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**NUAICHTLITIR**  
BEALTAINÉ 2017



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## WIN A COACHING SESSION WITH A GAA LEGEND THANKS TO GRMA



**The prizes and offers attached to joining the GAA's new grma membership and rewards programme keep getting better and better. And now Clubs as well as individuals can reap the benefits via a coaching session with a GAA legend.**

The grma programme has just confirmed that Gaelic games icons DJ Carey and Peter Canavan have joined their ranks as coaching ambassadors and your Club now has the chance to win a coaching session with one of the biggest stars our Games have ever known.

Clubs who get 50 members to sign up to grma between now and 30th June 2017 will be entered into a draw to win a coaching session with GAA icons DJ Carey or Peter Canavan for club players and mentors.

Gowran genius DJ is a nine-time all-star and five-time All-Ireland senior hurling medal winner with Kilkenny in a glittering career that left him ranked as one of the greatest hurlers of all time. More recently he has won plaudits for his coaching work with IT Carlow and guided them to the 2017 Fitzgibbon Cup final.

Peter Canavan is the first Tyrone man ever to lift the Sam Maguire. The Errigal Ciarán hero was Tyrone captain in 2003 when they won their first ever All-Ireland senior football title. He was also an integral part of their 2005 success to crown a six-time GAA all-star career as one of the great Gaelic football forwards.

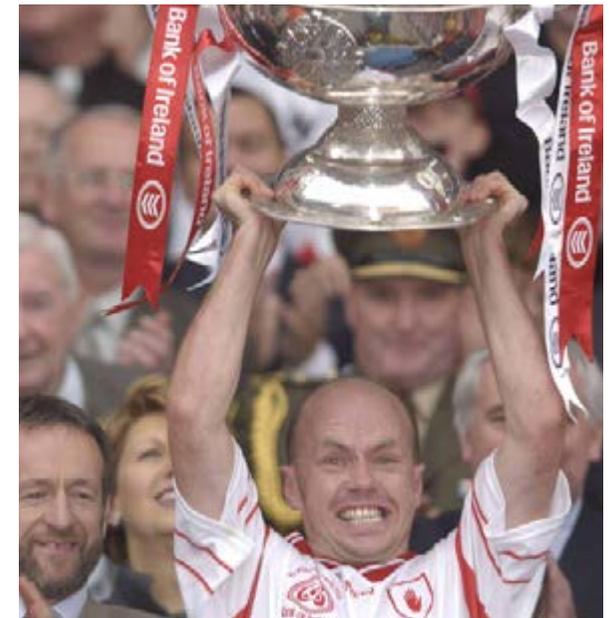
He has an extensive coaching CV at schools and club level, and was coach to the All-Ireland U21 winning Tyrone team of 2015, having also managed the Fermanagh senior footballers.

All clubs who get 50 members signed up between now and the end of June will be entered into the draw. Winners will be announced in July 2017. Get your fellow clubmates to register now and remember – GAA club members need their GAA membership number to register!

The grma programme takes its name from Go Raibh Maith Agat and is the new GAA Membership Card and rewards programme enabling GAA Members and supporters to avail of rewards and offers as a 'thank

you' or 'go raibh maith agat' for engaging in GAA activities and going to games.

GAA members who sign up to grma now can avail of exclusive offers such as 24% off Electricity with Bord Gáis Energy and eir Broadband bundles for new customers. Sign up now and see these and other rewards that members can redeem from points earned for going to games including merchandise and Croke Park tours tickets. To start benefiting, register now at <https://grma.gaa.ie/>



# LÁ NA GCLUBANNA SUNSHINE AND SUCCESS

The 2017 Lá na gClubanna festival was another major success.

There were hundreds of clubs all over the country who took part in events to celebrate their Club and its place in the community.

There were also prizes for Clubs who achieved exceptional standards in terms of activity and participation. A prize of two tickets and an overnight accommodation for an All-Ireland senior championship semi-final of their choice went to Ballymorer Eustace GAA Club in Kildare.

A professional video shoot with gaa.ie content providers Ballywire was won by Lann Léire GFC in Dunleer in Louth And a professional photographic session with award winning agency Sportsfile was won by Truagh GAA in Monaghan.

Comhghairdeas libh go léir!



Monaghan star Conor McManus was involved in his club Clontibret



There were all ages enjoying the fun of Lá na gClubanna like here in Na Gaeil Óga in Dublin



Uachtarán CLG Aogán Ó Fearghail was enjoying the outdoors with his club Drumgoon Éire Óg in Cavan



A healthy walk as part of Lá na gClubanna enjoyed by members of Clonad GAA in Laois

# CLUB LEADERSHIP DEVELOPMENT PROGRAMME CONTINUES TO RAISE THE BAR

**F**or the second successive year, more than 1,000 GAA Club Officers have been exposed to specially designed, role specific training, delivered by highly experienced Leadership Associates through the GAA Club Leadership Development Programme (CLDP). This year, even more Counties rolled out CLDP events, and through incredible efforts on the part of County Development Officers, our Leadership Associates and most importantly our Club Officers, we can say that, since its launch in February 2016, the Programme has been delivered in some way in 31 out of the 32 Counties in Ireland, as well as two deliveries in Britain.

Highlights from the 2016/2017 Club Leadership Development Programme rollout include...

- Record number of attendees at CLDP events
- Record number of modules delivered
- Second delivery in Britain
- Release of two new modules: Office 365 and Games Development & Player Welfare

Despite the success of the Programme to date, there is still a huge number of Club Officers within the Association, not benefiting from such training. This fact, coupled with the Associations commitment to providing support to Club Officers means that the Club Leadership Programme is only getting started. As with last year, the programme will undergo a complete review based on feedback received and the everchanging needs of Clubs, with all content updated accordingly. There will also be additional content made available through both face-to-face and online learning styles.

Although there will be no CLDP events until later in the Autumn, that doesn't mean that a Club Officer shouldn't let their County Development Officer know they are interested. If you want to know about the CLDP, especially in relation to when it is happening in your County, please get in touch with your County Development Officer ([developmentofficer.COUNTY@gaa.ie](mailto:developmentofficer.COUNTY@gaa.ie)).



