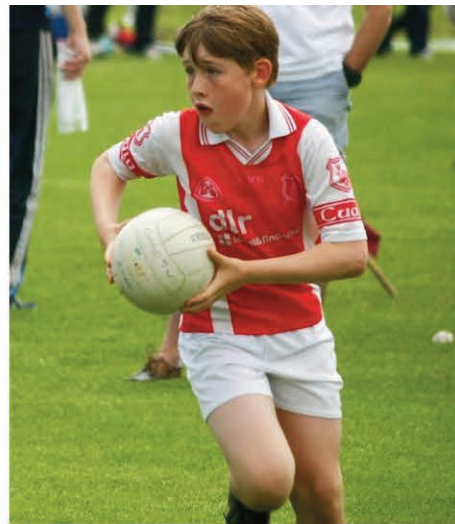


Keeping them in the game

Not Just a Club - A Way of Life



**Player & Parent
Pathway Guide**

Cuala GAA

CUALA COACHING section - sample Group 2003's wip

MAIN CONTENTS	INTRODUCTION	
	SPORT IN IRELAND - The Big Picture	Numbers playing sport Organisations - GAA / IRFU / FAI Finance & Sport
	SPORT IN IRELAND - The Challenge	Numbers playing sport
	THE GAME	National County Club
	PLAYING COMPETITION STRUCTURE DUBLIN	Overview CCC1 CCC2 Adult Elite Development
	PLAYER PATHWAY	Club Journey School & Sport Player Welfare Safety Injuries
	PLAYER DEVELOPMENT	Education Coaching Burnout and Overkill Assessment & Learning
	SQUADS & DEVELOPMENT	The Overview The Objective Structure Squads Assessment Player Calander
	YOUR CLUB	Overview Structure Membership

APPENDICES		

CONTEXT

Players are at the heart of every club in Ireland. In Cuala GAA a player will join the Cuala Academy and at the end of his, or her, journey may emerge some 30 years later at the end of their playing career.

All club members recognise that playing for Cuala is not just a 'club', but a 'way of life'.

Cuala reaches into the hearts and minds of every player, parent, grandparent, club member and resident of the Cuala GAA catchment area.

The commitment to Cuala is a life-long one and, as such, it is important all members (and prospective members) understand that they are entering a journey for life.

What follows is a guide to help explain this 'Player and Parent Pathway', and the complexity of issues and commitment that is necessary to develop all players.

Whilst not complete it is envisaged that this guide will evolve and improve as necessary, as the journey unfolds.





A Lifetime of Sport

Not Just a Club - A Way of Life

Cuala GAA

HOW MUCH SPORT IS PLAYED?

Irish people play sport in a variety of circumstances: in organised clubs and competitions, through formal classes, or casually with family and friends. Taken together, a snapshot of Irish people (adults) shows that:

- **43% played sport at least once in the past year**
- **33% played at least once a month**
- **28% played at least once a week**
- **20% played regularly with effort**

A different way to consider the question is to measure how much sport people play across their whole lifetimes. Looked at this way:

the average man plays some sport for 36 years of his life

the average woman plays for 20 years of her life

Different countries measure participation in sport in different ways, so international comparisons are imprecise. However, these figures place Ireland roughly in line with many other developed countries, but well behind the world's most sporty countries – the Scandinavian nations, Canada and Australia.

SOURCE: Ballpark Figures - Key Research for Irish Sports Policy, by the Irish Sports Council. To view the full report please click on the box below

FULL REPORT

THE NATIONAL ISSUE

The primary issues surrounding sport in Ireland are directly connected. Player retention falls away considerably once children reach their teens, and this is matched by a stark rise in obesity across the same age group.

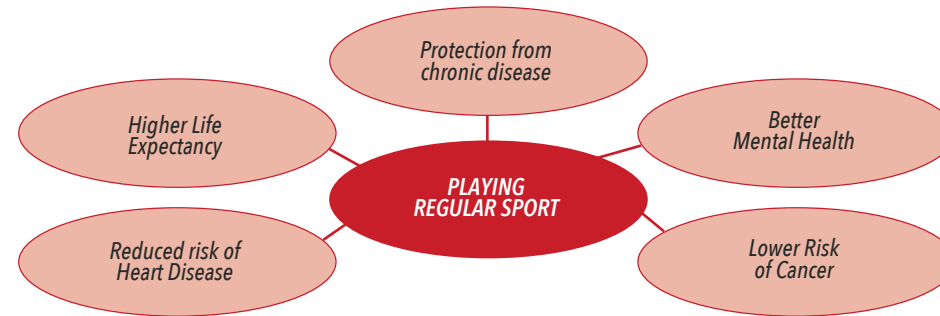
Research details published in The Lancet show that **15% of Irish boys and 26.5% of Irish girls, under the age of 20, are classed as overweight or obese**. These figures compare to a Western European average of 24.2%. **56% of Irish men over 20 are also considered overweight or obese, as are 50.9% of Irish women over 20**. This is well in excess of the 20+ Western European average of 47.6%. There is a startling surge in obesity and overweight rates in 188 countries around the world.

By 10-12 years of age almost all children (89.9%) are involved in organised activity. However many children do not reach the national guideline level of physical activity (more than 60 minutes moderate-to-vigorous activity every day). This is NOT due to a lack of participation in organised sport and exercise. The greater policy challenge for Irish children is that, given present trends, around 50% will drop-out over the next 10-20 years.

It is imperative that all children within our communities are actively encouraged to remain with sports and exercise throughout their life-cycle, and carry these behavioural benefits forward for the next generation.

THE BENEFITS OF SPORT

High levels of physical activity bring proven health benefits. While there are many other ways to keep active, international research has linked regular playing of sport to specific health outcomes. Published findings include:



In Ireland, adults who play sport have better physical and mental health. This link exists across all age groups, but is strongest for older people. Regular players enjoy the best health, but even irregular players are more healthy than those who are inactive. In addition to the health benefits derived from playing sport, international research has linked playing sport with social and psychological benefits. Published findings include:



Sport also has the capacity to increase 'social capital' – the degree of social interaction, interpersonal trust and shared understanding enjoyed by individuals in communities.

A primary national policy goal is to raise levels of participation in sport and exercise. This is due to growing evidence linking low levels of physical activity to poor health, and means that sports policy has become an important contributor to public health.

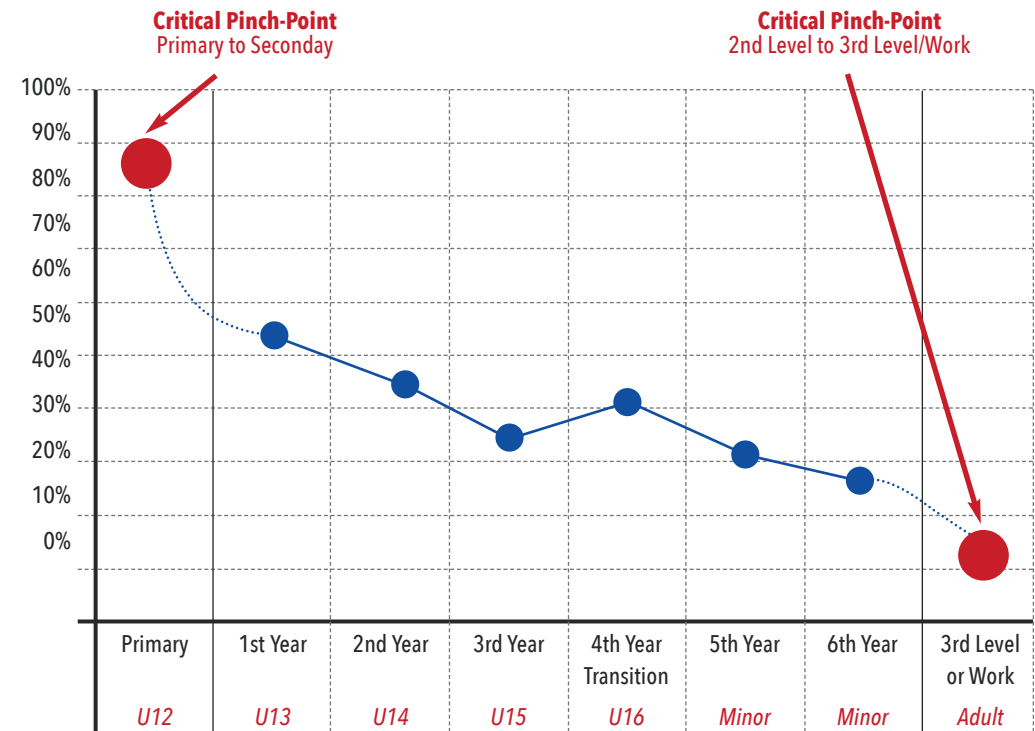
The 2013 ESRI report - 'Keeping them in the game' - provides evidence for policy from three large, nationally representative surveys. It is thus the most comprehensive study of participation in sport undertaken in Ireland to date.

This report focuses on how and why people take up and drop out from sport and recreational exercise, from childhood to old age. Based on the evidence, this report concludes:

The greatest challenge for sports policy is not getting children involved but **maintaining** the involvement of teenagers and young adults.

The key drop-out periods for youths in sport are:

- **transition from 6th Class to 1st Year**
- **transition from 6th Year (Leaving Cert.) to work**
- **transition from school to 3rd level education**



Drop-Off of Participation across Secondary School Education in Extra-Curricular Sport by School Year

Action is needed to reduce the negative impact of exams, adding weight to the argument for Physical Education (P.E.) to be an examinable subject (and also reduce stress and burnout)

This report identifies that better links are needed between schools and sports clubs

The report also highlights that the GAA might seek to address the reasons for its high rate of drop-out at critical points

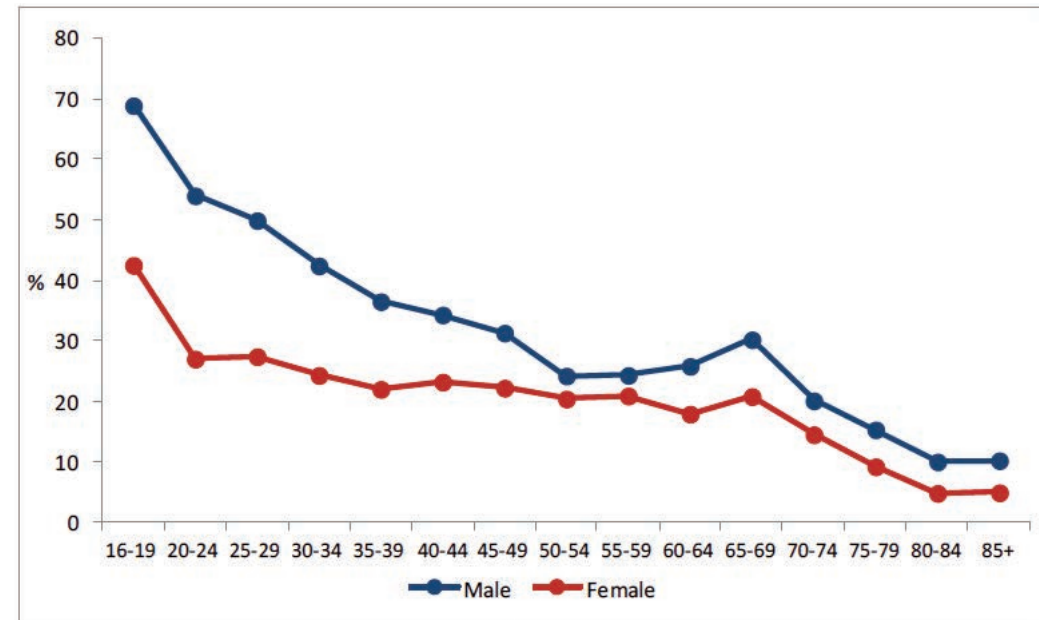
Limited public funding should **NOT** be spent on facilities but on participation programmes

Cycling and (especially) swimming merit greater investment for future adult participation

All sports programmes should be designed to overcome time constraints and to exploit social connections

Nationally, policymakers should consider the potential contribution of **behavioural science** to designing better participation programmes

GRAPH: Predicted Probabilities of Participation of a Representative Male and Female Across the Adult Life-Course



SOURCE: 'Keeping them in the game - Taking Up and Dropping Out of Sport and Exercise in Ireland', by the ESRI.
To view the full report please click on the box below

[FULL REPORT](#)

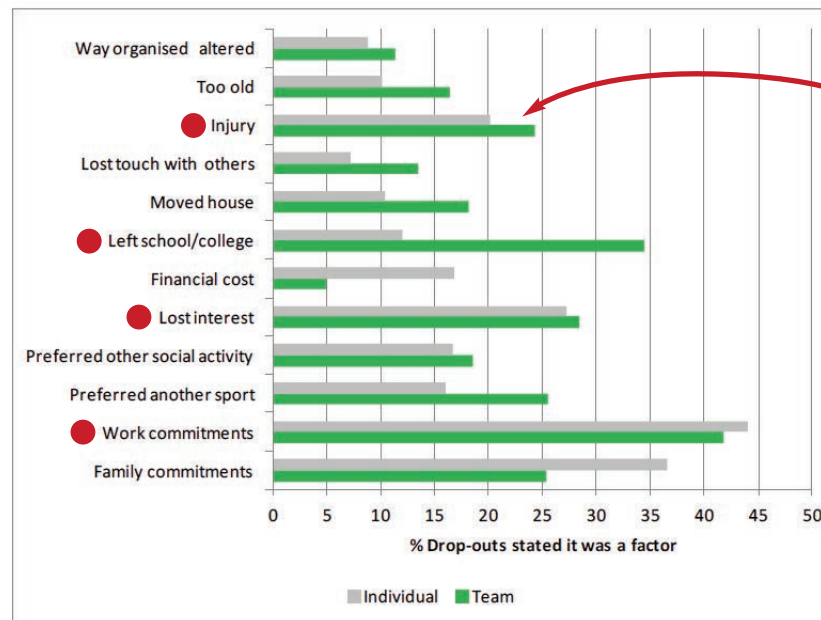
WHY PEOPLE ARE DROPPING OUT OF TEAM GAMES - 1 (GAA & SOCCER)

While drop-out in exam years contributes to declining participation across students' time at school, it is not the only factor - participation also declines in non-exam years and when students leave school. The rate of drop-out during adolescence is particularly high among females.

Contrastingly, however, girls are as likely as boys to get involved in sport prior to adolescence and women are no less likely to take up sports as adults. Furthermore, it is notable that for those students who undertake Transition Year, there is a marked increase in extracurricular activities, especially individual sports.

The implication of these findings may be that the spectrum of sports offered in most second-level school years is straightforwardly less appealing to girls than to boys. This is perhaps unsurprising, given that the range of activities offered is likely still to be influenced by those activities that were offered in a previous era when sport was primarily designed to appeal to males. If so, then efforts need to be made by schools and education policymakers to broaden the range of activities offered.

GRAPH: Reasons for Dropping Out from an Activity by Type of Activity



Injury is responsible for drop-out rates of: 22% in GAA & 35% in Soccer

Work/Life Balance - need for education

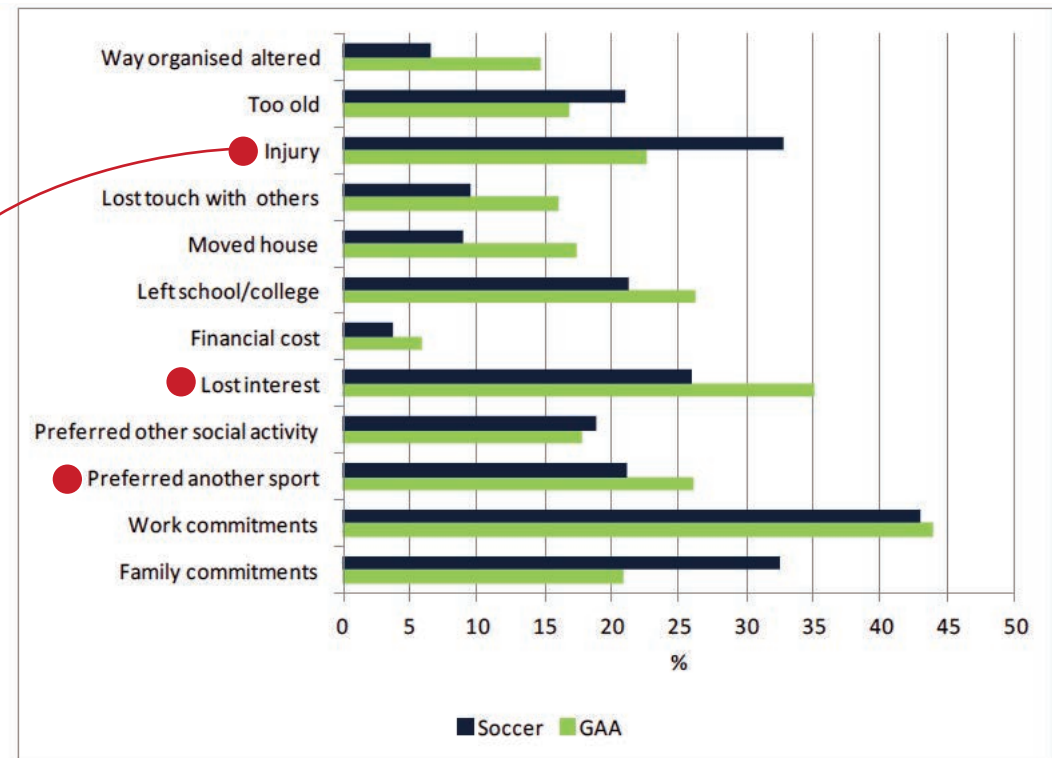
In today's world, sport is challenged to keep pace and to compete for their hearts and minds

WHY PEOPLE ARE DROPPING OUT OF TEAM GAMES - 2 (GAA & SOCCER)

A significant amount of drop-out from sport and exercise occurs at the point when individuals leave full-time education – disproportionate numbers of dropouts occur at age 18 and again at 21-22 years. These transitions have lasting impacts on later participation and contribute to a lower overall rate of adult participation. Drop-out on leaving school has a bigger impact on members of lower socio-economic groups who participate less in sports clubs outside of school.

There is, therefore, a good argument for participation programmes that explicitly target young adults and school leavers. Better links are needed also to ensure that students leaving school have the necessary social contacts, encouragement and opportunity to continue participation outside of school. Local Sports Partnerships can potentially foster such links.

GRAPH: Reasons for Dropping Out from Soccer and Gaelic Games



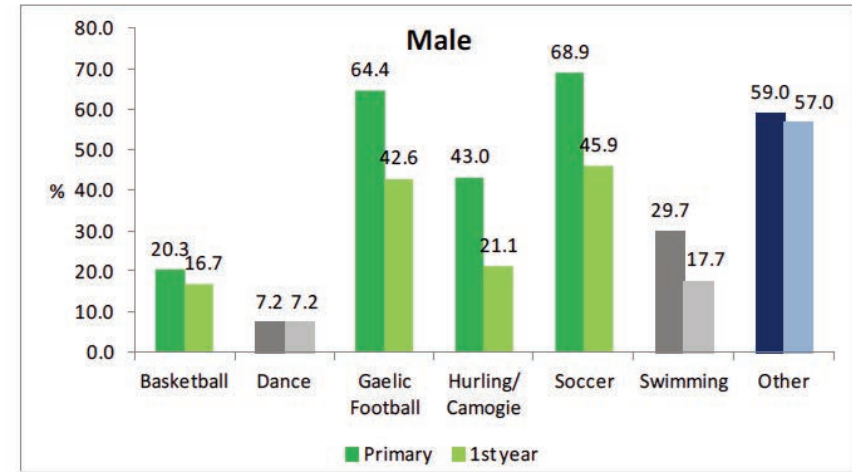
Proper training regimes are therefore critical to prevent losing participants through injury

WHY PEOPLE ARE DROPPING OUT OF TEAM GAMES - 3 (GAA & SOCCER)

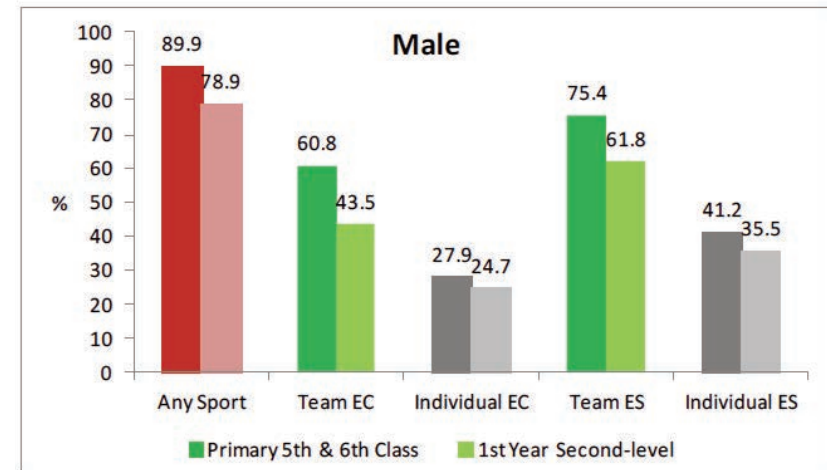
While it makes sense for policymakers to continue to promote the benefits of participation in sport to the general public, it is apparent that the central message of such promotion has now largely been absorbed. Overall, that these widespread positive beliefs about the benefits of active participation do not translate into higher participation rates suggests that non-participants must overcome other barriers to participation. Many non-participants in lower socio-economic groups do not feel able to get involved, though the reason for this perception is not obvious.

Policies aimed at re-engaging them need to develop a better understanding of why people who believe in the benefits of sport and exercise feel unable to participate in it. Sports policy might benefit from a systematic study of the growing number of interventions undertaken in other countries with the aim of achieving behavioural change, both in physical activity and in other policy domains.

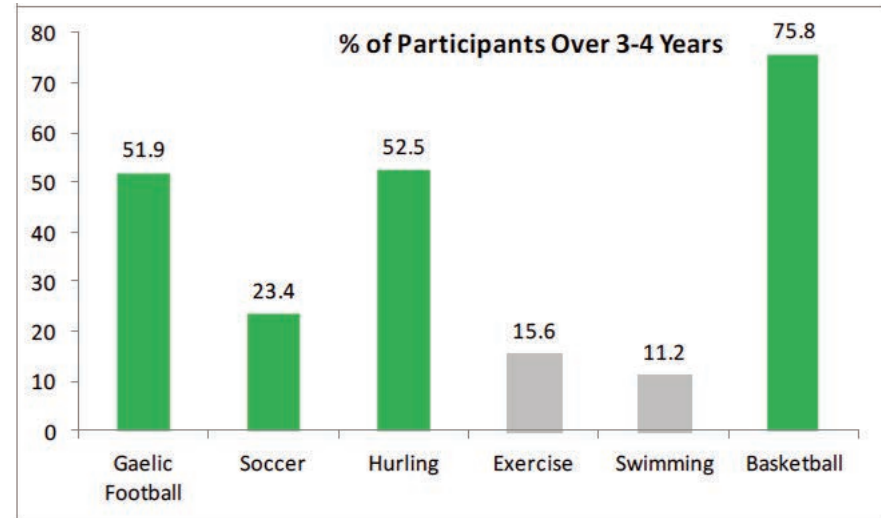
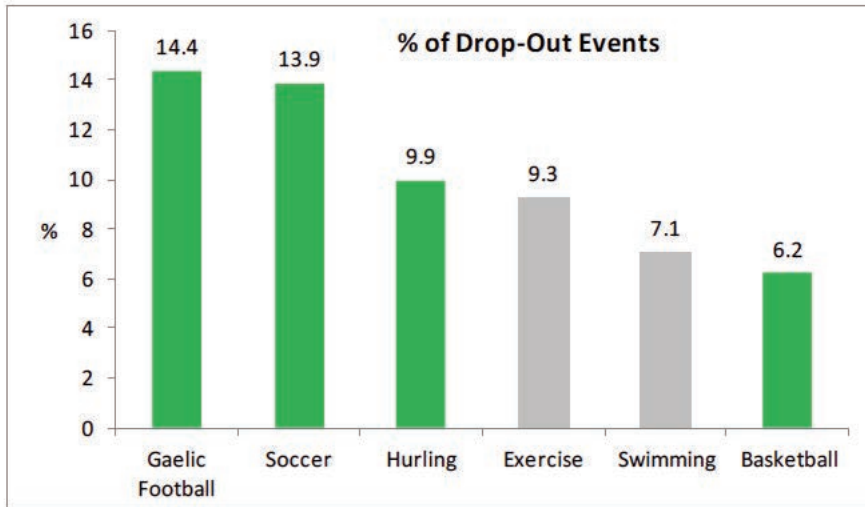
GRAPH: Predicted probabilities of participation in the most popular activities during final years of Primary School and the First Year of Secondary School by gender



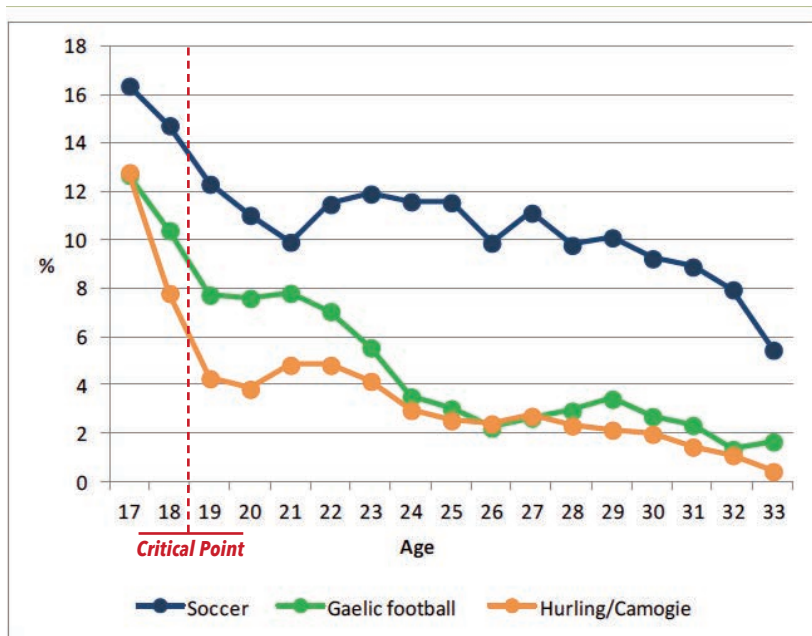
GRAPH: Predicted probabilities of participation during the final years of Primary School (dark bars) and the first year of Secondary School (light bars) by Gender



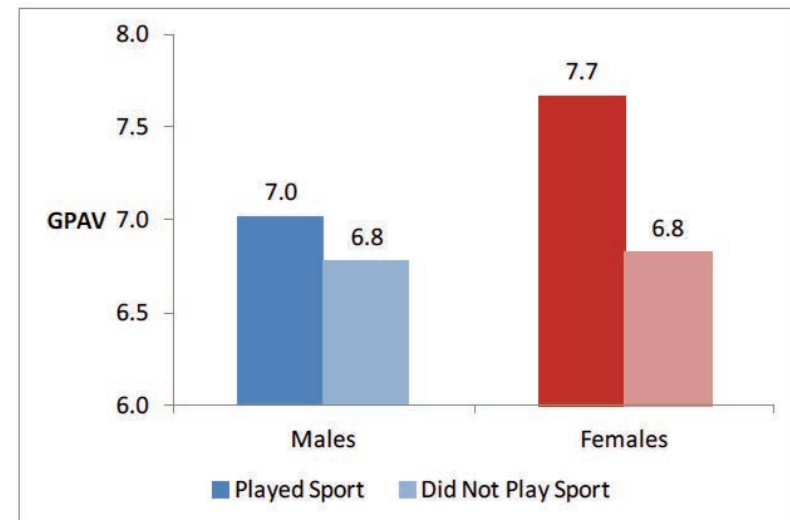
GRAPH: Drop-out by Type of Sport, expressed as a proportion of All Drop-Out Events (top) and as the proportion of participants dropping out over a 3-4 year period (bottom)



GRAPH: Participation by age in Soccer, Gaelic Football and Hurling/Camogie (Three-year moving averages)



GRAPH: Differences in Leaving Cert Grade Point Averages (GPAV) by participation in sport



Students who participated in sport while preparing for their Leaving Certificate scored considerably higher Grade Point Averages (GPAV)

