



ROSCOMMON GAELS

STRENGTH IN UNITY

Information Pack (2018) for Team Managers & Coaches

Date : March 2018

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Our Club : Some Practical Information



SOME OF OUR CLUB OFFICERS

- q **CLUB CHAIRPERSON : TERESA HESSION (086 1916808)**
- q **CLUB TREASURER : HARRY HOARE (086 3436225)**
- q **CLUB SECRETARY : NIAMH KILMARTIN (086 3818389)**
- q **MINOR BOARD CHAIRMAN : SEAMUS CARTHY (086 1010153)**
- q **MINOR BOARD SECRETARY : FINBAR O'REILLY (087 9266923)**
- q **CHILDRENS OFFICER : PETER MULLEN (086 8577430) & MAIRE ALLEN (086 8171698)**
- q **PRO : MICHELLE HUGHES WALSH (087 2830624)**
- q **HEALTH & WELLBEING OFFICER : UNA NI CHUINN (087 9196692)**
- q **PITCH CO-ORDINATOR : PHILLIP MULLEN (085 8016162)**
- q **CLUB REGISTRAR : JACKIE HICKEY (086 8563624)**
- q **COACHING OFFICER : JOHN DONNELLAN (086 0402081)**

Names of all Clubs Officers can we found on Roscommon Gaels Website :

www.roscommongaels.gaa.ie

Our Club : Some Practical Information



Registration of Players :

- All players must be registered.
- Every Team should have an official Team Sheet – these can be obtained from Club Registrar.

Queries re. Fixtures :

Any fixture that needs to be altered must come through the secretaries of the relevant code

e.g. for Football and Hurling = secretarybng.roscommongaels@gaa.ie (Finbar O'Reilly)

for Ladies Football = roscommongaels.roscommon@lgfaclubs.ie (Michelle Hughes Walshe)

For Camogie = secretary.roscommongaels.roscommon@camogie.ie (Helen Fallon)

Once the fixture change comes through the secretary it will be up both managers to arrange an alternative date & once this is done – the secretary is notified and then the fixture is fixed.

What to do in advance of Playing Challenge Games :

All Challenge matches both inside & outside the county must be ratified by the secretary.

Our Club : Some Practical Information



When do I need an official Referee :

From U12 up you must use an official referee at all games.

Payment of Referees for Challenge Games :

There may be a charge of approx. €40 to be paid to the referee.

Booking Pitches in Lisnamult & The Hyde Front Pitch :

At the start of the playing season team managers should consult our pitch co-ordinator, Phillip Mullen (085-8016162) to book training days and times. Please be mindful that Phillip will likely have lots of overlapping requests so, be as accommodating as possible with your fellow managers.

As with other pitches, use of the Main Pitch must be booked in advanced with pitch co-ordinator.

NOTE : Training Drills or Warm-Ups are strictly not allowed on the Main Pitch – only games.

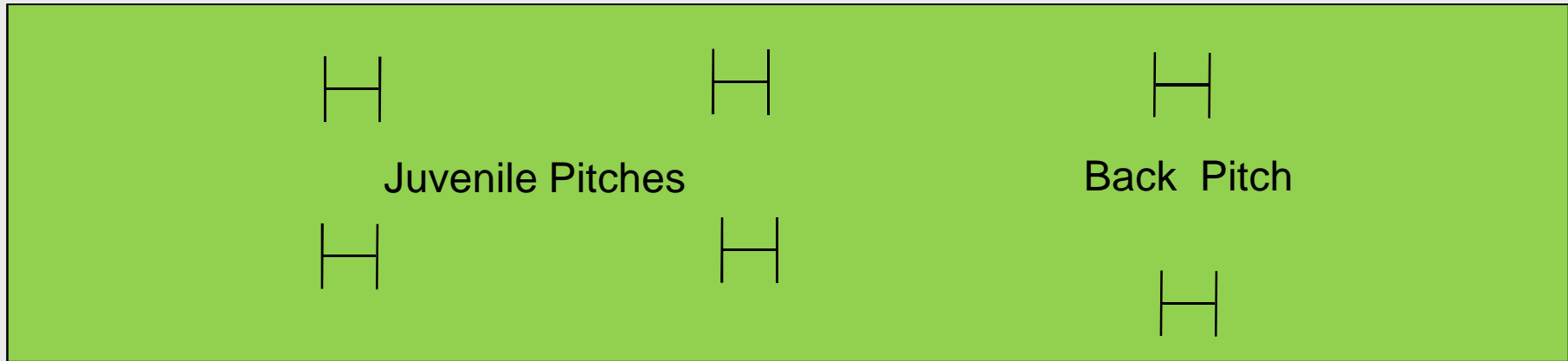
Can Team Managers try to use non-pitch areas for running based drills etc to save the pitches.