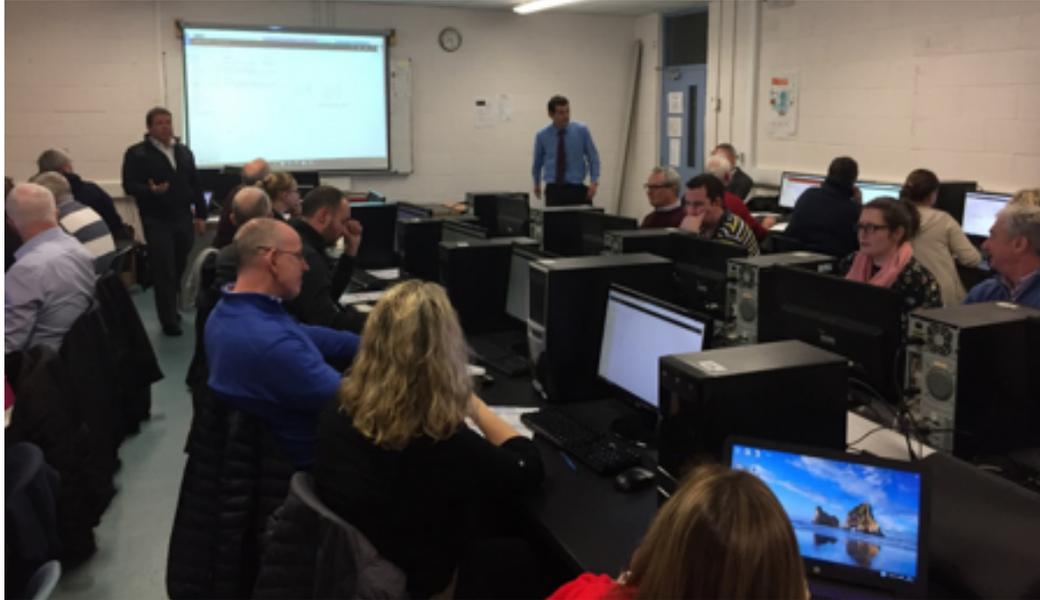
## OFFICE 365 TRAINING

One of the newest additions to the Club Leadership Development Programme is the Office 365 module which looks to provide all Principal Officers in a Club (Chair, Secretary, Treasurer and PRO) with beginner guidance on using the Office 365 platform.

Based on the low number of Principal Club Officers utilising the Office 365 package, afforded to them at no cost through the GAA's partnership with Microsoft Ireland, it was felt some of the primary reasons for this was due to a lack of awareness of the provision of such software, and a lack of familiarity with the functions of Office 365 itself. With that in mind, and to address both issues, a specific Office 365 module was developed to be delivered through the Club Leadership Development Programme.

This module is coming to the end of a short pilot that has been rolled out in several Counties across Ireland and will be made available to all Counties again in the Autumn once all pilot feedback has been compiled and appropriate changes implemented.

For more information, visit [learning.gaa.ie/clubleadership](http://learning.gaa.ie/clubleadership) or contact your County Development Officer.



### What's included in the Office 365 Package?

The Office 365 package includes an official GAA e-mail account and access to a full range of services, including:

- Email – Microsoft Outlook
- Calendar – Microsoft Outlook
- Spread sheets – Microsoft Excel
- Documents – Microsoft Word
- Presentations – Microsoft PowerPoint
- Notes – OneNote
- Storage in the cloud – OneDrive

With a subscription to Office 365, you get:

- The latest Office web apps, like Word, Excel, PowerPoint, and Outlook.
- The ability to install on PCs, Macs, tablets, and phones.
- 1 TB of OneDrive cloud storage.
- Feature updates and upgrades not available anywhere else.

### Getting Started

Each Club Secretary should contact his/her County IT Officer to access Official GAA e-mail accounts on behalf of his/her Club. He/she will verify that you are entitled to one and contact the Microsoft Support Desk ([mail.support@gaamail.ie](mailto:mail.support@gaamail.ie)) to arrange the set-up on your behalf. Once set-up, you will receive an e-mail from Microsoft which will contain step-by-step information on getting started.

Once you have your e-mail address and password, sign in to [mail.gaa.ie](http://mail.gaa.ie) to unlock the full features of Office 365.

- Click the Sign in button at the top right corner of your screen.
- Type in the email and password you use with Office 365 e.g. chairperson.stsaviours.dublin@gaa.ie
- Once you've signed in, you'll see the



Office 365 home page.

- From here, you can check your email, access your files on OneDrive, or edit a document.
- By signing in to Office 365, you can work seamlessly on your files whether you're at work, at a match, or at home.

### Training Materials

Learning material and training videos on the following topics are available online:

- Getting started
- Mail and calendar
- OneDrive
- Office Web Apps
- Mobile
- Further Help & Training
- Quick Start Guides

To access these, visit -

<http://learning.gaa.ie/office365>

## ONLINE MODULE ON EFFECTIVE MEETINGS

The GAA has developed an online module to help all Officers meetings run more effectively.

### *About the Module*

Meetings are an essential part of running a GAA Club Executive, County Management Committee or Provincial Council. Running meetings so that they run smoothly and achieve what they are supposed to is not as easy as it sounds but it is a skill that can be developed. A well-managed meeting can encourage cooperation between members because people can be made aware of developments across their area of interest in the Association and contribute to them. Meetings also play an important role in developing team spirit, as volunteers feel a part of changes and plans that they have helped shape. They are especially useful for problem solving. On the other hand, meetings that are not well run can be a source of frustration for members and slow down progress with developments. Considering this, the GAA has developed an online module to support officers at club, county and provincial levels to run more effective meetings. It is a time-saving guide to planning and running meetings from start to finish which covers preparation, keeping the meeting on track, complying with the GAA Constitution & Rules, and follow-up on actions. It includes best practice advice for dealing with challenging individuals, as well as downloadable templates for creating effective meeting agendas and meeting minutes.

### What you'll learn

1. Approaches, rules and tips for running effective meetings
2. How to prepare and organise a Club Annual General Meeting
3. Tools and templates to organise and run effective meetings

### What you'll learn

**Jody O'Connor** - GAA Leadership Associate

*Jody is from the Cratloe GAA Club in Co. Clare and is an Associate of the GAA Club Leadership Development Programme. In this role, Jody facilitates training for club officers on their roles and responsibilities.*

#### Participant feedback

*"I thought it was perfect and covered every aspect of what is required. Any new Secretary or officer who studied that module would understand how the role has to be performed."*

*"The module is excellent. Key information is presented in a wide range of interesting ways. It is interactive with, again, a nice variety of activities to maintain the participant's interest. The links to supporting documents are also useful. The content in this module will be a great reference point and support for Chairpersons and Secretary."*

*"My initial reaction is that this is a very good module. It is well structured and easy to navigate. The content is excellent and I learned a lot from it. Anyone doing this module online would certainly know what was necessary to conduct effective meetings."*



### Accessing the Module

1. To access the module, complete these steps:
2. Open an internet browser on your laptop or PC – (Our preferred browser is Google Chrome. Please note that the module is not compatible with a phone or tablet device)
3. Ensure that pop-ups are enabled on your computer – [Click here](#) for guidance on unblocking pop-ups
4. Click on this link - [http://learning.gaa.ie/courses/Effective\\_Meetings/](http://learning.gaa.ie/courses/Effective_Meetings/)

### More information

For more information, visit -

<https://sway.com/1LMvqc1RpC1d7yN>

# PUT YOUR HEART INTO IT! IS YOUR CLUB READY TO ACT?

The following video shows the value of a defib as a life saving device at a club fixture in 2015.

