play their part in protecting our properties particularly as we are heading into the winter months.

While the incident in Magheraclone could not have been foreseen, here are some helpful hints in assisting to protect our properties:

- Weather Alerts** •Pay Attention & Take Precautions
- Water & Heating Systems** •Drain Down Water System during high risk period e.g. Winter. Automate heating system
- Electrics & Fire Safety** •Annual Service contracts in Place. Only engaged certified contractors /Maintain records
- Inspect Buildings** •Minimum Annually – Ground Inspection checklist in the Safety Statement. All clubs should have an up to date health and safety statement in place with full risk assessments carried out
- Emergency Response Plan** •Formulate – do you know who to call in an Emergency? Do you have a record of the club's Eircode \ Postcode?
- Housekeeping** •Continuous / Fire Risk High & housekeeping- is the property secure with all equipment locked away?
- Ball Stop Nets** •Are they fit for purpose / maintained and retracted - if they are damaged, take them down



Scenes of the recent damage done to Magheraclone Mitchells



Shocking sink hole event in Magheraclone GAA in Monaghan

Any club with questions or concerns should contact the GAA insurance team at Croke Park at 01 819 2347 and remember that any incident that could give rise to a claim should be notified as soon as possible

NEW SAFE CLUB INITIATIVE LAUNCHED IN MONAGHAN

Everyone knows that Insurance costs within the Association have been increasing solely as a result of the increasing claims being taken. Furthermore, concerns have been expressed about health and safety within our clubs. To that end, officers within Monaghan County Board approached the National Health & Safety Committee earlier this year with an idea of a Safe Club Initiative.

As a result, the Safe Club Initiative was officially launched on Wednesday September 5th 2018 in the presence of Uachtarán John Horan. Every club was represented as were each of the Safe Club Leaders who are pictured with John. Shay Bannon, chair of the National Health & Safety Committee gave a speech acknowledging the work of Monaghan GAA in developing this initiative and the buy in that it has received from all clubs. He also paid tribute to Declan Flanagan, Monaghan Vice chair, for being a driving force behind the initiative.

The Safe Club initiative primarily involves the electing of a safe club leader within a club who will, over time, receive training and education in all

matters relating to Health and Safety in our clubs. This will involve the attendance at training workshops. Ultimately, the safe club leader will be in a position to carry out a full assessment of their grounds using a checklist which has been developed with Monaghan GAA and the National Health and Safety Committee together with the GAA Risk and Insurance Committee. Upon completion of the club audit by the Safe Club leader and club officers who will assist, the club will be independently audited and reviewed.

As Monaghan GAA approached the committee, it was deemed that an initial pilot of the initiative would take place in Monaghan. Details of the initiative have been given to the GAA's Insurers who are extremely supportive of it and appreciative of the fact that the Association are taking actions to reduce insurance claims occurring and making our clubs and facilities safer.

For further information contact

Ciara Clarke
GAA Injury Fund Manager
(01) 819 2347
ciara.clarke@gaa.ie



RAISE €20,000 AND WIN THE CHANCE FOR YOUR CLUB TO PLAY AT CROKE PARK

The GAA have significantly enhanced the prize pool for the 2019 National Club Draw with the added incentive of winning the chance for your club to play on the hallowed turf of Croke Park.

Now in its sixth year, the GAA's National Club Draw has raised more than €6m for clubs in this time.

Tickets for the draw cost just €10 and all of the money raised by a club in ticket sales are retained by that club.

Individuals who buy rickets get the chance to win one of an amazing set of prizes ranging from cars to holidays to match tickets which are funded by the GAA.

In addition to this there is also a Club Specific Draw which offers bonus prizes for our units.

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

This represents fundraising with a difference. Clubs do not need to worry about amassing a lucrative prize vault to make their draw attractive as the GAA will provide an unrivalled list of offers. Clubs just need to concentrate on selling tickets – knowing they

will keep all of the monies they raise. And now, this year we have added an extra bonus prize as part of the Club Specific Draw.

One club will have the chance to play a game in Croke Park. They choose what team they want to enter and choose their own opposition also. What better opportunity for a club to get that magical experience to play a game in Croke Park!

To qualify for both the National Club Draw and Club Specific Draw, all clubs must abide by the following terms and conditions:

1. Sell a minimum of 200 tickets
2. Record all sold tickets on the online ticketing system.
3. Account for all funds raised in the club accounts – i.e. the amount shown in club income should correspond with the total ticket sales amount.
4. Adhere to all terms and conditions of the draw which are outlined on the back of the ticket.

Important Dates

- 14th December 2018 – Last order of tickets before Christmas Holidays. Requests after this date are not guaranteed to arrive before Christmas.
- 1st February 2019 – Last day for requesting additional tickets.
- 11th February 2019 – All tickets (sold/unsold) should be returned to your County Liaison Officer.

- 6th March 2019 – The National Club Draw will take place in Croke Park Stadium.
- 17th March 2019 – Presentation of Prizes to the winners takes place in Croke Park Stadium.

If you have any questions in relation to the National Club Draw or you need to request additional tickets, please contact nationalclubdraw@gaa.ie

Good Luck!



DEVELOPMENT FUND OPEN FOR DEPOSITS FROM CLUBS

The Development Fund is a Deposit and Loan Scheme which was set up to help provide finance for Clubs when purchasing and developing grounds and facilities.

Clubs should be aware that the Development Fund is open for deposits.

- Interest is 1.9% on Deposits and Loans
- No DIRT (Deposit Interest Retention Tax)
- Lotto Jackpots would be a good place for clubs to start when depositing into the Fund

The fund is not currently open for loans but efforts are underway to reopen it with the help of deposits from Clubs. A separate sterling Development Fund will also be set up in the near future, to help combat exchange rates. Clubs which have deposited money into the scheme will have priority when it comes to obtaining loans from the fund.

Deposit Forms are available from GAA National Finance in Croke Park, to request one, please email kathy.slattery@gaa.ie / rebekah.evans@gaa.ie



NEW RESEARCH EXAMINES THE REALITIES OF BEING A SENIOR INTER-COUNTY PLAYER

GAA players can spend up to 31 hours per week on their senior inter-county commitments and compromise on other aspects of their lives to do so, according to new ESRI research. Commissioned by the GAA and the GPA, the study uses data from a survey of 2016 players to examine how the demands of playing inter-county affects players' personal and professional lives, and their club involvement.