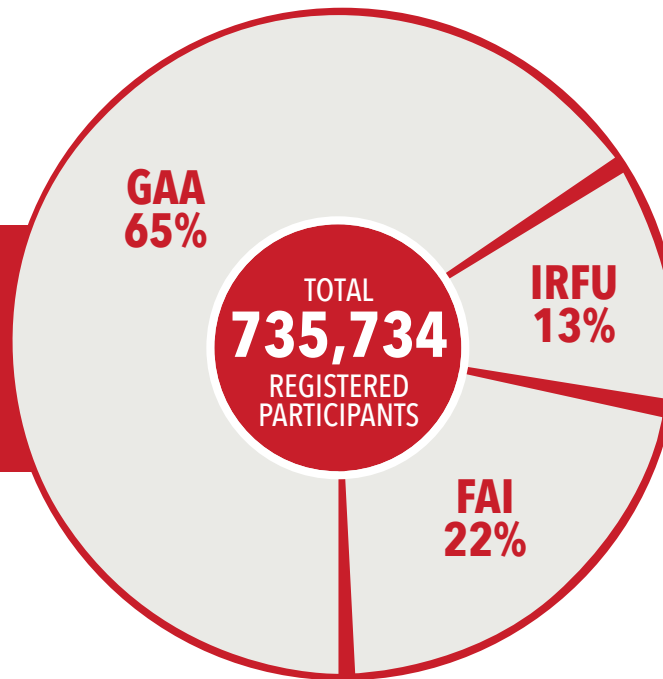


Understanding The National Picture

Not Just a Club - A Way of Life

Cuala GAA

UNDERSTANDING THE POWER OF THE GAA V OTHER SPORTS



Total GAA Registrations 478,752

Registered in Dublin 38,920



Total IRFU Participants* 93,982

Adults (senior males) 26,743
 Women's Rugby 3,277
 ADULTS ALL 30,020

Youth Schoolboy's Rugby
 Age Grade (secondary schools) 31,164
 Age Grade (club) 32,798
 YOUTH ALL* 63,962

Ireland Team Games - all ages
 Ireland Senior Team Games 11

*excludes 'mini-rugby'



Total FAI Participants 163,000

Adults 60,000
 Women's Soccer 13,000
 ADULTS ALL 73,000

Youth Schoolboy's Soccer
 Schoolboy's 90,000
 Club 0
 YOUTH ALL 90,000

Ireland Team Games - all ages 150
 Ireland Senior Team Games 8

AFFILIATED CLUBS

Leinster	Dublin	134	Ulster	Antrim	108	
	Wexford	93		Down	70	
	Offaly	61		Tyrone	68	
	Meath	59		Donegal	63	
	Kildare	57		Derry	60	
	Westmeath	47		Cavan	59	
	Laois	46		Armagh	56	
	Wicklow	45		Fermanagh	50	
	Louth	42		Monaghan	50	
	Kilkenny	41		Great Britain	London	31
	Carlow	33		Warwickshire	17	
	Longford	27		Lancashire	11	
Munster	Cork	259	Hertfordshire	7		
	Limerick	101	Yorkshire	7		
	Clare	84	Gloucershire	5		
	Kerry	73	Scotland	5		
	Tipperary	72	Rest of World	Europe	71	
Waterford	56	North America	92			
Connacht	Galway	80	Australia	64		
	Mayo	50	New York	40		
	Roscommon	32	Far East	22		
	Sligo	26	Canada	19		
	Leitrim	24				

NUMBER OF TEAMS REGISTERED (2013)

	Youth Hurling	Youth Football	Adult Hurling	Adult Football	U21 Hurling	U21 Football	Youth Totals	Adult Totals	U21 Totals	Total Teams
Antrim	180	201	45	67	11	20	381	112	31	524
Armagh	48	245	10	71	1	25	293	81	26	400
Carlow	75	131	19	47	7	14	206	66	21	293
Cavan	31	233	2	76	0	24	264	78	24	366
Clare	251	206	69	56	29	25	457	125	54	636
CORK	781	916	221	279	91	114	1,697	500	205	2,402
Derry	52	207	15	70	5	5	259	85	10	354
Donegal	77	338	6	84	1	36	415	90	37	542
Down	85	268	20	83	1	12	353	103	13	469
DUBLIN	591	734	120	199	25	32	1,325	319	57	1,701
Fermanagh	18	113	3	41	1	1	131	44	2	177
Galway	368	375	113	112	39	40	743	225	79	1,047
Kerry	116	421	24	125	8	40	537	149	48	734
Kildare	160	486	27	96	10	30	646	123	40	809
Kilkenny	287	226	89	27	35	8	513	116	43	672
Laois	140	189	59	71	15	18	329	130	33	492
Leitrim	19	115	5	52	1	12	134	57	13	204
Limerick	385	392	92	70	38	31	777	162	69	1,008
London	0	0	1	1	0	0	0	2	0	2
Longford	24	130	3	34	0	15	154	37	15	206
Louth	67	335	7	88	2	19	402	95	21	518
Mayo	71	395	11	80	5	37	466	91	42	599
Meath	133	462	42	113	20	48	595	155	68	818
Monaghan	34	199	9	64	0	17	233	73	17	323
Offaly	118	102	48	53	12	11	220	101	23	344
Roscommon	44	177	13	60	7	26	221	73	33	327
Sligo	45	153	6	45	1	14	198	51	15	264
Tipperary	427	407	117	73	50	40	834	190	90	1,114
Tyrone	70	387	6	97	1	35	457	103	36	596
Waterford	230	220	74	59	25	20	450	133	45	628
Westmeath	88	186	29	63	8	20	274	92	28	394
Wexford	296	275	92	79	34	33	571	171	67	809
Wicklow	95	197	23	68	1	1	292	91	2	385
Totals	5,406	9,421	1,420	2,603	484	823	14,827	4,023	1,307	20,157

NUMBER OF PLAYERS REGISTERED (2012)

Dublin	38,920
Cork	38,014
Tyrone	24,948
Galway	24,790
Kerry	23,152
Tipperary	19,800
Kildare	18,290
Armagh	17,692
Down	17,616
Limerick	17,050
Meath	17,010
Derry	15,060
Donegal	14,992
Kilkenny	14,582
Clare	12,642
Antrim	12,540
Cavan	12,232
Mayo	11,842
Louth	11,354
Westmeath	10,616
Wexford	10,590
Offaly	10,404
Laois	9,772
Wicklow	9,586
Waterford	8,846
Monaghan	8,116
Fermanagh	6,838
Longford	6,754
Roscommon	6,612
Carlow	5,788
Sligo	5,314
Leitrim	5,292
London	4,250
European Board	2,430
Warwickshire	1,958
Lancashire	1,200
Yorkshire	900
Hertfordshire	840
Gloucestershire	120
Total	478,752

Financing Your Sport

**Understanding the Funding & Revenue
Streams that finance your sport's development**

Not Just a Club - A Way of Life

Cuala GAA



**€87
MILLION**

V



**€65
MILLION**

V



**€36
MILLION**

INCOME	€
Gate Receipts	29,350,691
Sponsorship & Media Income	18,978,765
Box, Premium & Catering Income	18,941,586
Injury Contributions & Insurance Premiums	10,064,268
State Funding	2,927,200
Property Rental Income	1,914,848
Stadium Hire	1,656,473
Museum Revenue	1,172,982
Investment Income	1,107,585
Other Income	987,018
Total	87,101,416

Expenditure	
Match day costs	8,394,123
Cost of Catering	6,596,803
Stadium Costs	4,568,654
Museum Costs	1,240,863
Injury and insurance claims	13,244,409
Distributions to Units	11,678,142
Games and Organisation Development	11,374,615
Administration Costs	6,674,177
Marketing Costs	2,097,887
Total	65,869,673

Operating Surplus 21,231,743

Interest	579,269
Taxation	332,975

Operating surplus after interest & taxation 20,319,499

Depreciation	7,857,299
Grants to units	9,049,027

Net Surplus 3,413,173

REVENUE:	
International rugby income	€ 27,881,001
Commercial income	€ 8,863,802
Deferred ticket income	€ 14,451,545
ERC & provincial income	€ 10,763,413
Other Rugby income	€ 648,663
Government grants	€ 2,614,008
Other income	€ 444,154
Total Income	€65,666,586

EXPENDITURE:	
Professional game costs	€32,219,854
Elite player development	€ 2,924,170
Games support costs	€ 697,784
Domestic & community rugby	€ 9,502,759
Marketing	€ 1,248,131
Grounds	€ 3,523,531
Administration and overheads	€ 5,034,625
Depreciation	€ 1,218,335
Financial fixed assets amortisation	€ 5,907,292
Total	€ 62,276,481

Surplus for the year before exceptional income	€ 3,390,105
Exceptional income	€ 11,500,000
Net Surplus	€ 14,890,105

DOMESTIC & COMMUNITY RUGBY EXPENDITURE

	2012/13	2011/12	2010/11
	€	€	€
Under 19's	83,836	97,645	93,485
Irish schoolboy team	140,428	174,424	181,342
Irish youth team	216,930	154,535	153,930
Women's teams	681,078	265,655	326,268
Club Ireland	70,029	78,700	52,196
Domestic competitions	238,494	246,707	332,268
General development salaries	521,036	424,633	310,832
General development expenses	86,585	144,721	85,812
Development resources	215,476	358,444	215,281
Coaching courses	217,083	212,917	262,375
Youth and schools	331,411	273,653	425,824
YDO and provincial staff	2,716,480	2,680,456	2,644,309
Clubs and schools support	1,295,319	1,491,089	2,394,832
Referee development	532,668	504,598	523,922
Leisure and community programmes	640,115	533,222	480,144
Community rugby and other funding	1,515,791	1,612,946	1,523,273
TOTAL	9,502,759	9,254,345	10,006,093

REVENUE:	
Total Income	€36,585,797
Expenditure	
Cost of sales	€23,759,421
Admin Costs	€ 8,322,304
Total	€32,081,725
Net Surplus	€4,504,072



How your organisation is financed

GAA TOTAL REVENUE

(GAA Accounts 2013)

INCOME	€
Gate Receipts	29,350,691
Sponsorship & Media Income	18,978,765
Box, Premium & Catering Income	18,941,586
Injury Contributions & Insurance Premiums Income	10,064,268
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Net Surplus	3,413,173



Cost of running Croke Park Stadium

● CROKE PARK: PROFIT AND LOSS (included in GAA Accounts 2013)

INCOME	2013 (10 months) €	2012 (12 months) €
Rents for matches:		
Central Council	7,429,642	6,598,575
Leinster Council	874,492	870,383
National Leagues	427,285	363,333
Property rents	377,797	467,308
Corporate facilities	8,569,845	10,114,688
Hire of facilities	1,451,887	4,415,903
Advertising space	476,667	436,791
Other income	626,517	489,607
	20,234,132	23,756,588
Expenditure		
Staff costs & security	1,830,510	2,255,204
Stadium & Administration expenses	4,139,311	5,239,286
Marketing expenses	306,978	384,255
Community Funding	74,617	100,169
Rent & rates	514,881	616,206
Insurances	242,461	268,431
Heat, light & power	749,026	841,374
Stadium and facilities wear and tear	4,878,074	5,975,364
	12,735,858	15,680,289
Operating Profit before interest	7,498,274	8,076,299
Net interest (payable)/receivable and similar charges	(127,765)	12,106
Impairment on investment	(600,000)	(350,000)
Impairment of intercompany debtors	(497,545)	(669,734)
Profit before distribution and grants	6,272,964	7,068,671
Distribution to Ard Chomhairle	(4,000,000)	(4,000,000)
Allocation to Asset Replacement Reserve	-	(2,000,000)
Surplus Transferred to Retained Earnings Reserve	2,272,964	1,068,671

TICKET REVENUE STREAMS FOR YOUR ORGANISATION

NET INCOME FROM COMPETITIONS (€)

	Actual Revenue	Actual Costs	Injury Fund & Insurance	Team Expenses & Distributions	Actual Net Income/Cost
Football Championship	12,379,568	3,973,977	839,372	660,595	6,905,624
Hurling Championship	12,431,602	3,641,289	715,642	721,022	7,353,649
Allianz National Football League	2,255,518	1,053,289	196,420	1,005,809	-
Allianz National Hurling League	921,711	273,682	94,231	553,798	-
U21 Football	96,649	31,483	5,799	53,276	6,091
U21 Hurling	203,848	39,229	12,231	59,276	93,112
Minor Football*	46,038	15,188	2,762	113,072	(84,984)
Minor Hurling*	4,381	23,655	242	83,708	(103,224)
Christy Ring Cup	20,289	35,572	1,217	98,088	(114,588)
Nicky Rackard Cup	2,300	18,303	138	41,468	(57,609)
Lory Meagher Cup	663	15,772	41	38,812	(53,962)
U21 B Hurling	750	12,666	45	36,792	(48,753)
Intermediate Hurling Championship	29,506	17,876	1,770	23,016	(13,156)
Junior Football Championship	9,728	12,214	584	38,768	(41,838)
Senior Club Championship	454,686	209,019	27,281	288,254	(69,868)
Intermediate Club Championship	40,620	37,713	2,437	51,600	(51,130)
Junior Club Championship	12,619	7,689	757	105,724	(101,551)
Interprovincial	12,220	36,345	733	42,000	(66,858)
International Rules	427,996	588,629	11,067	-	(171,700)
Total	29,350,692	10,043,590	1,912,769	4,015,078	13,379,255

* Gates for Minor Games allocated in full Senior Championship

COST OF MATCHES (€)

euro '000	2013	2012	+/-
Number of Matches	356	357	0%
Direct Match Costs	11,383	10,158	12%
Direct cost as % of gates	39%	38%	2%
Team expenses & payments	4,029	4,002	1%
Average cost per match	43,290	39,664	9%

ALL-IRELAND FINALS: TICKET ALLOCATIONS

	2012	2013	Replay
OVERALL CAPACITY	82,006	82,276	82,276
County Allocations	58,622	57,180	61,151
Provinces	355	355	205
Overseas	472	472	450
Ard Chomhairle & Iar Uachtaran	798	772	798
Camogie	120	120	120
Ladies Football	150	150	150
Rounders & Handball	147	147	102
Sponsors	922	879	884
Press	256	254	240
TV & Radio	74	74	74
Schools & Educational Bodies	2,229	2,229	1,724
3rd Level	240	240	120
Croke Park Residents	250	250	250
Match Officials & National Referees Panel	103	105	78
Health Bodies & Irish Sports Council	60	60	40
Match Day/Vertigo/Minor Teams	148	128	148
Staff & Sub-committees	698	557	378
Jubilee Teams	72	66	0
Mini-Sevens	244	244	244
Term Tickets	4,144	4,144	4,144
Season Tickets	1,374	3,322	448
Number available for distribution	71,478	71,748	71,748
Premium & Corporate	10,528	10,528	10,528
Total	82,006	82,276	82,276



HOW THE MONEY FLOWS TO CLUBS, COUNTIES & PROVINCES (€)

	RENT	Comm. Distrib.	Comp. Distrib.	Team Expenses	Games Dev.	Admin & Other	Capital Grants	Total Outlay
Ulster		705,000		9,000	1,313,068	106,000	1,729,093	3,862,161
Connacht		505,000		15,000	754,880	307,000	1,010,001	2,591,881
Munster		675,000		12,000	1,084,314	39,000	540,000	2,350,314
Leinster		765,000		6,000	1,712,365	140,000	750,000	3,373,365
Britain		50,000		23,000	658,815			731,815
Antrim	2,629	175,198	31,876	62,480	76,842	30,000		379,025
Armagh	9,200	175,316	21,724	7,220	41,829	30,000	100,000	385,289
Carlow	5,809	175,573	21,724	8,104	45,978	20,000		277,188
Cavan	29,097	176,510	18,797	27,506	44,645	30,000		326,555
Clare	22,618	210,254	58,491	321,472	54,601	30,000	790,000	1,487,436
Cork	22,131	219,745	72,592	365,944	95,737		250,000	1,026,149
Derry	13,384	179,186	31,516	21,290	116,635	10,000	325,000	697,011
Donegal	20,094	184,495	61,163	30,626	44,553	10,000	327,000	677,931
Down	11,819	175,478	43,948	18,756	44,342	30,000	40,000	364,343
Dublin	3,188	232,388	115,448	230,968	1,509,631	31,750	100,000	2,223,373
Fermanagh	2,882	175,081	21,724	20,860	40,572	30,000		291,119
Galway	29,899	180,773	63,663	121,978	68,941	30,000		495,254
Kerry	19,680	181,130	72,486	130,966	53,253	30,000	300,000	787,515
Kildare	32,222	178,435	65,532	100,982	55,010	30,000	75,000	537,181
Kilkenny	96,975	192,397	107,792	50,130	64,362		433,888	945,544
Laois	9,285	179,007	26,428	20,990	49,514	30,000	20,000	335,224
Leitrim	18,785	175,120	33,512	6,000	41,910		325,250	600,577
Limerick	16,643	184,175	38,873	37,362	60,262	30,000		367,315
London	778	177,500	48,000	44,500	3,000			273,778
Longford	7,104	175,353	23,608	20,412	42,597	15,000		284,074
Louth	7,039	175,462	21,724	9,824	44,162			258,211
Mayo	21,744	206,064	57,979	231,656	35,920			553,363
Meath	12,937	176,108	22,732	12,670	69,051	10,000		303,498
Monaghan	6,676	178,003	21,724	27,320	43,475	10,000	560,000	847,198
New York		105,000			11,000			116,000
Offaly	24,325	175,708	31,940	23,324	52,698		48,461	356,456
Roscommon	5,650	175,302	23,344	27,740	45,280	30,000		307,316
Sligo	2,050	175,473	31,906	24,656	44,156	10,000	130,000	418,241
Tipperary	166,338	178,413	120,221	27,430	65,602	30,000	266,024	854,028
Tyrone	17,629	176,011	78,617	95,360	38,766	30,000	210,000	646,383
Waterford	11,350	177,990	57,757	45,453	60,532	30,000	197,650	580,732
Westmeath	9,263	175,601	27,555	37,182	48,542	10,000	211,496	519,639
Wexford	14,724	175,871	30,627	26,034	61,358	30,000	310,000	648,614
Wicklow	2,285	175,657	26,332	10,876	53,254	30,000	145,000	443,404
Warwickshire		30,000	12,000	20,000				62,000
Lancashire	50							50
Croke Park	7,758,299							7,758,299
Overseas					574,943		115,671	690,614
Total	8,434,581	8,859,777	1,543,355	2,333,071	9,326,395	1,228,750	9,309,534	41,035,463

Total Payments to Counties
€23,740,991

Where Cuala GAA fits into the picture



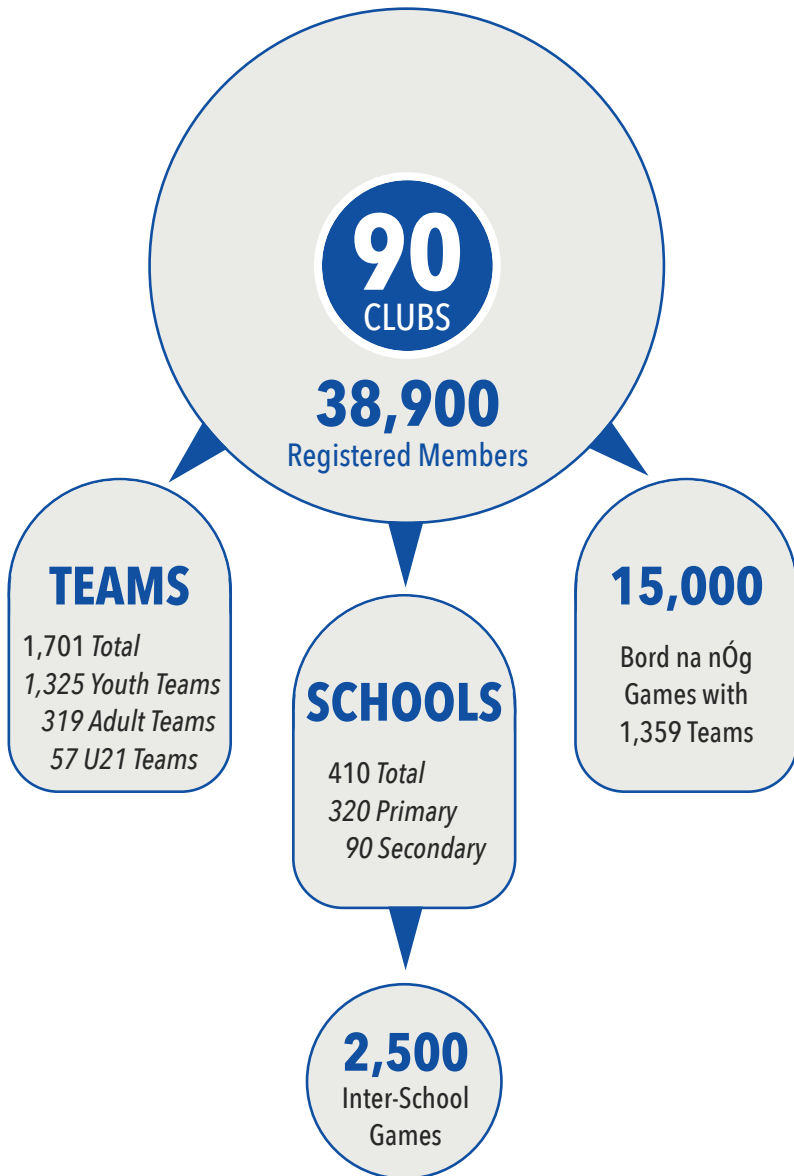
The Game - Dublin

Emphasising Youth Development

Not Just a Club - A Way of Life

Cuala GAA

DUBLIN - AN ACTIVE GAA COUNTY



DUBLIN - CLUBS

Dublin GAA Head Office	Adamstown	AIB	Ballinteer St. Johns	Ballyboden St. Endas	Ballyboughal
Ballyfermot De La Salle	Ballymun Kickhams	Bank of Ireland	Beann Eadair	Castleknock	Civil Service Football
Clanna Gael Fontenoy	Clann Mhuire	Clontarf	Commercials	Craobh Chiaráin	Croí Ró Naofa
Crumlin	Cuala	Erin Go Bragh	Erins Isle	Faughs	Fingallians
Fingal Ravens	Garda	Garristown	Geraldine Morans	Good Counsel	Innisfairs
Kevins	Kilmacud Crokes	Liffey Gaels	Lucan Sarsfields	Man-O-War	Na Dubh Ghall
Na Fianna	Na Gaeil Óga CLG	Naomh Barróg	Naomh Fionbarra	Naomh Mearnóg	Naomh Olaf
O'Dwyers	O'Tooles	Parnells	Pavee	Portobello	Raheny
Ranelagh Gaels	Robert Emmets	Rosmini Gaels	Round Towers Clondalkin	Round Towers Lusk	Samildánach
Scoil Uí Chonaill	Setanta	Shankill	Skerries Harps	St. Annes	Starlights
Stars of Erin	St. Brendans	St. Brigids	St. Colmcille	St. Finians Newcastle	St. Finians Swords
St. Francis Gaels	St. James Gaels	St. Joseph's O'Connell	St. Judes	St. Kevins Killians	St. Margarets
St. Marks	St. Marys	St. Maurs	St. Monicas	St. Oliver Plunkett	St. Patricks Donabate
St. Patricks Palmerstown	St. Peregrines	St. Sylvesters	St. Vincents	Templeogue Synge Street	Thomas Davis
Trinity Gaels	Tyrellstown	U.C.D.	Wanderers	Westmanstown Gaels	Whitehall Colmcille
Wild Geese					

THE COUNTY SCENE - PARTICIPATION

GAA games are our national games and in order for them to continue in their pre-eminent position it is essential that we address the challenges that the current population increase presents, it is necessary to ensure that all the inhabitants of Dublin are given the opportunity to embrace our ethos and participate in our Association. It is important from a strategic perspective that we understand the population changes in Dublin and devise a strategic plan that is grounded in this reality. Currently our engagement process is divided into a number of different age categories;

Pre-Nursery: Children at 4/5 are introduced to basic ball skills in line with their general motor and developing social skills.

Nursery: Children at 6/7 are encouraged to develop general motor skills (ABC).

Go-Games: Children from under 8, at the 1st January, to under 12 who play in small sided games in a friendly environment with the emphasis on fun rather than competition. In 2013 there were 8,900 fixtures for this age group played in Dublin.

Juvenile Games: Children from under 13, at 1st January, to under 16 who play the traditional 15 a side game with an increasing emphasis on competition. In 2013 there were 3,700 Dublin fixtures for this group

Minor Games: Youths at under 17 and 18 who are transitioning to adult games.

Adult Participation: Remainder of population who engage in different playing environments from elite to social and who will provide the majority of our non-playing volunteers.

GO GAMES AGE GROUP		
	2010 Actuals Children	% Participation
Total Population	37,084	
Football	7,096	19.13%
Hurling	4,967	13.39%
TOTAL	12,063	32.53%

SOCIAL CHALLENGES

Ireland and Dublin, as its largest concentration of population, face a huge challenge in providing for sport, recreation and leisure activities in a country that has become rapidly urbanised and is characterised by lifestyles that have resulted in significantly less natural physical activity. This lifestyle also tends to militate against voluntary involvement in sport, recreation and leisure activities. These factors allied to the challenges of building sustainable communities that provide for its inhabitants in terms of social inclusion, local identity and local empowerment are critical to social cohesion. The macro challenges create a series of underlying trends in sports, recreation and leisure activities best understood by reference to research conducted by the Economic and Social Research Institute (ESRI). Examples of such trends include:

- The definite correlation between good physical, mental health and the playing of regular sport.
- The correlation between playing regular sport, improved academic performance and social skills.
- The statistic that only 20% of Irish adults played sport regularly or from a recreational perspective that 22% of Irish adults had not played sport or taken a walk of at least 2 miles in the last year.
- The negative impact of lower educational attainment and lower incomes on sports involvement.
- The trend of significantly higher male than female participation in sport.
- The vital importance of volunteerism in creating social capital and the need to structure interventions around increasing volunteer involvement and maximising its productivity.
- The potential ability of mainstream team focused sports clubs to engage the "greying" population in mutually beneficial social activities around the provision of sports for children and younger adults.
- The sometimes prohibitive financial costs of involvement in individual sports, leisure and recreation activities.
- The result of the rapid population shift to and growth in urban areas is often a sense of alienation and of "not belonging" for the new entrants to the community. The aforementioned factors often create a climate where it is difficult to source and secure long-term volunteer commitment.
- The educational sectors capacity to provide games and physical activity has been negatively affected by factors such as:
 - The lower number of males entering primary school teaching.
 - The reduced involvement of the Religious Orders in the management of schools.
 - Greater emphasis on academic results.
 - Greater obligations on schools in terms of health, safety and child protection.
- The result is children have less physical activity which will affect their development and health in later years. The cost-benefit of investing in pro-active initiatives to stimulate a robust healthy lifestyle has been clearly demonstrated in national and global studies.

THE DUBLIN GAA SCENE

CCC1 Competitions	CCC2 Competitions	Minor/Adult Competitions
Under 8	Under 13	Senior
Under 9	Under 14	Minor
Under 10	Under 15	Junior
Under 11	Under 16	Intermediate
Under 12		

THE DUBLIN GAA SCENE		
CCC1 Competitions	CCC2 Competitions	Minor/Adult Competitions
Under 8	Under 13	Senior
Under 9	Under 14	Minor
Under 10	Under 15	Junior
Under 11	Under 16	Intermediate
Under 12		

For illustrative purposes this applies to players born in 2003, for the calendar year 2014

Please note that the calendar year dictates the age group.

EG: Players born between Jan 1st 2003 to 31st Dec 2003 play U11

SAMPLE: U11 - NUMBERS PLAYING		
Discipline	Teams	Players
Football	121	1,573
Hurling	93	1,209

CCC1 OVERVIEW

- The CCC1 season usually commences on the second Saturday of February with Football for all five age groups with the Hurling season starting on the third Saturday in February 22nd. Year on Year a 4% increase in Football playing numbers, 10% for Hurling, has been achieved.
- For the 2013 season CCC1 issued over 8,900 fixtures. This was achieved by the committee setting 15 dates to play Football and 15 dates for Hurling (U/11& U/12 Hurlers having 18 dates).
- U8, U9, U10 and U11 are not competitive - No results are returned / recorded and therefore no League tables kept / published.
- U12 marks the introduction of competitive playing
- All Fixtures must be played on or in advance of the scheduled date, in accordance with the fixture calendar issued by Dublin GAA to all clubs for the forthcoming year in December of the preceding year.
- All games from late June to late August may, with the agreement of BOTH teams, be played within a twelve day period BEFORE or AFTER the scheduled fixture date. They may not be played outside of this time period.
- Croke Park HQ demands that games are run during the summer months - which is also the policy of Bord na nÓg Átha Cliath
- CCC1 tries to always be flexible with regard fixtures and allows games to be played up to 15 days after the original fixture with the agreement of the opposition.
- Clubs are also encouraged to plan ahead to deal with the challenges of entrance exams, Communion, confirmations etc. and in exceptional situations CCC1 will agree to postponements beyond 15 days. Equally clubs have to be proactive in getting these games played as back match dates at the end of November are intended for dates affected by weather or play-offs where required.

THE DUBLIN GAA SCENE

CCC1 Competitions	CCC2 Competitions	Minor/Adult Competitions
Under 8	Under 13	Senior
Under 9	Under 14	Minor
Under 10	Under 15	Junior
Under 11	Under 16	Intermediate
Under 12		

CCC2 OVERVIEW

The season usually commences with Football starting on the first Saturday in February and Hurling on the first Saturday in March.

CCC2 has run 111 competitions and issued over 3,700 fixtures this year. The programme provides our young players with the following activity plan:

- U/13 Football 19 games & Hurling 15 games
- U/14 Football (15-18) games & Hurling (14-16) games
- U/15 Football (16-18) games & Hurling (11-14) games
- U/16 Football (16-20) games & Hurling (16-17) games

The cornerstone of the successful implementation of the activity plan is the fact that the Juvenile Fixture Calendar is issued every December prior to the new season combined with the following regulation that "All Fixtures must be played on or in advance of the scheduled date"

"All games from Saturday 22nd June to Saturday 24th August (dates INCLUSIVE) may, with the agreement of BOTH teams, be played within a twelve day period BEFORE or AFTER the scheduled fixture date. They may not be played outside of this time period i.e. before 22nd June or after 24th August".

