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**NUACHTLITIR**  
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By Cian Murphy

## “SPLIT SEASON” PROPOSALS TO FORM PART OF DEBATE ON GAA CALENDAR

**THE GAA ARE TO PUT FORWARD DETAILS OF HOW A SPLIT SEASON MIGHT WORK IN THE GAA CALENDAR AS PART OF ITS CONSULTATION WITH COUNTIES ON THE RECOMMENDATIONS OF THE FIXTURE CALENDAR REVIEW TASK FORCE.**

The split season approach was adopted last summer as the Association dealt with fall out on club and county structures and the difficulties posed by the Pandemic.

And although the deterioration in Covid 19 cases in the community has necessitated the pausing of club championship activity, the much-heralded success of the decision to play the majority of club competitions before the resumption of the inter-county calendar has provoked a wider debate on the merits of the GAA perhaps adopting this ‘split season’ approach on a permanent basis.

A majority of counties reported a positive response to being able to play off their club competitions while inter-county activity was suspended before a resumption was allowed on September 14, with inter-county games starting again on October 17.

In particular, inter-county players being free to dedicate their time to club duty made a big impact.

The GAA’s Fixture Review Taskforce are currently examining a model that would potentially move the Association into windows of activity that would begin inter-county competitions in the early part of the year, with All-Ireland finals brought forward and inter-county championships being potentially finished as early as July.

Club league and cup games without inter-county players are free to take place during this time.

After the All-Irelands are played at an unprecedented earlier time of year it would leave an uninterrupted window for club championships to then take place in July, August, September and part of October with the provincial club championships starting in mid-October.

The GAA plans to shortly hold a virtual roadshow to discuss the finer points of a proposed ‘split season’ model and Counties will be encouraged to make their views known and feed into this process.

The roadshows will also present an opportunity to learn more about a number of different proposals to a possible revision of the inter-county senior football championship format - details of which will

be made public in the coming weeks. It is envisaged that this work would take place between now and the end of the year with a meeting of GAA Ard Chomhairle then agreeing on motions that would go to GAA Congress in February 2021.

If passed, that would then pave the way for changes to be implemented for the 2022 GAA season. The GAA’s Fixture Review Task Force previously released a wide-ranging list of recommendations.



JOHN SMALL (BALLYMUN) AND CONAL KEANEY (BALLYBODEN ST. ENDA'S) COMING TOGETHER IN THE DUBLIN SENIOR FOOTBALL CHAMPIONSHIP FINAL.

## IS YOUR CLUB WINTER READY?

**THE CLOCKS HAVE GONE BACK AND AS WINTER APPROACHES THE RISK OF DAMAGE AT CLUB PROPERTIES AS A RESULT OF SEVERE WEATHER INCREASES. PREPARATION IS KEY TO MINIMISING DISRUPTION DURING SUCH EVENTS.**

All units should pay attention to weather warnings where the latest updates can be found on Met Eireann. Clubs should also pay attention via local radio to any local warnings which may be in effect for certain areas. In winter the expected main impacts will include high winds, heavy rainfall and an increased risk of flooding.

These warnings are in place for a reason - to protect lives and mitigate property damage. If clubs have any planned activities for example underage training sessions, scheduled to take place during the weather warning, the activities should be cancelled where appropriate. If you proceed with holding the activity, you are putting the lives of members, visitors such as parents coming to collect children and the club property in danger. A common sense approach should be taken.

Below are some of the most common claims which has arisen at GAA properties as a result of previous weather incidents / storms:

- **Ball Stop Nets:** It is a condition of Property Insurance cover that retractable nets are retracted when not in use. If your nets are retractable they need to be retracted & secured now.
- **Roof tiles & Roofs:** These are easily blown off in severe weather, and gutters and fascia's can also sustain



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

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

## Preparation:

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

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

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

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

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



#### After a Weather incident /Storm:

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

Make decisions in the best interest of the club – do not reopen your club to normal club activities until it is safe to do so, be safe not sorry.

## Weather Warnings

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

By John Harrington

## BLOODIED FIELD PODCAST WILL SHINE A LIGHT ON EVENTS OF BLOODY SUNDAY

**MICHAEL FOLEY'S EXTRAORDINARY BOOK, 'THE BLOODIED FIELD', GAVE EVERYONE WHO READ IT A TERRIFIC INSIGHT INTO THE EVENTS AND CONSEQUENCE OF BLOODY SUNDAY IN CROKE PARK IN 1920.**

He has now doubled-down on this public service by producing 'The Bloodied Field' podcast, which features eight carefully crafted episodes focusing on the build-up, the event and the aftermath of that dark day when 14 innocent civilians were murdered by British Forces at a Gaelic Football challenge match between Tipperary and Dublin.