In spite of the time commitments, very few players cited 'too demanding' as their reason for ceasing playing. The research revealed that the vast majority of 2016 players were glad that they made the choice to play senior inter-county. The benefits they identified from playing included the opportunities to build leadership skills, self-confidence and professional connections.

However, the report documented areas where players could benefit from additional support.

Players, particularly those aged over 30, compromised on their personal relationships and general downtime in order to ring-fence time for their inter-county commitments. Players spent just over six hours per day on these

commitments on a pitch-based training day. 40 per cent did not have any time off from Gaelic games in 2016. Players aged 18 to 21 had particularly high levels of time commitment because the majority played with four or more teams. Travel time to and from training and increased emphasis on sports conditioning as a major component of inter-county training added substantially to the training load and time commitments of players.

Players compromised on sleep, with almost half not getting the eight to ten hours recommended for athletes on a pitch-based training day. The injury rate was higher among players getting seven or less hours sleep. Players' mental wellbeing was poorer than that of the general population, especially when compared to those of a similar age. Suboptimal sleep may be contributing to their poorer mental wellbeing, although players also reported inter-county stresses such as finding the time commitments to be too much, that too much effort was demanded of them and that time away from family and friends was a downside of playing at this level.

At first glance it appears that players are maintaining their professional careers in tandem with playing senior inter-county, devoting an average of 7.9 hours to their professional commitments on



Elish Kelly, Senior Research Officer, ESRI, Alan Barrett, Director of the ESRI, Uachtarán Chumann Lúthchleas Gael John Horan, and Seamus Hickey, CEO of the GPA, pictured at the launch of the ESRI Report into playing senior inter-county Gaelic Games.

a pitch-based training day during the championship. However, this was achieved only by cutting back on time for personal relationships, sleep and general relaxation. Regardless of age, the main reason players have for withdrawing from the game was that they wanted to focus on their professional career.

Over half of players sustained an injury while playing or training with their inter-county team during 2016. Of these, 56 per cent were out of the game for more than a month and 6 per cent missed work or college for five weeks or more. Many players

continued to train and play with their county and club teams when injured, with quite a number receiving medication to do so. Injury was the second biggest reason for players ceasing to play senior inter-county weeks. Additional resources for clubs relating to the GAA's Gambling Awareness Campaign 'Reduce the Odds' will also be available on www.gaa.ie/community at that time.

Almost two-thirds of players indicated that their club was understanding when inter-county commitments restricted them in training/playing for their club.

Nevertheless, arrangements between club and county management teams relating to player welfare appear somewhat ad-hoc.

Elish Kelly, ESRI researcher and author of the report, commented: Most players emphasised that they were glad that they made the decision to play senior inter-county, and pointed to the benefits of doing so. Nevertheless, the research identified areas of concern across health and wellbeing, professional career development, and players' personal lives. Addressing these concerns, and in particular the underlying sources of the issues, is key to enabling players to thrive on and off the pitch."

Uachtarán CLG John Horan said: "This report illustrates the sacrifices that are required to play at the highest level and we acknowledge that. We are fully appreciative of the fact that, year after year, so many outstanding amateur athletes invest so much of their time and dedicate themselves towards playing and enjoying our Games at inter-county level. It is a commitment that we do not take lightly, and significant improvements have been made to ensure that inter-county player welfare is an integral element of our partnership with the GPA and our promotion of Gaelic Games. In 2017 there was €6.4m invested by the GAA nationally on player welfare and on injured players.

"We also know that our counties spent more than €25m on preparing inter-county teams. We will remain committed to supporting our players as they continue to strive to be the best they can be and we will look to ensure that the significant

funding being invested on inter-county teams is used effectively. In addition, we have undertaken a review of our games programme with a view to improving the club to inter-county balance, and also the games to training ratio, and believe this will also be of benefit to players."

Seamus Hickey, CEO of the GPA commented: "The GPA is very pleased that this important piece of research, that was commissioned by the GPA and the GAA last year, is now published. We have long called for such research to be conducted and we're very pleased that the report is finally ready to share with the public. The findings validate the GPA's long held view that while it's an enormous privilege and honour to play at senior inter county level

the demands on players that come with it are enormous and growing.

"The game has changed so much over the past ten years. The fitness levels, the injuries, the time commitment and the impact on players' careers from playing at this level are huge. The GPA through our wide range of player support programmes is working hard to robustly support players to manage the demands of the modern game and the demand for our services has never been greater.

"Through the GPA player safety and welfare group and the work it does on injury prevention, through to our career coaching and mental health player support programmes, we are hard focused in all

our efforts on helping to achieve greater balance on and off the field of play. We provide players around the country with direct support to help them thrive on and off the pitch but there is still much work to done as this report shows. We look forward to engaging with the GAA early next year on the next round of negotiations on funding for player support and related programmes."

The full text of the ESRI report, 'Playing Senior Inter-County Gaelic Games Experiences, Realities, and Consequences', by Elish Kelly, Joanne Banks, Seamus McGuinness, and Dorothy Watson, can be read and downloaded gaa.ie



Stephen Coen of Mayo, left, Seamus Hickey, CEO of the GPA, centre, and Séamus Flanagan of Limerick in attendance during the launch of the ESRI Report into Playing Senior Intercounty Gaelic Games.

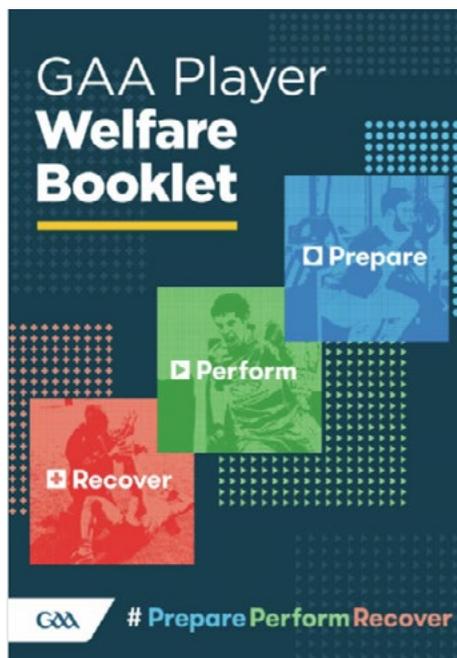
VITAL PLAYER WELFARE INFORMATION FOR ALL MEMBERS, PLAYERS, PARENTS AND COACHES

This document brings together best practice advice across all aspects of preparation, performance and recovery for Gaelic Games.