## ACT to Ensure Heart Safety at your Club

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

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

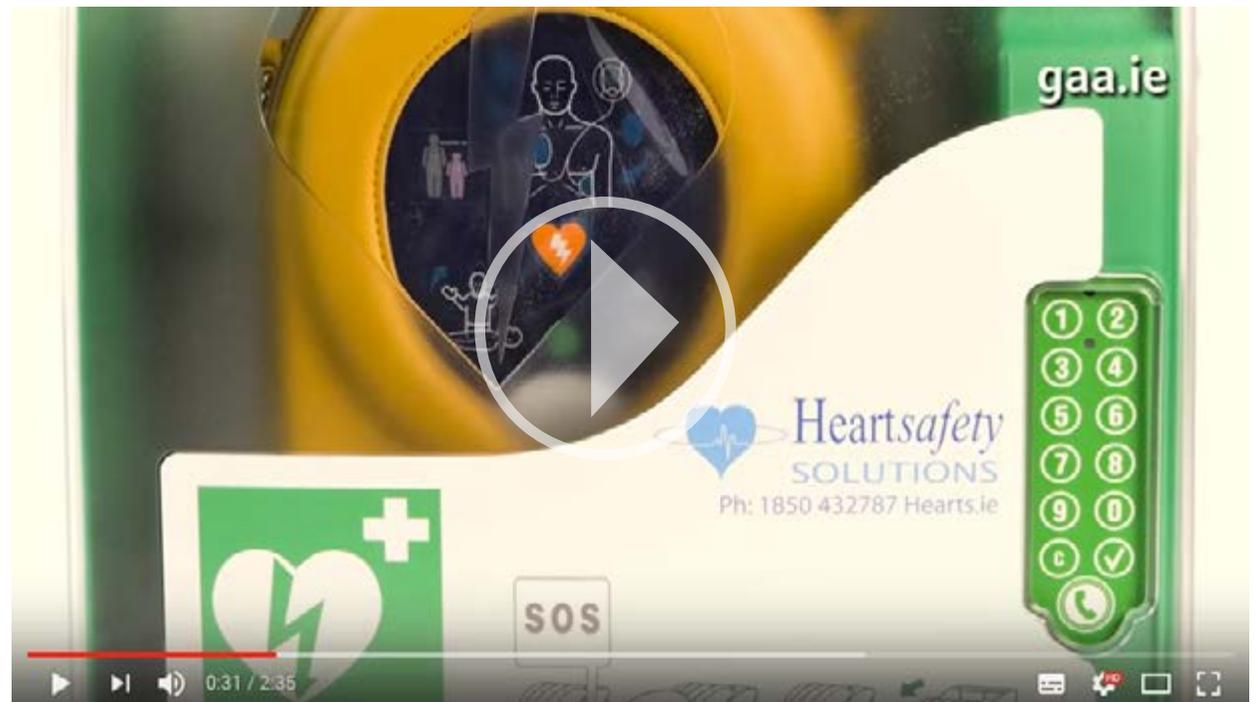
**Trained** – Ensure there are enough TRAINED rescuers to respond anytime the Clubhouse or pitches

are occupied. Certified training courses are available from

- the Irish Heart Foundation ([www.irishheart.ie](http://www.irishheart.ie))
- Pre-Hospital Emergency Care Council ([www.phecit.ie](http://www.phecit.ie))
- Heart Safety Solutions ([www.hearts.ie](http://www.hearts.ie))
- The Cormac Trust ([www.thecormactrust.com](http://www.thecormactrust.com)) (Ulster only)

Further information on the GAA Defibrillator Scheme, including the association's guidelines for clubs and the defib purchase and trade in scheme see:

<http://learning.gaa.ie/Defibrillator%20Scheme>



# GAA OVERSEAS SANCTIONS MANDATORY TRAVEL INSURANCE

All players that will be seeking an Official GAA Sanction from Central Council to play in North America (USGAA), New York or Canada for the summer are reminded that travel insurance must be arranged in Ireland before they commence their journeys. Players should note the following:

Like the vast majority of travel insurance policies, the option offered by the GAA can only be purchased by individuals before they leave Ireland. Important points for players to note include:

- The GAA is willing to accept alternative insurance if it is appropriate; however a Sanction will not be granted to any player that does not have a valid Travel Insurance policy in force for the duration of his trip.
- Players must ensure that their Travel Insurance policies extend to cover the playing of Gaelic football and/or hurling as part of a team including the playing of matches. This is not automatically covered under the majority of standard Travel Insurance policies unless agreed in advance with Insurers. Proof of this must be explicitly stated in the copy of the insurance policy provided.
- The cost of insurance will depend on the duration of a player's stay in a particular country.

- Players wishing to play in North America must purchase cover for a minimum of 90 days. It is the player's own responsibility to ensure they are covered for all dates of potential fixtures.
- Travel insurance is not a private health insurance. It only covers players if there is a sudden and unexpected accident or if a player becomes ill during his trip.
- Generally where doctors appointed by Insurers deem treatment in Ireland// Britain more appropriate, players will be repatriated home for treatment.
- Players playing overseas are not covered under the GAA Injury Benefit Fund.

The following are the steps which player's need to take to purchase the required insurance:

- Go to the following link - <http://www.chubbinsure.ie/travel/>
- Choose Backpacker cover for a minimum of 90 days. It is the player's own responsibility to ensure they are covered for all dates of potential fixtures. If you do not have cover for a fixture you will not be eligible to play or covered in the event of a sudden or unexpected accident.

- Please Note: ensure you select 'Worldwide Cover inc. US/Canada/ Caribbean'
- Members of Clubs in the 32 Counties of Ireland can purchase the insurance; please ignore the reference to the

Six Counties, which states 'excluding Northern Ireland'

- Choose the most accurate number of days that you will be staying in North America / New York / Canada

**CHUBB**

**Policy Schedule**  
Travel Insurance

Your Policy No: [REDACTED]

**Period of insurance**

Cancellation cover begins: 20 March 2017	Holiday begins: 22 March 2017	Duration: up to 6 months <b>Minimum of 3 months</b>
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**Policyholder's details**

Who applied for this cover: [REDACTED]	Home address: [REDACTED]	Type of policy: Single trip
Who is covered: You		Area of travel: Worldwide incl. USA, Canada and Caribbean (exc. Cuba) <b>Worldwide incl. USA is required</b>

**Person(s) insured**

Name: [REDACTED]	Gender: Male
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**Cover details**

Your policy cover: TRAVEL Insurance for a Worldwide trip inc. USA, Canada and Caribbean (exc. Cuba).	Policy endorsement(s):
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- Minimum for North America is 90 days
- Please read and accept the terms and conditions of the policy and apply for the cover
- Fill in all the required fields in order to obtain your documentation
- Once purchased, the confirmation letter should be submitted along with the Official Sanction Form to your County Secretary who will submit it to the relevant Department in Croke Park
- Once approved, all Sanctions will appear on the relevant lists on the Official GAA website

#### IMPORTANT NOTES

Only the 'Backpacker cover inc. US/Canada/Caribbean will suffice. A Sanction will not be granted if a player purchases 'Budget' cover Holders of the J1 Work and Travel Programme Visa who have purchased insurance from their travel agency may not be required to purchase GAA Travel Sanction cover. To verify that your cover is sufficient, please send a copy to [sinead.leavy@gaa.ie](mailto:sinead.leavy@gaa.ie)

If you have further queries on the insurance, please contact Chubb Insutnace By phone:

(from 09:00 to 17.00 on weekdays) 1800 200 035 or if calling from outside Ireland 353 (0)1 440 1765

#### PLAYING IN NORTH AMERICA / AUSTRALASIA / CANADA / NEW YORK / EUROPE

Each year, approximately 3,000 players leave Ireland on a temporary basis and play Gaelic games whilst overseas. The rules pertaining to process for obtaining permission to play are listed below:

#### AUTHORISATIONS

A Weekend Authorisation is required by any player intending to assist a Club in a game under the jurisdiction of the New York Board or the European Board.