So, what can those who enjoyed the book expect from the podcast?

"For people who enjoyed the book, I suppose it's another dive into that world," Foley told GAA.ie

"We've taken the book as the basis and kind of moved stuff around a lot. Obviously there's been a lot of new information as well has come up in the last five or six years so we've been able to push that into it as well.

"Really, I suppose it's a re-exploration again of Bloody Sunday, what exactly happened here, and the meaning going forward afterwards.

"And, again, introducing the victims, the families. I think one of the big things that we've been able to go into that maybe we couldn't, that I wasn't able to go into in the first edition of the book, is the impact on the families after Bloody Sunday.

"It wasn't just a case of burying their loved ones and moving on, this was an event that

stayed with families and stayed with people all the days of their lives and up through the generations and you can see in their stories where that impact seeps out.

"And, I suppose, from the very beginning of this whole project the whole idea has been to try to get the story out to as many people as possible. So there obviously is a cohort of people who will read the book and hopefully they'll get a lot out of it.

"There's also another cohort people who

might be more inclined to go listen to a podcast or radio documentary or something like that so we thought it would be a good idea to take the book as the basis for a podcast and just deliver something that would basically tell the story in as broad a way as possible taking as many angles as we can.

"Everything from Mick Hogan the player, for example, from Tipp, the British who are here in Ireland at the time, the guys who came to Croke Park, obviously how the shootings

happened and the aftermath. And the impact, most importantly, on the families.

"And to get to know more about the victims themselves, that was the big motivation for the book at the time, the fact that we didn't know a lot about the victims. So, the podcast was another way of really getting their story out there for people to engage with and to get to know them."

You can listen to the Bloodied Field podcast [HERE](#).



ACTORS BARRY JOHN KINSELLA, FRONT LEFT, WHO PLAYED THE ROLE OF MICHAEL HOGAN AND JACK GALVIN, WHO PLAYED THE ROLE OF WILLIAM ROBINSON, TWO OF THE 14 VICTIMS OF BLOODY SUNDAY IN A SERIES OF SHORT FILMS BY THE GAA, IN THE COMPANY OF JOURNALIST MICHAEL FOLEY, LEFT, UACHTARÁN CHUMANN LÚTHCHLEAS GAEL JOHN HORAN AND MUSICIAN COLM MAC CON IOMAIRE AT THE LAUNCH IN CROKE PARK OF A SPECIAL RANGE OF INITIATIVES BY THE GAA TO FOCUS ON THE MEMORY OF THE 14 PEOPLE WHO WENT TO A MATCH ON BLOODY SUNDAY, NOV 21, 1920 AND NEVER CAME HOME.

## GAA MUSEUM'S 'REMEMBERING BLOODY SUNDAY' LECTURE SERIES MOVES ONLINE



1920 **B100DY** 2020  
**SUNDAY**

**ALTHOUGH THE GAA MUSEUM IS CURRENTLY CLOSED IN LINE WITH COVID-19 RESTRICTIONS, THE GAA MUSEUM'S 'MONDAY'S AT THE MUSEUM' LECTURE SERIES HAS MOVED ONLINE. AS WE APPROACH THE CENTENARY OF BLOODY SUNDAY, THE FOLLOWING FASCINATING LECTURES WILL BE AVAILABLE TO JOIN VIA MICROSOFT TEAMS.**

Insight awaits as we aim to examine Bloody Sunday from every angle and analyse the impact felt in its wake.

Lectures take place from 7pm to 8.30pm and tickets can be purchased for individual lectures and they include a free pass to the Remembering Bloody Sunday exhibition once the GAA Museum has re-opened.

Ticket prices:

Adult ticket - €10

Students/seniors ticket - €8

To book tickets, visit [crokepark.ie/bloodysunday](https://crokepark.ie/bloodysunday)

<a href="#">09/11/20</a>	<a href="#">Michael Foley: Sunday Times</a>	<a href="#">Remembering the Forgotten</a>
<a href="#">16/11/20</a>	<a href="#">Dr. Siobhan Doyle: TU Dublin</a>	<a href="#">Commemorating Conflict: Remembering Bloody Sunday and Difficult History</a>
<a href="#">23/11/20</a>	<a href="#">Prof. Fearghal McGarry QUB</a>	<a href="#">'An Irish Amritsar'? Ireland's revolution in global context</a>