Among the topics covered include: Injury Prevention and Treatment, Player Safety Advice, Hydration & Nutrition, Sleep, Concussion Management, Recovery and also other GAA initiatives/programmes concerned with player welfare.

The booklet is a sign post for further resources on these topics and is available via [https://learning.gaa.ie/player-or-the-GAA](https://learning.gaa.ie/player-or-the-GAA-Learning-App) Learning App.

Printed copies can also be requested by e-mailing gearoid.devitt@gaa.ie



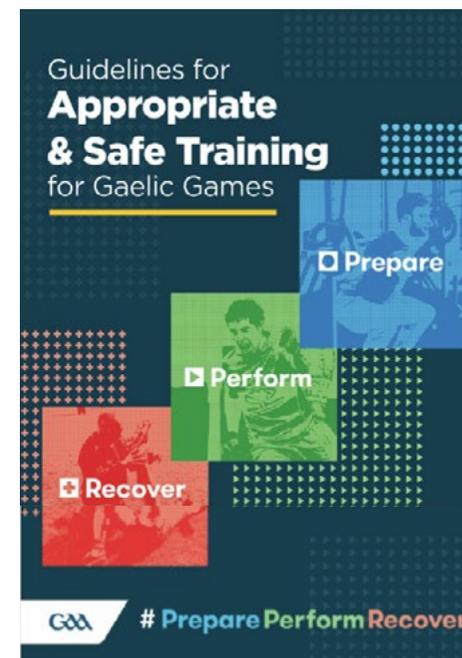
GAA Player Welfare Booklet

At this time of year, all clubs have an opportunity to reflect on the past season's activities and also plan for 2019. To assist with this process, the GAA has recently published [Guidelines for Appropriate & Safe Training for Gaelic Games](#).

Clubs can use the resource to compare it's current procedures against the best practice advice approved by the Association's Medical, Scientific and Welfare and Games Development Committees and see what areas may require attention ahead of the new season.

Resources, including guidelines, posters and information sheets for the relevant topics are also available below, by selecting the relevant link in the document.

For queries in relation to any of the topics on the Guidelines for Appropriate & Safe Training for Gaelic Games do not hesitate to contact the GAA Player Welfare Administrator at the following contact details:
gearoid.devitt@gaa.ie
01-8658610



GAA Safe Training and Exercise Guidelines

PLAYER WELFARE - HYDRATION AND SLEEP

HYDRATION

Whether training or during competition, staying well hydrated is important to both the mental and physical aspects of performance. Drinking little and often is the standard recommendation, whilst the colour of urine (pee) is used to monitor hydration during the day. Urine should be pale/clear in colour; if it is yellow/dark then it is likely you will begin exercise whilst dehydrated and this will adversely affect performance.

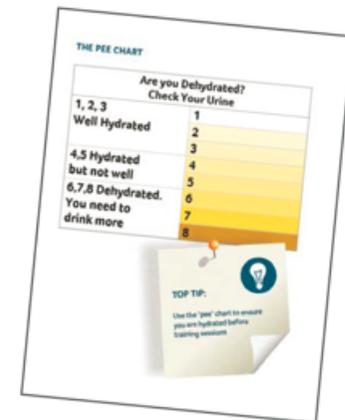
For Homemade Sports Drinks Options check out Recipes For Success www.gaa.ie/my-gaa/community-and-health/healthy-eating/recipes-for-success

REST, RECOVERY & SLEEP

Rest & recovery are just as important to ensure performance is maximised as the training sessions themselves. Adequate sleep is critical for proper recovery and players should aim to get at least 7-8 hours sleep every night. This is particularly important for amateur athletes who don't have the luxury of the recovery periods/days available to professional athletes.

Studies have shown numerous performance benefits when athletes get the optimal amount of sleep.

- Sleep improves split second decision-making ability by 4.3%
- Maximum bench press drops 9kg after 4 days of inadequate sleep
- Athletes who sleep less than 8 hours per night have 1.7 times greater risk of being injured than those who sleep more than 8 hours



TOP TIPS FOR IMPROVED SLEEP

- Go to bed early without any technology
- A bedtime routine relaxes the body getting it ready for sleep
- Sleep in a dark room
- Don't drink caffeinated beverages after lunchtime
- Too much fluid intake after training is one of the biggest disturbances of sleep; reduce your intake so you get an uninterrupted night's sleep but ensure you are fully hydrated for the start of your next exercise session
- Catch up on lost sleep by taking catnaps during the day

RECOVERY

The importance of adequate recovery from training and games cannot be over emphasised. Building periods for recovery into a training programme is as important as incorporating proper progression.

RECOVERY INVOLVES:

Replacing fluids and energy – See our nutrition resource – Recipes For Success for more tips.

Reducing muscle damage – Active Recovery can help in this regard, Reducing psychological symptoms of fatigue, such as anxiousness and irritability – Resting and pursuing other hobbies or interests can help in this regard as a break from your involvement in Gaelic games. Talk to your coach if you feel skipping a session would benefit you in the long run.

Adequate recovery begins long before the players leave the playing area or gym — it starts during the session. By trying to maintain proper hydration during training or games, players can reduce the amount of dehydration they will experience.

Sipping 125 — 250ml of water or a sports drink every 15 — 20 minutes can keep fluid levels topped up during activity.

THE WARM DOWN

All training and games should finish with a proper cool down taking place over 10 — 20 minutes. Progressively lower intensity to help speed the removal of lactic acid from the muscles and blood. Stretching exercises are an important aspect of all cool downs.

ACTIVE RECOVERY SUGGESTIONS

- Foam Rolling – Using a foam roller or slotar on muscles which are stiff or suffering from DOMS (Delayed Onset Muscle Soreness) can aid recovery but follow these tips

DO expect a little bit of pain, BUT DON'T roll to the point of excessive soreness; it's not supposed to be an exercise in pain tolerance. Placing too much sustained pressure on one body part can result in further damage. DON'T roll directly on a joint or a bone. DON'T roll your lower back or neck. This can cause damage to your spine and may cause a serious injury. DO roll slowly—no more than one inch per second. Never roll in a fast back-and-forth motion. DO roll over each trigger point 5–10 times, spending no more than 20–30 seconds on each tender spot. DO wait 24–48 hours between foam-rolling sessions. Your body needs time to recover. Stay hydrated, eat healthy foods and get enough rest between sessions.