Croke Park HQ demands that games are run during the summer months - which is also the policy of Bord na nÓg Átha Cliath. During the summer CCC2 stagger the age group playing dates allowing incredible flexibility

In excess of 3,700 fixtures were run in all competitions by 17th Nov

CCC2 ran 53 football competitions (*excluding 12 grading leagues*) and 46 hurling competitions.

CHANGES ON THE PITCH - CCC1

2013 saw the mandatory use of mouthguards in all football matches for all age grades up to and including minor. This rule now applies to all Football games including Adults since January 1st 2014.

The 2014 season also saw the introduction of the following Gaelic Football Rule Changes:

- Introduction of a Black Card for Cynical Behaviour Fouls
- Change in the number of substitutes allowed
- Distinction between Deliberate and Accidental Fouls.
- Definition of the Tackle
- Introduction of a clearer Advantage Rule
- A player in possession may score a point with an open-handed hand-pass

Please note these changes will not apply to Hurling. In addition Bord na nÓg has decided the "Black Card" will not be applied to CCC1 (U/8 to U/12 Football) games.

CHANGES ON THE PITCH - CCC2

2013 saw the mandatory use of mouthguards in all football matches for all age grades up to and including minor. This rule now applies to all Football games including Adults since January 1st 2014.

The 2014 season saw the introduction of several Gaelic Football Rule Changes:

- Introduction of a Black Card for Cynical Behaviour Fouls
- Change in the number of substitutes allowed
- Distinction between Deliberate and Accidental Fouls.
- Definition of the Tackle
- Introduction of a clearer Advantage Rule
- A player in possession may score a point with an open-handed hand-pass

Please note these changes do not apply to Hurling.

CHAMPIONSHIPS / FEILE



A new manner of drawing the championships for both hurling championships and the under 15 football championship has been implemented. The feedback from clubs was that they're generally happy with the new system, as they could plan their prospective routes to the finals in advance rather than having to wait for the draw to be made round by round. CCC2 are happy with the working of the draws this year, and from hence forth will be using this system for all championships. The championships ran smoothly, and in general the grading does appear to have been competitive enough.

The championships are held at the end of the year
- clubs doing well in leagues are promoted and clubs doing poorly are relegated.

GAA ANTI BULLYING TRAINING

- Earlier this year the GAA became the country's first sporting organisation to launch a national anti-bullying training campaign with the unveiling of the GAA Tackling Bullying Programme.
- This new training resource was developed in response to a growing awareness of the impact of bullying in society and particularly in sport. The GAA underage players will not be immune from bullying but now we have a programme of intervention and support in place that can assist us wherever and whenever such unacceptable behaviour may occur.
- This two-hour workshop may be run in tandem with and complimentary to any other educational and or community anti-bullying initiatives and is suitable for delivery at both adult and under age levels. The programme is suitable for Coaches, Parents, Players and other Club personnel and may be adapted for use with young people as well and in schools.
- Dublin currently has four trained Anti Bullying Tutors available to go out to Clubs with this programme. Details are available from Aileen Connolly in Parnell Park (childrensofficer.dublin@gaa.ie / aileen@dublingaa.ie)

DISCIPLINE

- The juvenile programme in 2013 was responsible for the setting of over 12,600 fixtures.
- A total of **96 Red Cards issued** (-2 v' C'12) of which 3 are for CCC1 Football and 32 for CCC2 Hurling. 
- The number of **double Yellow carded players leading to a Red Card is 55**. 
- **Disciplinary Notices of 49** (-14 v's C'12) have been issued to Clubs & Mentors concerning inappropriate conduct by Team Officials and Partisans (4 of the 49 relate to CCC1).
- Excluding the five outstanding Hearings, Clubs have requested only four hearings. It is worth noting that the Juvenile Hearings committee who would process player and Club proposed suspensions issued by CCC1 & CCC2 has yet to meet this year (Two of the outstanding five relate to the Juvenile Hearing Committee). Fines of €950 have been issued with a further €3,400 place in Bond of which €200 called in.

GARDA VETTING

- The Garda vetting of all persons working with underage players has now been common practice in the GAA since 2009. With legislation due to commence in 2014, which will make it illegal for a Club to field a team accompanied by an unvetted Coach or Manager, it is vital that all Clubs check their vetting list as a matter of priority. We do not want to face a situation whereby we will be accused of failure to comply with vetting legislation and having to inform an underage team, on the instructions of the statutory authorities, that they cannot play until their coach or coaches have been vetted.
- To get a list of all persons vetted in your Club ask your Club Children's Officer to contact the Children's Office in Croke Park at nationalchildrensoffice@gaa.ie

DUBLIN DEVELOPMENT SQUADS & COACHING (UNDER 13-17)

Coaching & development squads effectively operate from U13 level up to U17.

The ethos of our Coaching Academy in both Hurling and Football is to provide an opportunity for players from all clubs to achieve their potential.

While these squads participate in various inter county competitions during the year the main focus at these age groups is on development rather than results.

It's important to note that all Squads at all age groups are fluid and are capable of integrating a late developer or a player who for whatever reason has not been nominated by his club at an earlier stage.

The tables (right) illustrate the large number of clubs currently represented in the Coaching Academy and this is now following through to minor level where this year there were 14 clubs represented on the Dublin Minor Hurling Panel while there were 21 clubs represented on the Dublin Minor Football Panel.

Dublin Development Squads play in the following competitions:

- Leinster FCA Blitz
- All Ireland HCA Blitz
- All Ireland FCA Blitz
- Tony Forrester Inter-County Blitz

SQUAD	NO. OF PLAYERS (2013)	NO. OF TEAMS REPRESENTED	CLUBS	FOOTBALL
U13 North	325*	32	O'Tooles Clontarf Trinty Gaels Naomh Fionnbarra Trinty Gaels	
U13 South	233*	22	Ballyboden St Enda's Kilmacud Crokes	
U14 North	45	18	Na Fianna Erins Isle Naomh Mearnog Fingal Ravens	
U14 South	46	16	Kilmacud Crokes Fingallians Balyfermot De la Salle	
U15 North	53	19	Ballinteer St John's Ballymun Kickhams St Brigid's O'Dwyer's	
U15 South	39	14	Ballyboden St Enda's Thomas Davis	
U16 Central	43	19	Ballyboden St Enda's Whitehall Colmcille O'Tooles	
U17 Central	32	18	St Vincent's St Maur's	

* = Players who took part in blitzes and trials

SQUAD	NO. OF PLAYERS (2013)	NO. OF TEAMS REPRESENTED	CLUBS	HURLING
U13 North	85	26	O Tooles Na Fianna St Brigid's St Monica's	
U13 South	81	17	Ballyboden St Enda's Kilmacud Crokes Muckalee	
U14 North	45	17	Fingallians Naomh Barrog O Tooles Na Fianna	
U14 South	43	11	Cuala Faughs	
U15 North	42	17	St Brigids St Sylvesters Fingallians St Vincent's	
U15 South	41	11	Ballyboden St Enda's Faughs Lucan Sarsfields Cuala	
U16 Central	61	24	Crumlin Na Fianna Naomh Mearnog	
U17 Central	47	20	Castleknock Good Counsel Whitehall Colmcille	

COMPETITION

U12 Division 1 North
 U12 Division 2 North
 U12 Division 3 North
 U12 Division 4 North
 U12 Division 5 North
 U12 Division 6 North
 U12 Division 1 South
 U12 Division 2 South
 U12 Division 3 South
 U12 Division 4 South
 U13 Division 1
 U13 Division 2
 U13 Division 3
 U13 Division 4
 U13 Division 5
 U13 Division 6
 U13 Division 7
 U13 Division 8
 U13 Division 9
 U14 Division 1
 U14 Division 2
 U14 Division 3
 U14 Division 4
 U14 Division 5
 U14 Division 6
 U14 Division 7
 U14 Division 8
 U15 Division 1
 U15 Division 2
 U15 Division 3
 U15 Division 4
 U15 Division 5
 U15 Division 6
 U16 Division 1
 U16 Division 2
 U16 Division 3
 U16 Division 4
 U16 Division 5
 U16 Division 6
 U16 Division 7

WINNERS

St. Vincents 1
 Castleknock 1
 Castleknock 2
 Cluian Tarbh 2
 St. Sylvesters 3
 O'Dwyers
 Clanna Gael Fontenoy
 Cuala 1
 St. Annes
 Crumlin
 Kilmacud Crokes A
 Castleknock A
 St. Maurs
 St. Patricks P
 St. Margarets
 Crumlin
 Parnells B
 Whitehall B
 Round Tower C B
 St. Judes A
 Lucan Sarsfields A
 Erins Isle
 Round Tower C
 Ballyboden St. Enda B
 St. Annes
 Stars of Erin
 St. Judes B
 St. Brigids A
 Ballinteer St. John A
 Lucan Sarsfields
 Parnells
 Craobh Chiaráin
 Good Counsel
 Ballymun Kickhams
 Castleknock A
 Craobh Chiaráin
 Cu Chulainn
 Round Tower C
 St. Patricks D
 St. Damians

RUNNERS-UP

St. Sylvesters
 St. Margarets
 Erins Isle
 Beann Eadair
 Nh. Barróg 2
 Na Fianna 3
 Kilmacud Crokes 1
 Kilmacud Crokes 2
 Cuala 2
 Ballyboden St. Enda 4
 Whitehall Colmcille A
 Parnells A
 St. Brigids A
 Templeogue Synge Street
 Clanna Gael Fontenoy
 St. Patricks D
 Westmanstown Gaels
 Cuala B
 Na Fianna C
 Na Fianna A
 Ballymun Kickhams
 Nh. Barróg A
 Round Tower Lusk
 St. Brigids A
 St. Peregrines
 Cluain Tarbh B
 Erin Go Bragh
 Ballyboden St. Enda A
 Castleknock
 Erins Isle
 Templeogue Synge Street
 Cu Chulainn
 O'Dwyers
 Kilmacud Crokes A
 Skerries Harps A
 Nh. Fionnbarra
 Parnells
 St. Peters (Clann Mhuire/Ballyboughal)
 Clanna Gael Fontenoy
 Lucan Sarsfields B

COMPETITION

Feile Peil na nÓg Div.1
 Feile Peil na nÓg Div.2
 Feile Peil na nÓg Div.3
 Feile Peil na nÓg Div.4
 Feile Peil na nÓg Div.5
 Feile Peil na nÓg Div.6
 Feile Peil na nÓg Div.7
 Feile Peil na nÓg Div.8
 Feile Peil na nÓg Div.9
 U14 Football Cup
 U15 "A" Championship
 U15 "B" Championship
 U15 "C" Championship
 U15 "D" Championship
 U15 "A" Shield
 U15 "B" Shield
 U15 "C" Shield
 U16 Football Cup
 U16 "A" Championship
 U16 "B" Championship
 U16 "C" Championship
 U16 "D" Championship
 U16 "A" Shield
 U16 "B" Shield
 U16 "C" Shield

WINNERS

Ballyboden St. Enda
 Nh. Mearnog
 Fingal Ravens
 St Brigids
 St Maurs
 St Annes
 Geraldine P Moran
 Erin Go Bragh
 Westmanstown Gaels
 Ballymun 1
 Cluain Tarbh A
 Naomh Olaf
 St Annes
 Cluain Tarbh B
 Ballymun Kickhams
 Parnells
 Geraldine P Moran
 Ballymun Kickhams 1
 Ballymun Kickhams
 Cluain Tarbh A
 Clanna Gael Fontenoy
 Na Fianna C
 Cuala
 O Tooles
 Ballyboden St Enda B

RUNNERS-UP

Na Fianna
 Cuala
 Whitehall Colmcille
 Nh OP/ER
 Parnells
 Good Counsel
 Whitehall Colmcille
 St Monicas
 Craobh Chiarain
 St. Sylvesters A
 St Brigids A
 O Tooles
 Scoil Ui Chonaill
 Castleknock B
 Fingallians
 Round Towers (C)
 O Dwyers
 Ballymun Kickhams 2
 Kilmacud Crokes A
 Naomh Barrog
 St Patricks (D)
 Naomh Olaf B
 Fingallians
 Cu Chulainn (Lusk/Man O War)
 St Damians

COMPETITION

U12 Division 1
 U12 Division 2
 U12 Division 3
 U12 Division 4
 U12 Division 5
 U12 Division 6
 U12 Division 7
 U12 Division 8
 U12 Camaint Div.1 Cup
 U12 Cam. Div.1 Shield
 U12 Camaint Div.2 Cup
 U12 Cam. Div.2 Shield
 U12 Camaint Div.3 Cup
 U12 Cam. Div.3 Shield
 U12 Camaint Div.4 Cup
 U13 Division 1
 U13 Division 2
 U13 Division 3
 U13 Division 4
 U13 Division 5
 U14 Division 1
 U14 Division 2
 U14 Division 3
 U14 Division 4
 U14 Division 5
 U14 Division 6
 U15 Division 1
 U15 Division 2
 U15 Division 3
 U15 Division 4
 U16 Division 1
 U16 Division 2
 U16 Division 3
 U16 Division 4

WINNERS

St. Vincents 1
 Na Fianna 1
 Kilmacud Crokes 2
 Nh. OP/ER 1
 St. Brigids
 Crumlin
 Ballyboden St. Enda 3
 Na Fianna 2
 Castleknock 1
 Skerries Harps
 Round Towers C
 St. Marks
 O'Tooles
 Crumlin
 St. Peregrines
 Kilmacud Crokes A
 Cuala A
 Bray Emmets
 Crumlin
 Parnells
 Na Fianna A
 Nh. Fionnbarra
 Castleknock A
 Erins Isle
 Thomas Davis
 Trinity Gaels
 Na Fianna A
 Nh. OP/ER
 Craobh Chiaráin
 St. Brigids B
 Na Fianna A
 Fingallians
 Raheny A
 St. Peregrines

RUNNERS-UP

Castleknock 1
 Faughs
 Nh Mearnog
 O'Tooles
 St Judes/ Ballyboden St. Enda 2
 Liffey Gaels
 St. Vincents 3
 Castleknock 3

 Ballyboden St. Enda A
 Lucan Sarsfields A
 St. Sylvesters A
 Clanna Gael Fontenoy
 Commercial
 Lucan Sarsfields A
 Nh. Mearnóg
 St. Brigids
 Good Counsel
 Lucan Sarsfields B
 Nh. Olaf
 St. Brigids A
 St. Sylvesters A
 Thomas Davis
 Na Fianna B
 Kilmacud Crokes A
 Craobh Chiaráin
 Setanta
 Bray Emmets

COMPETITION

PJ Troy Div.1
 PJ Troy Div.2
 PJ Troy Div.3
 Feile na nGael Div.1
 Feile na nGael Div.2
 Feile na nGael Div.3
 Feile na nGael Div.4
 Feile na nGael Div.5
 Feile na nGael Div.6
 Feile na nGael Div.7
 U15 "A" Championship
 U15 "B" Championship
 U15 "C" Championship
 U15 "D" Championship
 U15 "E" Championship
 U15 "A" Shield
 U15 "B" Shield
 U15 "C" Shield
 U15 "D" Shield
 U16 "A" Championship
 U16 "B" Championship
 U16 "C" Championship
 U16 "D" Championship
 U16 "A" Shield
 U16 "B" Shield
 U16 "C" Shield
 U16 "D" Shield

WINNERS

Kilmacud Crokes
 Cluain Tarbh
 Parnells
 Ballyboden St. Enda
 Nh Barrog
 Erins Isle
 Kevins HC
 Craobh Chiarain
 Lucan Sarsfields
 Liffey Gaels
 Na Fianna A
 Lucan Sarsfields A
 Naomh Fionnbarra
 Raheny
 Naomh Olaf
 Cluain Tarbh
 Naomh OP/ER
 Thomas Davis
 St Peregrines
 Na Fianna A
 Craobh Chiarain
 Whitehall Colmcille
 St Finians (S)
 Fingallians
 Naomh Barrog
 Naomh OP/ER
 Thomas Davis

RUNNERS-UP

Lucan Sarsfields
 Raheny
 Ballyboden St. Enda
 Nh OP/ER
 Skerries Harps
 Trinity Gaels
 Crumlin
 St Brigids A
 Whitehall Colmcille
 Craobh Chiarain
 Erins Isle
 Trinity Gaels
 Ballyboden St Enda A
 St Sylvesters
 Round Towers (C)
 Cuala B
 St Vincents
 Naomh Fionnbarra
 O Tooles
 St Marks
 St Judes
 St Brigids
 Setanta
 Na Fianna B

COMMITTEE MEMBERS 2013

BORD NA NÓG

- Cathaoirleach - Cionnaith Ó Suilleabháin / Ken O'Sullivan (Cuala)
- Leas Cathaoirleach - Bean Uí Lochlainn / Bernie MacLaughlin (Round Towers Clondalkin)
- Leas Rúnaí - Déaglán Ó Laoire / Declan O'Leary (Lucan Sarsfields)
- Ball / Member - Tomás Ó Riain / Tom Ryan (Na Fianna)
- Ball / Member - Caoimhín Ó Seachnasaigh /Kevin O'Shaughnessy
- Ball / Member - Eibhlín Ní Conghaile / Aileen Connolly

CCC1

- Cathaoirleach - Niall Ó Connachtáin / Niall Connaughton (Round Towers Clondalkin)
- Leas Rúnaí - Áine Ó Deá / Anne O'Dea (Na Fianna)
- Ball / Member - Darren Mac an Ultaigh / Darren Nulty (O'Dwyers)
- Ball / Member - Stiofán Ó Dúlaoich / Stephen Dooley (Skerries Harps)
- Ball / Member - Déaglán Ó Coltair / Declan Coulter (Nh Barrog)

CCC2

- Cathaoirleach - Seán Ó Lorcáin / John Larkin (St Peregrines)
- Leas Rúnaí - Mícheál Ó hÁinle / Mike Hanley (Lucan Sarsfields)
- Ball / Member - Filimín Mag Eochaidh / Phil Gough (Crumlin)
- Ball / Member - Daibhéid de Hearfort / Dave Harford (Ballyboden St Enda's)
- Ball / Member - Rónán Ó Liongáin / Ronan Lynch (St Sylvesters)

JUVENILE HEARING COMMITTEE

- Cathaoirleach - Tadhg Ó Cárthaigh / Timmy McCarthy (St Vincents)
- Rúnaí - Eibhlín Ó Dúláin / Elaine Dolan (Balinteer St John's)
- Ball / Member - Mait Ó Doinn / Matt Dunne (Crumlin)
- Ball / Member - Liam Mac Mathúna / Liam McMahon (St Judes)
- Ball / Member - Tomás Ó Flannabhra / Tommy Flannery (Lucan Sarsfields)
- Ball / Member - Gearard Ó Rothláin / Gerry Rowley (Scoil UI Chonaill)



Club Overview

Not Just a Club - A Way of Life

Cuala GAA

PRIMARY DETAILS

Address:

Cumann Iomána, Peile agus Camógaíochta Cuala
 Cuala Hurling, Football & Camogie Club, Hyde Park, Hyde Road, Dalkey, Co Dublin.
 Mondays & Fridays only, 9:30 - 12:30
 Tel: 01 2350717 Email: cualagaaclub@eircom.net

Clubhouse & Social Centre

Evenings from 20:30 Tel: 01 2850783

Key Contacts:

Chairperson: Declan Murray, decmurray@gmail.com , 086 6025770
 Vice-Chairperson: Emma Schutte, emma.schutte6@gmail.com 087 9206365
 Secretary: Tommy Drummond, secretary.cuala.dublin@gaa.ie 087 2305951
 Registrar: Adrian Dunne, dunnesecurity@eircom.net , 086 8549898
 Childrens' Officer (1): Zita McDermott, zitamcdermott@hotmail.com, 087 2235677
 Childrens' Officer (2): Colman Ó Drisceoil, codrisceoil@scoiliorcain.ie, 087 9453309
 Childrens' Officer (3): Fintan Quill, fintanquill@gmail.com, 086 8197352
 PRO: Michael Walsh, pro@cualagaa.ie
 Bookings: Lorraine Hayes, bookings@cualagaa.ie
 Webmaster: Michael Goodwin: webmaster@cualagaa.ie 087 2266140

GAMES SECTIONS

Year Born	Age Group	Section
1995 & earlier	18+	Adults
1996 & 1997	Under 18	Minors
1998	Under 16	
1999	Under 15	Juvenile Boys
2000	Under 14*	
2001	Under 13	
2002	Under 12	
2003	Under 11	
2004	Under 10	
2005	Under 9	Academy
2006	Under 8	
2007	Under 7	
2008	Under 6	

Ladies

Juvenile Girls

ORGANISATION

The central governing body of the Club is the Coiste ("Committee") comprising up to 15 Members elected at the Club AGM or subsequently co-opted to fill vacancies. The authority of the Coiste is defined in the club's Constitution . In addition to their formal representative and officer roles, members of the Coiste typically takes on additional responsibilities for leading club programmes or projects.

Officers:

Cathaoirleach: Declan Murray, decmurray@gmail.com, 086 6025770
 Leas-Cathaoirleach: Emma Schütte, emma.schutte6@gmail.com, 087 9206365
 Runai: Tommy Drummond, secretary.cuala.dublin@gaa.ie, 087 2305951
 Claraitheóir: Adrian Dunne, dunnesecurity@eircom.net, 086 854 9898

Games Representatives:

Football & Hurling: Anne Marie Kennedy (adult)
 Juvenile Boys: Damien McKeown
 Minors & U16: Mike Beary
 Juvenile Girls: Orla Tallon, orlatallon@gmail.com
 Academy: Gary Widger

Players' Representative:

Eoin Sheanon

Other Members:

Michael Walsh

Trustees:

The Assets of the Club are vested in its Trustees. These are
 - Colman O'Drisceoil (Cuala nominee)
 - Ciaran Irwin (Cuala nominee),
 - Mikey Sheanon (Cuala nominee),
 - John Costello (Dublin County Board nominee)
 - Michael Delaney (Leinster Council nominee)

OVERVIEW OF CUALA PANELS (REF 2014)

HURLING

Competition	Team	Birth Year
Senior A Hurling Championship (grp 1)	Cuala	
Adult Hurling Lge Division 1	Cuala	
Adult Hurling Lge Division 5	Cuala	
Adult Hurling Lge Division 9	Cuala	
Intermediate Hurling Championship	Cuala	
Junior A Championship	Cuala	
Junior D Championship (grp 2)	Cuala	
Minor Hurling Division 1	Cuala A	
Minor Hurling Divison 4 North	Cuala B	
U16 Hurling Championship A	Cuala A	1998
U16 Hurling Championship D	Cuala D	1998
U16 Hurling Lge Div.1	Cuala A	1998
U16 Hurling Lge Div.4	Cuala B	1998
U15 Hurling Championship A	Cuala A	1999
U15 Hurling Championship E	Cuala B	1999
U15 Hurling Lge Div.1	Cuala A	1999
U15 Hurling Lge Div.4	Cuala B	1999
U14 Hurling Feile	Cuala A	2000
U14 Hurling Feile	Cuala B	2000
U14 Hurling Lge Div.1	Cuala A	2000
U14 Hurling Lge Div.5	Cuala B	2000
U13 Hurling Lge Div.3	Cuala A	2001
U13 Hurling Lge Div.6	Cuala B	2001
U12 Hurling Div.3	Cuala 1	2002
U12 Hurling Div.7	Cuala 2	2002
U12 Hurling Div.9	Cuala 3	2002
U11 Hurling Gp.2a (2t)	Cuala 1	2003
U11 Hurling Gp.2a (2t)	Cuala 2	2003

FOOTBALL

Competition	Team	Birth Year
Adult Football League Div 2	Cuala	
Adult Football League Div 5	Cuala	
Adult Football League Div 9	Cuala	
Intermediate Football Championship	Cuala	
Junior Football Championship C	Cuala	
Junior Football Championship D	Cuala	
Minor Football Division 1	Cuala A	
Minor Football Divison 4A	Cuala B	
U16 Football Championship B	Cuala A	1998
U16 Football Championship C	Cuala B	1998
U16 Football Division 2	Cuala A	1998
U16 Football Division 6	Cuala B	1998
U15 Football Championship A		1999
U15 Football Championship D		1999
U15 Football Division 2	Cuala A	1999
U15 Football Division 6	Cuala B	1999
U14 Football Feile Peil	Cuala A	2000
U14 Football Feile Peil	Cuala B	2000
U14 Football Division 1	Cuala A	2000
U14 Football Division 7	Cuala B	2000
U13 Football Lge Div.4	Cuala A	2001
U13 Football Lge Div.8	Cuala B	2001
U12 Football Div.2	Cuala 1	2002
U12 Football Div.4	Cuala 2	2002
U12 Football Div.9	Cuala 3	2002
U11 Football Gp.2A 2T All County	Cuala 1	2003
U11 Football Gp.2A 2T All County	Cuala 2	2003

WHAT ARE THE GAA AGE RULES?

Adult Be over 16 years.

Under-21 Be Under 21 years and Over 16 years

Minor Be Under 18 years and Over 14 years

Under 16 Be Under 16 years and Over 12 years

Under 14 Be Under 14 years and Over 10 years

Under 12 Be Under 12 years and Over 9 years

To be "Under" an age shall mean that the player shall celebrate the Upper Limit birthday (e.g. 21st. for Under 21 Grade) on the 1st. January of the Championship Year or on a later date.

To be "Over" an age shall mean that the player shall have celebrated the Lower Limit birthday (e.g. 16th. to participate in Senior/Under 21 Grades) prior to the 1st. January of the Championship Year.




Structure of the Club and where we currently play

Cuala GAA

Not Just a Club - A Way of Life

Competition Authority
Dublin GAA

 = Team from Cuala GAA

	Adult		Adult		Adult		Adult		
	Minor	Born 1997 / 1996 School 5th Yr / 6th Yr	Junior	School 6th Year Leaving Cert.	Intermediate		Senior		
	Info	Teams	Info	Teams	Info	Teams	Info	Teams	
FOOTBALL	Champ A (won 2006, 2013)		Champ A (won 1978, 2013)		Champ A (won 1981, 2012)		Champ A (Never Won)	16	
	Champ B		Champ B (won 2008)		Champ B				
	Champ C		Champ C		Champ C				
	Champ D		Champ D (won 2012)		Champ D				
	Champ E		Champ E		Champ E				
	Champ F		Champ F		Champ F				
	Champ G		Champ G		Champ G				
				Knockout format		Runners up 2011 & 2010			
	League Div 1	8					League Div 1	16	
	League Div 2A	9					League Div 2	16	
	League Div 2B	8					League Div 3	16	
	League Div 3 A	8					League Div 4	16	
	League Div 3 B	14					League Div 5	16	
	League Div 4 A	12					League Div 6	16	
League Div 4 B	14					League Div 7	16		
						League Div 8	16		
						League Div 9	16		
						League Div 10 North	14		
						League Div 10 Midland	14		
						League Div 10 South	14		
HURLING	League Div 1	8	Champ A (won 1985, 1993)	19	League Group 1	9	League Div 1		
	League Div 2 North	9	Champ B (grp 1 & 2)	17	League Group 2	9	League Div 2		
	League Div 2 South	9	Champ C	18			League Div 3		
	League Div 3	8	Champ D	18			League Div 4		
	League Div 4 North	9	Champ E	18			League Div 5		
	League Div 4 South	9	Champ f	18			League Div 6		
							League Div 7		
							League Div 8		
							League Div 9		
	Champ A Final (2008)								
	Champ B						Champs A (won 89, 91, 94)		
	Champ C						Champs Senior Gp 1		
	Champ D						Champs Senior Gp 2		
	Champ E						Champs Seniro Gp 3		
Champ F						Champs Senior Gp 4			
Champ G						Champs Senior B (1 & 2)			
						Round Robin	16		

STATEMENT OF PRINCIPLES

The aim of the Juvenile Boys section with Cuala is to provide a framework where teams and players can learn and develop the skills of Gaelic football and hurling in a safe and inclusive environment, where they can represent the club in Dublin GAA games and competitions and where they and their parents can participate in and continually develop a community based on the club which goes beyond the playing pitch.

STRUCTURE

The Juvenile Committee consists of two representatives to each age from u8 to u15, from which are elected officers to assist in the smooth running of the section.

Individual age groups are to be self organising and self funding. They will be supported by the Juvenile Committee and the club in order to full fill the statement of principles outlined above.

INDIVIDUAL AGE GROUP GUIDELINES

Cuala does not enter teams in Dublin county competition at this age, concentrating instead on the graduation of the boys from the Academy and the development of core skills through training rather than matches. Blitzes and non competitive tournaments are entered as the opportunity arises and we host our own Brendan Ryan Memorial tournament to coincide with the Family Fun Day. Groups formed for these should be structured so that an even range of abilities are represented across each group.

COMPLIANCE TO DUBLIN COUNTY BOARD STRUCTURES

The governance of Juvenile games is governed by two separate sets of guidelines, from U8 to U12 which is developmental first and foremost and which only slowly introduces competition: then U13 to U15 which becomes more competitive with fully streamed competitions allowing clubs and teams to play different levels appropriate to their level of ability.