TOP LEFT - MICHAEL FOLEY, SUNDAY TIMES JOURNALIST AND AUTHOR OF THE BLOODIED FIELD  
TOP RIGHT - PROF FEARGHAL MCGARRY, QUB  
BELOW - DR. SIOBHAN DOYLE, TU DUBLIN

## CROKE PARK HOTEL RELAUNCHES CLUB SUPPORT PROGRAMME

**THIS YEAR'S GAA SEASON HAS BEEN DIFFERENT FOR EVERYONE – PLAYERS OF ALL AGES SITTING AT HOME DURING THE SUMMER MONTHS INSTEAD OF TRAINING & PLAYING, AND CLUB FUNDRAISING HAS BECOME INCREASINGLY DIFFICULT.**

With this in mind, The Croke Park hotel have relaunched their Club Support Programme and increased the donation to your nominated club to 10%. This means you can give back to your club while enjoying a well-earned staycation at the newly refurbished Croke Park hotel.

The process is easy, make a booking with us and advise us who your local GAA club is and we will donate 10% of the price of your stay, at no cost to you or to your nominated club.

The Stay & Dine offer allows you to make a night of it for €149.00 per night. Enjoy Overnight accommodation for two people, à la carte breakfast the following morning, dinner for two in The Sideline with a bottle of house wine and late check out. And with complimentary car parking, close proximity to the city and wide open spaces, it's the perfect base for a Dublin staycation. Book something to look forward to with a special late winter staycation

The Croke Park, Dublin's Iconic Sporting Hotel.



For more & to book this offer, visit [doylecollection.com/crokepark](https://doylecollection.com/crokepark)



By John Harrington

## THE SCIENCE BEHIND THE YELLOW SLIOTAR

### THE GAA'S DECISION TO REPLACE THE TRADITIONAL WHITE SLIOTAR WITH A YELLOW ONE FOR THIS YEAR'S CHAMPIONSHIP HAS SPARKED A STRONG REACTION IN SOME QUARTERS.

Much of this seems to have been founded on the misguided belief that the yellow sliotar would perform differently to officially approved white sliotars that inter-county players have previously used.

That is simply not the case. The only difference between the sliotar that will be used in this year's championship and last year's championship is the colour.

The officially approved yellow sliotars are identical in composition, size, and weight as the officially approved white sliotars produced by the same suppliers which have been used in the All-Ireland Championship in recent years.

But, why move from a white sliotar to a yellow sliotar at all?

The decision was made for the benefit of both players and spectators alike and is based on rock-solid science.

As part of the research that was done before making the decision to move from white sliotars to yellow sliotars, the GAA consulted with optometrist Valerie Kennelly who is considered a world leader in the field of Sports Vision.

In fact, the subject matter of her Masters of Philosophy in Sports Vision was 'The visual skills of Gaelic Footballers'.

The reason she recommended that the GAA move from a white sliotar to a yellow one couldn't be simpler – it's much easier to see the yellow ball, especially in the sort of conditions that hurling is commonly played in.

"An object viewed against a contrasting background is easier to see," explains Kennelly. "In a normal eye-test you're looking at black letters on a white background.

"You'll be able to see a small white ball if your vision is good under good conditions, so against a blue sky.

"Whereas when the contrast is poor, for example a grey letter against a white background or a white ball against a cloudy sky, then it's contrast sensitivity that we're talking about and everybody will be affected by poor contrast.

"So, if you're looking at a white ball against a cloudy sky then everyone in a stadium will have difficulty seeing a white ball against a grey sky even if they have really good vision.

"The elderly and people with underlying conditions will sometimes find it even more difficult than everyone else.

"Met Eireann has said that Irish skies are completely covered by cloud for well over 50 per cent of the time.

"That's due to our geographic position off the north west of Europe closer to the path of the Atlantic low pressure system which tends to keep us under cloudy airflows for much of the time.



"A yellow ball against a grey sky is much easier to identify, and not just for the players."

Many people will object to a yellow sliotar on grounds of tradition.

Hurling has been played with a white sliotar for so long that the thoughts of moving away from that will be an anathema for some.

The same debate flared when tennis moved from white balls to yellow balls, but that decision was made with good reason too.

"The International Tennis Federation wised

up to this way back in 1972," says Kennelly.

"They conducted research for television viewers when their televisions went from black and white to colour, and they realised that a white tennis ball was very difficult for TV viewers to watch and that a yellow ball would be the best colour to use for TV viewers.