The Official Authorisation must be submitted by the relevant County Secretary to Croke Park on the Wednesday before the game.

An Authorisation is valid for one weekend only other than where there is a replay of the game for which the Authorisation was granted

A player intending to play on a longer term basis in the area governed by one of the

following Boards - the New York Board or the Canadian Board - must obtain an Official Sanction from Central Council.

A player intending to play on a longer term basis in the area governed by the USGAA board (formerly North American) must obtain an Official Sanction or an Official J1 Sanction from Central Council.

**Note** - A player who has been included on an Inter-County Senior Championship list submitted to the Referee, in accordance with Rules of Specification 2.5 (ii)(a) for a game in the current year's Championship shall not be eligible to be accepted for Registration as a member of any Club in the North American County Board Jurisdiction.

**Exception** - A player who has been included on an Inter-County Senior Championship list submitted to the Referee, in accordance with Rules of Specification 2.5 (ii)(a), for a game in the current year's Championship, who holds a valid current J1 Visa or meets the eligibility requirements to obtain a J1 Visa, and who obtains an Official J1 Sanction may be accepted for registration.

Such a player may only have his J1 Sanction approved once his team has been eliminated from the Senior Inter-County

Championship (including All-Ireland qualifier games).

The J1 Visa concerned with this Exception is the J1 Work and Travel Programme Visa only – i.e. the four month Visa for 3rd Level Students.

#### GENERAL RULES

- A Sanction entitles a player to play with a Club from March 1 until the end of October
- Sanctions to USGAA (North America), New York or Canada, will not be granted after July 1
- A player who has received a Sanction will not be able to play again with his Club in Ireland for 30 days after the date of approval of his Sanction in Croke Park
- Sanctions are only available to current members of Clubs in Ireland
- For more information, go to Rule 6.12 of the Official Guide.

#### APPLICATION FORMS

Application forms are available to download from the following link

<http://www.gaa.ie/the-gaa/rules-regulations/overseas-sanctions>



# NATIONAL HURLING DEVELOPMENT -PROVINCIAL COACHING WORKSHOPS-

**A** who's who of hurling expertise and knowledge has been assembled for an innovative series of coaching workshops taking place across the country in the coming weeks.

## VENUES & DATES:

- May 20th. Connacht Centre of Excellence, Ballyhaunis, Co. Mayo  
Registration: 10.00 a.m.  
Workshop: 10.30 – 01.45 p.m.  
Lunch 01.45 p.m.
- July 15th. Mallow GAA Centre, Co. Cork  
Registration: 10.00 a.m.  
Workshop: 10.30 – 01.45 p.m.  
Lunch 01.45 p.m.
- July 22nd. Tyrone Centre of Excellence, Garvaghey, Co. Tyrone  
Registration: 11.30 a.m.  
Workshop: 12.00 – 03.15 p.m.  
Lunch 03.15 p.m.
- July 29th. St. Kieran's College, Kilkenny  
Registration: 10.00 a.m.  
Workshop: 10.30 – 01.45 p.m.  
Lunch 01.45 p.m.

## FORMAT:

Practical and station based with participants rotating to each station, followed by Q & A session with the guest coaches.

## STATIONS:

- Goalkeeping and goalkeeping plays
- Fitness with the ball
- The Basics of Defending
- Attacking & Striking
- Questions & Answers

## COACHES:

Lead coach at each station will be one of our guest coaches from the list below, supported by a local Games Development Officer.

**Jamesie O'Connor** (Clare)  
**Ken McGrath** (Waterford)  
**Ollie Canning** (Galway)  
**Eamon O'Shea, Brendan Cummins** (Tipperary)  
**D.J. Carey, Tommy Walsh, Michael Rice,**  
**Jackie Tyrell, Brian Hogan, Eoin Larkin** (Kilkenny)

## BOOKINGS:

Log on to [learning.gaa.ie/hurlingworkshops](https://learning.gaa.ie/hurlingworkshops)  
Early booking advisable as places are limited

## ENQUIRIES:

All enquiries to Martin Fogarty.

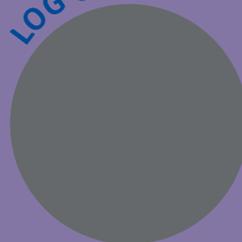
## EMAIL:

[martin.fogarty@gaa.ie](mailto:martin.fogarty@gaa.ie)

## REGISTRATION:

€20 (includes lunch)

LOG ON TO



note that booking early is advised due to limited number of places available

The Man with the Plan – Martin Fogarty, GAA National Hurling Development Manager

# GAA15 INJURY PREVENTION & WARM UP PROGRAMME



## GAA15 Injury Prevention & Warm Up Programme

In response to the growing rate of injuries in Gaelic games, IT Carlow's Dr Clare Lodge, Sean Kelly and Paul Miley embarked on a 2 year project to evaluate the effectiveness of the GAA 15 Injury Prevention & Warm-Up Programme.

The study sampled 518 male hurling subjects aged 13 – 18.5 years that were recruited from fourteen post primary schools. Seven of the schools participated in the intervention group and seven in the control group.

The intervention group implemented the GAA 15 before training and matches while the control group adopted their normal warm-up behaviour prior to matches and training. Injury rates between the groups were compared. The results reported that lower extremity injuries made up 75% of all injuries recorded, with the hamstring being the most frequently injured body part. Lower extremity injuries were reduced by 45% during training and by 29% during matches in the intervention group when compared to the control group.



Following this investigation, it can be concluded that the GAA 15 is effective at reducing lower extremity injuries in adolescent males participating in hurling. Further work is continuing in an attempt to address the awareness, adoption and implementation of the programme.

Find resources to implement the GAA 15 at <http://learning.gaa.ie/GAA15>  
Or contact your County Games Development Personnel to organise a workshop  
<http://learning.gaa.ie/CoachEdContacts>



GAA15 eLearning Module  
(<http://learning.gaa.ie/courses/GAA15/>)

'GAA 15' Structure of the Warm Up	
Duration - 15 minutes	
The GAA 15 has 3 sections comprising of six types of activity with a total of 19 exercises, which should be performed at the start of each training session. It is important to use proper technique during all of the exercises.	
SECTION 1 - Part A: Running (Max 5mins)	
<b>PART A:</b>	Running exercises at a slow speed
SECTION 2 - Parts B, C, D & E: Improving the Mechanics and limiting risk of injury (Max 7mins)	
<b>PART B:</b>	Strengthening exercises focussing on the core and legs
<b>PART C:</b>	Balance and controlled partner contacts
<b>PART D:</b>	Jumping
<b>PART E:</b>	Hamstrings
SECTION 3 - Part F: Sports Specific Movement (Max 3mins)	
<b>PART F:</b>	Sport specific exercises at moderate / high speed combined with planting/cutting movements
Prior to matches only the running exercises (Parts A & F) should or may be performed.	