- Yoga
- Cycling
- Swimming

Complete recovery is not achieved in just a few hours after the game; it can often take more than 24 hours. Adequate fluid and food intake is important over the next couple of days to ensure optimal recovery and preparation for the next game ahead!

PLAYER SAFETY AND WELFARE CHECKLIST FOR GAA COACHES

Coaches have a duty of care to all players under their instruction. Coaches should ensure players are suitably and safely attired with the correct equipment and ensure there is adequate provision for First Aid. The following checklist has been devised to assist coaches with these responsibilities. Resources in relation to these topics are available on learning.gaa.ie

| ITEM | ACTION | RESPONSIBILITY |
|---|---|-----------------------------------|
| Goalposts (both permanent and temporary) | Should be checked to ensure they are anchored securely and there are no potential injury threats from their structure by Coach before each training session/ match. Risks include danger of collapsing due to weather or interference/ collisions. | Coach [] |
| Weather Extremes & Pitch Conditions | Is there a risk of injury due to weather and/or pitch conditions at the training venue? | Coach [] |
| Equipment | Coach checks that hurling equipment (hurl and helmet) is fit to use and meets GAA rules. | Coach [] |
| | Coach checks that the mouthguards (football) are in use by all players as per guidelines | Coach [] |
| | Coach checks players footwear for suitability before each match/session | Coach [] |
| Conduct of players | Coach should respect the decisions of the referee. | Coach [] |
| | Coach should encourage fair play among his/her players and treat players fairly with regard to Team Selection. | Coach and Players [] |
| Injury Prevention (For reference GAA15 Warm-Up) | Players should warm up using the GAA15 and cool down properly after matches / session. | Coach [] |
| | Each coach has access to an adequately stocked first aid kit. | Coach [] |
| | At least one mentor who is trained to have a relevant and up to date first aid qualification. | Coach [] |
| | Players with injuries or medical complaints should let these be known to their coach. | Players [] |
| | Registered players have coverage by GAA club injury insurance. Players should make sure they are paid up members of their club. | Players [] |
| Concussion | If a player suffers a collision or impact which could result in a potential concussion, a coach should remove the player from play/training and not allow to return on the same day. | Coach [] |
| | The coach should advise the players parents/guardians/ family of such an event occurring so as to ensure the player is monitored for the 24 hours following the concussive impact. | Coach [] |
| | All players are educated in relation to the GAA's Concussion Management Guidelines. As part of this a player and/or their parent(s)/guardian(s) should advise the coach in the event of a concussion occurring while participating with another team, in another sport or in other circumstances. | Coach to arrange for players [] |
| | A player who has suffered a suspected concussion is not allowed to return to full contact training without written medical clearance being provided to the coach of the team. | Coach/Player/ Parent/Guardian [] |



CLUB LEADERSHIP DEVELOPMENT PROGRAMME

LEADING YOUR CLUB TO THE NEXT LEVEL

CHAIRPERSON

TREASURER

PRO

SECRETARY

OVERVIEW

The Club Leadership Development Programme (CLDP) gives the Principal Officers in all Clubs - namely the Chairperson, Secretary, Treasurer and PRO - an opportunity to gain the key knowledge and skills to carry out their roles effectively

COMING UP - THE CLUB AGM MODULE

From October 15th to November 15th 2018, the newest module of the CLDP, The Club AGM, will be rolled out to in all Counties. This module aims to provide Club Chairpersons and Secretaries with guidance and knowledge on:

How best to prepare for the Club AGM

The rules that govern the AGM

How to keep an AGM on track

What should happen after an AGM

learning.gaa.ie/club_leadership

CLUB LEADERSHIP
DEVELOPMENT PROGRAMME

THE CLUB AGM MODULE - WHEN & WHERE

| | | | | | |
|--|-------------------|--|---------------|--|--------|
| | Longford | | Offaly & Cork | | Galway |
| | Down | | Kilkenny | | Armagh |
| | Tyrone | | Antrim | | Antrim |
| | Fermanagh & Meath | | Roscommon | | Kerry |
| | Derry | | | | |

MORE INFORMATION

For more information on The Club AGM Module, its rollout in your County or the CLDP in general, contact your County Development Officer.

learning.gaa.ie/club_leadership

GAA HEALTHY CLUB CONFERENCE TO FOCUS ON CLUB AND COMMUNITY DEVELOPMENT ON OCTOBER 20TH

Over 300 spaces already confirmed for the 2018 national Healthy Club conference in Croke Park.

Club and community development are the key themes at the GAA's Annual Healthy Club Conference in Croke Park on Saturday, October 20th. Conference will commence at 10am and conclude at 3.30pm. To book your FREE ticket please click HERE <https://www.eventbrite.ie/e/gaa-national-healthy-club-conference-2018-tickets-49597227643>

(tickets are limited so please book early).

The event, proudly delivered in partnership with Healthy Ireland and Irish Life, aims to focus on some of the values that underpin the GAA, and explore what these mean to the 21st century sports community. The conference utilises practical workshops to make available good practice examples from the 150 clubs that are currently engaged in the Healthy Club project across Ireland. Shane Martin, renowned psychologist who is dedicated to teaching the very best of self-help psychology to empower volunteers to mind themselves will open the conference as our keynote guest speaker. This year's workshops will focus on:

- **Inclusion and Integration:** this workshop explores how GAA clubs can be more inclusive of persons of all abilities and will offer delegates the opportunity to engage with the GAA's new inclusion training module and Fun & Run game for persons of all abilities. A case study will explore the 'Raheny All Stars' games programme for children with special needs, delivered by one of Dublin's Healthy Clubs.
- **The GAA RESPECT initiative:** This workshop will explore how to cultivate a culture that ensures all members and elements of our clubs – from players and parents, spectators and referees – both receive and give the RESPECT that everyone deserves. The Killoe Healthy Club, Longford, will outline their plans to implement an 'everybody plays' approach at child level, and the RESPECT principles at every level of their club.
- **Ireland Lights Up:** this bright partnership with Operation Transformation and Get Ireland Walking encourages GAA clubs to turn on their floodlights to provide a safe walking environment for their communities on the dark winter evenings. Over 5,000 people gathered for walks in their local GAA clubs during the six-week period in 2018 that the popular RTE show was broadcast. This workshop aims to help double that figure in 2019 while highlighting the physical and social health benefits of walking together. A case study involving St. Laurence's Healthy Club, Kildare, will explore their work in the area.