"The same is true for viewers who are actually watching a sport in the stadium and for the players too. Wimbledon tried to hold out using the white ball for tradition until 1986 when they eventually had to bow under pressure because the viewers watching Wimbledon were finding it much more difficult to see the ball when



VALERIE KENNELLY, AN OPTOMETRIST WHO IS A WORLD LEADING AUTHORITY ON SPORTS VISION, PICTURED SPEAKING DURING THE 2014 GAA COACHING DEVELOPMENT CONFERENCE.

it was white. So, in 1986 the white ball was changed to a yellow ball.

“It’s exactly the same for hurling and camogie. Tennis and camogie are very comparable when you compare the size of the ball and the conditions they play in.

“But particularly because hurling and camogie are Irish sports played in Ireland and 50 per cent of the time we’re competing with cloudy conditions, it’s a no-brainer.

“We have to change to the yellow ball and doing so will make it easier for everybody.”

Club and county GAA teams have put a lot of effort and no little expense into

improving their level by focusing on gains in the areas of strength and conditioning and skill-specific training.

Kennelly believes they would be well advised to also focus on the significant performance gains that could be made if they took an interest in the visual ability of their players.

Her studies have shown that the development of many players is limited by visual defects that have either not been diagnosed or treated or both.

“I’ve spoken to a lot of managers, and a lot of them would say, ‘Oh my God, I can’t believe we didn’t think of this before’”, she says.

“It’s kind of like the elephant in the room. It’s so obvious that people think it can’t really be that important. But when the penny drops you’ll have people say to you, ‘Oh my God, why didn’t we think of this’. But then they often don’t follow it up the way they should.

“And I think it’s because on the one hand it’s so obvious that they think surely a player would know themselves, but they don’t. There’s very little take up. Even for international sports, there’s very little awareness around the importance of vision.

“There really needs to be a big educational campaign, I think, to bring that to people’s awareness really.

“When I did a Masters in Sports Vision I looked at the visual skills required to play hurling and football and different aspects of vision. So not just your ability to see black letters on a white chart.

“I looked at eye-movement and muscle reliability. So, if there was any muscle deficiency, how would it affect a player’s ability to play sport.

“A lot of times players think their vision is okay and they can see the ball with no problems, but they may not be aware that their eyes are not working together optimally, that there might be a small deficiency that’s affecting their accuracy.

“Sometimes that might only show up when someone is dehydrated or under stress, under normal conditions they might be fine. But during a thorough sports vision assessment you can see if they have any underlying problems that could make a difference between performing to their best and under-performing.

“A lot time people won’t really pay too much attention if one eye isn’t as good as the other eye because they feel the other eye is doing what it needs to and that’s good enough. But it’s not good enough when you’re dealing with sport at inter-county level.

“But even at club level, if you want to be the best you can be then you have to start with your visual system and get that up to scratch. Everything else is secondary to that.

“It doesn’t matter what sort of strength and conditioning and skill training you do, if your vision is wrong then you’re never going to perform to your best.”

Kennelly’s studies have proven that someone who is colour-blind is highly unlikely to make the grade as an inter-county footballer and hurler.

TENNIS CHANGED FROM WHITE TO YELLOW BALLS BECAUSE THEY WERE EASIER TO SEE FOR PLAYERS AND SPECTATORS.



But it's also an issue she believes could be remedied with a simple solution.

"In normal conditions, the vision of eight per cent of men is red-green colour deficient, which means that one in twelve men can't identify the difference between red and green.

"If you look at the jerseys for the county teams, 14 out of 34 jerseys are either red, green, or have both colours in them.

"At county level, less than 1 per cent of the players I tested were colour deficient. Whereas at club level seven per cent of the men that I tested were colour deficient.

"Which suggests that if you're colour-blind it makes it much harder to reach the level required to be an inter-county footballer.

"Every other aspect of your game might be perfect, but if you can't differentiate between a team-mate and an opponent quickly and easily, then that's having a negative effect on your ability to reach that level.



SOMEONE WITH RED-GREEN COLOUR BLINDNESS WOULD STRUGGLE TO DIFFERENTIATE THE CORK AND LIMERICK JERSEYS.

"For the same reason a certain percentage of the male viewers watching a match can't identify the different jerseys when they're up against each other.

"That's something I think the GAA should really consider looking at. Because there are clever ways that you can adjust the colour of a jersey so that it won't affect either players or spectators.

"Say, for example, if Cork were playing Kerry. Cork are red and white and Kerry are green and gold. If Cork were wearing a jersey that was predominantly red and Kerry were wearing a jersey that was predominantly green, that's going to be a big challenge for the players and viewers watching that match.

"If Cork played in a predominantly white jersey with red stripes, or the Kerry jersey was predominantly yellow with a bit of green, then there would be no conflict. It would be so easy for eight per cent of the men watching the match and it would be easier for players that might be colour deficient to reach inter-county standard too.