If asked to host County Dev Squad Training Session(s), please consult Phillip Mullen before committing the use of our facilities/pitches.

Can Coaches ensure that they and their players walk around the Practice Pitch (and not across it) if it is being used by another team.

Our Grounds Committee are looking to rotating the Juvenile Pitch area to expand it to two pitches – see plan view sketch on next slide.

Our Club : Some Practical Information



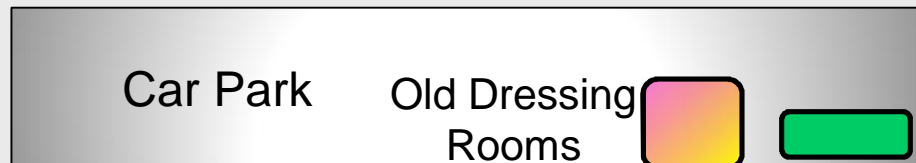
New Dressing Rooms



Switch Room for Lights



Ball Wall



Car Park

Old Dressing Rooms



Gear Storage

Our Club : Some Practical Information



Purchase of Playing Gear :

If Team Managers need new playing gear, request must be made through the Minor Board Chairman.

§ Note : Teams should not seek sponsorship individually. It must be routed through club to ensure a co-ordinated approach to financing/sponsorship within our club.

Care of Jerseys :

Jerseys should be counted out and back before players leave dressing room to keep sets complete.

Washing of jerseys to be managed within Coaching or Parent Group.

Our Club : Some Practical Information



Club Playing Equipment (New Equipment / Storage of Equipment) :

Each Team Manager is responsible for the playing equipment she/he is provided with at the start of the playing season. A record of what equipment has been received should be retained by the Team Manager.

At the end of training sessions Team Managers are responsible for ensuring the playing equipment is placed in the correct “storage cage” within the Green Container which is located behind the old Dressing Rooms. Team Managers are responsible for safe keeping of the key which must be retained within their group. If additional equipment is needed, a request should be directed to the Minor Board Chairman.



Care of Dressing Rooms :

Team Managers and Coaches should encourage players to clean up the dressing room they are using (either home or away). Good habit to encourage respect for facilities.



Our Club : Some Practical Information

Defibrillator :

Lisnamult :The Defibrillator is located in the “old” Dressing Rooms (under stairs). It is the intention to relocate the defibrillator onto the wall of our new Dressing Rooms asap.

Hyde : The Defibrillator is located on the external wall at the rear of the Lounge.



H&S at Lisnamult Car Park :

With the risks associated with children walking/running through the car park while cars are moving, Team Managers of younger age groups should request parents/guardians to walk players onto pitch and also collect them from pitch.



Our Club : Some Practical Information

Mouthguard :

Following the GAA's Annual Congress in April 2012 a new rule was enacted that made it mandatory to use a mouthguard in all Gaelic football matches and training sessions from January 1st 2013 (for all age grades up to and including minor) and at U21 and Adult level from January 1st 2014

Concussion :

Contrary to popular belief, most concussion injuries occur without a loss of consciousness and so it is important to recognise the other signs and symptoms of concussion. A symptom is something a player will feel whilst a sign is something a team-mate or coach will notice. Please familiarise yourself with best practice on concussion by accessing this link <http://learning.gaa.ie/node/85165>

If a parent has experience as a paramedic, nurse, physio or doctor, please encourage them to make that expertise available for the benefit of the team.

See Concussion Info Sheets on following slide



Our Club : Some Practical Information

CONCUSSION

INFORMATION SHEET FOR COACHES / PARENTS

WHAT IS IT?

A concussion is a brain injury that is associated with a temporary loss of brain function. The injury must be taken seriously to protect the long term welfare of all players. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth.