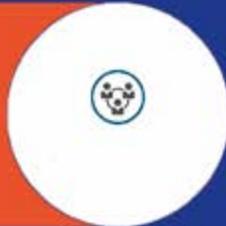
Download the PDF at  
<http://learning.gaa.ie/sites/default/files/GAA-15-Warm->

# YOUR SUPPORT of our Games makes this **POSSIBLE**

## MÍLE BUÍOCHAS

**2,000+**

Club officers have received specialist training as Chairpersons, treasurers, Secretaries and PROs through the Club Leadership Development Programme



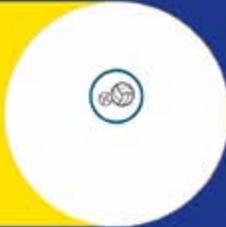
**€2M**

in the last eight years has been made available to fund bursary grants for GAA students at third level



**€11M**

was spent on Games Development, including the funding for more than 200 full-time GAA coaches working with Clubs and Schools nationwide



# MÍLE BUÍOCHAS

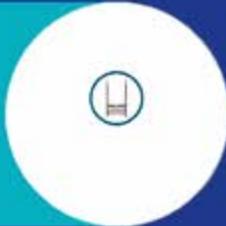
**€1.5m**

was raised for Clubs through a National Club Draw



**€10M**

in the last five years has been allocated to GAA Clubs for the redevelopment of pitches and clubhouses



**€1m**

over the next four years will be spent on the GAA Healthy Club Project in partnership with Irish Life targeting 60 Clubs across 32 counties reaching 44,638 members



## HEALTHY CLUBS

**Over 550 GAA club members attended the four provincial roadshows (January- April 2017), from 290 GAA Clubs across the country.**

18 of our participating Healthy Clubs showcased what they were doing in areas such as healthy eating, physical activity for non-playing members, mental fitness, community engagement and smoke free initiatives.

Healthy Club ambassadors Mickey Harte, Philly Mc Mahon, Anna Geary and Michael Fennelly contributed to these areas of health and wellbeing.

Our aim was to get at least 50 clubs per province to register and we achieved greater than that with registration at (73 Ulster, 54 Munster, 110 Leinster, 53 Connacht).

The GAA has always meant community for Anna Geary, which is why being an ambassador for the GAA's recent Healthy Clubs Provincial Roadshow felt like such a natural fit.

Created in 2013, the aim of the Healthy Clubs Project is that every GAA club will become a hub for health and wellbeing, and in that way become an even more

integral part of their local community. Each participating club is helped make their club healthier by exploring a variety of initiatives in the areas of physical activity, emotional wellbeing, healthy eating, addiction education, and activities for the younger and older members of the community to name just some.

The Provincial Roadshows showcased the exceptional work undertaken by the 60 clubs involved in Phase 2 of the Healthy Club project with the help of Healthy Club partners Irish Life, Healthy Ireland, the HSE, the National Office for Suicide Prevention and the Public Health Agency.

Even for a died in the wool GAA person like former All-Ireland winning Camogie captain Geary, the scale of what has already been achieved through the Health Clubs Project was eye-opening.

What struck her most about its impact was the way it brought people into local GAA clubs with little or no previous involvement in Gaelic Games.

"The concept for me was the reason why I got involved," says Geary.

"The GAA has been really good to me down through the years and I've seen the benefits from being involved in the GAA.



Anna Geary hosting a healthy eating cooking demonstration

"I grew up in a GAA family so from a young age I understood what the GAA did. What I liked with this initiative was that it reached beyond the realms of sport and out to the greater community rather than just to people who already an interest in sport.

"I know I have a lot of friends that aren't in the GAA world and they often comment on the sense of community that's in a GAA club, but sometimes when you're on the outside looking in you mightn't feel that you're privy to an entrance into that community.

"For me the very first roadshow was up in Castlebar and one of the women who was interviewed there was from (Monaghan GAA club) Castleblaney Faughs. "She really hit the nail on the head when she said that previously in Castleblaney you were either a Faugh or you weren't a Faugh.

"You were either involved with the club or you had no business being there. I suppose that's probably indicative of a lot of GAA clubs down through the years. The attitude that you have no business being part of a GAA club if you don't come from a GAA family or play Gaelic Games.



The GAA/Irish Life Healthy Clubs ambassadors: Philly McMahon (Dublin), Michael Fennelly (Kilkenny), Anna Geary (Cork) and Mickey Harte (Tyrone)

“GAA Clubs are embedded in the hearts of most communities across Ireland and often when there’s a tragedy or adversity in the community it’s the people from the GAA club who really rally everyone together. If it’s a funeral they’re involved in organising parking, refreshments or whatever is needed to be done.

“I just wanted to show that side of the GAA to people who aren’t involved in Gaelic Games. To show them what else the GAA does.”

550 club members attended the four provincial roadshows where 18 participating Healthy Clubs showcased what they were doing in areas such as healthy eating, physical activity for non-playing members, mental fitness, community engagement and smoke free initiatives.

St. Colmcille’s of Meath were one of the 18 participating Healthy Clubs, and Geary was so impressed by what they’ve achieved she profiled their work for RTE’s Today Show.

“I was really blown away by what they were doing in terms of fitness classes, art classes, Irish classes, mindfulness classes and their Men’s Shed group,” says Geary.

“What I loved was that they opened it up to the community so if four or five or six people came together and said we’d like to see you host ballroom classes, then they’d go about seeing how they could do that.

“They allowed the community’s voice to be heard, and ultimately the community decided what classes were going to be run which was brilliant. I think they’re starting a gardening class next week.

“They’re not reneging on their playing duties by running all these activities, as a club they’ve also been hugely successful on the pitch in recent years.

“That’s really positive, because it shows you can be a really successful club in terms of how your teams compete, but you can also give an awful lot to the local community by opening your doors.

“Many GAA clubs are locked up during the day, they’re only opened at the evening times for training and that’s it.

“The Healthy Clubs initiative broadens people’s

perspectives about what GAA clubs can be used for. For a lot of rural communities, having a place to meet is the most important thing.”

One of the aims of the Healthy Clubs Provincial Roadshow was to inspire new clubs to get involved when Phase 3 of the Healthy Clubs Project is opened to any interested clubs in 2018.

And having seen at first hand just how much the clubs in Phase 1 and Phase 2 benefited from becoming a ‘Healthy Club’, Geary is urging others to follow the same path.

“It’s a no-brainer for GAA clubs as far as I’m concerned,” she says.

“Their premises will be used more often and they’ll potentially attract more volunteers who could help out with the club, they’ll get more ideas because when you get new people involved they’ll have new ways of looking at things and new ideas from a fund-raising point of view, from a community perspective and even from a players point of view.