All GAA members are welcome, but particularly those who have taken on the role of Healthy Club officer in their club or sit on their County Health & Wellbeing committees. All delegates will be provided with a delegate pack and refreshments on the day.

Click Here <https://www.eventbrite.ie/e/gaa-national-healthy-club-conference-2018-tickets-49597227643> to book your ticket.

For more information regarding the conference please email community.health@gaa.ie



REPORT CLAIMS MAJORITY OF IRISH ADULTS HAVE NO EDUCATION ON HANDLING CONCUSSION

A new report on concussion awareness in Ireland carries a stark warning for all involved in sport and claims the majority of Irish adults have a deficiency in their education around the subject.

Building on the national concussion symposia of the last two years, the recently launched UPMC Concussion Network and the GAA have created a training programme that will focus on diagnosis and evaluation tools for concussion, identifying types of concussions, and treatment and rehabilitation methods.

The event, which will take place on Saturday, November 10, 2018 in Croke Park will adopt the “train-the-trainer” model in which GAA team doctors support the UPMC Sports Medicine Concussion experts in delivering presentations, workshops and case study reviews.

The goal is to grow a national network of support for the management and treatment of concussion injuries within the GAA. According to a recent survey sponsored by UPMC, 6 out of 10 adults in Ireland say they’ve received no education about the signs, symptoms and management of concussion.

UPMC Concussion Network clinical leads within the GAA will also demonstrate how ImPACT® neurocognitive testing has become part of their concussion management programme, along with the referral pathway in place to support GAA medical

teams nationwide to complement the GAA Concussion Management Guidelines.

UPMC announced in June that it is partnering in Ireland with Affidea, the Bon Secours Health System Ltd. and ImPACT Applications Inc. to create the first countrywide network for the diagnosis and treatment of concussion in people of all ages.

The UPMC Concussion Network includes clinicians specially trained in the model of targeted, individualised concussion care practiced at the world-renowned UPMC Sports Medicine Concussion Programme.

This training event is specifically designed for inter-county team doctors and physiotherapists from Senior, U20/U21 and Minor Gaelic Football and Hurling squads, as well as Senior Inter-County Ladies Football and Camogie.



An application for CPD points has been made to the RCSI Faculty of Sports Medicine.

Trainers attending include:

- * Dr. Michael “Micky” Collins – UPMC clinical director
- * Dr. Anthony Kontos – UPMC director of research
- * Anne Mucha – UPMC clinical director
- * Dr. Niamh Lynch – consultant paediatrician, UPMC clinical lead
- * Dr. Enda Devitt – Galway GAA team doctor, UPMC clinical lead
- * Dr. Tadhg Crowley – Kilkenny GAA team doctor, UPMC clinical lead
- * Dr. Sean Moffatt – Mayo GAA team doctor, UPMC clinical lead
- * Aoife McMahon -- Bon Secours Cork, UPMC Concussion Network lead physiotherapist
- * Derek O’Neill – UPMC Whitfield, UPMC Concussion Network lead physiotherapist
- * Liam Moffatt – Mayo Sports Clinic, UPMC

Concussion Network lead physiotherapist

The GAA, which has been at the forefront of concussion awareness and education in sport in Ireland, is delighted to provide this training opportunity for those doctors and physios who make such a vital contribution to our games at inter-county level.

Uachtarán CLG, John Horan, said: “We are delighted to continue to build on our relationship with UPMC Concussion Network in facilitating this training event. By providing training to those who look after our senior inter-county teams, this relationship will also help to establish referral pathways for players at all levels of the association who suffer this injury. The event is another opportunity to continue to increase awareness of the signs, symptoms of, and the graduated return to play protocols for concussion and our key message to coaches and mentors, which is– If in doubt, sit them out.”

Further information on the event, including how to register for this free event, is available on the GAA website. <http://learning.gaa.ie/Concussion>

Spaces are limited and will be allocated on a first-come, first-served basis to doctors, physios or other medical professionals involved in Inter-County Gaelic Games. The intention is to expand the availability of this training in future years.

ÁR NDÚCHAS - ÁR NDÓCHAS

Tacóidh an Cumann go gníomhach leis an nGaeilge, damhsa, ceol, amhránaíocht traidisiúnta na hÉireann, agus le gnéithe eile de chultúr na hÉireann (Airteagal 1.4 (a) de Threoir Oifigiúil de CLG)

Chun an ról thuasluaite a chomhlíonadh tá struchtúr curtha i bhfeidhm ag Cumann Lúthchleas Gael chun úsáid na Gaeilge a spreagadh ar fud na tíre. Tá Coiste Náisiúnta na Gaeilge bunaithe le polasaí a fhorbairt chun an Ghaeilge a chur chun cinn ar an dóigh is éifeachtaí tríd an chumann go náisiúnta ag gach leibhéal. Anuas air sin, tá Oifig Gaeilge ceapaithe i ngach cúige agus i ngach contae. Tá sé riachtanach go mbeadh Oifigeach Gaeilge/Cultúir i ngach club ar fud na tíre fosta. Tá sé d'aidhm ag Coiste Náisiúnta na Gaeilge láithreach agus feiceálacht na Gaeilge a mhéadú san ábhar clóite, ar na meáin dhigiteacha, i ngnáth úsáid laethúil ag imirt na gcluichí chomh maith le linn imeachtaí eile ar nós Scór. Ba mhaith leis an gCoiste go mbeadh an Ghaeilge feiceálach agus cruinn agus í á h-úsáid ar ainmneacha na gclubanna, logainmneacha agus ainmneacha na n-imreoirí sna cláir ag gach leibhéal.