Cuala endorses this approach and abides by the principles and ethos of the GO Games. It operates though as a single section in order to benefit from the passing on of experience from age groups across a broader spectrum.

MENTORING

Mentoring a team is a significant responsibility and can bring pressures which are unexpected in a voluntary environment such as the GAA. Mentors should operate as a team of two to three so that decisions are taken on a collective basis for the good of the overall group.

STATEMENT OF PRINCIPLES *(Continued)*

PLAYERS PLAYING AT THEIR OWN AGE GROUP

Players should play at their own age group. Cuala is a large club fielding multiple teams every age from U9 to U15. The earlier players are filtered into their own age group the easier this will be over time to manage their and their Groups Development. This should be communicated clearly to parents from an as early a stage as possible and reiterated regularly. If a player is playing above his own age group it could be seen at some point as their depriving a player in that age group of game time or a place in the starting line up. It is also clear that if a player is playing out of their correct age group that the age group behind, particularly in the early years will be missing players that would be among the leaders of that group. Decisions taken with regard to under age players affect two whole groups, not just an individual player. As such it is recommended that all players train and play primarily within their own age group.

PLAYERS BEING ASKED TO 'PLAY UP' WITHIN A GROUP OR ACROSS AGE GROUPS

Whenever it is felt necessary or appropriate to expand a panel of players, communication must be on a mentor to mentor basis. Communication should not consist solely of asking a child or a parent or vice versa. The mentors of the boy's principal team or group will best be able to judge the impact on the player and just as importantly on their group of such a request.

PANEL SIZE

Cuala should enter as many teams as it needs to provide sufficient game time for all players. As a general rule of thumb no single panel should have more than 150% of a starting line up so at 9-a side the optimum panel size should be no more than 13, at 13-a-side no more than 19 and so on.

This allows for some unavailability of players but avoids a long line of substitute players to be brought in and out of the game.

COMMUNICATION

Communication with the group as a whole should commence at an early age and continue throughout the boys time in Juvenile section. Regular email updates and team meetings specific to the group should be clear to give equal prominence to the achievements of all players and teams.

A C team winning Division 7 can be as great an achievement for that group of players as an A Team winning Division One. It is important to recognise this and re-inforce the group as opposed to the team wherever possible away from the pitch. The boy's lives cross over at many points beyond Cuala and it would be unacceptable for us to be seen as promoting any groups as an "Elite" within the overall group of boys.

TRAINING

Training is a vital part of the development of our players and teams. From U10 up it is recommended that groups train twice a week as well as having matches at the weekend. Introducing the importance of training and highlighting the need to prioritise GAA as a sporting choice is best done at an early age.

It will be at the discretion of each group to decide at which point a non appearance at training should result in dropping a team or starting on the sidelines but care should be taken on the overall impact on any decisions which are, or are not, taken in this regard.


 UNDER
9

Groups may at this stage choose to enter sufficient teams to cater for their full group, or a smaller number which allows the gradual introduction of matches alongside further skill development. Games are played at 9-a-side in football and hurling, according to Go Game rules and groups are split into three-team, two-team or single-team sub-groups. Whatever way the group decides to go, each sub-group should be put together so that each sub-group should be roughly of equal ability. Sub-groups should be mixed around at least once so that players get to participate across a wider range of teammates and under the coaching of different mentors. When each group is playing other clubs, the players in three or two-team sub-groups should be matched by team with players of similar ability to provide the best opportunity for them to enjoy playing at the right level. Such selection of players should be mixed up within reason to avoid the creation of a hierarchy at this early age and it should be clear to players and parent that movement across teams within sub groups occurs fairly and frequently.

On any given day therefore a two team sub-group would have a stronger team and a less strong team though use of language with the boys and the parents is important to get right. This Approach to sub-groups and teams is consistent with the "rules" for Go Games as set out by Dublin County Board CCCI.


 UNDER
10

At this stage groups should be fielding the full number of teams to cater for all the players within their group (see note below on panel size). As with U9, sub-groups should again be of roughly equal ability, with players in three or two-team sub-groups matched with players of similar ability from the opposing clubs. The approach to these sub-groups and teams is to be consistent with that set out under the under 9 section above.

Matches are organised according to go games rules by the county board and fixtures are set each week though, no record of individual scores or results is kept and there are no league winners. In December Cuala is proud to be invited to participate in the John Humphreys memorial Tournament run by St James Gaels. This is a football tournament played after Christmas on the all weather and allows mentors to select a streamed panel of potential 'A' Players to represent the whole group.


 UNDER
11

This is the first age at which players should be streamed according to ability. If the group is sufficiently big to accommodate four or more teams it should do so. Two team groups are there to cater for larger clubs such as ours. Streaming should be accordingly to an A,B,C, D grading though if entering two-team groups this should be an A panel and a B panel with each of these panels accompanied by a blended C/D panel in order not to fully expose the weaker players at such an early age.


 UNDER
12

Teams will now be streamed. League placement will be based on performance in a grading tournament at the start of the season and final gradings are determined by a County Board delegate meeting at which the club will be represented to state a case for playing at the appropriate level.

Games are played at 13-a-side in the top divisions but teams may field as low as 11-a side in lower leagues. There is an Easter tournament in Football where players are put forward from each team within each club to play on representative south and north county teams. There is a Leinster Blitz in late August where teams from across the province are hosted by Dublin Clubs in single day blitzes. Care should be taken to evaluate player development and move players between groups to match their abilities, either on full time or even a game by game basis, depending on the mentor's assessment of the players.

GENERAL GUIDELINES FOR U8 TO U12

The principle aim of games and coaching at this early group is to develop skills and ensure that players are enjoying their participation in Cuala. Streaming is always a sensitive subject and should be handled by a group basis, taking into account the impact a grading might have on players themselves as part of their peer groups as well as the less welcome pressures that may come from parents differing estimation of their sons ability.

Up to U11, formal streaming does not take place on the basis of a hierarchy. Ability is taken into account by creating sub-groups within multi team groups that are of broadly comparable ability. However, consistent with CCC1 rules, teams within sub-groups should be matched by ability with those of the opposition to maximise the development and enjoyment of players of all abilities. Coaches and mentors should make best efforts

to ensure that each team and each sub-group are given the same level of care and attention, on match days and at training. Naming and communication should be reference to colours, animals, legends or any system that does not yet confer a sense of pecking order. Even when full streaming by ability does take place from U11 the same emphasis on naming as opposed to an overt A to D branding should be followed.

From U8 to U12 all children should have a minimum of at least half a match in every game. Ideally all players should have equal game time but certainly no less than half a match regardless of availability. It is also important to rotate players in position and avoid pigeon holding players to a particular fixed position which they may be uncomfortable with.


 UNDER
13

The full impact of secondary schools and other sports is now being felt and panels are likely to have shrunk to some extent through competing activities and schedules. Mentors should be aware of the competing activities and seek wherever possible open dialogue with the parents and the boys to persuade them that there is a longer term future at Cuala than at almost any other club or sport. Games are 15- a side in the top divisions though teams of 13 or 11-a-side are permitted in the lower divisions.

Games are competitive.

The group should enter enough teams to cater for the full of the panel. If a smaller number short of a full team, they may agree with U12 mentors to allow players to play up so as to fulfil fixtures. U13 games take place on Saturday afternoons, meaning U12 players are not being asked to play two full games back to back which should be avoided at younger age groups for reasons of player welfare.

The U13 group is invited each year to participate in the PJ Troy Memorial tournament at Whitehall Colmcilles.


 UNDER
14

U14 is now full 15 a side and again sufficient teams should be entered to cater for the full of the group. The Feile competitions are recognised as landmark tournaments for Juvenile Boys, allowing them to compete cross country and at All Ireland level, if successful for the first time.

Great care should be taken to strike the correct balance between representing Cuala to the best of the group's ability and maintaining the ethos of participation and inclusiveness that should have been so important in bringing groups of players to this age still with a great interest in the games and the club.

When naming panels for these tournaments it is permitted to call on players from younger age groups but it is recommended that younger player should be brought in as supplementary players to a group, rather than as replacements for players who deserve their chance to play on the bigger stage that Feile represents.


 UNDER UNDER
15 16

U15 is moving towards another level of competition with the first participation in the Championship Football and Hurling. At this stage, teams and players may be considered as moving closely toward represent the club at a higher level with minor and adult looming on the horizon.

Our approach should be similar in entering enough teams to cater for the size of the panel and ensuring that all players who remain committed to the team and the club are given an opportunity to play. It will be at the discretion of team mentors, acting in consultation with players, parents and the club to field as strong a panel as they can, mindful of the impact that dropping a player from a big game can have on his self esteem or continued involvement.

Each group will have a different dynamic and it is recommend that mentors consult with the Juvenile Committee and the mentors that have gone before them before reaching a decision on where to draft in players to a panel from, different teams within the age group for from lower ages

GENERAL GUIDELINES FOR U13 TO U15/16

The statement of principles where we string the right balance between success in competition and success as mentors of young player will of necessity apply in different shades to each age group.

At U13 and U14 it should be that any younger age group players brought into a panel should be so as supplementary players and not seen by existing loyal and committed players as replacements for them. Success is a noble ambition but not at the expense of destroying a team ethic and turning off players who may one day be the backbone of older clubs as their talent develops.

At U13/U16 if circumstances produce tow groups that fall between the optimum numbers for a panel it may be considered that the age groups merge as one with an A and B panel drawn from across the two age groups competing at the appropriate level in

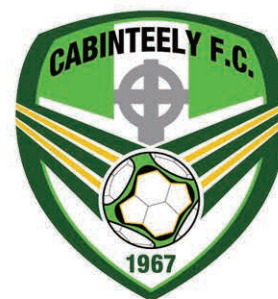
the older group. This is standard practice in other counties and within other clubs where numbers of players is an issue. It should not arise in a club with the drawing power and hinterland of Cuala but where it does it is better to seek a solution rather than exacerbate two problems.

"Success has many parent".. meaning that the building of a team to this point is done as a group and that must be recognised and given priority.

Beyond U14, the harsher realities of selection and competition for places can be introduced as a positive with less likely detrimental impact on individuals self esteem, though care should continue to be taken in recognising individual circumstances within each group as it progresses through the club.



**BLACKROCK COLLEGE
R.F.C.**



Cabinteely Football Club



GOLDEN JUBILEE
1953 - 2003

Understanding the Pressures on Youth Players in Cuala

- Local Context

Not Just a Club - A Way of Life

Cuala GAA

POPULATION & GAA



Dun Laoghaire & Rathdown (Cuala homeland)

POPULATION
206,261

7
GAA CLUBS
DLR

65
FAI CLUBS
Dublin South

3
IRFU CLUBS
DLR

Dun Laoghaire Cuala	Use of Public Facilities
Dun Laoghaire Ballinteer St Johns	Own Grounds
Dun Laoghaire Geraldine Morans	Own Grounds
Dun Laoghaire Kilmacud Crokes	Own Grounds
Dun Laoghaire Naomh Olaf	Own Grounds
Dun Laoghaire Stars of Erin	Own Grounds
Dun Laoghaire Foxrock-Cabinteely	Use of Public Facilities (Ladies only)

South County Dublin is not a natural GAA Heartland (see 'Kerry' below for comparison)



Kerry (for comparison)

POPULATION
145,505

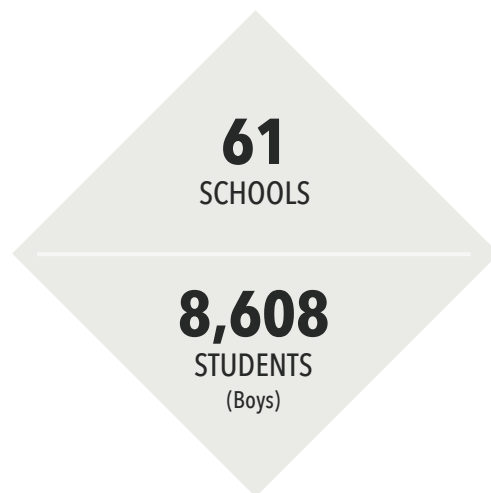
78
GAA CLUBS

FAI

IRFU

PRIMARY EDUCATION

Dun Laoghaire Rathdown area



SECONDARY EDUCATION Dun Laoghaire Rathdown area

School Name	Address	B/G/M	Fees	Ethos/Religion	Girls	Boys	Sport
Clonkeen College	Clonkeen Road	Boys	N	Catholic		515	GAA
Colaiste Eanna	Ballyroan	Boys	N	Catholic		573	GAA
Colaiste Eoin	Baile an Bhóthair	Boys	N	Catholic		490	GAA
Oatlands College	Mount Merrion	Boys	N	Catholic		542	GAA
St Benildus College	Upper Kilmacud Road	Boys	N	Catholic		732	GAA
St Laurence College	Loughlinstown	Mixed	N	Catholic	166	201	GAA
Blackrock College	Blackrock	Boys	Y	Catholic		1,004	Rugby
Christian Brothers College	Monkstown Park	Boys	Y	Catholic		468	Rugby
St Andrews College	Boosterstown Avenue	Mixed	Y	Church of Ireland	484	502	Rugby
St Michaels College	Ailesbury Road	Boys	Y	Catholic		600	Rugby
Willow Park School	Rock Road	Boys	Y	Catholic		192	Rugby
Senior College Dun Laoghaire	Eblana Avenue	Mixed	N	Inter Denomination	618	382	All
Dun Laoghaire Further Education Initiative	Further Education	Mixed	N	Inter Denomination	316	467	All
Sallynoggin College of Further Education	Pearse Street	Mixed	N	Inter Denomination	486	218	All
Stillorgan College of Further Education	Further Education	Mixed	N	Inter Denomination	101	122	All
Newpark Comprehensive School	Newtown Park Avenue	Mixed	N	Inter Denomination	357	480	All
Cabinteely Community School	Cabinteely	Mixed	N	Inter Denomination	249	287	All

GAA focused schools represent 39% of the total

Rugby focused schools represent 35% of the total

Total Boys 7,770

The Cuala Youth Player & Juvenile Transition influences from U11 to Minor

THE BIG ISSUE

Transition from Primary School to 1st Year in Secondary School shows the following impacts:

Football drop-off rate from 64% down to 42%
Hurling drop-off rate from 43% down to 21%

INFLUENCES

Change of school from Primary to Secondary Schools with policies focused on Rugby, GAA or Other Sports

CONSEQUENCES

- 1 Increased focus on education 'Point Attainment' and exam pressures
- 2 Increased focus from GAA Secondary Schools and participation leading to rapid skills development for some squad members widening the gap between players at the club level
- 3 Increased focus from Rugby Secondary Schools forcing limited player involvement in non-core and external sports
- 4 Player Pathway Now **BROKEN**

RESULT

- Drop-out rates increase over term (small 'blip' increase during Transition Year)
- Squad differential increases disillusionment from some squad members in non-GAA schools which increases drop-out rates
- Pressure to choose a 'Primary Sport'
- Loss of Skills & Flexibility

Players will **DRIFT**

Participation in ALL SPORT is radically reduced

How to improve the Player Pathway

- Better links between Schools and Sports Clubs

- Better links between Sports Clubs and other Sports Clubs

- Communication and Understanding by Parents, Mentors, Coaches and Teachers

- Education of Player Pathway to ALL Players, to include Burnout, Injuries, Stress, Time Management

- Willingness to Accept and Change
 - Welcome 'Home/Back' Policy
 - Willingness to accept the Player Issues and help offer Meaningful Solutions

- **Develop a Robust Mapping Pathway Structure by the adoption of annual assessment to enable individual coaching and player pathway mentor development.**
(See over for proposed 'Squad Pathway Structure')

Squad Pathway Structure

			UNDER 11 CCC1		UNDER 12 CCC1		UNDER 13 CCC1		UNDER 14 CCC2		UNDER 15 CCC2		UNDER 16 CCC2		Minor Adult		Junior Adult		Senior Adult	
			Born 2003	School 5th Cl	Born 2002	School 6th Cl	Born 2001	School 1st Yr	Born 2000	School 2nd Yr	Born 1999	School 3rd Yr	Born 1998	School Trans Yr	Born 1997	School 5th Yr	Born 1996	School 6th Yr	Born 1995	School College
Fitness Assessment	Annual	Speed Endurance Recovery Timings	SER		SER		SER		SER		SER		SER		SER		SER		SER	
Medical Assessment	Annual	Questionaire	Nov		Nov		Nov		Nov		Nov		Nov		Nov		Nov		Nov	
Fitness to Play		Screening																		
	Every 2 yrs	ECG/BP/Hrate/Cardiac Auscultation					Mandatory Nov								Mandatory Nov		Mandatory Nov		Mandatory Nov	
Medical Questionaire	Annual Annual Annual Annual	Height Weight Allergies Injuries Medicine																		
First Aid - Basic	Workshop Workshop Workshop Workshop	CPR Revival Trauma/Wounds Concussion	Session W/shop		Session W/shop		Session W/shop		Session W/shop		Session W/shop		Session W/shop		Session W/shop		Session W/shop		Session W/shop	
Welfare		Hurling	Helmet		Helmet		Helmet		Helmet		Helmet		Helmet		Helmet		Helmet		Helmet	
		Football Kit fit for Conditions Hydration Emergency/Contact	Mouthguard FF Purpose Mandatory Mandatory		Mouthguard FF Purpose Mandatory Mandatory		Mouthguard FF Purpose Mandatory Mandatory		Mouthguard FF Purpose Mandatory Mandatory		Mouthguard FF Purpose Mandatory Mandatory		Mouthguard FF Purpose Mandatory Mandatory		Mouthguard FF Purpose Mandatory Mandatory		Mouthguard FF Purpose Mandatory Mandatory		Mouthguard FF Purpose Mandatory Mandatory	
Playing Practice		Warm Up GAA +15 Recovery & Stretching	Mandatory		Mandatory		Mandatory		Mandatory		Mandatory		Mandatory		Mandatory		Mandatory		Mandatory	
Life Skills & Development		Nutrition Intergration/Bullying Social Media	Work shop Jan		Work shop Jan		Work shop Jan		Work shop Jan		Work shop Jan		Work shop Jan		Work shop Jan		Work shop Jan		Work shop Jan	
		Alcohol Awareness Gambling Mental Health Stress Mapping					Work shop Jan (AA,G,MH,SM)						Work shop Jan (AA,G,MH,SM)							
Player Burnout	Annual	Commitment Mapping Management (ongoing & live)	Nov		Nov		Nov		Nov		Nov		Nov		Nov		Nov		Nov	
Protection & Security	Mandatory Mandatory Mandatory	Irish Sports Council Vetting (Garda) Liaison Officers	By Jan By Jan By Jan		Annual/N Per.		Annual/N Per.		Annual/N Per.		Annual/N Per.		Annual/N Per.		Annual/N Per.		Annual/N Per.		Annual/N Per.	
Skills Mapping		Hurling Football	Nov Nov		Nov Nov		Nov Nov		Nov Nov		Nov Nov		Nov Nov		Nov Nov		Nov Nov		Nov Nov	



Player Pathway

**Squad Development
& Welfare**

Not Just a Club - A Way of Life

Cuala GAA

Given the complexity of section, squad and team management structures within the club, it is recommended that Cuala GAA 'Squad Welfare Pathway' is clearly outlined for potential use by all squad management.

Currently whilst every squad has a wealth and depth of experience pertaining to that individual squad, the transition and flow of information between squad age-groups could greatly benefit all concerned.

Whilst there is a flow of information between coaches and managers, the information-flow between players and parents of different squad years could benefit greatly by a knowledge and understanding of those involved in following years.

Key training notes, guides to individual competitions, practicalities of set-up and learnings, should all be captured in a robust and meaningful way that, in effect, constitutes the player IP of Cuala.

It is of great importance that this information (or 'recipe for success') remains within the club and is available as part of the education process of all members.

What follows is an overview of a squad welfare system that will help demonstrate to all the pathway for success.

What is not included are the key fundamental and insightful learnings that each team manager should pass back down the line.

SQUAD WELFARE PATHWAY, FOR ALL SQUADS, SHOULD CONSIST OF

- **Fitness Assessment**
- **Medical Assessment**
- **Fitness to Play**
- **Medical Questionnaire**
- **First Aid - Basic**
- **Welfare**
- **Playing Practice**
- **Life Skills & Development**
- **Player Burnout**
- **Protection & Security**
- **Skills Mapping**

Injuries and injury-prevention is of paramount importance for all



Injuries & Injury Prevention

Not Just a Club - A Way of Life

Cuala GAA

Player Welfare and Safety is the foundation stone of the Player Pathway and MUST be of paramount importance to all.

The player is central to the club and all of its activities

SOME COMMON MISCONCEPTIONS

INJURIES ARE NOT 'AGE-EXCLUSIVE' BOTH ADULTS AND CHILDREN GET INJURED

Injuries are 'TYPE-SPECIFIC' for Hurling and Football, not 'AGE-SPECIFIC'
(with one/two minor exceptions for Knee and hip injuries)

In GAA football for example injuries for both Adult and Youth players follow similar patterns.

Whilst injuries follow similar patterns for adult and youths, data suggests that injuries for all sports GAA, Rugby and Soccer increase with Age.
(Note: data capture methods for youth injuries is somewhat sporadic with a bias towards Adult Data Capture via - Club Injury Data Capture methods)

According to Irish Sports Council, injuries are responsible for 22% of drop out rates in GAA, 35% in Soccer.

Whilst the reasons for Injuries in GAA are many, Injury PREVENTION and Good Club Welfare practice will radically help to reduce 'Rate of Injury' and importantly, 'Type of Injury'.

An injured and/or recovering player must be a priority

**Comparative Studies: Sports Injuries Research Centre
University of Limerick**

INJURIES (In School Season)	Hurling	Football
Players	74	150
Training Hours (Ave)	4.3	4.13
Match Hours	1.15	1.84
Match Injuries	92	136
Training Injuries	43	63
Injuries per 1,000 hrs of Matches	34.2	17.5
Injuries per 1,000 hrs of Training	4.38	3.1
Injury Time per season	14.3%	
Types of Injuries		
Hamstring	41%	
Sprains / Contusions	30%	
Finger	13%	
Injuries attributable to Foul Play	41%	34.8%
How Injuries were treated		
Hospital Visits		83
GP Visits		51
Physiotherapists		28
No Treatment		38

SUMMARY

Players are **TWICE** as likely to be injured in a Match than in Training

Players are **TWICE** as likely to be injured in Hurling than in Gaelic Football

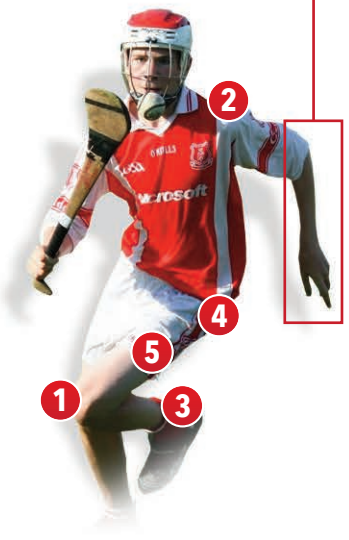
Injury Times Per Season Per Squad **15% Loss**

Injuries attributable to Foul Play in Hurling **41% of all injuries**

Injuries attributable to Foul Play in Football **35% of all injuries**

2013 INJURY SUMMARY REPORT - by Frequency

21% of ALL injuries occur in this area



Injury Type	HURLING				FOOTBALL				COMBINED	
	Adult Hurling	Youth Hurling	TOTAL	%	Adult Football	Youth Football	TOTAL	%	TOTAL	%
Knee	406	48	454	26%	1093	173	1266	29%	1720	28%
Shoulder	115	26	141	8%	361	42	403	9%	544	9%
Ankle	97	21	118	7%	355	49	404	9%	522	9%
Thigh	79	6	85	5%	289	22	311	7%	396	7%
Hip	98	4	102	6%	238	15	253	6%	355	6%
Leg	44	7	51	3%	265	22	287	7%	338	6%
Teeth	64	16	80	5%	198	39	237	5%	317	5%
Groin	92	0	92	5%	186	7	193	4%	285	5%
Back	51	3	54	3%	187	17	204	5%	258	4%
Finger	105	18	123	7%	80	15	95	2%	218	4%
Hand	97	15	112	6%	88	6	94	2%	206	3%
Thumb	64	14	78	5%	45	12	57	1%	135	2%
Wrist	29	5	34	2%	71	26	97	2%	131	2%
Foot	34	2	36	2%	62	13	75	2%	111	2%
Nose	5	0	5	0%	58	15	73	2%	78	1%
Arm	21	7	28	2%	31	13	44	1%	72	1%
Facial	8	4	12	1%	38	6	44	1%	56	1%
Abdominal	14	1	15	1%	31	3	34	1%	49	1%
Elbow	8	3	11	1%	26	5	31	1%	42	1%
Head	12	0	12	1%	17	11	28	1%	40	1%
Jaw	6	2	8	0%	26	2	28	1%	36	1%
Collar Bone	9	1	10	1%	17	2	19	0%	29	0%
Neck	9	1	10	1%	17	0	17	0%	27	0%
Eye	7	0	7	0%	17	1	18	0%	25	0%
Rib	7	1	8	0%	15	2	17	0%	25	0%
Chest	10	1	11	1%	6	1	7	0%	18	0%
Muscular	0	0	0	0%	14	2	16	0%	16	0%
Toe	6	2	8	0%	5	0	5	0%	13	0%
Testicle	8	1	9	1%	2	0	2	0%	11	0%
Ear	4	3	7	0%	2	0	2	0%	9	0%
Internal Organ	2	0	2	0%	4	0	4	0%	6	0%
Heart \ Angina \ Respiratory	1	0	1	0%	1	1	2	0%	3	0%
Total	1512	212	1724		3845	522	4367		6091	



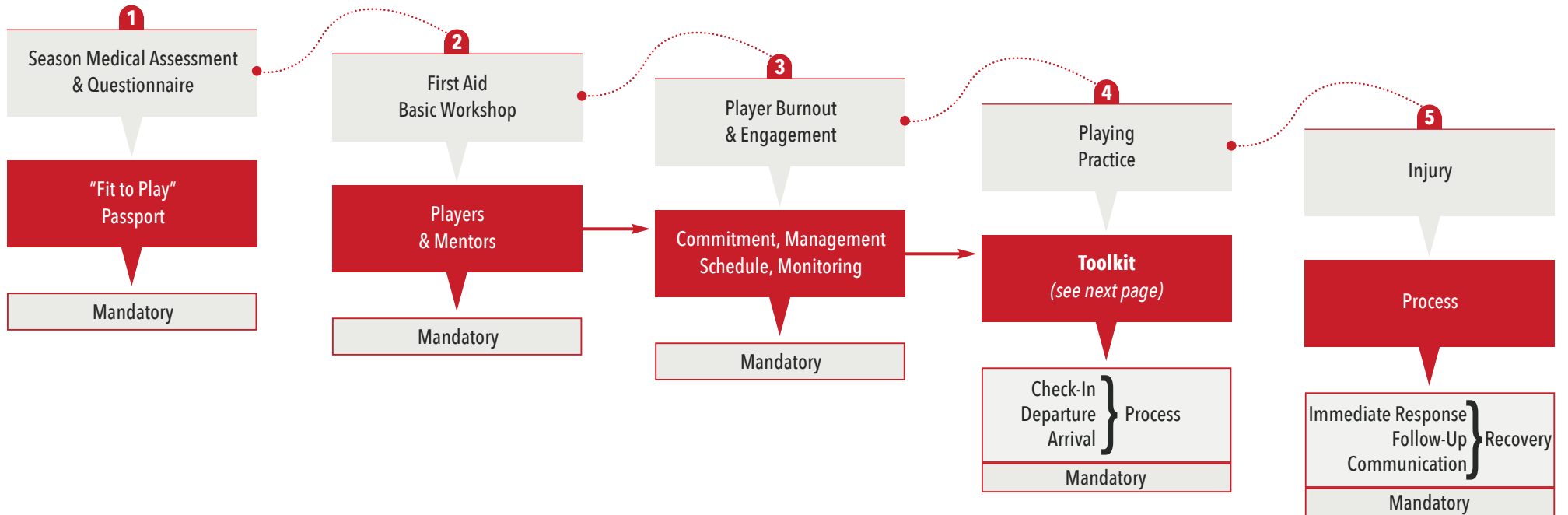
Sports injuries are not accidents. They are predictable incidents that are amenable to prevention.