“For a lot of clubs it means a better perspective financially too because you’re getting more people to join as members.

“It’s an incentive for club, it’s a value added aspect that a club can have.

“It doesn’t have to be a big massive undertaking. You could start off with something small using the resources that people have in their community.

“Whatever it is it’s just about finding about what’s right for a community and then just going for it.

“If you don’t feel like you know what you’re doing or where you’re going it can be quite daunting. But what I love about this is that there’s a plan that people can follow.

“There are massive support structures already in place which makes things a hell of a lot easier if you’re going to undertake this.

“You know you’re just an e-mail away from the GAA’s Health and Community Department or you know another club in the area that have done it and you can reach out to them too.

“Again, that just reinforces the idea of the GAA clubs across the country being a support structure for people in the wider community.”

For more information log on to [www.gaa.ie/my-gaa/community-and-health](http://www.gaa.ie/my-gaa/community-and-health)



## NEW CLUB ACCREDITATION SCHEME FOR LEINSTER GAA

**A**n exciting new club accreditation scheme in Leinster GAA has a prize fund of more than €85,000 to give away over the next two years.

The Beko Club Bua award scheme is designed to promote best practice in clubs in Leinster and drive improvements in coaching standards, player welfare and club governance.

Using a self-assessment checklist via [leinstergaa.ie](http://leinstergaa.ie) clubs are encouraged to rate themselves through a series of criteria. Successful clubs will be drawn in every county over the summer and awarded a share of the prize fund of O'Neills playing equipment, while there are also draws for Leinster and All-Ireland final tickets, as well as appliances from main sponsor Beko.

A major launch of the initiative took place at Croke Park recently, headed up by Dublin football star Diarmuid Connolly and Kilkenny hurling ace Cillian Buckley.

The award scheme takes its inspiration from Bua the Gaelige for Win and speaking at the launch, Leinster GAA CEO Michael Reynolds said: "This new initiative is the result of several months' work planning and is designed to be a road map for clubs to show them best practice and also acknowledge and recognise those clubs that are leading the way.

"Regardless of whether you are county champions or not, have a large urban or a small rural club, this initiative still applies – it is about encouraging clubs to do things the right way so that the Bua effect will apply on and off the field."

Shane Kelly, Head of Sales and Marketing, Beko Ireland added, "Beko is delighted to get on board with Leinster GAA and launch the Beko Club Bua awards. The idea of clubs, regardless of size, getting rewarded for best practice is something we wholeheartedly support and look forward to working with Leinster GAA."

All clubs who take part in the process will be entered into a draw to win prizes.

For more information visit [leinstergaa.ie/club-bua/](http://leinstergaa.ie/club-bua/)



Dublin senior footballer Diarmuid Connolly and Kilkenny senior hurler Cillian Buckley pictured at the launch of the Beko Club Bua award scheme, a new club accreditation and health check system co-ordinated by Leinster GAA for clubs in the province. For more information visit [Leinstergaa.ie](http://Leinstergaa.ie)





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## GAA NOW

**G**AANOW is a new online video platform available worldwide on [GAA.ie](http://GAA.ie) which houses in-game clips, weekend round-up packages, archive footage and other bespoke content.

For more details visit [www.gaa.ie/gaa-now](http://www.gaa.ie/gaa-now)



**GAA NOW**

# The home of GAA Action



# GAA CONFIRMS CHAMPIONSHIP REFEREES' PANELS

**T**he GAA has confirmed its panels of referees for the 2017 Championship in Hurling and Gaelic Football.

Three new referees have been included on the Championship panel - Fermanagh's Niall Cullen and Mayo's Jerome Henry (Gaelic Football) and Antrim's Colum Cuning (Hurling).

Cormac Reilly (Gaelic Football) and Cathal McAllister (Hurling) return to the panel after missing out last year.

Laois official Eddie Kinsella retired from the panel at the end of 2016.

National Referees Development Chairman Sean Walsh was satisfied with how the Allianz Leagues unfolded in both codes. "Obviously it is a very exciting time for the referees involved, but they would have been waiting with a lot of trepidation for the past fortnight to see who is on and who is not on the panel. It is an exciting time for the referees. Everyone is there on merit.

"We would be happy overall with the Leagues. There is no question the referees aren't going to get every decision 100% right, but we would be very happy in the review of the League with the overall performance of our referees in both Gaelic Football and Hurling. We had some excellent games in the League, we had two excellent Division One



Antrim referee Colum Cuning has been included on the hurling referees Championship panel.

Finals and we believe they were all refereed exceptionally well."

Walsh is also adamant that the panel has a nice mix of experienced and emerging officials. "We are a development committee so we have to develop referees: that is our job," Walsh says.

"It is very easy to pick the top seven or eight referees and to keep using them the whole time. You aren't developing referees then. We

are a development committee, that is why we have the numbers we have. We put referees into big games as standby referees and linesman alongside experienced referees.

"That is how you are going to develop referees, that has been our aim. We are happy we are doing that. We have a good mix of experience to go with the up and coming referees. We are very happy with the layout of our panels.

Five members of the Gaelic Football panel have refereed All Ireland Senior Finals previously - David Coldrick (3), Maurice Deegan (3), Joe McQuillan (2), Marty Duffy, and Conor Lane.

Barry Kelly (4), Brian Gavin (4), Diarmuid Kirwan (2), James McGrath (2), and James Owens have all taken charge of All Ireland Senior Hurling Finals.

**THE REFEREE AND LINESMAN PANELS FOR THE 2017 CHAMPIONSHIP**

**FOOTBALL - CHAMPIONSHIP PANEL OF 20:**

- Ciaran Branagan (An Dún)
- Barry Cassidy (Doire)
- David Coldrick (An Mhí)
- Niall Cullen (Fear Manach)
- Maurice Deegan (Laois)
- Marty Duffy (Sligeach)
- David Gough (An Mhí)
- Jerome Henry (Maigh Eo)
- Rory Hickey (An Clár)
- Padraig Hughes (Ard Mhacha)
- Sean Hurson (Tír Eoghan)
- Fergal Kelly (An Longfort)
- Conor Lane (Corcaigh)
- Joe McQuillan (An Cabhán)
- Noel Mooney (An Cabhán)
- Paddy Neilan (Ros Comáin)
- Anthony Nolan (Cill Mhantáin)
- Derek O'Mahony (Tiobraid Árann)
- Padraig O'Sullivan (Ciarraí)
- Cormac Reilly (An Mhí)

**FOOTBALL - CHAMPIONSHIP LINESMAN PANEL OF 8:**

- James Bermingham (Corcaigh)
- Brendan Cawley (Cill Dara)
- Liam Devenney (Maigh Eo)
- Paul Faloon (An Dún)
- John Hickey (Ceatharlach)
- Shaun McLaughlin (Dún na nGall)
- Martin McNally (Muineachán)
- James Molloy (Gaillimh)

**HURLING - CHAMPIONSHIP PANEL OF 14:**

- Sean Cleere (Cill Chainnigh)
- Colum Cuning (Aontroim)
- Brian Gavin (Uíbh Fhailí)
- Fergal Horgan (Tiobraid Árann)
- John Keenan (Cill Mhantáin)
- Alan Kelly (Gaillimh)
- Barry Kelly (An Iarmhí)
- Diarmuid Kirwan (Corcaigh)
- Colm Lyons (Corcaigh)
- Cathal McAllister (Corcaigh)

- James McGrath (An Iarmhí)
- Paud O'Dwyer (Ceatharlach)
- James Owens (Loch Garman)
- Johnny Ryan (Tiobraid Árann)

**HURLING - CHRISTY RING AND LINESMAN PANEL OF 6:**

- James Clarke (An Cabhán)
- John Keane (Gaillimh)
- John O'Brien (Tiobraid Árann)
- Rory McGann (An Clár)
- Johnny Murphy (Luimneach)
- Mick Murtagh (An Iarmhí)



Niall Cullen, Fermanagh, has been included on the Gaelic Football referees Championship panel.