Ceann de na feachtais is mó atá bunaithe maraon le Glór na nGael le beagnach dhá bhliain chun an Ghaeilge a spreagadh sna clubanna ná Fondúireacht Sheosaimh Mhic Dhonncha.

Is in ómós d'iar-Uachtarán CLG, Seosamh 'Joe' Mac Donncha (1953-2016), a h-ainmníodh an Fhondúireacht Cuireadh tús leis an scéim shuaitheanta seo sa bhliain 2016. Tá an scéim dírithe ar chlubanna ar mian leo an Ghaeilge a chur chun cinn. Is é cuspóir na fondúireachta seo ná feachtais Gaeilge a fhorbairt sna clubanna ar bhonn tomhaiste agus pleanáilte.

Cuireann Glór na nGael cuidiú airgid agus riaracháin ar fáil don Fhondúireacht chomh maith le chomhairle, tacaíochta agus smaointe nua le thagann as an obair mhaith atá á déanamh sa chlub cheana féin. Is féidir deontais a lorg ón Fhondúireacht chun cuidiú leis na pleananna sin a chur i gcrích agus bronnfar boinn ar na clubanna as méid áirithe a bhaint amach ar son na teanga – breis eolais

www.glornangael.ies.”

Seo na baill reatha a cheap Uachtarán CLG ar Choiste Náisiúnta na Gaeilge don tréimhse 2018 - 2021:

Seosamh Mac Donncha (Cathaoirleach), Cárna/Caiseal, Gaillimh

Cormac Ó Donnchú, Na Fianna, Áth Cliath

Clíodhna Ní Giolla Chearra, Naomh Colmcille, An Charraigh Mhór, Tír Eoghain

Réamonn Ó Ciaráin, Raonaith Chrois Mhic Lionnáin, Ard Mhacha

Aodh Máirtín Ó Fearraigh, CLG Ghaoth Dobhair, Dún na nGall

Tomás Ó hAiniféin, Lios Póil, Ciarraí

Lorcán Mac Gabhann, Na Crócaigh, Cill Mochuda, Áth Cliath

Marc Ó Síocháin, Achadh Bolg, Corcaigh

Chun cabhair a thabhairt do chur chun cinn na Gaeilge, tá ábhar tacaíochta le híoslódáil ag www.gaa.ie/the-gaa/cultur-agus-gaeilge

Labhair í agus mairfidh sí.

THE GAA'S GLOBAL PHENOMENON

The GAA has more clubs now operating around the world than ever before with 420 units currently registered outside of Ireland. This means it is now possible to play Gaelic Games from Montreal to Massachusetts to Madrid to Maastricht to Moscow the Middle East and Melbourne.

The lure of the GAA Club abroad is varied. Of course, Gaelic Games are such an intrinsic part of the Irish identity and for many the expression of that identity is important. They are also great games and great ways to stay fit and healthy and competitive too. But without a doubt, GAA clubs abroad also provide an invaluable network of contacts and a support structure for the Irish Diaspora in creating a home from home.

No matter where the club is located, the GAA is built on a sense of community and togetherness and of supporting people. There's no shortage of tales of people with perhaps only a passing interest in the GAA while in Ireland becoming fully immersed in it when they move abroad to study or work. As time passes by the new phenomenon is of more and more people of diverse cultures and nationalities being introduced to and won over by the wonderful sports of football, hurling and camogie.

The GAA's international unit is staffed by Aine Gibney with a national committee under the chair of Donegal's Niall Erskine, who has a wealth of international GAA experience from his time immersed in the development of Gaelic



Games in Britain.

Here's four things you might not know about World GAA...

1. GAA World Games

The jewel in the crown of World GAA, the World Games is a festival for international GAA clubs which was first held in Abu Dhabi in 2015 with 25 teams of men and women taking part across football, hurling, Ladies football and camogie.

Based on its inaugural success, the World Games was then staged in Dublin's UCD campus in August 2016. This saw 56 teams travel to take part, with 27 teams made up entirely of players of different nationalities and non-native Irish (from Omani to South African) being involved in special competition, and the finals of the various competitions staged in Croke Park.

The next GAA World Games will take place next summer, from July 28-31, 2019 at the Waterford

Institute of Technology and promises to break more records. The finals will again be played in Croke Park. Already we have had four teams of native German players confirmed to play mens football, ladies football, hurling and camogie.

2. Continental Youth Championships (CYC)

The annual Continental Youth Championships represents one of the biggest displays of young people playing Gaelic Games outside of Ireland. Staged over four days in a USA-based host city, it has been in operation since 2004.

Typically, this sees 2,500 children from across the USA and Canada from the age of 6 up to 18 taking part in football, hurling, ladies football and camogie with 200 teams involved in more than 500 games.

This work is at the forefront of the development of a new wave of people from all over the world, as well as second and subsequent generations of Irish emigrants, learning and playing our games.

3. All Britain Competition (ABC)

It was while he was on a visit to the Continental Youth Championships in the USA that Brendie Brien, an influential GAA figure in Britain, decided to replicate its success across England, Scotland and Wales. This is how the All Britain Competition was born.

Held annually since 2011, it features school and club teams for children aged 8 to 17 years old in special developmental games promoting football, hurling, ladies football and camogie.

Like the CYC, it has as many as 200 teams with more than 2,000 children playing and being part of a new generation won over to the thrills and skills of Gaelic Games.

4. Asian Youth Championship

Now in its third year, the Asian Youth Championships are being staged in Malaysia in October.

More than 150 children between the ages of 8 and 16 will take part representing clubs and international schools in Gaelic Games. The young players involved are representing Seoul, Shanghai, Singapore, Orang Éire, Beijing, Vietnam and the international schools.

The Asian County Board under the leadership of Joe Trolan are doing inspirational work in following the example of the ABC and CYC in putting down firm roots among a new generation of players.



#GAAYOUTH FORUM 2018

The #GAAYouth Forum 2018 is designed by young players, for young players and takes place in Croke Park on October 27.

The Forum in partnership with Sky Sports is free and will be a fun and informative with a mix of interactive exhibitions, workshops, a youth congress, high profile speakers and a Q&A session.

With workshops designed for three specific age-grades (12 – 13; 14 – 15; 16 – 21 years), players will leave the Forum having learned invaluable tips and tools that will help them to develop as a player and as a person.