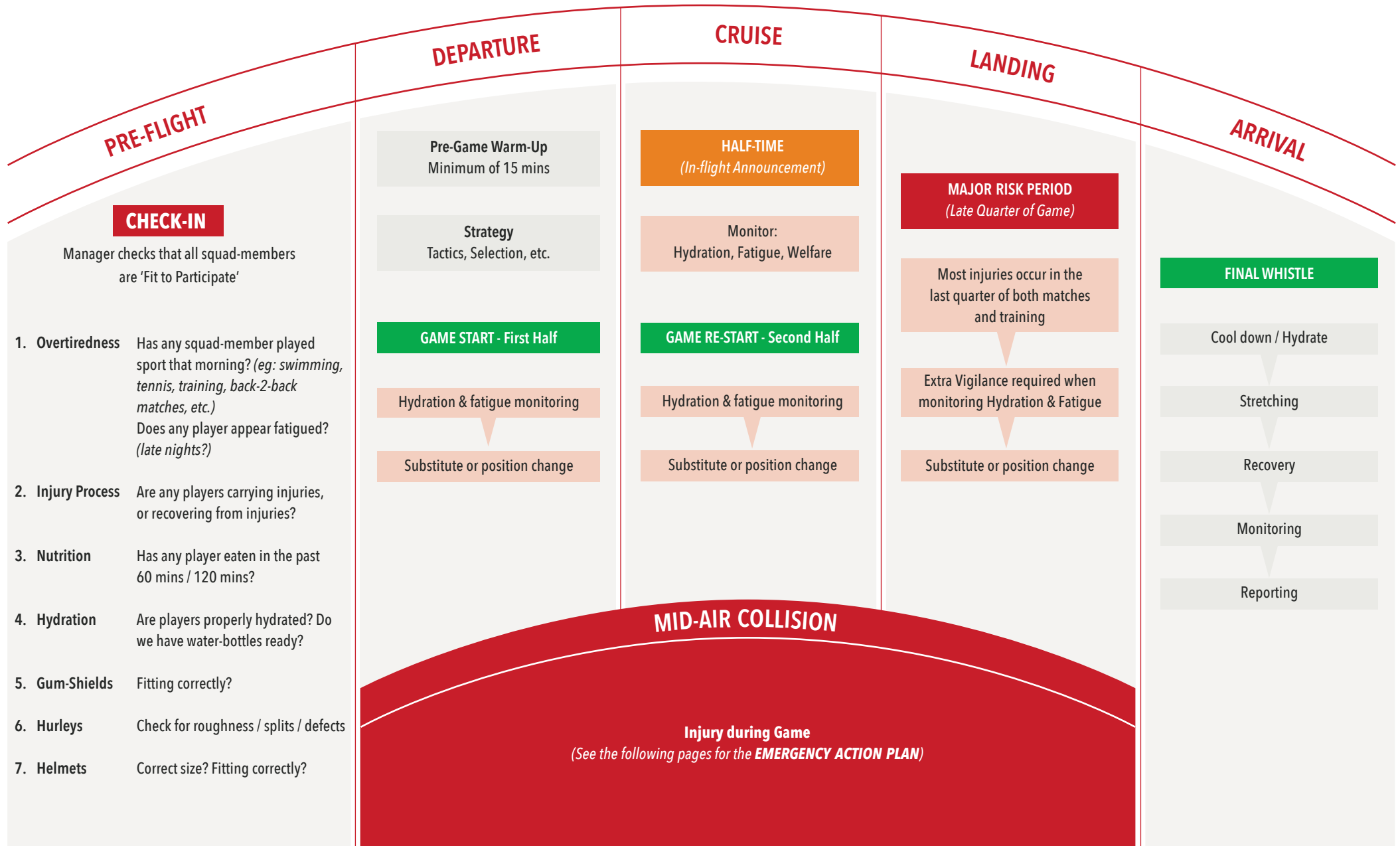
There are many reasons why sports injuries occur. Research has identified the factors below

The Identification, Address, Solution Management, and Communication of the 'Injury Player Platform' will substantially reduce injuries in the club, consequently, improve player welfare.

What follows below is a platform that should be adopted by all club mentors, for all ages, as part of the Squad & Player injury prevention toolkit

- Lack of Coaching Education
- Inadequate pre-participation physical exams
- Hazardous playing fields
- Conditioning and training errors
- Improper, poorly-fitted, or inadequate safety equipment
- Playing whilst injured or over-tired
- Declining fitness levels of children
- GROUPING TEAMS BY AGE INSTEAD OF SIZE
- Poor Nutrition
- Rules and Officials
- Lack of enforcement of rules
- Improper technique
- Inadequate supervision
- Psychologic stress
- Weather Conditions
- Growth of Youth





INJURIES OCCURRING IN ALL GAMES AND TRAINING

Player welfare is at the Heart of the Club - Players are our foundation and MUST be protected at all costs:

WHEN AN INJURY OCCURS:

- Ensure permission is agreed to treat the player (*permission should be gained at the start of each season as per Medical Questionnaire and Alert Mapping*)
Diagnose and Act (D&A)

You do not need medical expertise - you simply need the skillset and tools to organise the correct aid

- Basic Medical Equipment (first-aid kit)
- Emergency Contact List
- Emergency Funding
- Procedure for (a) Treatment - Immediate on Pitch
(b) Treatment - Off Pitch
(c) Transportation to Hospital
(d) Transportation to Care Clinics
- Procedure and Player Injury Support
- Communication and Follow-Up - **Care, Understanding, Analysis, Learning & Avoidance (C.U.A.L.A. - Injury Pathway)**

Injuries will either be - Acute or Mild

- When in doubt - take the player out (...and substitute accordingly)
- For acute injuries - seek IMMEDIATE medical emergency assistance

BE SAFE - GET HELP - SHOUT - DIAL 911
EMERGENCIES

A	Airways	<i>Is chest moving? Can you feel the air being expelled?</i>
B	Breathing	<i>Is air getting in and out? No blockage?</i>
A	Circulation	<i>Is there a pulse? Check at neck</i>
A	Defibrillator	<i>Follow the instructions on the machine</i>

A comparative study of Sports-Related Injuries presenting to Cork University Hospital over a 6-month period for all children under 17

Data	
No. of sports-related injuries	409
Soccer	56%
Gaelic Football & Hurling	24%
Rugby	20%
Main Injury	
Fracture	50%
Fracture	42%
Tissue	44%

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 & 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

Recognise – the symptoms and signs

Remove – the player if suspicious and refer to a doctor

Reiterate - 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
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.

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	Running drills,	Add Movement
4. No Contact 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 & cognitive load
6. Return to play	Normal game play	Restore confidence and assess functional skills by coaching staff

HEAD INJURY & CONCUSSION RECAP

SYMPTOMS	SIGNS
Nausea / vomiting	Loss of consciousness
Dizziness	Poor coordination or balance
Confusion / Amnesia (memory difficulties)	Poor concentration and attention span
Fatigue	Slurred speech
Light headedness	Vacant stare / glassy eyed
Headaches	Slow to answer question or follow direction
Irritability	Inappropriate playing behaviour
Disorientation	Decreased playing ability
Seeing bright lights or stars	Fitting / Convulsion
Feeling of being stunned	Personality change
Depression & Sleep disturbance	Displaying inappropriate emotions
<p>Concussion should be suspected in the presence of ANY ONE or more or either of the above symptoms, signs or memory difficulties.</p> <p>BEWARE POSSIBLE ASSOCIATED NECK INJURIES - GET PROFESSIONAL HELP</p>	

Hospitals & Emergency units - base information for all Mentors , Parents and Players

Temple Street	01 787 4200	www.templestreet.ie
Crumlins Children Hospital	01 409 6100	www.olchc.ie
Tallaght Hospital	01 414 2000	www.amnch.ie
St Vincents Hospital	01 221 4000	www.stvincents.ie
Beacon Hospital	01 293 6600	www.beaconhospital.ie
Blackrock Clinic	01 283 2222	www.blackrock-clinic.ie
Sports Injury Clinic Santry	01 526 2000	www.sportsurgeryclinic.com

SOFT TISSUE INJURY

R - REST

You should rest the injured area for 24-48 hours. Crutches may be needed to take the weight off an injured knee or ankle. Make sure that you know how to use the crutches properly. Use them on the uninjured side to relieve pressure from the injured side. Support a strained elbow or shoulder with a sling.

I - ICE

Apply an ice pack (e.g. pack of frozen peas or a bag filled with crushed ice wrapped in a towel) as soon as the injury occurs. Repeat up to three times a day. To avoid frostbite do not apply the ice pack for longer than 20 minutes.

C - COMPRESSION

Wrap the affected area in an elastic bandage tightly - but not so tight as to cause compromise of the blood supply to the affected area.

E - ELEVATION

To reduce swelling, elevate the affected area above the level of the heart.

SEEK HELP EARLY!

Not to be used as an operational medical guide - for indicative scenarios only. For further information contact the sports medicine unit at www.rcsi.ie

SCENARIO 1 - CERVICAL SPINE

A player remains in the prone position on the pitch after involvement in a collision with another player.

DIAGNOSIS/ASSESSMENT

From a sideline perspective, he is motionless without witnessed extremity movement, and his teammates are waving in a frantic fashion towards the medical staff. Upon initial assessment, he is alert and complaining of neck pain. What are the first steps in the evaluation of this player? Should he be rolled to a supine position? What are the indications for equipment removal? Does he need transport to an emergency facility?

Spinal cord injury is a potentially catastrophic and life-changing

Management/Sideline Treatment

Management strategies must begin prior to each season or event. The team management must first institute an emergency response plan. This includes reviewing the presence, location, and maintenance of essential medical equipment and correct medical numbers of trained personnel and establishing a communication system in advance of any clinical situations requiring a rapid and coordinated response. Initial on-field evaluation by Team Management and Doctors should consist of evaluating the ABCs (airway, breathing, and circulation), and cervical spine injury should be presumed if an altered level of consciousness is present. Immobilisation is necessary to prevent further injury, and an injured player with SCI in the prone position represents a challenge. Log-rolling, a multi-person maneuver, is recommended to transfer the athlete to a supine position and involves manual in-line axial stabilization of the cervical spine which must only be carried out by trained Medical Personnel.

SCENARIO 2 - CARDIAC ARREST

During training or in a match, a player collapses. The trainer, manager or coach, responds immediately and finds the player unconscious and pulseless. CPR should be administered, 999 dialed, and the player should be transported by ambulance to the hospital.

DIAGNOSIS/ASSESSMENT

A collapsed athlete requires rapid evaluation and immediate, orderly management. Although the differential diagnosis for non-trauma induced collapse is broad, most players who collapse are not in cardiac arrest. However Management and the sideline doctor should initially assume a cardiac etiology. Lightheadedness, dizziness, and even transient loss of consciousness immediately after exercise are usually benign but require both close monitoring until the athlete is fully recovered and further workup to ensure the absence of underlying heart disease.

Management/Sideline Treatment

A player who suffers cardiac collapse needs immediate CPR. CPR provides critical blood flow to the heart and brain, prolongs the time ventricular fibrillation is present, and increases the likelihood a shock will defibrillate the heart. Immediate CPR may double or triple the collapsed player's chance of surviving sudden cardiac arrest with ventricular fibrillation. The most critical factor affecting survival of cardiac arrest is the time interval between arrest and defibrillation. The automated external defibrillator (AED) is a device that analyses the victim's rhythm and prompts the rescuer to provide a shock if the victim is in ventricular fibrillation or rapid ventricular tachycardia. Provision of CPR and defibrillation within 3 to 5 minutes has achieved survival rates of 49% to 75% in sports.

SCENARIO 3 - Heat Illness

A hurler or Gaelic football player becomes fatigued and agitated during a match or training due to heat exhaustion.

Management/Sideline Treatment

Once heat illness has been diagnosed, immediate cooling by any means possible is indicated. This includes removing the uniform and clothing as well as moving the player to a shaded and cool area. The most rapid whole body cooling rates (i.e., range 0.15–0.24°C per min) have been observed with cold water and ice water immersion therapy. If cold water and ice immersion is not available, water mist with cooling fans, and using ice water soaked towels offers a slower but still effective means of cooling. The goal is to cool the core temperature 0.3–0.5° F/minute down to 100–102° F. Athletes with heat stroke should immediately be transported to a medical facility for definitive care.

SCENARIO 4 - Asthma

A player no past medical history develops chest pain and difficulty catching his breath 10 minutes after performing wind sprints. He is alert and interactive but clearly anxious. He has difficulty completing a full sentence and poor aeration bilaterally on exam.

Management/Sideline Treatment

The mainstay of treatment is pharmacologic. The underlying inflammatory process is ongoing and requires treatment attention, not just the acute attacks or exacerbations. Treatment is guided by asthma severity and requires a stepwise approach with regular follow-up.

Asthma is a chronic, episodic disease of the airways

SCENARIO 5 - HEAD

A hurler or Gaelic football player sustains a helmet-to-helmet hit and or head to head hit and complains of headache with associated nausea and vomiting. He does not lose consciousness but is amnesic to the events.

DIAGNOSIS/ASSESSMENT

The clinical diagnosis of an acute concussion initially involves assessing for an array of signs and symptoms. Symptoms may include headaches, nausea, dizziness, photophobia, fatigue, and difficulty with concentration and memory.

Management/Sideline Treatment

Players who exhibit signs or have symptoms of possible head injury must immediately be removed from play and medically evaluated. Unconscious players should be assumed to have a cervical spine injury and quick attention should be made to address their airway, breathing, and circulatory status while maintaining spinal immobilisation. Unconscious and unresponsive players should immediately have their cervical spine stabilised. The Players should be referred to the emergency department.

OTHER INJURIES

- Fractures
- Sprains
- Cuts & Abrasions



First Aid FOR Emergencies

To handle an emergency situation, use Emergency Scene Management (ESM).

- 1 Take charge.
- 2 Call out for help.
- 3 Assess hazards and make the area safe.
- 4 Find out what happened.
- 5 Identify yourself and offer to help.
- 6 If head or spinal injuries are suspected, support the head and neck.
- 7 Assess responsiveness.
- 8 Send or go for medical help and an AED.

Note: Protect yourself and others by wearing non-latex gloves when giving first aid. Use a shield or face mask with a one-way valve when giving CPR.

► **Cardiopulmonary Resuscitation (CPR – Adult)**

Check breathing. If the casualty is not breathing begin CPR.

- 1 Make sure casualty is on a firm flat surface.
- 2 Place hands on centre of chest.
- 3 Position shoulders directly over hands and keep elbows locked.
- 4 Compress 30 times. Push hard - Push fast
- 5 Pinch nose and make a tight seal over the mouth.
- 6 Give 2 breaths.
- 7 Continue cycles of 30 compressions and 2 breaths until help arrives or an AED is available.



POSITION YOUR HANDS IN THE CENTRE OF THE CHEST



PRESS DOWN FIRMLY 30 TIMES, PUSH HARD - PUSH FAST



TILT HEAD BACK AND BREATHE INTO CASUALTY TWICE



CONTINUE CPR UNTIL HELP ARRIVES OR AN AED IS AVAILABLE

If you are untrained or are unsure of your skills – don't give up. Give compression only CPR - pushing hard and fast at a rate of at least 100 times each minute.

► **Choking (Adult)**

If a choking person can speak, breathe or cough – STAND BY and encourage coughing.

If a conscious person cannot speak, breathe or cough:

- 1 Support the casualty's upper body and help her lean forward.
- 2 Give up to 5 sharp blows between the shoulder blades using the heel of your hand.
- 3 If the obstruction is not cleared, stand behind the casualty.
- 4 Place your fist midline just above the belly button.
- 5 Grasp fist with other hand and press inward and upward forcefully 5 times.
- 6 Continue back blows and abdominal thrusts until object is expelled or person becomes unconscious.



SHARP BACK BLOWS



ABDOMINAL THRUSTS

If the person becomes unconscious ease him or her to the ground and send for medical help.

- 1 Begin compressions immediately.
- 2 After the first 30 compressions, check the mouth.
- 3 Remove the foreign object if you see it.
- 4 Try to give two breaths and continue CPR, checking the mouth before each attempt to ventilate.

► **Unconsciousness**

Get medical help. Make certain person is breathing and then place the casualty in the recovery position. If the casualty is not breathing, start CPR.



RECOVERY POSITION

► **Bleeding To control severe bleeding**

Immediately apply direct pressure to the wound over a pad of dressings. Keep the casualty lying down.



CONTROL BLEEDING IMMEDIATELY



St. John Ambulance

SAVING LIVES
at work, home and play

CARDIAC SCREENING

The Medical Welfare Committee of the GAA recommends that in the context of cardiac screening all participants over the age of 14 should complete a cardiac screening questionnaire. Anyone answering **yes** to any of the questions should discuss the findings with their family doctor.

Of all the cardiac screening tools, the best predictor of sudden death risk is a positive questionnaire. There is a lack of scientific consensus on the overall value of further screening. Those who choose to pursue further screening however should be aware of the following:

- Testing should be done in a centre where ECGs/ECHOs are being reported by experienced sports cardiologists.
- There is a significant percentage that will have an abnormality which may require further evaluation.
- A small percentage may end up uncertain as to whether it is safe for them to participate or not.

1. Has a doctor ever advised you not to participate in sport due to a heart problem?
2. Do you have any heart conditions?
3. Are you taking any drugs for your heart?
4. Have you ever fainted/been dizzy during or after exercise?
5. Have you ever had chest pains during or after exercise?
6. Do you tire more quickly than your friends during exercise?
7. Have you ever been told that you have:
a) High Blood Pressure? b) Heart Infection? c) Heart Murmur?
8. Have you ever had heart tests carried out by a doctor?
9. Have you ever had very rapid heart beating that has begun and ended for no apparent reason?
10. Has anyone in your family died before the age of fifty from a heart condition for which no cause was found?

**IF YOU ANSWER YES TO ANY OF THE ABOVE QUESTIONS
YOU SHOULD CONSULT YOUR GP**

HYDRATION

Performance may be impaired in some players who are dehydrated before a training session or game, or who drink nothing or little during exercise

FLUID REQUIREMENTS

Prior to Training and Games

- It is important that you are optimally hydrated before training and games
- The urine colour chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated
- Urine should be pale in colour. If it is dark during the day, besides first thing in the morning, fluid intake is required. The target is to achieve numbers 1, 2 or 3. Numbers 4 and 5 suggest dehydration, with colours 6, 7 and 8 indicating severe dehydration

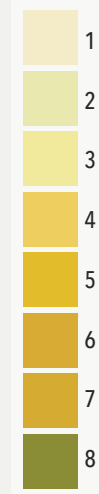
During Training and Games

- If you are optimally hydrated before training or games you should drink if you are thirsty, if not, do not
- There is no need to consume drinks containing carbohydrates during a game

After Training and Games

- Drink approx 1.5 L of fluid for every kg of body weight lost in order to achieve normal hydration within 6 hours after exercise
- Commercial carbohydrate drinks are ideal because they provide a source of carbohydrate in addition to water
- Caffeine and alcohol are normally discouraged due to their diuretic effect - increase the rate of urination

URINE COLOUR CHART



NUTRITION

BEFORE TRAINING OR MATCH

High intensity training demands a high intake of good quality food (FUEL). To ensure your glycogen stores are as full as possible when you exercise it is important to have a HIGH CARBOHYDRATE meal 12-24 hours beforehand. Avoid high fat and high fibre foods as they may cause stomach discomfort during exercise.

Example Pre-exercise meals - 2 hours beforehand:

- Porridge with low-fat milk, honey and fruit
- Breakfast cereal with low-fat milk and fruit juice
- Toast with low-fat spread and jam/honey/syrup
- Yoghurt drink and a scone with low-fat spread
- Pasta with tomato based sauce
- Smoothie made with low-fat milk, yoghurt and banana/mango/berries
- Baked potato with tinned spaghetti or ratatouille
- Vegetable soup and a bread roll
- Sandwich with lean meat (chicken, turkey etc) and salad
- Pita bread filled with chopped banana and honey
- Low-fat creamed rice with dried fruit
- Low-fat yoghurt and fruit

AFTER TRAINING OR MATCH

After a hard training session glycogen stores will be depleted. It can take up to 20 hours to replace these stores. The body re-synthesises glycogen at the fastest rate when a high carbohydrate snack is eaten immediately after exercise - this should be taken within 2 hours of exercise.

Example Post-exercise meals:

- Pot of low-fat yoghurt and banana
- Ham/turkey/tuna sandwich
- Fig rolls/jaffa cakes and yoghurt drink
- Breakfast bar and flavoured milk
- Sports drink containing protein
- Dinner based on a starchy carbohydrate food: spaghetti bolognese/tuna/pasta or a chicken & rice dish

DON'T GO TO BED HUNGRY

PROTEIN intake is important to help muscle building. Fruit and vegetables are great sources of VITAMINS, MINERALS and FIBRE and should be included in your daily diet. At the present time there is no evidence to support the use of food supplements over a well balanced diet.

ANTI DOPING

ANTI DOPING ADVICE

- Beware of drinks containing high doses of caffeine
- Please let your team doctor know if you are asthmatic and / or taking inhalers.
A Therapeutic Use Exemption form (TUE) may be required
- Caution use over the counter cold medicines

DRUG TESTING

- You can be tested at a training session or game
- You will be accompanied by a Club/Co. Board Official
- Advise the team doctor if you are taking any medication or supplements

Check your medications (Republic of Ireland)

www.eirpharm.com

Check your medications (Northern Ireland)

www.didglobal.com/page/didenqs/choose_country

TUE forms can be downloaded from

www.irishsportsCouncil.ie

**PLAYERS ARE RESPONSIBLE FOR EVERYTHING
THAT GOES INTO THEIR BODY**



The Road to Recovery

Not Just a Club - A Way of Life

Cuala GAA

Youth sports injuries are almost inevitable. But how long recovery from injury will take depends on proper sports injury management and rehabilitation. Acute youth sports injuries, such as a sprained ankle, or moderate to severe strain, should be seen by your child's primary care physician, who can help you decide if a referral to a sports injury specialist, such as an orthopedist, is required.

SEVEN STEP PROCESS

- 1 Allow healing.** While your child is bruised and sore, and perhaps on crutches or in a cast or splint, he probably will not be tempted to begin exercising the part of his body that is still hurting. If he insists on exercising to stay in shape while the injury heals, make sure he checks with his doctor first to make sure it is an activity, like swimming, that doesn't put stress on the injured area. Sometimes the doctor really wants a kid to do nothing. And even if she approves the exercise, she may want the child to work with a trainer to rehab the non-injured body correctly. This is also a time when you will want to make sure your child eats right.
- 2 Restore full range of motion and function in the injured area.** Your child should be doing the exercises his doctor or physical therapist has prescribed to restore range of motion (if he does not, he may never get the range of motion back!). Using ankles as example, if your child can move the injured ankle in the same way and as far as his good ankle, he is ready to move on to the next step in the recovery process. A rule to follow: no return to sports if there is any limited motion in a joint.
- 3 Regain normal gait.** After a leg injury, many athletes find that they have lost their usual gait (the way the normally walk). When your child appears to you to be walking and jogging normally, she is ready for the next step in coming back from her injury. No child should be allowed to return to sports if he is still limping.
- 4 Regain muscle strength.** After an injury that has kept your child from exercising for any length of time, he needs to build back the strength in muscles that have been resting. His doctor or trainer should give him weight-training exercises to build up the weakened muscles. A good program: have your child do 3 sets of 10 repetitions ("reps") 3 times a week. In other words, she should lift a weight (preferably a light one) ten times in a row, stop and, when rested, lift the weight ten times twice more. Here's a tip: You don't have to buy special weights. Anything that weighs a couple of pounds (a large can of vegetables, for instance), can serve as the weight. For leg lifts, put the can into one of your old purses, and hang the purse around your child's ankle and have him do reps while sitting in a tall chair or on the kitchen counter.
- 5 Regain endurance.** Fortunately, most healthy athletes, especially kids, regain their endurance pretty quickly, but your child won't be really ready to play again until he does. It's important that, in building endurance, your child doesn't stress his system. He should activities like swimming, running in the water, biking or rowing. Working out three times a week for 30 minutes each time should be enough.
- 6 Regain skills.** If your child has been away from her sport for any length of time, her skills (whether it be dribbling and shooting a basketball, hitting a softball, or kicking a soccer ball) won't be as sharp as they were before the injury. She should work in regaining her skills before playing in competition.
- 7 Regain confidence.** When a child suffers an injury that keeps him out of sports for an extended period of time, he suffers a psychological loss as well as physical injury. It is therefore important for him to not only be physically ready to return to sports but psychologically ready as well. If she returns too soon, she risks re-injury, injury to a different part of the body, depression, and/or decreased performance.

Because kids are usually eager to return to play and don't have the discipline to take these steps on their own, and because parents don't have the experience to know when it is safe for their child to progress to the next step, consulting with an athletic trainer (AT) and/or physical therapist at each step along the way is advised. All take time, patience and your encouragement. Skip any of these six steps, or do them out of order, and your child will risk re-injury and his road to complete recovery will probably be longer.

SUBMITTING AN INJURY CLAIM

In the event of a player sustaining an injury the following procedures must be adhered to:

- Inform the referee of your injury and give the referee your name. If the injury only becomes apparent after the match then inform your manager immediately who must contact the referee with your name and details of your injury in order to have it submitted with the referees match report. If the injury is sustained at training inform your manager. The manager will then inform the relevant club personnel.
- A player must attend a doctor or dentist in order to validate an injury claim (*please read exceptions and limitations below*). A GP or hospital/private clinic doctor will suffice.
- **The Injury form must be submitted to Willis within 60 days of the injury** irrespective of whether or not the injury treatment is complete. Failure to comply with this will render the claim null and void. **In order to meet the 60 day requirement, all injury claims must be submitted to the club for processing within 45 days of the injury, to allow sufficient time for both the club and county board to process and forward to Willis.**

THE INJURY CLAIM FORM

1. Submitting a Claim for Medical Expenses only

Section A must be completed with your details. A player must indicate if he has medical insurance as failure to do so for a player who has medical insurance will only delay the processing of the claim. On page 2 click the medical expenses box, and fill out the date of the injury the opposition and give a brief detail of the injury. If the injury was sustained at training write "training" for the opposition, in such circumstances the club secretary will submit a covering note stating that the injury was sustained at an official club training session.

Section E must be completed by the doctor/dentist that attended to the injured player. Hospitals/Clinics will fill out for the form for the doctor who

attended to you retrospectively. Section E must contain the players name and address, the doctor's diagnosis and the treatment administered/prescribed. The form must be stamped with the Doctor's/Hospital/Clinic stamp. Failure to comply with any of the above will result in the claim being returned. **Under the GAA scheme, a submitted claim form cannot be retrospectively amended**, instead a letter on headed paper is required to cover the amendment, so it is mandatory that the form is correctly and in full when being submitted to avoid delay.

Players with medical insurance must make a claim with their health insurer before submitting the claim to Willis, irrespective of the plan or cover they have. Please keep copies of your receipts to submit to Willis. The health insurer will provide a statement of account for the expenses submitted. **Failure to supply a statement of account from your health insurer will prevent the claim from being settled by Willis.**

Section F must be signed and dated by the player in the claimant's declaration. The Club secretary will sign and date Section F as appropriate and include the player's membership number. The County secretary will sign accordingly and include a copy of the referee's report confirming the injury.

2. Submitting a Claim for Loss of Wages

Benefit is payable for full weeks only and the first week is not covered. Social Welfare/Income Protection and/or other entitlements will be considered as recoverable income and will be deducted from the basic net wage figure.

Section A must be completed as in 1.

Section B must be completed for self-employed people only with a letter from your accountant (including the accountant's registration number) stating your weekly wages as well as details of any claim with the Dept. of SC&FA.

Section C must be completed for employed people only. Loss of Wages Certification must be completed by the player's employer and signed by the player's HR manager and stamped with the company stamp. If the company does not have an official stamp then a letter from the HR

manager on official company headed paper confirming the details of Section C will suffice. A letter from the player's employer stating his

weekly wage or 3 recent pay slips must be submitted with the claim. Section D must be completed by the player's local Dept. of SC&FA office irrespective of whether or not he has been in receipt of benefit. The form must be stamped by the Dept. of SC&FA.

Section E and Section F must be completed as in 1. If the player has not yet returned to work the doctor can give an estimate of when he/she expects the player to be fit for work. If the player is unfit to return to work on the estimated date then he must get a doctor's certificate from the attending doctor with a revised date of when he will be fit to return to work. An injured player can claim for loss of wages before he returns to work provided all of the above requirements have been complied with and can continue claiming on a weekly basis once a doctor's cert is submitted for each week.

Exceptions and Limitations

The first €100 is exempt from any claim under the GAA Players Injury Scheme and it does not cover physiotherapy expenses except for post-operative physiotherapy. If a player wishes to make a claim for non-post operative physiotherapy expenses he should submit a claim using the club's players supplementary injury scheme. The same applies for doctor/dentist/hospital claims of €100 or less.

Post operative physio is covered up to a maximum of €320 with a maximum of €40 per treatment, provided the player obtains a letter from the doctor on headed paper stating that post-operative physio is recommended.