# AR AIS ARÍS

Cian O'Connell

**I mí Bealtaine agus Meitheamh tosaíonn gach foireann lán le misneach agus fuinneamh. Ar ndóigh athraíonn an scéal de réir a chéile go háirithe tar éis droch thoradh, ach fós féin is rud álainn í an Chraobh.**

Thug taispeántas Corcaigh i gcoinne Tiobraid Árainn spreagadh do gach condae atá ag iarraidh rud éigin a dhéanamh sa Chraobh iomána i mbliana. Thug Kieran Kingston seans do ghlúin óg Chorcaí, a mhac Shane san áireamh agus rinne siad éacht.

Ar bhealaí bhí sé cosúil le 1999 agus an dream a chur JBM chun páirce. Chríochnaigh Liam Mac Chárthaigh an bhliain sin cois Laoi agus is minic sa stair gur tháinig Corcaigh le dream nua thar oíche. Beidh an coimhlint idir Corcaigh agus Port Láirge thar a bheith suimúil.

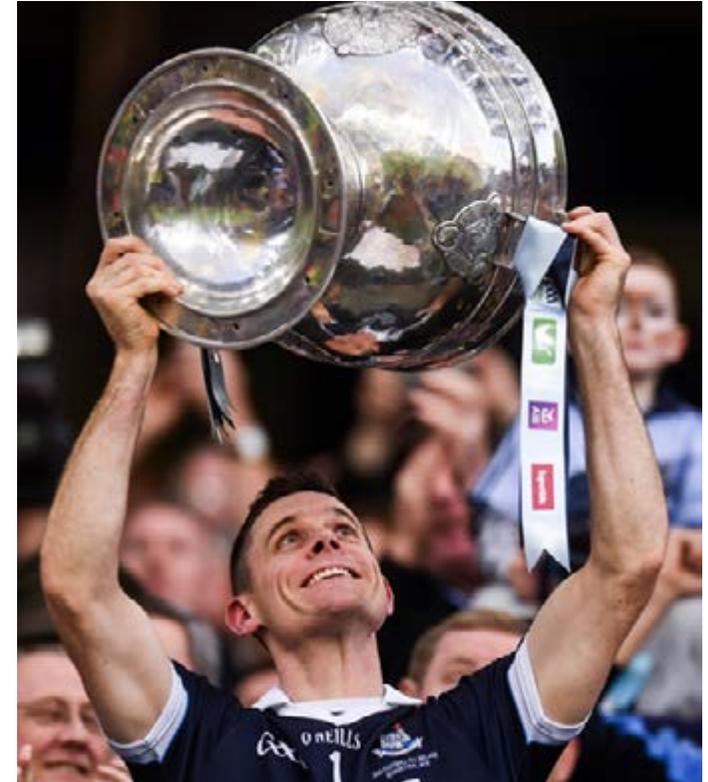
Ar an dtaobh eile den tarraingt i gCúige Mumhan, beidh Luimneach agus an Clár ag iarraidh rud éigin a dhéanamh tar éis cúpla bliain díomach. Cuirfidh bua amháin sa tsamhradh iad go dtí Cluiche Ceannais na Mumhan agus áit sa bhabhta ceathrú ceannais ar a laghad. Is mór an duais é sin.

I gCúige Laighean is cinnte go bhfuil Loch Garman dóchasach arís. Tá sár jab déanta ag Davy Fitzgerald go dtí seo le hardú céime



a bhaint amach go Roinn 1A Sraith Allianz i 2018. Cabhróidh sé sin go mór leo sa todhchaí, ach tá suim acu rud éigin a dhéanamh anois i 2017 freisin.

Beidh Éamonn Kelly sásta go leor le Condae Laoise, foireann óg atá ag déanamh dul chun cinn. Caithfear súil geara a choinneáil ar Áth



Cliath, go háirithe le lucht Cuala ar ais ar an bhfód. Rinne Gaillimh sár obair sa tSraith ach beidh orthu feabhsú tuilleadh sa Chraobh. Tá bainisteoir ábalta acu i Mícheál Donoghue, fear atá ag cruthú panéal láidir le haghaidh na dushláin atá ag teacht go luath.

Sin rud atá Brian Cody fós ag déanamh le na

Cait. Ghortaigh an 70 noiméad i gcoinne na Tiobraidigh go mór le na Cait anuraidh. Beidh Cill Chainnigh ag iarraidh teacht aniar maith a dhéanamh. Is é an Craobh Laighin is oscailte e fada an lá agus tá lucht iomána ag súil go mór le na cluichí atá amach romhainn. Beidh spraoi againn go léir ar an dturas. Tá an aicsean tosaithe. Bain sult agus sásamh as.

# BUAITEOIRÍ SCÓR SINSIR 2017

**B**hí deireadh seachtaine iontach ag daoine ag comórtas Scór Sinsir Uile Éireann 2017 i mBéal Feirste.

Bhí breis is 1,200 duine i láthair agus ghlac 252 iomaitheoir páirt ins na comórtais éagsúla - míle buíochas do gach duine a ghlac páirt i rith na bliana agus gach duine a chabhraigh le na comórtais timpeall na tíre.

Seo hé an liosta do na buaiteoirí ar fad ón deireadh seachtaine:

## Tráth na gCeisteanna Boird (Table Quiz)

- (1) Móin a'Lin, Co. Luimnín.
- (2) Fear Bán, Co. Uibh Fháilí
- (3) Naomh Seosamh, Co. na hIarmhí

## Rince Foirne

Gleann an Cháirithe/ Cluainín, Co Liatroma

## Amhránaíocht Aonair (Solo Singing)

Cáit Ní Sheanacháin, Buirios Ó Luigheach, Tiobraid Árann

## Aithriseoireacht/Scéalaíocht

Nollaig Seoigh, S.C. Ó Breacáin, Tiobraid Árann

## Bailéad Grúpa (Ballad Group)

Cumann Chluain Daimh, An Dún

## Léiriú Stáitse

Gaoth Dobhair, Dún na nGall.

## Ceol Uirlise

Tulach Sheasta, Tiobraid Árann

## Rince Seit (Set Dancing)

An Ómaigh Naomh Éanna, Tír Eoghain.