SIGNS AND SYMPTOMS

Most concussion injuries occur without a loss of consciousness and so it is important to recognise the other signs and symptoms of concussion. Some symptoms develop immediately while other symptoms may appear gradually over time.

• Loss of consciousness	• Headache
• Seizure or convulsion	• Dizziness
• Balance problems	• Confusion
• Nausea or vomiting	• Feeling slowed down
• Drowsiness	• "Pressure in head"
• More emotional	• Blurred vision
• Irritability	• Sensitivity to light
• Sadness	• Amnesia
• Fatigue or low energy	• Feeling like "in a fog"
• Nervous or anxious	• Neck Pain
• "Don't feel right"	• Sensitivity to noise
• Difficulty remembering	• Difficulty concentrating

"Presence of any one or more of the above signs and symptoms may suggest a concussion"

ACTION PLAN

- R**ecognise – the symptoms and signs
- R**emove – the player if suspicious and refer to a doctor
- R**eiterate - key messages
 1. Take time to recover
 2. Follow a medically supervised Graduated Return to Play Protocol (GRTP)
 3. Seek medical clearance before returning

DANGERS

A player's brain needs time to heal after a concussion. When a player's brain is still healing, it is more likely to receive another concussion. Repeat concussions can increase the time it takes to recover and in rare cases, repeat concussions in young players can result in brain swelling or permanent damage to their brain. They can even be fatal.

COPING

The following are some tips for coping with a concussion:

Rest

The best medical management for concussion is rest (Cognitive and Physical). Players often feel tired and may experience difficulties at work or school when carrying at task which require concentration. Players may also encounter mood difficulties and feel depressed, anxious or irritable with family or team mates. Support should be provided to players during this recovery period.

Avoid Alcohol

Alcohol should be avoided as it may delay recovery and put you at increased risk for further injury.

Prescribed Medications

When dealing with persistent symptoms, it is essential that players only take medications prescribed by their doctor.

Patience

Recovery from concussion should not be rushed nor pressure applied to players to resume playing until recovery is complete. The risk of re injury is high and may lead to recurrent concussion injuries which can cause long term damage.

RETURN TO PLAY

If diagnosed with concussion, a player should NEVER return to play on the day of injury. Return to play must follow a medically supervised stepwise approach and players MUST NEVER return to play whilst symptoms persist.

GRADUAL RETURN TO PLAY PROTOCOL

1. There should be an initial period of 24-48 hours rest after a concussion. This period should be **two weeks rest** for players aged 5 to 18.
2. RTP protocols following concussion follow a stepwise approach. Players should continue to proceed to the next level if no symptoms persist at the current level.
3. Generally each step should take 24 hours so players would take approximately one week to proceed to full rehabilitation once they have no symptoms at rest.
4. If any post-concussion symptoms occur during the GRTP, players should drop back to the previous asymptomatic level and try to

progress again after a further 24 hours period of rest has passed.

5. Clearance from a medical doctor is required prior to return to full contact sports.

Table 1 Gradual Return to Play Protocol

Rehabilitation Stage	Functional exercise at stage	Objective of stage
1. No Activity	Physical and Cognitive Rest	Recovery
2. Light Activity	Walking, swimming, cycling, keeping intensity <70% maximum permitted heart rate	Increase HR
3. Sports Specific Exercise	Running drills,	Add Movement
4. No Contact Training Drills	Progress to more complex training drills - passing drills, progressive resistance training	
5. Full Contact Practice	Following medical clearance, participate in normal training activities.	Exercise, coordination and cognitive load
6. Return to play	Normal game play	Restore confidence and assess functional skills by coaching staff

RESOURCES

- [CONCUSSION MANAGEMENT GUIDELINES 2013-2016](#)
- [INFORMATION SHEET FOR PLAYERS](#)
- [POSTER](#)
- [E-LEARNING COURSE ON CONCUSSION AWARENESS](#)

To access these resources, please visit – learning.gaa.ie/player

For more information on concussions, visit www.concussion.ie or www.gaa.ie/returntoplay



Our Club : Some Practical Information

First Aid Kits/Bags :

First Aid Kit must be brought to every training Session and Game.