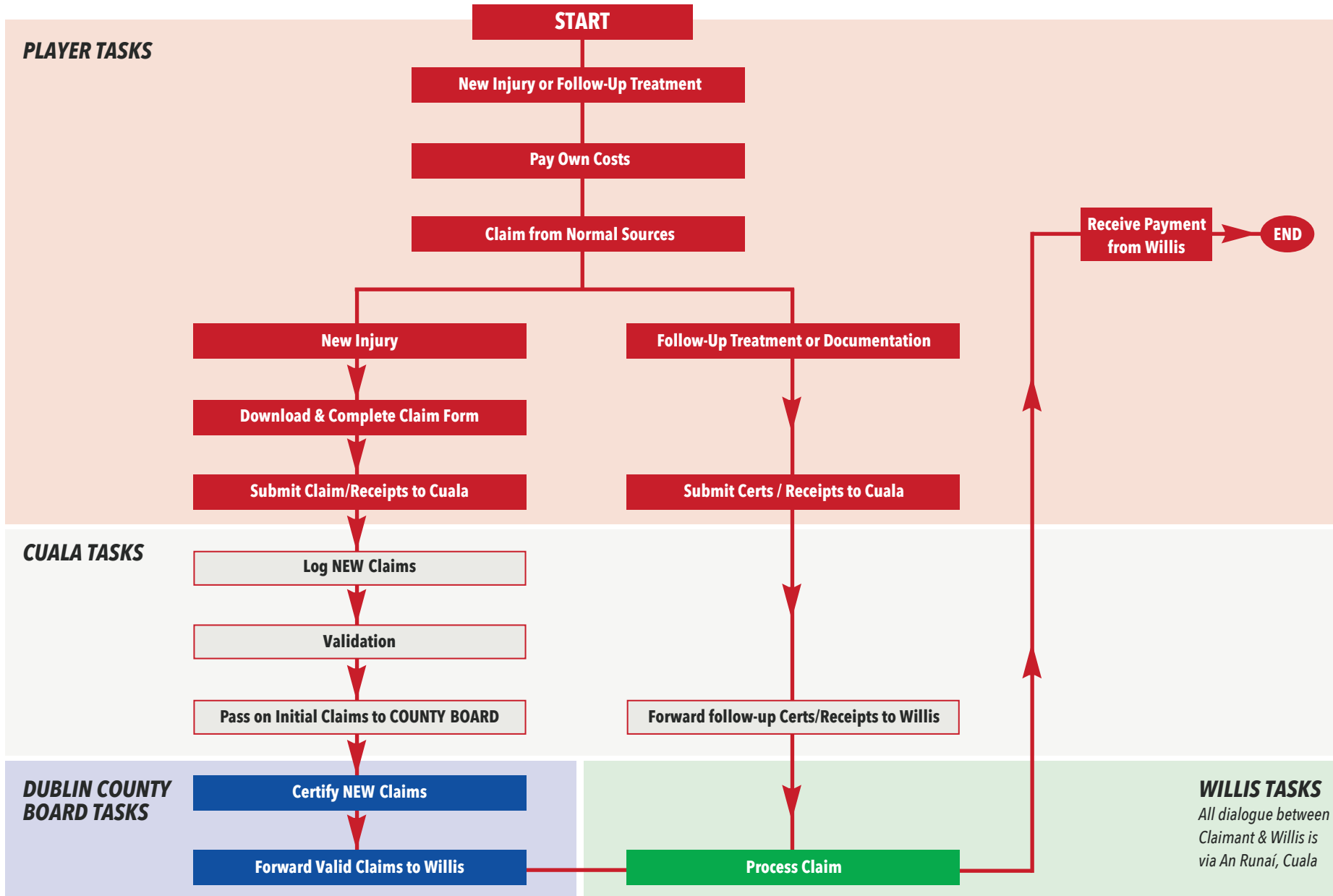
There is a limit of €4,500 for any single claim.

Click the button below to open an attachment containing the full GAA Injury Claim Form

GAA Claim Form

In 2011, €1.4 million was estimated to be paid out for 470 cruciate surgery claims

CUALA GAA - PLAYER INJURY SCHEME - JAN 2011 - VER 2.0 *Procedures & Responsibilities for dealing with Player Injury Claims*



Note: This chart assumes claims will be successful and that a payment will be made.

Further information may be sought at any stage.

If a player's qualification or circumstances of injury are deemed invalid a claim can be declined



Squads & Game Calendar

A reference toolkit

Not Just a Club - A Way of Life

Cuala GAA

What follows is a calendar overview per underage squad which facilitates annual planning for mentors, coaches, parents and players alike.

This toolkit calendar is usually issued in December of each year for the following year by Dublin GAA.

The Dublin GAA website (www.dublingaa.ie) has regular updates which all players and parents should be aware of.

Damian Murphy is the Rúnaí for Coiste na nÓg Átha Cliath and he does an excellent job in posting updates to the website.

The screenshot shows the Dublin GAA website's 'JUVENILE WEEKLY FIXTURES' page. The page is titled 'JUVENILE WEEKLY FIXTURES' and is part of the 'LATEST NEWS' section. It lists various fixture calendars for different age groups and sports, including Ccc1, Ccc2, U11, U12, U13, U14, U15, and U16 for both Football and Hurling. The page also features a 'DUBZONE SIGNUP' section and a 'NEWS CATEGORIES' sidebar.

Category	Item	Size
Ccc1	Ccc1 fixtures for saturday september 27th	43 KB
	Ccc1 u9 hurling blitz september 27th	31 KB
Ccc2	Ccc2 fixtures for week ending sun sept 28th	45.5 KB
Juvenile	Juvenile Fixture Calendar - 2014	22.29 KB
U11	U11 Football Advance Fixtures	67.5 KB
U12	U12 Football League Advance Fixtures	59 KB
U13	U13 Football League Advance Fixtures	65.5 KB
U14	U14 Football League Advance Fixtures	60 KB
U14	U14 Football League Division 8 - Revised Advance Fixtures	32 KB
U14	U14 And U16 Football Cup Advance Fixtures	41 KB
U15	U15 Football League Advance Fixtures	51 KB
U16	U16 Football League Advance Fixtures	56 KB
U11	U11 Hurling Advance Fixtures	54 KB
U12	U12 Hurling League Advance Fixtures	44.5 KB
U13	U13 Hurling League Advance Fixtures	51.5 KB
U14	U14 Hurling League Advance Fixtures	47 KB
U15	U15 Hurling League Advance Fixtures	39.5 KB

The sidebar includes a 'DUBZONE SIGNUP' section with a 'Sign Me Up' button and a 'NEWS CATEGORIES' section with links for ALL NEWS, CLUB, COUNTY, FEATURES, and JUVENILE NEWS. There is also an advertisement for 'EXCLUSIVE INSURANCE OFFERS for Dublin GAA Club Members' with a 'FIND OUT MORE' button and the phone number 1890 50 27 27.

UNDER CCC1

11 Born | 2003
School | 5th Class

FOOTBALL

Info	Detail	Teams
1	x3 All County (8 x 3)	24
2A	x2 All County (23x2)	46
2B	x2 All County (16 x 2)	32
3	x1 North County (11x1)	11
3	x1 South County (8 x1)	8
	Total Teams	121
	All Players	1,573
<i>(Cuala have 2 squads with 2 teams per squad - 4 teams in total - who play in this league)</i>		

HURLING

1	x3 (8 x 1)	8
2A	x2 (18 x2)	36
2B	x2 (16 x 2)	32
3	x1	17
	Total Teams	93
	All Players	1,209
<i>(Cuala have 2 squads with 2 teams per squad - 4 teams in total - who play in this league)</i>		
	Camaint Section	4
	Camaint Final Day Section	2
Other Tournaments		

 = Team from Cuala GAA

Date	Day	Time	Game	Sqd 1	Sqd 2
JANUARY					
4	Sat				
11	Sat				
18	Sat				
25	Sat				
FEBRUARY					
1	Sat				
2	Sun				
8	Sat	1100	Football		
9	Sun				
15	Sat	1100	Football		
16	Sun				
22	Sat	1100	Hurling		
23	Sun				
MARCH					
1	Sat	1100	Football		
2	Sun				
8	Sat	1100	Hurling		
9	Sun				
15	Sat	1100	Football		
16	Sun				
22	Sat	1100	Hurling		
23	Sun				
29	Sat	1100	Football		
30	Sun				
APRIL					
5	Sat	1100	Hurling		
6	Sun				
12	Sat	1100	Football	Blitz	
13	Sun				
19	Sat				
20	Sun				
22	Tue				
24	Thur				
26	Sat	1100	Hurling		
27	Sun				
29	Tue				
MAY					
1	Thu				
3	Sat	1100	Football		
4	Sun				
6	Tue				
8	Thu				
10	Sat	1100	Hurling		
11	Sun				
13	Tue				
15	Thu				
17	Sat	1100	Football		
18	Sun				
20	Tue				
22	Thu				
24	Sat	1100	Hurling		
25	Sun				
31	Sat	1100	Football		

Week	Date	Day	Code	Sqd 1	Sqd 2
JUNE					
1	Sun				
3	Tue				
5	Thu				
7	Sat	1100	Hurling		
8	Sun				
10	Tue				
12	Thu				
14	Sat	1100	Football		
15	Sat				
19	Thu				
21	Sat	1100	Football		
22	Sun				
25	Tue				
27	Thu				
29	Sat	1100	Hurling	Challenge	
30	Sun				
JULY					
1	Tue	1900	Hurling	Camaint	
2	Wed				
3	Thu				
5	Sat				
6	Sun				
8	Tue	1900	Hurling	Camaint	
9	Wed				
15	Tue	1900	Hurling	Camaint	
16	Wed				
19	Sat				
22	Tue	1900	Hurling	Camaint	
23	Wed				
AUGUST					
8	Fri				
9	Sat				
10	Sun				
12	Tue				
14	Thu				
16	Sat				
17	Sun				
19	Tue				
21	Thu				
23	Sat	1200	Hurling	Camaint Finals	
24	Sun				
26	Tue				
28	Thu				
30	Sat	1100	Hurling		
31	Sun				

Week	Date	Day	Code	Sqd 1	Sqd 2
SEPTEMBER					
2	Tue				
4	Thu				
6	Sat	1100	Football		
7	Sun				
13	Sat	1100	Hurling		
14	Sun				
20	Sat	1100	Football		
21	Sun				
27	Sat	1100	Hurling		
28	Sun				
OCTOBER					
4	Sat	1100	Football		
5	Sun				
11	Sat	1100	Hurling		
12	Sun				
18	Sat	1100	Football		
19	Sun				
25	Sat		BREAK		
26	Sun				
NOVEMBER					
1	Sat	1100	Hurling		
2	Sun				
8	Sat	1100	Football		
9	Sun				
15	Sat				
17	Mon		AGM	Juvenile Section	
22	Sun				
29	Sun				
DECEMBER					
6					
13					
20					
27					

U11 GROUP ORGANISERS

Conor Moloney 086-8376612
Sheila Carey 086-384 5725


TRAINING

Summer Hours:
Every Tuesday & Thursday 6.30-7.30 in Thomastown
Winter Hours:
Every Tuesday & Thursday 6.30-7.30 (venue TBC)

UNDER CCC1

12 Born 2002
School 6th Class

Info	Detail	Teams	
FOOTBALL	Blitz A	Group 1, 2	
	Blitz B	Group 1, 2, 3	
	Blitz C	Group 1, 2, 3	
	Blitz D	Group 1, 2, 3, 4	
	Blitz E	Group 1, 2, 3, 4	
Div 1		10	
Div 2		10	
Div 3		10	
Div 4		10	
Div 5		10	
Div 6		11	
Div 7		11	
Div 8		10	
Div 9		12	
HURLING	Div 1		8
	Div 2		8
	Div 3		8
	Div 4		8
	Div 5		8
	Div 6		8
	Div 7		8
	Div 8		8
	Div 9		7
	Camaint Div 1 Cup		
	Camaint Div 2 Cup		
	Camaint Div 3 Cup		
	Camaint Div 4 Cup		
	Camaint Div 1 Shield		
	Camaint Div 2 Shield		
	Camaint Div 3 Shield		
	Camaint Div 4 Shield		
Blitz A	Group 1 & 2 & 3	12	
Blitz B	Group 1 & 2 & 3	18	
Blitz C	Group 1 & 2 & 3	18	
Blitz D	Group 1 & 2 & 3	18	

 = Team from Cuala GAA

Date	Day	Time	Game	Sqd 1	Sqd 2
JANUARY					
4	Sat				
11	Sat				
18	Sat				
25	Sat				
FEBRUARY					
1	Sat				
2	Sun				
8	Sat	1100	Football Blitz 1		
9	Sun				
15	Sat	1100	Football Blitz 2		
16	Sun				
22	Sat	1100	Hurling Blitz 1		
23	Sun				
MARCH					
1	Sat	1100	Football Blitz 3		
2	Sun				
8	Sat	1100	Hurling Blitz 2		
9	Sun				
15	Sat	1100	Football Blitz 4		
16	Sun				
22	Sat	1100	Hurling Blitz 3		
23	Sun				
29	Sat	1100	Football Blitz 5		
30	Sun				
APRIL					
5	Sat	1100	Hurling Blitz 4		
6	Sun				
12	Sat	1100	Football League 1		
13	Sun				
19	Sat		Easter Break		
20	Sun				
22	Tue				
24	Thur				
26	Sat	1100	Hurling Blitz		
27	Sun				
29	Tue				
MAY					
1	Thu				
3	Sat	1100	Football League 2		
4	Sun				
6	Tue				
8	Thu				
10	Sat	1100	Hurling League 1		
11	Sun				
13	Tue				
15	Thu				
17	Sat	1100	Football League 3		
18	Sun				
20	Tue				
22	Thu				
24	Sat	1100	Hurling League 2		
25	Sun				
31	Sat	1100	Football League 4		

Week	Date	Day	Code	Sqd 1	Sqd 2
JUNE					
1	Sun				
4	Tue				
5	Thu				
7	Sat	1100	Hurling League 3		
8	Sun				
10	Tue				
12	Thu				
14	Sat	1100	Football League 5		
15	Sat				
19	Thu				
21	Sat	1100	Football League 6		
22	Sun				
25	Tue				
27	Thu				
29	Sat	1100	Hurling Challenge		
30	Sun				
JULY					
1	Tue	1900	Hurling Camaint		
2	Wed				
3	Thu				
5	Sat				
6	Sun				
8	Tue				
9	Wed	1900	Hurling Camaint		
15	Tue				
16	Wed	1900	Hurling Camaint		
19	Sat				
22	Tue				
23	Wed	1900	Hurling Camaint		
AUGUST					
8	Fri				
9	Sat				
10	Sun				
12	Tue				
14	Thu				
16	Sat				
17	Sun				
19	Tue				
21	Thu				
23	Sat	1200	Football Blitz Tournament		
24	Sun				
26	Tue				
28	Thu				
30	Sat	1100	Hurling Camaint Final		
31	Sun				

Week	Date	Day	Code	Sqd 1	Sqd 2
SEPTEMBER					
2	Tue				
4	Thu				
6	Sat	1200	Football League 7		
7	Sun				
13	Sat	1200	Hurling League 4		
14	Sun				
20	Sat	1200	Football League 8		
21	Sun				
27	Sat	1200	Hurling League 5		
28	Sun				
OCTOBER					
4	Sat	1200	Football League 9		
5	Sun				
11	Sat	1200	Hurling League 6		
12	Sun				
18	Sat	1200	Football Playoffs		
19	Sun				
25	Sat				
26	Sun				
NOVEMBER					
1	Sat	1200	Hurling league 7		
2	Sun				
8	Sat	1200	Football Playoffs		
9	Sun				
15	Sat				
17	Mon		AGM Juvenile Section		
22	Sat				
29	Thu				
DECEMBER					
6					
13					
20					
27					

U12 GROUP ORGANISERS

Lorraine Hayes, 087 673 8923
cualaboys2002@gmail.com

TRAINING

Tue: 7-8 pm Holy Child
Thu: 7-8 pm Holy Child


UNDER CCC1

13 Born | 2001
School | 1st Year

Info	Teams
Grade League Div 1	6
Grade League Div 2	6
Grade League Div 3	6
Grade League Div 4	6
Grade League Div 5	6
Grade League Div 6	6
Grade League Div 7	6
Grade League Div 8	6
Grade League Div 9	6
Grade League Div 10	6
Grade League Div 11	6
Grade League Div 12	6
League Div 1	8
League Div 2	8
League Div 3	8
League Div 4	8
League Div 5	8
League Div 6	8
League Div 7	8
League Div 8	8
League Div 9	5
League Div 1	8
League Div 2	8
League Div 3	8
League Div 4	8
League Div 5	8
League Div 6	9
League Div 6 B	4
PJ Troy Div 1	4
PJ Troy Div 2	4
PJ Troy Div 3	4

FOOTBALL

HURLING

 = Team from Cuala GAA

Date	Day	Time	Game	Sqd 1	Sqd 2
JANUARY					
4	Sat				
11	Sat				
18	Sat				
25	Sat				
FEBRUARY					
1	Sat				
2	Sun				
8	Sat		Football	Grade Lg 1	
9	Sun				
15	Sat		Football	Grade Lg 2	
16	Sun				
22	Sat		Football	Grade Lg 3	
23	Sun				
MARCH					
1	Sat		Hurling	League 1	
2	Sun			Back Matches	
8	Sat		Football	Grade Lg 4	
9	Sun			Back Matches	
15	Sat		Hurling	League 2	
16	Sun			Back Matches	
22	Sat		Football	Grade Lg 5	
23	Sun				
29	Sat		Hurling	League 3	
30	Sun				
APRIL					
5	Sat		Football	League 1	
6	Sun				
12	Sat		Hurling	League 4	
13	Sun				
19	Sat		Easter		
20	Sun				
22	Tue				
24	Thur				
26	Sat		Football	League 2	
27	Sun				
29	Tue				
MAY					
1	Thu		Football	League 3	
3	Sat				
4	Sun				
6	Tue		Football	League 4	
8	Thu				
10	Sat		Hurling	League 5	
11	Sun				
13	Tue				
15	Thu				
17	Sat		Football	League 3	
18	Sun				
20	Tue			Back Matches	
22	Thu				
24	Sat		Football	League 5	
25	Sun		Hurling	League	
31	Sat		Hurling	League 6	

Week	Date	Day	Code	Sqd 1	Sqd 2
JUNE					
1	Sun				
3	Tue				
5	Thu				
7	Sat		Football	League 6	
8	Sun				
10	Tue				
12	Thu				
14	Sat		Hurling	League 7	
15	Sat				
19	Thu				
21	Sat		Football	League 7	
22	Sun				
25	Tue				
27	Thu				
29	Sat		PJ Troy		
30	Sun				
JULY					
1	Tue				
2	Wed				
3	Thu		Football	League 8	
5	Sat			Back Matches	
6	Sun				
8	Tue				
9	Wed				
15	Tue				
16	Wed				
19	Sat				
22	Tue				
23	Wed				
AUGUST					
8	Fri				
9	Sat		Hurling	League 9	
10	Sun				
12	Tue				
14	Thu				
16	Sat		Football	League 9	
17	Sun				
19	Tue				
21	Thu				
23	Sat		Hurling	League 10	
24	Sun				
26	Tue				
28	Thu			Back Matches	
30	Sat		Football	League 10	
31	Sun				

Week	Date	Day	Code	Sqd 1	Sqd 2
SEPTEMBER					
2	Tue				
4	Thu				
6	Sat		Hurling	League 11	
7	Sun				
13	Sat		Football	League 11	
14	Sun				
20	Sat		Hurling	League 12	
21	Sun				
27	Sat		Football	League 12	
28	Sun				
OCTOBER					
4	Sat		Hurling	League 13	
5	Sun				
11	Sat		Football	League 13	
12	Sun				
18	Sat		Hurling	League 14	
19	Sun				
25	Sat			Back Matches	
26	Sun				
NOVEMBER					
1	Sat		Football	League 14	
2	Sun				
8	Sat			Back Matches	
9	Sun				
15	Sat			Back Matches	
17	Mon		AGM	Juvenile Section	
22					
29					
DECEMBER					
6					
13					
20					
27					

U13 GROUP ORGANISERS

Alan Doran, 087 2704442, alandoran10a@gmail.com
 Anthea Carry, 086 8752702, antheacarry@gmail.com
 Alan Mahon, 087 9927555, mahon.alan@gmail.com
 Group email is cuala2001@gmail.com

TRAINING

Summer Hours:

?????

Winter Hours:

?????

UNDER CCC1

14 Born | 2000
School | 2nd Year


Info **Teams**

FOOTBALL

Feile Peil Div 1	
Feile Peil Div 2	
Feile Peil Div 3	
Feile Peil Div 4	
Feile Peil Div 5	
Feile Peil Div 6	
Feile Peil Div 7	
Feile Peil Div 8	
Feile Peil Div 9	
Feile Peil Div 10	
Feile Peil Div 11	
Feile Peil Div 12	
League Div 1	8
League Div 2	8
League Div 3	8
League Div 4	8
League Div 5	8
League Div 6	11
League Div 7	8
League Div 8	9
Football Cup	14

HURLING

League Div 1	8
League Div 2	8
League Div 3	8
League Div 4	8
League Div 5	9
League Div 5 top	4
League Div 5 bot	4
Feile Div 1	
Feile Div 2	
Feile Div 3	
Feile Div 4	
Feile Div 5	
Feile Div 6	
Feile Div 7	

 = Team from Cuala GAA

Date	Day	Time	Game	Sqd 1	Sqd 2
JANUARY					
4	Sat				
11	Sat				
18	Sat				
25	Sat				
FEBRUARY					
1	Sat		Football	League 1	
2	Sun				
8	Sat		Football	League 2	
9	Sun				
15	Sat		Football	League 3	
16	Sun				
22	Sat		Football	League 4	
23	Sun				
MARCH					
1	Sat		Hurling	League 1	
2	Sun				
8	Sat		Football	League 5	
9	Sun				
15	Sat		Hurling	League 2	
16	Sun				
22	Sat		Football	League 6	
23	Sun				
29	Sat		Hurling	League 3	
30	Sun				
APRIL					
5	Sat		Football	League 7	
6	Sun				
12	Sat		Hurling	League 4	
13	Sun				
19	Sat				
20	Sun				
22	Tue		Hurling	League 4	
24	Thur				
26	Sat		Football	League 8	
27	Sun				
29	Tue				
MAY					
1	Thu				
3	Sat		Football	Feile Peil	
4	Sun		Football	Feile Peil	
6	Tue				
8	Thu			Back Matches	
10	Sat		Hurling	League 5	
11	Sun				
13	Tue			Back Matches	
15	Thu				
17	Sat			Feile nGael	
18	Sun			Feile nGael	
20	Tue				
22	Thu			Back Matches	
24	Sat		Football	League 9	
25	Sun				
31	Sat		Hurling	League 6	

Week	Date	Day	Code	Sqd 1	Sqd 2
JUNE					
1	Sun				
3	Tue			Back Matches	
5	Thu				
7	Sat		Football	League 10	
8	Sun				
10	Tue				
12	Thu				
14	Sat		Hurling	League 7	
15	Sat				
19	Thu				
21	Sat		Football	League 11	
22	Sun				
25	Tue			Back Matches	
27	Thu				
29	Sat				
30	Sun				
JULY					
1	Tue		Hurling	League 8	
2	Wed				
3	Thu				
5	Sat		Hurling	(Coach. Acdmy)	
6	Sun				
8	Tue				
9	Wed				
15	Tue				
16	Wed		Football	(Coach. Acdmy)	
19	Sat				
22	Tue				
23	Wed				
AUGUST					
8	Fri				
9	Sat		Hurling	League 9	
10	Sun				
12	Tue			Back Matches	
14	Thu				
16	Sat		Football	Blitz National	
17	Sun				
19	Tue			Back Matches	
21	Thu				
23	Sat		Hurling	League 10	
24	Sun				
26	Tue			Back Matches	
28	Thu				
30	Sat			Tony Forristal	
31	Sun			Tony Forristal	

Week	Date	Day	Code	Sqd 1	Sqd 2
SEPTEMBER					
2	Tue				
4	Thu				
6	Sat		Hurling	League 11	
7	Sun				
13	Sat		Football	League 12	
14	Sun				
20	Sat		Hurling	League 12	
21	Sun				
27	Sat		Football	League 13	
28	Sun				
OCTOBER					
4	Sat		Hurling	League 13	
5	Sun				
11	Sat		Football	League 14	
12	Sun				
18	Sat		Hurling	League 14	
19	Sun				
25	Sat		Football	Lgs Playoffs	
26	Sun				
NOVEMBER					
1	Sat		Football	League Semi	
2	Sun				
8	Sat				
9	Sun				
15	Sat			Back Matches	
17	Mon		AGM	Juvenile Section	
22					
29					
DECEMBER					
6					
13					
20					
27					

U14 GROUP ORGANISERS

Donal Murphy, 087 9182930,
donal.murphy@boimail.com
Marie Mhic Giolla Phádraig, 086-8183908,
mariemhicgp@eircom.net

TRAINING

Summer Hours:
Tue: 7.30 pm Thomastown
Thu: 7.30 pm Thomastown


UNDER CCC1

15 Born | 1999
School | 3rd Year

Info	Teams
Champ A	
Champ B	
Champ C	
Champ D	
Shield A	
Shield B	
Shield C	
League Div 1	8
League Div 2	8
League Div 3	9
League Div 4	10
League Div 4 top	5
League Div 4 btm	4
League Div 5	8
League Div 6	8
League Div 1	10
League Div 2	10
League Div 3	9
League Div 4	10
Champ A	
Champ B	
Champ C	
Champ D	
Champ E	
Shield A	
Shield B	
Shield C / D	

FOOTBALL

HURLING

 = Team from Cuala GAA

Date	Day	Time	Game	Sqd 1	Sqd 2
JANUARY					
4	Sat				
11	Sat				
18	Sat				
25	Sat				
FEBRUARY					
1	Sat				
2	Sun		Football League 1		
8	Sat				
9	Sun		Football League 2		
15	Sat				
16	Sun		Football League 3		
22	Sat				
23	Sun		Football League 4		
MARCH					
1	Sat				
2	Sun		Hurling League 1		
8	Sat				
9	Sun		Football League 5		
15	Sat				
16	Sun		Hurling League 2		
22	Sat				
23	Sun				
29	Sat				
30	Sun		Hurling League 3		
APRIL					
5	Sat				
6	Sun		Football League 7		
12	Sat				
13	Sun		Hurling League 4		
19	Sat				
20	Sun				
22	Tue				
24	Thur				
26	Sat				
27	Sun		Football League 8		
29	Tue				
MAY					
1	Thu		Football League 9		
3	Sat				
4	Sun				
6	Tue		Back Matches		
8	Thu				
10	Sat		Hurling League 5		
11	Sun				
13	Tue				
15	Thu		Back Matches		
17	Sat				
18	Sun				
20	Tue		Back Matches		
22	Thu				
24	Sat				
25	Sun		Football League 10		
31	Sat				

Week	Date	Day	Code	Sqd 1	Sqd 2
JUNE					
1	Sun				
3	Tue				
5	Thu				
7	Sat				
8	Sun				
10	Tue				
12	Thu				
14	Sat				
15	Sat				
19	Thu				
21	Sat				
22	Sun				
25	Tue				
27	Thu		Back Matches		
29	Sat				
30	Sun		Hurling League 6		
JULY					
1	Tue				
2	Wed				
3	Thu		Football League 12		
5	Sat		Hurling (Coach. Acdmy)		
6	Sun		Back Matches		
8	Tue				
9	Wed		Hurling (Coach. Acdmy)		
15	Tue				
16	Wed				
19	Sat		Football (Coach. Acdmy)		
22	Tue				
23	Wed		Football (Coach. Acdmy)		
AUGUST					
8	Fri				
9	Sat				
10	Sun		Back Matches		
12	Tue				
14	Thu		Hurling League 7		
16	Sat		Football Blitz National		
17	Sun		Hurling League 8		
19	Tue				
21	Thu		Back Matches		
23	Sat				
24	Sun		Hurling Champs Qrts		
26	Tue				
28	Thu		Football League 13		
30	Sat		Wexford Blitz		
31	Sun		Wexford Blitz		

Week	Date	Day	Code	Sqd 1	Sqd 2
SEPTEMBER					
2	Tue				
4	Thu		Football League 14		
6	Sat				
7	Sun		Hurling Champs Semi		
13	Sat				
14	Sun		Football Champs Rd 1		
20	Sat				
21	Sun		Hurling League 9		
27	Sat				
28	Sun		Football Champs Qrt		
OCTOBER					
4	Sat				
5	Sun				
11	Sat				
12	Sun				
18	Sat				
19	Sun		Football Champs Semi		
25	Sat				
26	Sun				
NOVEMBER					
1	Sat				
2	Sun		Football Champs Finals		
8	Sat				
9	Sun				
15	Sat				
17	Mon		AGM Juvenile Section		
22	Sat		Back Matches		
DECEMBER					
6					
13					
20					
27					

U15 GROUP ORGANISERS

Hurling U15A Gerry Byrne 086-8241692
Michael Kirwan 087-2226168

Hurling U15B Eamon McGuirk 085-7237001
Damian McKeown 086-3855133

Football U15A: Michael Jackson 086-2375736
Johnny Twomey 086-8282130

Football U15B: Eamonn McGuirke 085-7237001
Damian McKeown 086-3855133

UNDER 16 CCC1
 Born 1998
 School Transition/4th Year

Info **Teams**

Champ A	
Champ B	
Champ C	
Champ D	
Shield A	
Shield B	
Shield C	

League Div 1	8
League Div 2	10
League Div 3	8
League Div 4	8
League Div 5	9
League Div 6	8
League Div 7	8

Football Cup 14

League Div 1	8
League Div 2	10
League Div 2 Top	6
League Div 2 Btm	5
League Div 3	8
League Div 4	14

Champ A	
Champ B	
Champ C	
Champ D	
Shield A	
Shield B	
Shield C	
Shield D	

= Team from Cuala GAA

Date	Day	Time	Game	Sqd 1	Sqd 2
4	Sat				
11	Sat				
18	Sat				
25	Sat				
1	Sat		Football League 1		
2	Sun				
8	Sat		Football League 2		
9	Sun				
15	Sat		Football League 3		
16	Sun				
22	Sat		Football League 4		
23	Sun				
1	Sat		Hurling League 1		
2	Sun				
8	Sat		Football League 5		
9	Sun				
15	Sat		Hurling League 2		
16	Sun				
22	Sat		Football League 6		
23	Sun				
29	Sat		Hurling League 3		
30	Sun				
5	Sat		Football Champ 1		
6	Sun				
12	Sat		Hurling League 4		
13	Sun				
19	Sat				
20	Sun				
22	Tue		Hurling League 5		
24	Thur				
26	Sat		Football Champ QF		
27	Sun				
29	Tue		Football League 7		
1	Thu				
3	Sat				
4	Sun				
6	Tue				
8	Thu		Football Champ SF		
10	Sat		Hurling League 6		
11	Sun				
13	Tue		Back Matches		
15	Thu				
17	Sat		Hurling League 7		
18	Sun				
20	Tue				
22	Thu		Back Matches		
24	Sat		FCS Finals		
25	Sun				
31	Sat				

Week	Date	Day	Code	Sqd 1	Sqd 2
1	Sun				
3	Tue				
5	Thu				
7	Sat				
8	Sun				
10	Tue				
12	Thu				
14	Sat				
15	Sat				
19	Thu		Hurling League 8		
21	Sat		Football League 8		
22	Sun				
25	Tue		Football League 9		
27	Thu				
29	Sat		Hurling League 9		
30	Sun				
1	Tue		Football League 10		
2	Wed				
3	Thu				
5	Sat		Hurling (Coach Acdmy)		
6	Sun				
8	Tue				
9	Wed		Hurling (Coach Acdmy)		
15	Tue				
16	Wed				
19	Sat		Football (Coach Acdmy)		
22	Tue				
23	Wed		Football (Coach Acdmy)		
8	Fri				
9	Sat		Hurling League 10		
10	Sun				
12	Tue		Hurling League 11		
14	Thu				
16	Sat		Football Blitz National		
17	Sun				
19	Tue		Back Matches		
21	Thu				
23	Sat		Hurling League 11		
24	Sun				
26	Tue		Football League 12		
28	Thu				
30	Sat		Neenagh		
31	Sun		Neenagh		

OTHER KEY DATES

Sat Nov 9th	Hurling	NAAS Tournament
Sun Nov 17th	Hurling	Loughlinstown 7's tournament
Sun Nov 24th	Hurling	Loughlinstown 7's tournament
Sun Dec 1st	Hurling	Loughlinstown 7's tournament
Sun Dec 8th	Hurling	Loughlinstown 7's tournament
Sun Dec 15th	Hurling	Loughlinstown 7's tournament

Week	Date	Day	Code	Sqd 1	Sqd 2
2	Tue		Hurling League 2		
4	Thu				
6	Sat		Hurling Champs Qrts		
7	Sun				
13	Sat		Football League 13		
14	Sun				
20	Sat		Hurling Champs Semi		
21	Sun				
27	Sat		Hurling League 13		
28	Sun				
4	Sat		Hurling League 14		
5	Sun				
11	Sat		Football League 14		
12	Sun				
18	Sat		Hurling Champs Final		
19	Sun				
25	Sat		Football League Play offs		
26	Sun				
1	Sat		Football League Semi		
2	Sun				
8	Sat				
9	Sun				
15	Sat		Back Matches		
17	Mon		AGM Juvenile Section		
22					
29					
6					
13					
20					
27					

U16 GROUP ORGANISERS

John Paul Byrne, 086-0860241

TRAINING

Summer Hours:

?????