## Gradaim as Seirbhís Fhada

Domhnall Ó hIcheadha, Áth Cliath/Laighean

Pádraig Mac Gearailt, Port Láirge/Mumha

Willie Turner, Doire/Uladh



Buaiteoirí Scór Sinsir 2017 - the overall winners of Scór Sinsir 2017 finals that took place in Belfast

# CAMOGIE ASSOCIATION 'CAMÁN TO CROKER EVENT 2017'

**T**he Camogie Association's annual Camán to Croke took place on Easter Monday April 17th at GAA HQ with 64 clubs from across every corner of Ireland in attendance.

There were 1,200 girls who took to the hallowed turf of Croke Park to enjoy this games based blitz event for U12 club teams.

It was a unique occasion and most memorable experience for these girls which we hope will keep them playing long into the future.

Well done and thank you to all the clubs mentors, parents and supporters for getting involved and taking part.



Naomh Moninna camogie girls from Armagh



Mullagh/Kiltormer, Galway



Mungret St Paul's Limerick



Cuala, Dublin

# CALLING ALL CÚL HEROES

**C**úl Heroes, the official trading cards and magazine of the GAA/GPA, today launched their 2017 collection at Croke Park with brand ambassadors James McCarthy and Padraic Mannion.

Other player ambassadors for Cúl Heroes Cards 2017 include Michael Murphy, Noel McGrath, TJ Reid, Colm Cooper and Diarmuid O'Connor.

Cúl Heroes is entering its third year on the market and aims to continue its promotion of Gaelic Games, the players and the unique skills of our national sport.

This year's trading card collection includes 612 cards, including a mixture of players, as well as gold, silver and bronze cards.

Because of the influence the GAA and its players has among young people; each card portrays a positive message around diet and emotional wellbeing. Cúl Heroes aims to be a positive influence in the lives of young people through an increased amount of messages this year such as "Feed your body with healthy food" and "It's good to talk to someone when you're sad."

Each pack has seven cards included with the standard packet of cards, this includes one special edition card. Additional products are: Starter Collection Folder and Collector Tin.

Speaking ahead of Friday's launch, Cúl Heroes Managing Director, Matt McCormack said; "Every year we add to the collection in different ways, the 2017 collection has some very exciting and



Cúl Heroes ambassadors, from left, Collette Dormer, Kilkenny, James McCarthy, Dublin, Pádraic Mannion, Galway, and Carla Rowe, Dublin.

unique additions. We would like to welcome the ladies footballers and camogie players to the collection, also Meath and Galway hurlers join us for the first time.

"We can't find any other trading card involving team sports that have male and female players in the same collection.

"Each county card has its own unique background texture that relates to historical or geographical facts of that county, a fun learning tool for our young collectors.

"We believe more than ever than these cards help promote our games in a very positive way with our youth and we hope they get as much enjoyment out of this year's collection as they did in previous years. We feel it's an

opportunity for young fans to collect all these great players that play our national sports."

Dermot Earley, CEO of the GPA, said of the collection, "Cúl Heroes cards are a fantastic opportunity for our players to engage with our youth at a national level. Our players are role models, both in society and also within their communities and it is great that children who aspire to be like our players, and to play the games themselves, have a collectable like Cúl Heroes cards. The GPA are delighted to be involved with this initiative."

Uachtarán Chumann Lúthchleas Gael, Aogán Ó Fearghail, commented: "The Cúl Heroes trading cards have been a fantastic initiative to date by the GAA/GPA. The levels of interest that so many young children nationwide have

in the Cúl Heroes cards is something that has been very much apparent on my visits to clubs and schools across the country since they were introduced in 2015.

"We say in Irish 'Mol an óige agus tiocfaidh sí', and the educational nature of information on the cards is also a fantastic example for young people to learn from and follow."

A packet of Cúl Heroes trading cards (7 cards per pack) will be on sale for €1.50/€1.30 throughout the 32 counties. The Starter Collection Folder with 14 cards is available for €6.50/€5.50, with a Deluxe Collection Folder containing 50 cards available for €10.00/€8.50.

Click [here](#) for more information.

# NEW GAA MUSEUM EXHIBIT CELEBRATES GREAT PLAYERS WHO BECAME GREAT MANAGERS

**Few GAA players win All-Ireland medals and even fewer go on to repeat the feat as a team manager. A new exhibition at the GAA Museum celebrates this unique club of players. Imreoir to Bainisteoir features memorabilia, film footage and imagery from the 30 players who have achieved All-Ireland success both on the field and from the sidelines.**

There are 13 hurlers, 11 footballers and six camogie players who have claimed All-Ireland medals as a player and manager. The group includes legends such as Mick O'Dwyer, Kevin Heffernan, Brian Cody and Ann Downey. Imreoir to Bainisteoir recognises the amazing achievements of these players and gives fans the opportunity to remember some of the most exciting players and teams in the history of Gaelic Games.

Speaking at the launch Uachtarán Chumann Lúthchleas Gael, Aogán Ó Fearghail said: "It is with great pride that I open this new exhibition and I hope GAA fans from Ireland and beyond will visit and celebrate these GAA Legends. All sporting codes need heroes and without doubt, the players honoured here are some of the greatest of all time. It will be interesting to see if a new name will be added to this unique group anytime soon!"

Players showcased in the exhibition have achieved their double success in different

ways. Mick O'Dwyer led Kerry to eight All-Ireland titles in 13 seasons and won four All-Irelands with the Kingdom as a player. His medal collection is displayed alongside that of fellow Kerryman Páidí Ó Sé, who was an All-Ireland winning manager twice but lifted Sam Maguire eight times as a player.

Interestingly, Eamonn Cregan won his All-Ireland hurling medal with his native Limerick

in 1973 but went on to achieve managerial success with Offaly in 1994 when the team defeated Limerick. Tony Hanahoe, on the other hand, won his accolade as a player/manager with Dublin in 1977.

Some players had also achieved All-Ireland success with their clubs including Davy Fitzgerald, John Allen, Donal O'Grady, Jimmy Barry Murphy, Pat Gilroy and Billy Morgan.

Morgan of Cork has won football titles at club and county level as both player and manager. His jersey and cap worn in the 1973 All-Ireland final, as well as the match ball are on display.

Imreoir to Bainisteoir is housed on the ground floor of the GAA Museum in Croke Park and will run until May 2018.

Click [here](#) for more information.



Uachtarán Chumann Lúthchleas Gael Aogán Ó Fearghail with former Tipperary player and manager Michael Keating, centre, and former Cork player and manager Conor Counihan during the official opening of the GAA Museum "Imreoir to Bainisteoir" exhibition.

## GAA OFFICIAL GUIDE – REVISED AND UPDATED 2017

GAA Official Guide Part 1 - 2017

To download part 1 of the Official Guide click [here](#)

GAA Official Guide Part 2 - 2017

To download part 2 of the Official Guide click [here](#)

**GAA OFFICIAL GUIDE** May 2017

[www.gaa.ie](http://www.gaa.ie)





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## MÍLE BUÍOCHAS

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

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