Replacement supplies can be obtained from McGuinness Total Health Pharmacy. (Ollie McGuinness)

What to do if a Player is injured at Training or in a Game :

Overview :

- § All players have to report any injuries to their team management after training or matches.
- § If a player is injured during a match ask the referee to put it in his/her report and pass on the ref's name, date of match and competition to Hugh Waters.
- § Any player that has to go to A&E the bill is to go straight to Hugh. When a player requires medical attention/operation Hugh needs to be made aware of this immediately. There is a time period for injury claims to be accepted. When Hugh is informed of the injury he will make contact with the player, and if its a minor, the players family and help them through the process.
- § All team managers can only play registered players, to avail of the GAA insurance scheme.
- § We cannot stress enough the importance of sending in claims on time.
- § If any managers have any queries please contact Hugh at 087 9325872.



Our Club : Some Practical Information

Away Trips :

§ If teams are arranging away trips the club can provide a checklist to assist in organization / requirements.

Photos of Coaches :

Can each Team Manager ensure that a photo of your Teams Coaching Group is taken during the season for inclusion in our Coaches Photo Gallery for 2018.

Send photos to : johndonrosgaels@gmail.com

Photos of Teams :

Can each Team Manager ensure that a photo of your Team is taken during the season for inclusion in our weekly Newsletter.

Send photos to : pro.roscommongaels.roscommon@gaa.ie

Coaches Social Night :

A social night for all our coaches will be held during the summer.



Keep Club Updated :

Team Coaches should let our PRO know about upcoming games/fixtures. Also update PRO with progress during games so that a Tweet can be sent out. Look at getting a parent involved to do this.

Our Club : Some Practical Information



Underage Blitzes – What is Involved in Hosting :

- § Pitches to be marked out (usually with cones) and small goals to be positioned.
- § Game Schedule to be prepared.
- § Pitch Layout Map to be prepared.
- § Meet with visiting Team Managers and Coaches to agree GAA Give Respect Rules.
- § Refreshments for visiting Mentors, Parents and Children. (come from within group)
- § Team Manager to arrange referees (usually secured from U16 Age Group).
- § Car Parking to be marshalled.

Communications with Youth Players :

The GAA policy states that when we pass on information regarding games, training or other activities for the attention of our under age players that we do so via group texts and that these group texts should be sent to the parents of under age players. The same good practice guidance applies when using emails. The team Coach, Club Registrar or the Club Rúnaí should obtain these relevant contact numbers/emails when an under age player is being registered on an annual basis. This recommendation only applies to underage players i.e. under 18 year of age.



Our Club : Some Practical Information

The Coach – Single Point of Contact :

Please keep in mind that our coaches are often the main or in some cases the only point of contact for people in the club. You, therefore are the most important person in the promotion of the club and all it's activities for these people.

As a Roscommon Gaels Coach REMEMBER to :-

- Ø Publicise your teams via the club PRO with reports and photos regularly,
- Ø Positively promote the club and the club activities of all codes to your players and their families.
- Ø Promote club events (not just those related to your own team) to your players and their families
- Ø Reach out to parents/guardians to encourage them to assist with : lining pitches, helping with parking or catering for team events etc.
- Ø Inform parents/guardians of our clubs kit / gear policy.
- Ø Encourage parents to attend minor board / club meetings so they can contribute meaningfully to the development of the club and to keep updated with what is going on in the club
- Ø Encourage parents/guardians to get involved in coaching.

Our Club : Some Practical Information



Coaches Attendance at Club Meetings :

Voice of coaches need to be heard

Fundraising :

The club is asking that the Coaching Group and Parents help with Fundraising activities.

Coaching Info : Coaching Underage Groups



□ Reinforcement Message : Children in Sport / Code of Conduct / Coach Education Roadmap :

WHY DO CHILDREN TAKE PART IN SPORT ?

There are many reasons that children take part in sport, but research has shown that children primarily participate to:-

- § Learn new skills
- § Make friends
- § See new places – and have new experiences
- § To be part of a team
- § For the competitive challenge/winning
- § Improve their self worth
- § To have fun



When children do not experience these feelings, they drop out from sport. Some will drop out in favour of other activities where they feel that these needs are being met, while others will simply drop out of sporting activities altogether.

It is the role of the coach to create the environment for children to experience these.

Coaching Info : Coaching Underage Groups



WHY SHOULD CHILDREN TAKE PART IN SPORT ?