Winter Hours:

?????

Squad Developments & Overviews

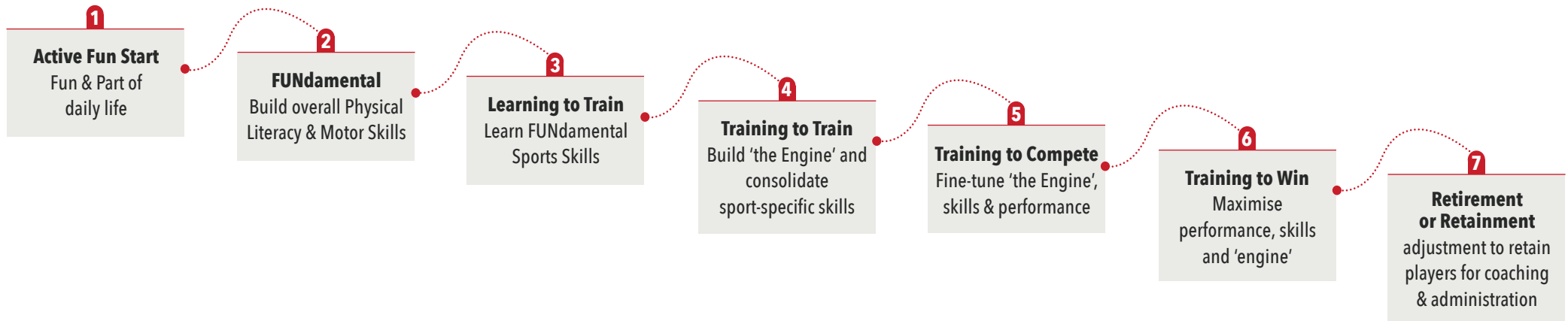
What follows is a sample player pathway toolkit for a sample squad of players - in this case, we will focus on the Under 11 (2003) Squad as of 2014

Not Just a Club - A Way of Life



Cuala GAA

THE 7 STAGES OF THE LONG-TERM PLAYER PATHWAY



INTRODUCTION

The purpose of this Player Pathway initiative is to help guide coaches, managers, mentors and parents who play an active role in the development of our young Gaelic Footballers & Hurlers.

It should be noted that these are guidelines and recommendations for coaches, managers, mentors and parents that may be used with a degree of flexibility. They are not written in stone as players grow, develop and learn at different rates through their lives. This is a general guide to bear in mind when working with our players.

It is intended, at its most basic form, to give our young players the best opportunity to succeed at whatever level they may play and reach their full potential "doing the right thing, at the right time and in the right way"

This Player Pathway is a systematic approach to maximise player potential and increase the enjoyment of all our players. It provides a framework for the development of skills, fundamental movement, physical focus and game specific capacities that coaches can follow stage by stage

A JOURNEY MUST BEGIN WITH A SINGLE STEP

There are 5 key stages in the pathway outlines which have detailed player characteristics and describe the practical elements that must be coached during these ages. The 5 stages are:

STAGE	APPROX AGE	EMPHASIS
A. Learning to Master the ball	4-6 years	Should be about fun and participation with key emphasis on physical literacy and fundamental movement skills with the ball
B. Learning to Use the Ball Well	7-9 years	Major skills learning phase where all the basic skills in football & hurling are learned. Emphasis on the fundamental movements.
C. Learning to Play Together	10-12 years	Emphasis on understanding how to play and work together as a team
D. Learning about Positions	13-15 years	The principles of play and applying good game sense increase
E. Learning to Perform	16-18 years	Combining all aspects of performance including decision making, higher physical demands of the game and coping with competition

STAGE A: LEARNING TO MASTER THE BALL 4-6 YEARS OF AGE

PLAYER CHARACTERISTICS

- Children of this age are sometimes self-centred and co-operation can be largely absent
- At this age many still think that the ball is their own 'toy', so they will try to run with the ball and score rather than pass
- They will respond to partner work and skills practice for a short time. This helps introduce them to team work and cooperation
- These children will only watch the ball. They cannot and will not look for space to run into
- They usually enjoy being asked questions and this should give the coach plenty of opportunities to check for understanding
- When their team is not in possession they find it difficult to understand defending a goal
- To them they are merely chasing a ball
- They respond best to target games and races (Hitting, throwing & running)

SKILL EMPHASIS		FUNDAMENTAL MOVEMENT	GAME SPECIFIC
HURLING	FOOTBALL	ABC & RTJ	
<p>Handling</p> <ul style="list-style-type: none"> - Correct hurley size - Identification of the 'Strong' hand - Grip & Swing - Ready & Lock Positions - Hand position for Dribble <p>Maintaining Possession</p> <ul style="list-style-type: none"> - Dribble <p>Gaining Possession</p> <ul style="list-style-type: none"> - Ground Stop/Block <p>Releasing Possession</p> <ul style="list-style-type: none"> - Ground Strike 	<p>Maintaining Possession</p> <ul style="list-style-type: none"> - Throw - Two handed Bounce - One handed Bounce <p>Gaining Possession</p> <ul style="list-style-type: none"> - Body Catch - Pick up (stationery & moving) <p>Travelling</p> <ul style="list-style-type: none"> - Knee tap solo 	<p>Agility</p> <p>Back to Back, Follow the Leader, Hopscotch, Lateral Jumps</p> <p>Balance</p> <p>Hop in & out of hoops, bunny hops, 1 legged balance & hop</p> <p>Co-ordination</p> <p>Skipping, Ladder Work, Bean Bag toss</p> <p>Running</p> <p>With the Hurley/Football Forward, Backward, sideways (multiple change of direction) High knees & heels</p> <p>Jumping</p> <p>Jump & Land then Change Direction, Jump Jacks, Squat Jumps, Jump & Turn</p> <p>Throwing</p> <p>Target Roll, Skittles, Bowling</p>	<p>Target Games</p> <p>The simplest form of a game which challenges players to use the technique previously learnt is to aim or target. Players have lots of time to perform the task without any distraction from other players. There is a low level of decision making. E.G. Skittles, Through the Gate, Tower Ball</p> <p>Court Games</p> <p>Court games require players to pass ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited E.G. Over the River, Hurling Tennis</p> <p>Part Invasion</p> <p>These games require players to complete a task with limited or direct opposition. E.G. Getting through the traffic, 4V4 (2 zones), no goalie, up north down south</p>

STAGE B: LEARNING TO USE THE BALL WELL 7-9 YEARS OF AGE

PLAYER CHARACTERISTICS

- They will begin to look up when in possession and start choosing options
- They will have difficulty tackling opponents but will kick the ball away from them and attempt to block any shots
- They have a tendency to stand back in hurling so encourage them to get close to the opponents
- Use questions to challenge and introduce decision making
- Players will beg for a game at every opportunity, yet their technique is best improved through individual, paired and small group work.
- Coaches need to focus on positive feedback, this is the age where drop-outs occur if children think they are no good
- At this age players will now try to win the game not only by scoring but also by attempting to deny the opposition the opportunity to score
- They will begin to understand the need to change the direction of a run or a pass
- First critical period for speed development

SKILL EMPHASIS		FUNDAMENTAL MOVEMENT	GAME SPECIFIC
HURLING	FOOTBALL	ABC & RTJ	
<p>Handling</p> <ul style="list-style-type: none"> - Same as 5-6 Year Olds <p>Maintaining Possession</p> <ul style="list-style-type: none"> - Dribble <p>Releasing Possession</p> <ul style="list-style-type: none"> - Ground Strike (left & right) - Ground Doubling (left & right) - Striking from the hand (left & right) <p>Contesting Possession</p> <ul style="list-style-type: none"> - Hooking - Shoulder to Shoulder Clash <p>Gaining Possession</p> <ul style="list-style-type: none"> - Ground Block - Ground Frontal Block - Jab/Roll Lift - Catch 	<p>Maintaining Possession</p> <ul style="list-style-type: none"> - One handed Bounce - Solo Run <p>Releasing Possession</p> <ul style="list-style-type: none"> - Handpass (closed fist) - Ground Kick - Punt Kick <p>Gaining Possession</p> <ul style="list-style-type: none"> - Body Catch - Overhead Catch - Low Catch - Pick Up <p>Contesting Possession</p> <ul style="list-style-type: none"> - Blockdown - Near Hand Tackle - Shadowing 	<p>Agility</p> <p>Back to Back, Follow the Leader, Hopscotch, Lateral Junmps</p> <p>Balance</p> <p>Hop in & out of hoops, bunny hops, 1 legged balance & hop</p> <p>Co-ordination</p> <p>Skipping, Ladder Work</p> <p>Running</p> <p>With the Hurley/Football Forward, Backward, sideways (multiple change of direction) High knees & heels</p> <p>Jumping</p> <p>Jump & Land then Change Direction, Jump Jacks, Squat Jumps, Jump & Turn</p> <p>Throwing</p> <p>Target Roll, Skittles, Bowling, Dodgeball</p> <p>Conditioning</p> <p>Introduce basic flexibility Whole body exercises</p>	<p>Target Games</p> <p>The simplest form of a game which challenges players to use the technique previously learnt is to aim or target. Players have lots of time to perform the task without any distraction from other players. There is a low level of decision making. E.G. Skittles, Through the Gate, Tower Ball</p> <p>Court Games</p> <p>Court games require players to pass ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited E.G. Over the River, Hurling Tennis</p> <p>Field Games</p> <p>These are games which require 1 team to act as the strikers/kickers and the opposition become the fielders retrieving the ball. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important. E.G. Rounders (football & hurling)</p> <p>Part & Full Invasion</p> <p>These games require players to complete a task with limited or direct opposition, where the objective is to move into opponents territory and score. E.G. Getting through the traffic, 4v4 (2 zones), 4v4 (2 touch), no goalie, Up north down south, 5v5 (wide man)</p>

STAGE C: LEARNING TO PLAY TOGETHER 10-12 YEARS OF AGE**PAGE 1 OF 2: HURLING****PLAYER CHARACTERISTICS**

- Players will compete with greater intensity against each other
- At this age players will now try to win the game not only by scoring but also by attempting to deny the opposition the opportunity to score
- They will begin to understand the need to change the direction of a run or a pass to be more effective and they will begin to grasp the idea that a player may need support from behind and to the side as well as in front
- Coaches should continue to run small sided games and condition the players to solve problems in a game based environment

(Continues on next page)

HURLING**SKILL EMPHASIS****Handling**

- Same as 4-9 Year Olds

Maintaining Possession

- Dribble
- Soloing at speed

Releasing Possession

- Ground Strike (L&R)
- Ground Block
- Doubling (L&R)
- Lift & Strike (L&R)
- Striking off the hurley on the Run (L&R)
- Strike on the Run from the Hand (L&R)
- Handpass (both hands)

Contesting Possession

- Hooking (stationery & on the move)
- Shoulder to Shoulder Clash & Shouldering
- Blockdown
- Doubling in the Air

Gaining Possession

- Roll & Jab Lift
- Catch (Overhead, Body(Chest) & Low)
- Ground Frontal Block
- First Touch Control

PHYSICAL FOCUS**Speed**

Further development of speed in warm-ups (efforts less than 6 secs) E.G. Quickness, change of direction & reaction sprints

Strength

Introduce core strength
E.G. Twist with a partner
Own body strength exercises
E.G. Push ups, Squats, Lunges
Introduce Plyometric training
E.G. Bounding & Hopping

Stamina

Endurance related activities
E.G. Relay running
Small sided games and ball drills
Circuit training with the ball

Flexibility/Co-Ordination

Introduce Dynamic stretching & mobility exercises
Warm up & Cool Down concept

GAME SPECIFIC**Court Games**

Court games require players to pass ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited
E.G. Over the River, Hit the Corners

Field Games

These are games which require 1 team to act as the strikers/kickers and the opposition become the fielders retrieving the ball. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important. E.G. Rounders (football & hurling)

Part - Invasion

Such games encourage awareness of time and space but also develop characteristics of team play (support & communication). They also allow players to develop positional sense and decision making with limited pressure from opposition. E.G. 4v1 (Goid) Pass & Attack

Full Invasion

The core objective here is to move into an opponents territory in order to score. To achieve this, players must maintain possession of the ball, create & use space and attack a 'goal'

STAGE C: LEARNING TO PLAY TOGETHER 10-12 YEARS OF AGE

PAGE 2 OF 2: FOOTBALL

FOOTBALL

PLAYER CHARACTERISTICS

- During training, these players must always feel part of the session. Coaches must be ready to pay as much attention to them as to other established players and always work to improve their skills (e.g. 1-1 coaching may be needed)
- Coaches must be quick to address the problem of 1 or 2 players dominating play and preventing others from developing their skills during games. Modifying the rules can help here
- Many players at this age fail to recognise the need to attack the ball and prefer to wait for the ball. If this is allowed to persist, that player will find it increasingly difficult to change their instincts
- Training needs to moderately increased at this stage
- Players are now ready to develop general strength through their own body weight and core exercises

SKILL EMPHASIS

Handling

- Same as 4-9 Year Olds

Maintaining Possession

- Bounce/Hop
- Solo
- Side Step/Feint

Releasing Possession

- Handpass (Closed fist) (left & right)
- Punt Kick (left & right)
- Hook Kick (left & right)

Contesting Possession

- Shoulder to Shoulder Clash
- Blockdown
- Near Hand Tackle
- Shadowing
- Frontal Tackle

Gaining Possession

- Pick Up (left & right)
- Catch (Overhead, Body & Low)

PHYSICAL FOCUS

Speed

Further development of speed in warmups (efforts less than 6 secs)
E.G. Quickness, change of direction & reaction sprints

Strength

Introduce core strength
E.G. Twist with a partner
Own body strength exercises
E.G. Push ups, Squats, Lunges
Introduce Plyometric training
E.G. Bounding & Hopping

Stamina

Endurance related activities
E.G. Relay running
Small sided games and ball drills
Circuit training with the ball

Flexibility/Co-Ordination

Introduce Dynamic stretching & mobility exercises
Warm up & Cool Down concept

GAME SPECIFIC

Court Games

Court games require players to pass ball over an obstacle like a net or zone to a receiver. The level of decision making has increased but is limited
E.G. Over the River, Hit the Corners

Field Games

These are games which require 1 team to act as the strikers/kickers and the opposition become the fielders retrieving the ball. The fielding team tries to limit the runs or scores by the striking/kicking team and at the same time try to get the opposition players out. Greater decisions have to be made in relation to where, when and how to move or play the ball and good spatial awareness is more important. E.G. Rounders (football & hurling)

Part - Invasion

Such games encourage awareness of time and space but also develop characteristics of team play (support & communication). They also allow players to develop positional sense and decision making with limited pressure from opposition. E.G. 4v1 (Goid) Pass & Attack

Full Invasion

The core objective here is to move into an opponents territory in order to score. To achieve this, players must maintain possession of the ball, create & use space and attack a 'goal'

STAGE D: LEARNING ABOUT POSITIONS 13-15 YEARS OF AGE**PAGE 1 OF 2: HURLING****HURLING****PLAYER CHARACTERISTICS**

- While players in this stage may have the same chronological age, they may differ significantly in terms of biological age, i.e. 1 may be more physically developed than another
- The onset of puberty usually occurs during the early stages of this cycle. Aerobic and strength programmes should be individualised or grouped according to their Peak Height Velocity (PHV) N.B. Only trained coaches to undertake this training
- Broad base skills and sports specific skills
- Advanced technical skill development/skills developed under pressure

(Continues on next page)

SKILL EMPHASIS**Maintaining Possession**

- Tap & move
- Soloing at speed with changes of direction

Releasing Possession

- Ground Strike on the run (L&R)
- Shooting for scores (L&R)
- Batting & Doubling (L&R)
- Lift & Strike (L&R)
- Striking off the hurley on the Run (L&R)
- Strike on the Run from the Hand (L&R)
- Handpass (both hands)

Contesting Possession

- Hooking (stationery & on the move)
- Shoulder to Shoulder Clash & Shouldering
- Blockdown
- Doubling in the Air
- Flicking ball off the hurley
- Ground tussle

Gaining Possession

- Roll & Jab Lift at pace
- Catch (Body/Chest) & Low
- High Catch (protect from behind & front)
- Ground Frontal Block
- First Touch Control

PHYSICAL FOCUS**Speed**

Multi-directional (efforts less than 20 secs in response to hand signals). Quick footwork, change of direction, agility & reaction sprints

Strength

Body weight circuit training (upper & lower body, trunk)
Develop core strength (The Plank)
Learning correct weight lifting techniques (squats, snatch, lunge, etc)

Introduce light free weights and medicine balls

Stamina

3v1 games
Drills Incorporating the ball

Flexibility/Co-Ordination

Maintain flexibility exercise
Dynamic Warm up

GAME SPECIFIC**Part - Invasion**

Such games encourage awareness of time and space but also develop characteristics of team play (support & communication). They also allow players to develop positional sense and decision making with limited pressure from opposition. E.G. Wide man & Zone to Zone

Full Invasion

The key element with invasion games is the number of players involved. The less space a player has, the less time they have on the ball and the more skill is required. E.G. Backs & Forwards, 15v15, Modified & Conditioned games

Possession Games

Concept games designed to correct a failing in general team play or one rule games to develop a weakness in general play. E.G. Give & Go, 4 second rule, 2 touch, 1 hop 1 solo, Heads up, First touch.

STAGE D: LEARNING ABOUT POSITIONS 13-15 YEARS OF AGE

PAGE 2 OF 2: FOOTBALL

FOOTBALL

PLAYER CHARACTERISTICS

- Fitness with the ball in skills and drills
- Gain an understanding of the principles of attack and defence through grids and small sided games
- Players can be introduced to moderate anaerobic and strength training through ball work
- Players should introduced to psychological training through games that promote concentration and better decision making

SKILL EMPHASIS

Maintaining Possession

- Bounce/Hop
- Solo
- Side Step/Feint
- Change of pace with the ball

Releasing Possession

- Handpass (Closed fist) (left & right)
- Punt Kick (left & right) to moving target
- Hook Kick (left & right) to moving target
- Scoring from angles
- Free Kicks & Penalty Kicks

Contesting Possession

- Dive Blockdown
- Blockdown
- Near Hand Tackle
- Hand off
- Shadowing
- Frontal Tackle

Gaining Possession

- Pick Up (left & right)
- Catch (Overhead, Body & Low)

PHYSICAL FOCUS

Speed

Multi-directional (efforts less than 20 secs in response to hand signals). Quick footwork, change of direction, agility & reaction sprints

Strength

Body weight circuit training (upper & lower body, trunk) Develop core strength (The Plank) Learning correct weight lifting techniques (squats, snatch, lunge, etc)

Introduce light free weights and medicine balls

Stamina

3v1 games
Drills Incorporating the ball

Flexibility/Co-Ordination

Maintain flexibility exercise
Dynamic Warm up

GAME SPECIFIC

Part-Invasion

Such games encourage awareness of time and space but also develop characteristics of team play (support & communication). They also allow players to develop positional sense and decision making with limited pressure from opposition. E.G. Wide man & Zone to Zone

Full Invasion

The key element with invasion games is the number of players involved. The less space a player has, the less time they have on the ball and the more skill is required. E.G. Backs & Forwards, 15v15, Modified & Conditioned games

Possession Games

Concept games designed to correct a failing in general team play or one rule games to develop a weakness in general play. E.G. Give & Go, 4 second rule, 2 touch, 1 hop 1 solo, Heads up, First touch.

STAGE E: LEARNING TO PERFORM 16-18 YEARS OF AGE**PAGE 1 OF 2: HURLING****HURLING****PLAYER CHARACTERISTICS**

- During this phase players begin to reach their physical peak and those slow developers begin to catch up with their peers
- Encourage ideas of self-awareness and self-help within players
- At this stage a Functional Movement Screening (conducted by a Physio) should be carried out on each player and the results along with their Critical Success Factors (CSF's) identified by each player in their Self Assessment Profile should form their basis of their Personal Development Plan (PDP)
- As a result of the above, each player should have a PDP, a component of which should be an individualised conditioning programme developed and delivered by a Strength & Conditioning coach. Every player should be committed to their programme as they will have had an input into their Self-Assessment Profile

(Continues on next page)

SKILL EMPHASIS**Maintaining Possession**

- Tap & move
- Soloing at speed with changes of direction

Releasing Possession

- Hurley Pass
- Shooting for scores (L&R)
- Doubling (L&R)
- Lift & Strike (L&R)
- Striking off the hurley on the Run (L&R)
- Strike on the Run from the Hand (L&R)
- Handpass & Dummy Handpass (both hands)

Contesting Possession

- Hooking (stationery & on the move)
- Shoulder to Shoulder Clash & Shouldering
- Blockdown (1 & 2 hands)
- Doubling in the Air
- Flicking ball off the hurley
- Ground tussle

Gaining Possession

- Roll & Jab Lift at pace
- Catch (Body/Chest) & Low
- High Catch (protect from behind & front)
- Ground Frontal Block
- First Touch Control
- Overhead Ball Control

PHYSICAL FOCUS**Speed**

Multi-directional (efforts less than 20 secs in response to hand signals). Quick footwork, change of direction, agility & reaction sprints
Running mechanics & technique
Strength work to improve to speed

Strength

Body weight circuit training (upper & lower body, trunk)
Develop core strength (The Plank)
Learning correct weight lifting techniques (squats, snatch, lunge, etc)
Introduce light free weights and medicine balls

Stamina

Small sided games
3v1 games
Drills Incorporating the ball

Flexibility/Co-Ordination

Maintain flexibility exercise
Dynamic Warm up

GAME SPECIFIC**Intense Small-sided Games**

These games are extremely beneficial for players. As well as getting involved in the game more often, players learn more quickly and make more decisions during the course of these games. And as the ball is never far away, greater concentration is required.

15-A-Side

15 aside games are helping rehearse for the match day scenarios. E.G. 15v15 (deploying a sweeper, defending the zone, 2 man full forward line, various other match tactics)

Modified / Conditioned Games

These games are very beneficial for players by modifying the rules to suit certain game plans or to help involve everyone in that game rather than the 'strong' player being dominant all the time. These also help players get more touches on the ball, with less space and less time on the ball to help develop their decision making options, which will improve this side of their game in a proper match.

STAGE E: LEARNING TO PERFORM 16-18 YEARS OF AGE

PAGE 2 OF 2: FOOTBALL

FOOTBALL

PLAYER CHARACTERISTICS

- Advanced technical skill development/Skills developed under pressure
- Understand the principles of game play, tactics and game sense
- Accept that the team is paramount and their role within the team structure
- Instil concepts of mental toughness and calmness under pressure (winning behaviors)
- Encourage flexibility and fine tune the generic skills to play in a variety of positions
- Players should be encouraged to embrace positive life-skills, i.e. time-management and to take control of their own athletic development

SKILL EMPHASIS

Maintaining Possession

- Bounce/Hop& Solo
- Side Step/Feint
- Change of pace with the ball
- Support of the player with the ball

Releasing Possession

- Handpass (Closed fist) (left & right)
- Punt Kick (left & right) to moving target
- Hook Kick (left & right) to moving target
- Scoring from angles
- Free Kicks & Penalty Kicks

Contesting Possession

- Blockdown & Dive Blockdown
- Breaking the tackle
- Near Hand Tackle
- Hand off & Shadowing/Checking
- Frontal Tackle
- Group tackling

Gaining Possession

- Pick Up (left & right)
- Catch (Overhead, Body & Low)

PHYSICAL FOCUS

Speed

Multi-directional(efforts less than 20 secs in response to hand signals). Quick footwork, change of direction, agility & reaction sprints
Running mechanics & technique
Strength work to improve to speed

Strength

Body weight circuit training (upper & lower body, trunk)
Develop core strength (The Plank)
Learning correct weight lifting techniques (squats, snatch, lunge, etc)
Introduce light free weights and medicine balls

Stamina

Small sided games
3v1 games
Drills Incorporating the ball

Flexibility/Co-Ordination

Maintain flexibility exercise
Dynamic Warm up

GAME SPECIFIC

Intense Small-sided Games

These games are extremely beneficial for players. As well as getting involved in the game more often, players learn more quickly and make more decisions during the course of these games. And as the ball is never far away, greater concentration is required.