There will be a number of activities at the Forum including:

- Exhibition Zone – interactive demos about everything from preparing healthy lunches to hurley care and repair!
- Plenary Session – John Horan, Uachtarán CLG, will open the 2018 #GAAYouth Forum with the assistance of the GAA YouthReps.
- Behind the Scenes Match Day Tour – get to hear from Croke Park staff about preparations and behind-the-scenes activity on big match days.
- Workshops and Talks – speakers will address a range of issues from developing leadership skills both

on and off the field to overcoming challenges as a player.

- Youth Congress – the oldest age group will have an opportunity to discuss and debate a range of issues of importance in Gaelic Games today.
- Q&A – the 2 Johnnie’s will put your questions to a range of experts and high-profile players on a number of topics.
- Lunch Hub – Keep the energy levels high and enjoy the best grub Croke Park has to offer... all for free!
- Registration is from 9.30am, the Forum commences at 11am and concludes at 4.30pm.

This FREE event will fill up fast so make sure to apply online asap!

How to Apply:

500 delegate places are up for grabs for male and female players in three age groups: 12 – 13; 14 – 15 and 16 - 21. The online application process will be open from Monday 1st October to Sunday 7th October at www.gaa.ie/gaayouth and there are two ways to apply:



- Online Application by an Individual

A young player can complete an individual application form online and identify an adult in their Club who endorses their application.

- Online Application by a Club
A Club can complete an application form to nominate a young player/s from the Club to attend the Forum (max. 4 players, ages 12 - 21).

The closing date for applications is Sunday 7th October and successful applicants will be informed by Friday 19th October.



FOOTBALL FOR ALL FINALS DAY AT CROKE PARK

More than 150 players got to enjoy the experience of a lifetime and play and compete in this year's M. Donnelly GAA Football for ALL Interprovincial Finals.

Delivered in partnership with Irish Special Schools Sports Council, GAA President John Horan was there to marvel at the skills on the special occasion.

The tournament saw children with mild-general learning disabilities compete in a 9-a-side Gaelic Football tournament. The players represented the regions of Connacht, Dublin, Munster, North Leinster, South Leinster and Ulster and are drawn from 15 different special schools (see full list of schools below).

Each squad comprises 12 boys and 12 girls who were selected from regional trials to play on the hallowed turf of Croke Park. The GAA's support for the M. Donnelly GAA Football for ALL Interprovincial Finals reflects the Association's on-going commitment to engaging with special schools, as set out in the new GAA Strategic Plan, Fís Shoiléir 2018-2021.

"Our support for the M. Donnelly GAA Football for ALL Interprovincial Finals illustrates our unwavering commitment to inclusiveness," said John Horan, President, GAA.

"By participating in our games, we believe that everyone has the opportunity to thrive and develop their full potential."

The ISSSC is a voluntary organisation that provides sporting and cultural activities in special schools, as designated by the Department of Education and Science.

"As the GAA is interwoven with the very fabric of Irish life, culture and heritage, we are proud that the Association is getting behind the Interprovincial Finals," said Richie Doran, Chairperson, ISSSC.

"We would also like to thank Martin Donnelly who, from the get-go, has championed the cause to bring the benefits of GAA participation to children in special schools."

The counties and special schools represented at the 2018 Football for ALL finals day in Croke Park are:

For more information visit www.gaa.ie/ community

Connacht:
St. Anthony's, Castlebar, Co. Mayo
St. Dympna's, Ballina, Co. Mayo
St. Joseph's, Ballytivnan, Sligo

Ulster:
St. Bernadette's, Letterkenny, Co. Donegal
Our Lady's, Castleblayney, Co. Monaghan
Holy Family School, Cootehill, Co. Cavan.

Leinster:
St. Francis School, Portlaoise, Co. Laois
Our Lady of Fatima, Wexford
Mother of Fair Love, Kilkenny
St. Lazerian's, Carlow
St. Mark's, Newbridge, Co. Kildare
St. Ultan's, Navan, Co. Meath
St. Brigid's, Dundalk, Co. Louth

St. Ita's, Drogheda, Co. Louth
St. Brigid's, Mullingar, Co. Louth
Scoil Chiarán, Glasnevin, Dublin 11
Coláiste Éoin, Crumlin, Dublin 12
St. Augustine's, Blackrock, Co. Dublin
St. Peter's, Rathgar, Dublin 6
St. Micheal's, Chapelizod, Dublin 20
St. Joseph's, Tallaght, Dublin 24

Munster:
Catherine McAuley's School, Limerick
Scoil Chormaic, Cashel, Co. Tipperary
St John's, Dungarvan, Co. Waterford
Scoil Bernadette, Cork



HURLING HEROES - STORIES OF THE TÁIN!

The Tain Óg hurling league was held earlier this year as a competition for U13 club players across 11 designated counties looking to develop the game from Sligo stretching right across the country to Louth, with the finals staged in Clones. It produced some outstanding young hurlers worthy of special praise.

Táin Dream for Ben!

The story of the Táin Óg Youth Hurling Competition has to be Cootehill man Ben Brennan's determination to hurl. For reasons beyond their control Ben's club Cootehill from Cavan could not field a team for the launch day blitz and pulled out. Ben was so looking forward to the day that he was not to be denied and turned up with his gear as a "one man team".

When the organizers and a few mentors of opposing teams heard of Ben's plight the "spirit of the Táin" shone brightly. Three different teams invited Ben to play with them. He left his Cootehill jersey on under his "adopted colours" and enjoyed a great days hurling.

This was just the start of what turned out to be a dream day for Ben.

GAA Hurling Development manager Martin Fogarty went to the boot of his car and presented Ben with the hurl that his son Conor played with in the 2012 All-Ireland Hurling Final. Guest players for the day, the legendary D.J. Carey and David Herity took Ben for an individual coaching session and D.J. presented him with his Kilkenny training top.

What a day! But the story did not end there. Ben's club Cootehill made it to the finals, recently played in that cauldron of legends that is St. Tiernachs Park, Clones and not only did his team win the Division 4 final - Ben walked off with the man of the match award! Surely a story to match the best of the "Táin Fables". Maith an fear Ben.

There are players, tough players, then there is Lorcan Binks!

We regularly read about the determination and dedication of some legends of the game as they battle it out for Liam Mac Carthy cup All Ireland glory but, determination is a character trait too of a young boy and hurler from Warrenpoint in Co. Down also worth noting.