It may be obvious that children play to enjoy themselves and have fun, but there are many more reasons why you as a parent or coach should encourage children to participate:

- § Increased confidence – playing sport will provide each participant with confidence, and allow them to develop a real sense of achievement
- § Becoming part of a team – children like to feel as though they are part of a team or group. It also challenges them to work as part of a group and to think of others



- § Improved skills – participating in sport helps children develop a range of skills including balance, coordination and agility
- § Children that participate in sports are less likely to be overweight and suffer health problems

"All children are individuals – the rate at which they develop in each of these areas will be different"

Coaching Info : Coaches Code of Conduct



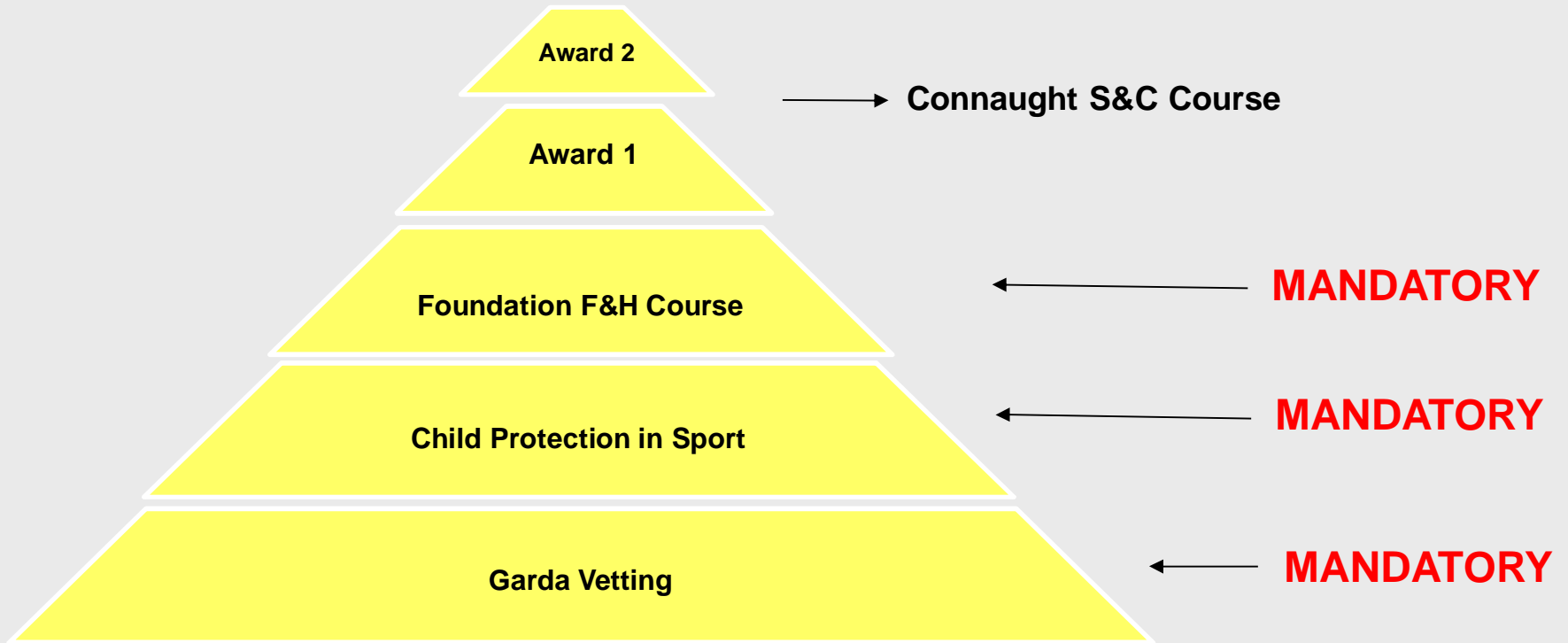
Refer to Roscommon Gaels - COACHES CODE OF CONDUCT

Each Team Manager must ensure that each coach in his/her coaching group has been Garda Vetted, completed the Child Protection in Sport class and completed the Foundation Course.



Roscommon Gaels has a Coaches Code of Conduct document. Each Team Manager and his/her Coaches must sign and return the form to our Club Coaching Officer or Child Protection Officer.

Our Club : Coach Education Roadmap





OUR CLUB – ONE CLUB – LOVE OF CLUB

END