15-A-Side

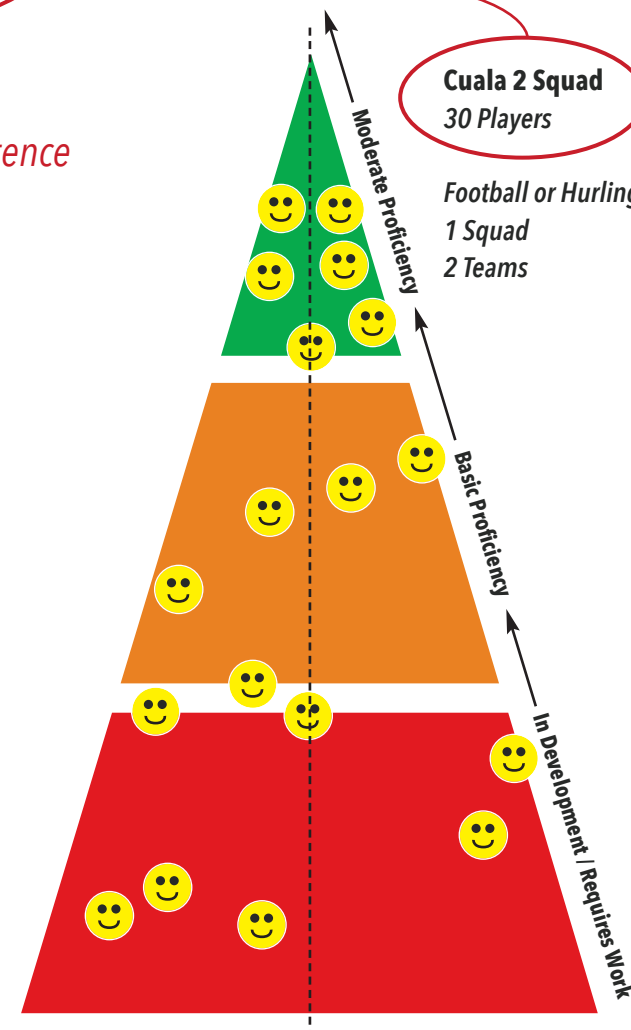
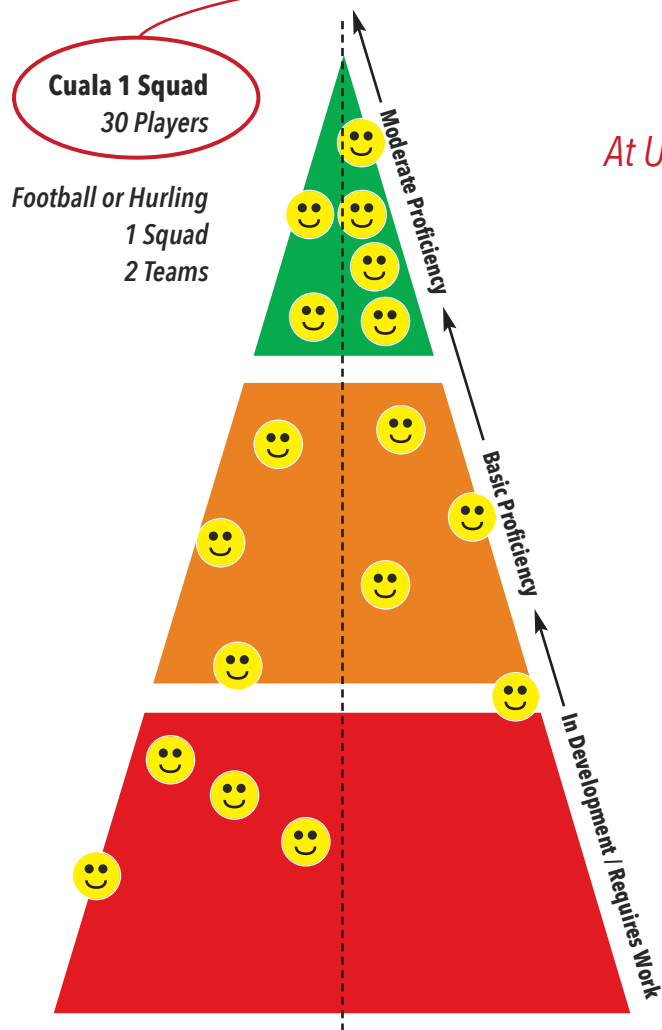
15 aside games are helping rehearse for the match day scenarios. E.G. 15v15 (deploying a sweeper, defending the zone, 2 man full forward line,various other match tactics

Modified / Conditioned Games

These games are very beneficial for players by modifying the rules to suit certain game plans or to help involve everyone in that game rather than the 'strong' player being dominant all the time. These also help players get more touches on the ball, with less space and less time on the ball to help develop their decision making options, which will improve this side of their game in a proper match.

Current U11 Player Pathway (2003)

- Existing squad of 60 players
At U11 Stage there is no 'Complete Player' in existence



- EMPHASIS ON TEAM
- EMPHASIS ON BONDING
- EMPHASIS ON SKILL DEVELOPMENT
- EMPHASIS ON ENJOYMENT
- WINNING:
Score not recorded but GREAT for MORALE

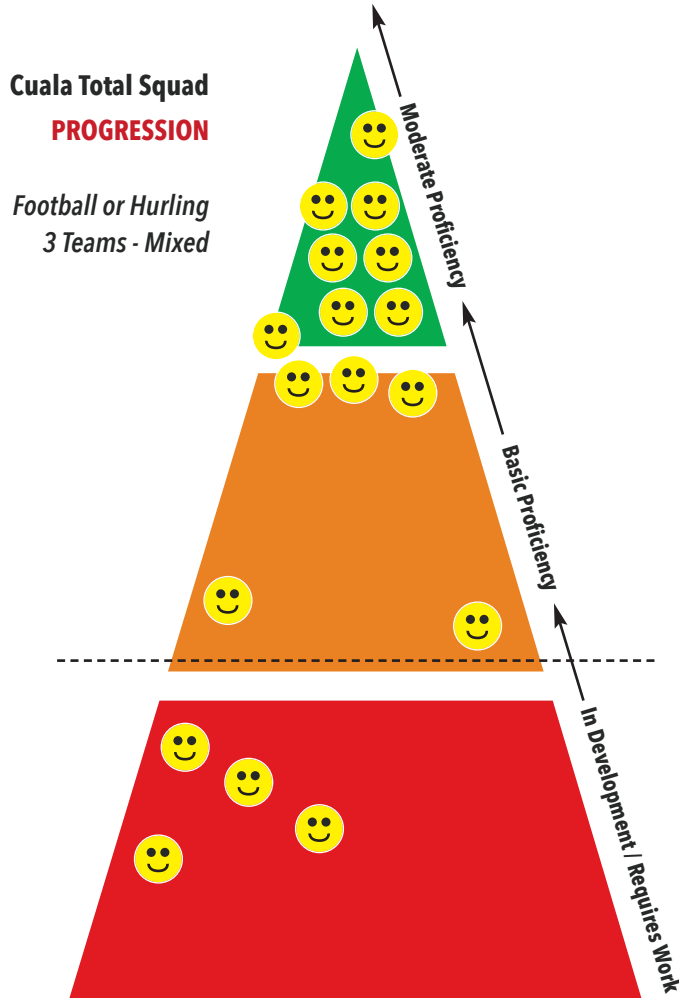
- NOTICEABLES**
- Those who train more often are higher up the chain
 - Those who focus are higher up the chain
 - Noticeable shift in Endeavouring...

NOT ALL PLAYERS DEVELOP AT THE SAME RATE

U12 Player Pathway (2003)

- Squad of 50 players (tbc)

At U12 Stage there is still no 'Complete Player' in existence, but 'progression' requires commitment, energy and structure from both the players and mentors



- EMPHASIS ON TEAM Bonding / Enjoyment
- EMPHASIS ON SKILL DEVELOPMENT Training & Outside practice hours
- EMPHASIS ON COMPETING
- INTRODUCTION OF STANDARDS & ACHIEVABLE GOALS FOR ALL INDIVIDUALS OVER A 12-MONTH PERIOD
- OVERALL PACKAGE = SQUAD PLACEMENT
- 2 REVIEWS PER YEARS JAN - JUNE & SEPT - DEC

We will ask for a Commitment and Player Parent Charter sign-up

We will over-invest our time and energy in the Development Squads

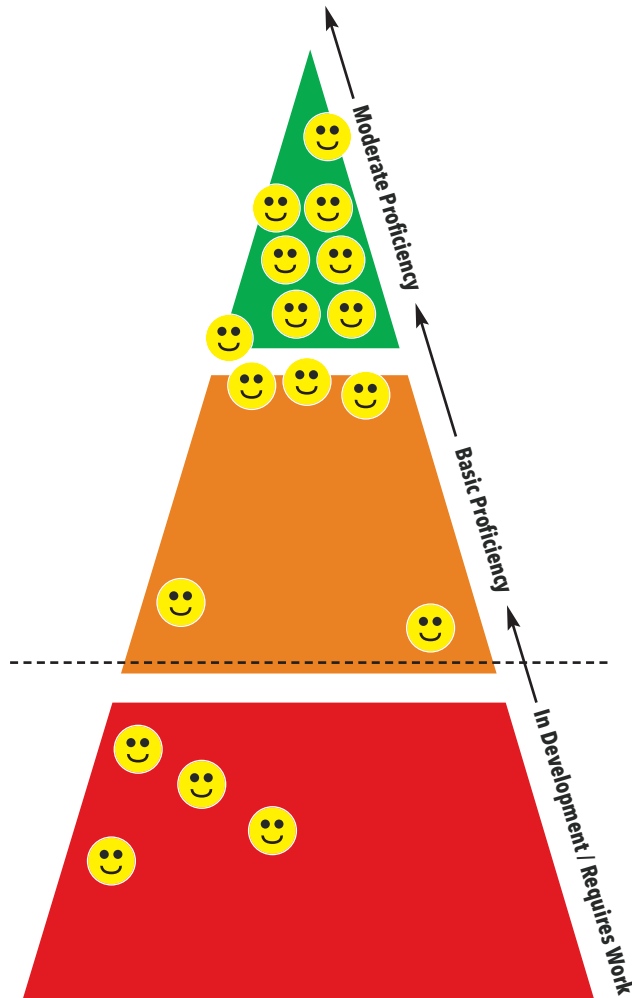
Extra Resources in time and effort

The U12 Squad of 50 Players generates 3 Football teams and 3 Hurling teams - subject to grading



Blitzes organised in February & March 2015 as part of proposed grading structures
Hurling & Football Leagues (graded) commence April 2015 / Football Playoffs - November 2015

PARENTS, COACHES & MENTORS



- Just as with the players, responsibilities also lie with every parent, coach and mentor
- Parent, coaches and mentors must upskill as necessary to help their players / children on their journeys
- A commitment in time, energy, resources and personal development (eg: coaching badges) will greatly benefit the squad

HOW YOU CAN HELP

- Coaching
- Communication Role
- Facilities Management
- Logistics
- Opposition Analysis
- Squad-up Liaison Officers
- Squad-down Liaison Officers
- Mentoring

EXAMPLE OF U12 GRADING SYSTEM USED IN HURLING FOR 2014 - SAMPLE DAY: SATURDAY 10TH MAY

Grade/Div	Home Team	vs	Away Team
U12 Hurling Div.1	Lucan Sarsfields 1	vs	Kilmacud Crokes 1
U12 Hurling Div.1	Fingallians 1	vs	Naomh Mearnog 1
U12 Hurling Div.1	Castleknock 1	vs	Ballyboden St Enda 1
U12 Hurling Div.1	St Brigids 1	vs	St Vincents 1
U12 Hurling Div.2	Craobh Chiarain	vs	Thomas Davis 1
U12 Hurling Div.2	Faughs	vs	Raheny 1
U12 Hurling Div.2	Na Fianna 1	vs	Naomh OP/ER 1
U12 Hurling Div.2	Cluain Tarbh 1	vs	Naomh Barrog 1
U12 Hurling Div.3	O Tooles 1	vs	Skerries Harps 1
U12 Hurling Div.3	Ballinteer St John 1	vs	Cuala 1
U12 Hurling Div.3	St Sylvesters	vs	Parnells
U12 Hurling Div.3	Commercials	vs	Naomh Olaf 1
U12 Hurling Div.4	Round Towers C	vs	Clanna Gael/Fontenoy 1
U12 Hurling Div.4	St Finians S	vs	St Marks
U12 Hurling Div.4	Thomas Davis 2	vs	Naomh Fionnbarra
U12 Hurling Div.4	Erin Go Bragh 1	vs	Erins Isle
U12 Hurling Div.5	Kilmacud Crokes 2	vs	Whitehall Colmcille
U12 Hurling Div.5	Ballyboden St Enda 2	vs	Castleknock 2
U12 Hurling Div.5	Setanta	vs	Lucan Sarsfields 2
U12 Hurling Div.5	Wild Geese	vs	St Peregrines

Grade/Div	Home Team	vs	Away Team
U12 Hurling Div.6	Bray Emmets	vs	Faughs 2
U12 Hurling Div.6	St Maurs	vs	Cluain Tarbh 2
U12 Hurling Div.6	St Vincents 2	vs	Fingallians 2
U12 Hurling Div.6	Liffey Gaels	vs	Kilmacud Crokes 3
U12 Hurling Div.7	Naomh Olaf 2	vs	Na Fianna 2
U12 Hurling Div.7	Naomh Mearnog 2	vs	Ballinteer St John 2
U12 Hurling Div.7	Cuala 2	vs	Erin Go Bragh 2
U12 Hurling Div.7	Scoil Ui Chonaill	vs	Stars of Erin
U12 Hurling Div.8	Cluain Tarbh 3	vs	St Brigids 2
U12 Hurling Div.8	St Vincents 3	vs	O Tooles 2
U12 Hurling Div.8	Naomh OP/ER 2	vs	Ballyboden St Enda 3
U12 Hurling Div.8	Skerries Harps 2	vs	Castleknock 3
U12 Hurling Div.9	Naomh Barrog 2	vs	Na Fianna 3
U12 Hurling Div.9	Raheny 2	vs	Beann Eadair
U12 Hurling Div.9	Bye	vs	Cuala 3
U12 Hurling Div.9	Clanna Gael/Fontenoy 2	vs	Lucan Sarsfields 3

EXAMPLE OF U12 GRADING SYSTEM USED IN FOOTBALL FOR 2014 - SAMPLE DAY: SATURDAY 10TH MAY

Grade/Div	Home Team	vs	Away Team
U12 Football Div.1	Naomh Mearnog 1	vs	Naomh OP/ER 1
U12 Football Div.1	St Brigids 1	vs	St Vincents 1
U12 Football Div.1	Ballinteer St John 1	vs	St Patricks D 1
U12 Football Div.1	Kilmacud Crokes 1	vs	Templeogue Synge St 1
U12 Football Div.1	Ballyboden St Enda 1	vs	Castleknock 1
U12 Football Div.2	Cuala 1	vs	Westmanstown
U12 Football Div.2	Raheny 1	vs	Lucan Sarsfields 1
U12 Football Div.2	Na Fianna 1	vs	Thomas Davis 1
U12 Football Div.2	Cluain Tarbh 1	vs	Naomh Barrog 1
U12 Football Div.2	Erin Go Bragh 1	vs	Fingallians 1
U12 Football Div.3	Skerries Harps 1	vs	Ballymun Kickhams
U12 Football Div.3	St Sylvesters 1	vs	Naomh Olaf 1
U12 Football Div.3	Craobh Chiarain	vs	St Finians S
U12 Football Div.3	Erins Isle	vs	Fingal Ravens
U12 Football Div.3	O Tooles	vs	Kilmacud Crokes 2
U12 Football Div.4	Naomh Fionnbarra	vs	Whitehall Colmcille
U12 Football Div.4	Parnells	vs	Ballyboden St Enda 2
U12 Football Div.4	Castleknock 2	vs	Cuala 2
U12 Football Div.4	Round Towers C	vs	Clanna Gael/Fontenoy 1
U12 Football Div.4	St Marks	vs	St Marys S
U12 Football Div.5	Kilmacud Crokes 4	vs	Cluain Tarbh 2
U12 Football Div.5	St Vincents 2	vs	St Peregrines
U12 Football Div.5	Kilmacud Crokes 3	vs	St Maurs
U12 Football Div.5	Naomh Barrog 2	vs	Scoil Ui Chonaill
U12 Football Div.5	Templeogue Synge St 2	vs	Man O War

Grade/Div	Home Team	vs	Away Team
U12 Football Div.6	Stars of Erin	vs	Naomh Mearnog 2
U12 Football Div.6	Naomh OP/ER 2	vs	Na Fianna 2
U12 Football Div.6	St Peters-CM/Bboughal	vs	Ballinteer St John 2
U12 Football Div.6	Lucan Sarsfields 2	vs	St Patricks D 2
U12 Football Div.6	Fingallians 2	vs	Garristown
U12 Football Div.7	Naomh Olaf 2	vs	Beann Eadair
U12 Football Div.7	Ballyboden St Enda 3	vs	Castleknock 3
U12 Football Div.7	Thomas Davis 2	vs	St Patricks P
U12 Football Div.7	Clanna Gael/Fontenoy 2	vs	Geraldine P. Moran
U12 Football Div.7	Na Fianna 3	vs	St Judes
U12 Football Div.8	Cluain Tarbh 3	vs	St Brigids 2
U12 Football Div.8	Ballyfermot DLS	vs	Wanderers
U12 Football Div.8	Liffey Gaels	vs	Kilmacud Crokes 5
U12 Football Div.8	O Tooles	vs	Skerries Harps 2
U12 Football Div.8	Templeogue Synge St 3	vs	St Sylvesters 2
U12 Football Div.9	Na Fianna 5	vs	Erin Go Bragh 2
U12 Football Div.9	St Finians S 2	vs	Ballyboden St Enda 4
U12 Football Div.9	Cuala 3	vs	Raheny 2
U12 Football Div.9	Round Towers L	vs	St Vincents 3
U12 Football Div.9	St Kevins / Killians	vs	Kilmacud Crokes 6
U12 Football Div.9	Lucan Sarsfields 3	vs	Na Fianna 4

***As an aid to
Squad
Development***

As part of the progression between age groups it is recommended that a **Player Assessment card** is created in November of each year by all managers within the club

This card will greatly help in planning squads

It is important that the player and parent inputs into the card as it will help them understand the challenges which lie ahead for each individual player

As part of the assessment process the **player welfare is of paramount importance** and all players must be protected from potential injuries and possible burnout

At a young age the demands placed on a 10 or 11 year old to represent school teams, swimming teams, athletic teams, basketball teams, soccer and rugby, and inter-club playing-up has a huge affect on the physical and mental composition of the child.

Parents, mentors and coaches must be cognisant of all factors affecting player welfare, and tailored boutique programs will be required for training and game planning.

***As an aid to
Personal
Development***

ONE SIZE DOES NOT FIT ALL



PLAYER

Parent Guardian

Phone

Email

Parent Guardian

Phone 2

Email

Address

School

Schoolyear

Height

Year Date of Birth

Under Squad No.

DATE OF FORM COMPLETION

ATTENDANCE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Training	<input type="text"/>	<input type="text"/>	<input type="text"/>
Games	<input type="text"/>	<input type="text"/>	<input type="text"/>

FOOTBALL

PLAYER SKILLS	Right			Left		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soloing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kicking Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kicking Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kicking Distance Max	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Free-taking ground	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Free-taking hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hand-passing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Toe-lift	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catching High	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tackling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Positional Sense	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tracking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decision Making	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decision Speed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strong Side	<input type="checkbox"/>	<input type="checkbox"/>				

POSITION	
Favourite	<input type="text"/>
Least Favourite	<input type="text"/>
Manager's Pref.	<input type="text"/>
Goalkeeper	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
STRENGTHS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Speed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Endurance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Recovery	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
SER Score	<input type="text"/>
Speed 50m	<input type="text"/>
Speed 400m	<input type="text"/>

KEY DEVELOPMENT AREAS

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HURLING

PLAYER SKILLS	Right			Left		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soloing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pucking Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pucking Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pucking Distance Max	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Free-taking ground	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hand-passing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roll-lift	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jab-lift	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blocking - Front	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blocking - Leg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catching High	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tackling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Positional Sense	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tracking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decision Making	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decision Speed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strong Side	<input type="checkbox"/>	<input type="checkbox"/>				

POSITION	
Favourite	<input type="text"/>
Least Favourite	<input type="text"/>
Manager's Pref.	<input type="text"/>
Goalkeeper	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
STRENGTHS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Speed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Endurance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Recovery	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
SER Score	<input type="text"/>
Speed 50m	<input type="text"/>
Speed 400m	<input type="text"/>

KEY DEVELOPMENT AREAS

Not Just a Club - A Way of Life



Player Welfare Sheet

PARENT / GUARDIAN

Parent Guardian

Phone

Email

Parent Guardian

Phone 2

Email

PLAYER

Year Date of Birth

Under Squad No.

Address

School

Schoolyear

Height

CONSENT

Do you give permission for your child to be treated should he/she be injured during a match/training situation?

Yes No Signed:

ACTIVITIES

Please note any sporting activities undertaken during the week

DATE:

	Early Morning	In School / Daytime	After School	Evening
Mon	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Tues	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Thurs	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sun	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

INJURIES

List injuries which might impact training / matches

OTHER INFORMATION

Any additional information which may be useful

ALLERGIES / MEDS

Please list any allergies or medicines being taken

By filling out this sheet you're giving mentors and managers a better understanding of your child's needs

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JANUARY

Date	Day	Time	Detail

FEBRUARY

Date	Day	Time	Detail
8	Sat	1100	Football
15	Sat	1100	Football
22	Sat	1100	Hurling
			MMM PRL

MARCH

Date	Day	Time	Detail
1	Sat	1100	Football
8	Sat	1100	Hurling
15	Sat	1100	Football
22	Sat	1100	Hurling
29	Sat	1100	Football
			MMM PRL

APRIL

Date	Day	Time	Detail
5	Sat	1100	Hurling
12	Sat	1100	Football Blitz
19	Sat		EASTER BREAK
26	Sat	1100	
			MMM PRL

MAY

Date	Day	Time	Detail
3	Sat	1100	Football
10	Sat	1100	Hurling
17	Sat	1100	Football
24	Sat	1100	Hurling
31	Sat	1100	Football
			MMM PRL

JUNE

Date	Day	Time	Detail
7	Sat	1100	Hurling
14	Sat	1100	Football
21	Sat	1100	Football
29	Sat	1100	Hurling
			Challenge
			MMM PRL

JULY

Date	Day	Time	Detail
1	Tue	1900	Hurling
8	Tue	1900	Hurling
15	Tue	1900	Hurling
22	Tue	1900	Hurling
			Camaint
			Camaint
			Camaint
			Camaint
			MMM PRL

AUGUST

Date	Day	Time	Detail
23	Sat	1200	Hurling
30	Sat	1100	Hurling
			Camaint Finals
			MMM PRL

SEPTEMBER

Date	Day	Time	Detail
6	Sat	1100	Football
13	Sat	1100	Hurling
20	Sat	1100	Football
27	Sat	1100	Hurling
			MMM PRL

OCTOBER

Date	Day	Time	Detail
4	Sat	1100	Football
11	Sat	1100	Hurling
18	Sat	1100	Football
25	Sat		BREAK
			MMM PRL

NOVEMBER

Date	Day	Time	Detail
1	Sat	1100	Hurling
8	Sat	1100	Football
17	Mon		AGM
			Juvenile Section
			MMM PRL

DECEMBER

Date	Day	Time	Detail

To encourage & nurture development, and to support all players, monthly meetings are proposed. The following are two examples:
MMM = Monthly Management Meetings - for parents, coaches, mentors and players to discuss issues
PRL = Player Rep Liaison - for player representatives to share matters with coaching team

INTRODUCTION TO PLAYER BURNOUT

Burnout occurs where people who have previously been highly committed to a sport lose interest and motivation. Typically it will occur in hard working, hard training, hard driven people, who become emotionally, psychologically or physically exhausted.

This can occur where:

- You find it difficult to say 'no' to additional commitments or responsibilities
- Someone has been under intense and sustained pressure for some time
- A perfectionist coach does not delegate
- Someone is trying to achieve too much
- Someone has been giving too much emotional support for too long
- Often it will express itself in a reduction in motivation, volume and quality of performance, or in Dissatisfaction with or departure from the sport altogether

Symptoms of Burnout:

- Burnout will normally occur slowly, over a long period of time, it may express itself physically or mentally.
- Physical Burnout
- Feelings of intense fatigue
- Vulnerability to viral infection
- Immune breakdown

Mental Burnout:

- Feeling of lack of control over commitments
- An incorrect belief that you are accomplishing less
- A growing tendency to think negatively
- Loss of a sense of purpose and energy
- Increasing detachment from relationships that causes conflict and stress

AVOIDING BURNOUT

If you are training and performing hard, then you should take great care not to burnout. You can avoid physical burnout by keeping the sport fun: intense, difficult training sessions that significantly improve technique should be mixed with lighter, enjoyable sessions that use new skills to good advantage. A relatively slow build-up from off-seasons can be adopted so that your body is not put under excessive stress. You should respect feelings of intense physical fatigue and rest appropriately. Similarly, you can avoid mental burnout by ensuring that the sport remains fun: there is a limit to your mental energy that you should respect. As you get better at a sport, people will want more and more of your time, and will rely on you more and more. It is easy for commitments to get bigger and bigger: people tend to be quite happy to consume other people's mental resources without worrying about the consequences.

Preventative Actions:

If you feel that you are in danger of burning out, or are not enjoying your sport, the following points can help you correct the situation:

- Re-evaluate your goals and prioritise them
- Evaluate the demands placed on you and see how they fit in with your goals
- Identify your ability to comfortably meet these demands
- If you are over-involved, reduce the commitments that are excessive
- If people demand too much emotional energy, become more unapproachable and less sympathetic. Involve other people in a supportive role
- You owe it to yourself to avoid being bled dry emotionally
- Learn stress management skills
- Examine other areas in your life which are generating stress, such as work or family, and try to solve problems and reduce the stress
- Get the support of your friends and family in reducing stress

HEALTHY LIFESTYLE TIPS

- Get adequate sleep and rest to maintain your energy levels
- Ensure that you are eating a healthy, balanced diet (bad diet can make you ill or feel bad)
- Get adequate regular aerobic exercise
- Limit your caffeine and alcohol intake
- Perhaps develop alternative activities such as a relaxing hobby to take your mind off problems
- Acknowledge your own humanity, remember that you have a right to pleasure and a right to relaxation

	FOOTBALL UNDER 11 CCC1 Born 2003 School 5th Cl	HURLING UNDER 11 CCC1 Born 2003 School 5th Cl	FOOTBALL UNDER 12 CCC1 Born 2002 School 6th Cl	HURLING UNDER 12 CCC1 Born 2002 School 6th Cl	FOOTBALL UNDER 13 CCC2 Born 2001 School 1st Yr	HURLING UNDER 13 CCC2 Born 2001 School 1st Yr	FOOTBALL UNDER 14 CCC2 Born 2000 School 2nd Yr	HURLING UNDER 14 CCC2 Born 2000 School 2nd Yr	FOOTBALL UNDER 15 CCC2 Born 1999 School 3rd Yr	HURLING UNDER 15 CCC2 Born 1999 School 3rd Yr	FOOTBALL UNDER 16 CCC2 Born 1998 School Transition	HURLING UNDER 16 CCC2 Born 1998 School Transition	FOOTBALL MINOR ADULT Born 1997 School 5th Yr	HURLING MINOR ADULT Born 1997 School 5th Yr
GAME DURATION	50 MINS	50 MINS	50 MINS	50 MINS			60 Mins	60 Mins	60 Mins	60 Mins	60 Mins	60 Mins	60 Mins	60 Mins
PLAYER MAX	11	11	13	13	15	15	15	15	15	15	15	15	15	15
PLAYERS Min	9	9	11	11	13	13	13	13	13	13	13	13	13	13
BALLS	Smart T size 3	Smart T Size 3	Smart T Size 4	Smart T Size 5	Size 4	Juvenile	Size 4	Juvenile	Size 5	Juvenile	Size 5	Juvenile	Size 5	Juvenile
JERSEYS	Numbered	Numbered	Numbered	Numbered	Numbered	Numbered	Numbered	Numbered	Numbered	Numbered	Numbered	Numbered	Numbered	Numbered
Steps	8	16												
Solos	2 (1H/1S or 2S)	2 plays	4 solos		Hop / Solo	Hop / Solo	Hop / Solo	Hop / Solo	Hop / Solo	Hop / Solo	Hop / Solo	Hop / Solo	Hop / Solo	Hop / Solo
45's	40 mts out	50 mts Halfway	40 mts out	50 mts out			45 Metres	45 Metres	45 Metres	45 Metres	45 Metres	45 Metres	45 Metres	45 Metres
Pitch Size	100 x 50m	100m x 50m	100 x 50m	100 x 50m			Full Size	Full Size	Full Size	Full Size	Full Size	Full Size	Full Size	Full Size
Goals	15' x 17'	15' x 17'	15' x 17'	15' x 17'			Full Size	Full Size	Full Size	Full Size	Full Size	Full Size	Full Size	Full Size
Penalties	None	None	11 mts from end	20 mts for end	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Technical Free/Penalty	n/a	n/a	in Square/Penalty	in Square Penalty	Square Ball		Square Ball	Square Ball	Square Ball	Square Ball	Square Ball	Square Ball	Square Ball	Square Ball
Kicking		Not allowed		one kick only										
Kicking Goals		Not allowed		Not allowed										
Frees				> 20 mts	> 20 mts		> 20 mts	> 20 mts	> 20 mts	> 20 mts	> 20 mts	> 20 mts	> 20 mts	> 20 mts
Handpass	Underhand striking movement if using open palm	Underhand striking movement if using open palm	Underhand striking movement if using open palm											
Kickouts				from 13m line										
Sideline Kicks	Balls must be kicked from outside the boundary line	Balls must be kicked from outside the boundary line	Balls must be kicked from outside the boundary line											
Charge	It is illegal for a charge to be made to player kicking ball	It is illegal for a charge to be made to player kicking ball	It is illegal for a charge to be made to player kicking ball	It is illegal for a charge to be made to player kicking ball										
Bounce				Basketball bounce										
Team Sheets			To Ref & Opposition	Ref & Opposition	Ref & Opp		Ref & Opp	Ref & Opp	Ref & Opp	Ref & Opp	Ref & Opp	Ref & Opp	Ref & Opp	Ref & Opp
Language			Gaeilge & English	Gaeilge & English	Gae & Eng		Gae & Eng	Gae & Eng	Gae & Eng	Gae & Eng	Gae & Eng	Gae & Eng	Gae & Eng	Gae & Eng
Subs / Rotations	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited		Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited



The Game

*An Insider's Guide to
Unlocking the Mysteries*

Not Just a Club - A Way of Life

Cuala GAA