Lorcan Binks is a member of the Warrenpoint U-13 hurling team that recently played in and won the Division 6 Táin Óg final. Lorcan, however, a few weeks before then had the misfortune of breaking not one but two arms in a football game.

His steely determination and character came to the fore on finals day when Lorcan was not to be denied. He togged out and ran out on the pitch with his comrades for what was to be a momentous victory over Ballinamore from County Leitrim.

Lorcan, despite his insistence, was not allowed game time but he did climb the hallowed steps after to collect his winners medal. What a warrior!

From the Cooley Mountains to Clones

Last year on the August Bank Holiday weekend a young boy from the Naomh Moninne club in County Louth travelled every step of the way over the Cooley Mountains with his hero Eoin Murphy the legendary Kilkenny All-Ireland winning and Allstar goalkeeper. The boy's name was Seamus Reid and his job was to advise his hero as to the geography of the mountains, the best place to puck the sliotar, the wind direction and keep an eye out as to where the sliotar dropped.

This year, as Murphy again battled the Cooleys, young Reid was competing himself in Clones where his team faced the famed "Wolf Tones" club from Longford. In an epic battle where the Longford boys prevailed the talk of the day was about the exploits of the young Louth goalie.

The match report on the Táin Óg facebook site read afterwards- "An unbelievable display of goalkeeping today in Clones by Seamus Reid from the Naomh Moninne club in Co. Louth. Despite his team losing, this man was an inspiration from start to finish in goal pulling off a string of top notch saves throughout. After receiving his runner up medal and Best and Fairest player award, former Kilkenny coach Martin Fogarty called the Kilkenny goalkeeper Eoin Murphy for Seamus to have a chat with. As luck would have it Murphy who coincidentally was on his way home again from competing in the Puc Fada in the Cooley mountains answered the phone and had a great chat with young Reid and remembered all the help he gave him last year." Two stars just talking hurling!!



The brilliant Ben Brennan with former Kilkenny star goalie David Herity, Martin Fogarty and the legend DJ Carey



The inspirational and determined Lorcan Binks (Left) Seamus Reid picking up his award from Martin Fogarty (Right)

ROUNDERS ALL-STARS HONOURED

A recent ceremony at the Green Isle Hotel in Dub, in honoured the 2018 senior men and women All-Star Rounders players of 2018. Well done all.



BackRow L-R Maura Tarmey Junior Ladies (St.Croans), Ellen Condon R.O.F (Bagenalstown), Yvonne Hanley C.O.F (Glynn/Barntown), Katie Kenny L.O.F (Breaffy), Ann Hanley S.S (Glynn/Barntown).

FrontRow L-R Aoife Daly Roaming Fielder (The Heath), Marion Hughes 3rd Base (Limekiln), Keira Waters 2nd Baase (Glynn/Barntown), Maria Keane 1st Base (The Heath), Olivia Tolster Catcher (Breaffy), Danielle Keane Pitcher (The Heath)



BackRow L-R Enda Claffey Junior Mixed (Ballinagore), Nigel Mann Junior Men (Sporting Limerick), James Anderson Roaming Fielder (Erne Eagles), James Dillon R.O.F (Limekiln), Jay O Reilly C.O.F (Glynn/Barntown), James Kavanagh L.O.F (The Heath).

FrontRow L-R Eddie Healy S.S (Limekiln), Paul Lyons 3rd Base (Limekiln), Oliver Fitzsimons 2nd Base (Erne Eagles), Damien Keane 1st Base (The Heath), Kenny O Reilly Catcher (Glynn/Barntown), Dwayne Keane Pitcher (The Heath).

THE HEATH GAA WIN THE ROVIGO INTERNATIONAL ROUNDERS MIXED CUP

There was hail forecast in Rovigo on Saturday, August 25th but in the end, the hailstorms did not come from the sky. Despite the bad weather forecast, the Gaelic Gods granted a reprieve and the only hailstorms to be found were on the new baseball field in Rovigo courtesy of the Irish Rounders Champions; The Heath GAA as they dominated the first ever edition of the Rovigo International Rounders Mixed Cup.

For the two Rovigo-based clubs, Ascaro Rovigo GAA & BSC Rovigo, there was never much chance of emerging victorious but they were still able to display their skills and show that they have a lot to learn in what is a completely new sport in Italy. In the first match of the day, the visitors from The Heath dominated BSC Rovigo 32-9. The Heath made it a clean-sweep of victories in the next match as well when they accounted for Ascaro Rovigo GAA 34-2. The day's action finished with the Rovigo derby in front of a large crowd of curious onlookers, keen to discover Rounders. BSC Rovigo emerged from the derby with bragging rights as they dominated their local rivals 40-9.

With that a glorious day of Rounders action came to a close, with The Heath GAA claiming the first ever Rovigo International Rounders Mixed Cup and the two Italian clubs gaining a lot of useful experience and encouragement to help the sport grow in Italy. At the awards presentation Danielle Keane (The Heath GAA) won the AgoraSportOnline Ladies MVP award, Alessandro Frigato (BSC Rovigo) received the AgoraSportOnline Mens MVP award and Pat Barnaville (The Heath GAA) took the Panathlon International Fair Play Award.



GAA MUSEUM SECONDARY SCHOOLS' WRITING COMPETITION

The GAA Museum is inviting secondary school students to show off their writing prowess with an essay, short story or poem using the theme 'The GAA is at the heart of who we are.' Entries will be judged by a panel of talent-spotting experts, including writers Fiona Looney and Paul Howard.

There are two categories in this competition:

Junior Cycle (open to 1st year, 2nd year and 3rd year students)

Senior Cycle (open to 5th and 6th year students, as well as Transition Year students)

Entries will be accepted in both the Irish and English languages. There will be a prize for both the best English and Irish entry in each category.

Winners will be honoured with a special awards ceremony in Croke Park with their parents, teachers and the esteemed the judging panel. They'll also get a chance to spend the day with the GAA Communications Department, where they might even uncover a future calling!

Full participation and prize details at www.crokepark.ie/celebrating-young-talent.

Closing date for entries is Friday 23rd November at 5pm. Best of luck!





Football

Hurling

Club

General

MÍLE BUÍOCHAS

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

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