"No more than in the game of pool where they added spots and stripes to balls to make it easier for those with colour blindness to identify the balls."

It turns out the inter-county footballers and hurlers don't just have better vision than the average populace, they also see things differently.

About 80 per cent of the population are right-eye dominant, right-handed, and right-footed or else left-eye dominant, left-handed and left-footed. Leaving 20 per cent of the population to be cross-dominant which means either right handed but left-eye dominant, or left-handed but right-eye dominant.

But when Kennelly analysed elite Gaelic Footballers and Hurlers, she discovered a much higher percentage were cross-dominant.

"When I was testing in Ballyboden St. Enda's I tested about 30 people and there was a high percentage of people that were cross-dominant.

"And when I was speaking to the manager afterwards he asked me which players were cross-dominant.

"10 of their squad were on the Dublin panel, and every single one of those players were cross-dominant, which I thought was remarkable.

"I was then giving talks to hurling coaches and managers and almost every single one of them that was coaching or managing a hurling team was cross-dominant.

"And when you think about it, when you're playing hurling it's different to football - you're holding the hurl in your dominant hand and then you're catching the ball in your opposite hand and it's easier to catch a ball if it's in line with your dominant eye.

"And it's also easier to score a goal if it's the dominant eye that's looking at the goal. Because your non-dominant eye will see the goal in a slightly different position.

"So even though you'll see the goal perfectly clearly, the location of the goal will be altered if you're looking at it with the non-dominant eye.

"What we don't know is have those players reached the top because they were cross-dominant, or did they become cross-dominant because they were playing hurling? That would be a really, really interesting study."

Kennelly's bottom line is a simple one. The better you can see a sliotar the better a hurler you can be and the more enjoyable an experience watching a match will be for the spectator.

The move from a white sliotar to a yellow one will never sit well with those who prefer to see tradition maintained, but the science behind the decision is indisputable.

## SHOW YOUR SUPPORT FROM HOME

**Championship is here and although we cannot attend the games, our love for our county has not changed. We want fans to make the most of watching the games from home by sharing their pictures and messages of support using #BestSeatInTheHouse. Let's encourage our members and supporters to get into the spirit of match day at home by sharing their Championship colour and creativity!**



**See [gaa.ie/fixtures](https://gaa.ie/fixtures)**

# UPMC TO HOST INAUGURAL INTERNATIONAL SPORTS MEDICINE CONFERENCE

**UPMC, THE OFFICIAL HEALTHCARE PARTNER OF THE GAA/GPA ARE INVITING GENERAL PRACTITIONERS, SPECIALISTS, AND PHYSIOTHERAPISTS FROM ACROSS IRELAND AND AROUND THE WORLD TO VIRTUALLY ATTEND UPMC'S INAUGURAL INTERNATIONAL SPORTS MEDICINE CONFERENCE ON NOVEMBER 7 AND 8. THE CONFERENCE, WHICH IS FREE TO ATTEND, WILL BRING TOGETHER LEADING GLOBAL EXPERTS IN SPORTS INJURY MANAGEMENT AND TREATMENT, REHABILITATION, AND RETURN-TO-PLAY.**

The online event will be convened and hosted by **Patrick Carton, M.D.**, director of orthopaedic sports medicine for UPMC in Ireland, and chaired by world-renowned surgeon, **Freddie H. Fu, M.D.**, David Silver Professor and chairman of the Department of Orthopaedic Surgery, **University of Pittsburgh School of Medicine**. Live-streamed sessions will focus on ACL reconstruction, sports in the wake of the COVID-19 pandemic, personalised treatment for concussions, and surgical and non-surgical approaches for various types of sports injuries. As the Club season wraps up in many counties for the winter, the GAA are encouraging club doctors and physiotherapists to tune in for a discussion on some of the most common injuries that occur in our games.

"UPMC is recognized globally as a leader in sports medicine and orthopaedics,

and we are excited to virtually gather our esteemed colleagues from Ireland, Pittsburgh, and beyond to share best practices that will improve care for amateur and professional athletes," said Carton, who is also a full-time consultant orthopaedic surgeon based at **UPMC Whitfield Hospital** in Waterford.

Serving patients across the South East and the Midlands, UPMC is the official healthcare partner of the GAA/GPA, as well as the official sports medicine provider of more than 80 schools, universities, regional teams and events in Pennsylvania, including the Pittsburgh Steelers and Pittsburgh Penguins.

The virtual event coincides with the opening of UPMC's sports medicine clinic at WIT Arena in Waterford, the health system's first international sports medicine location, where patients can receive the types of innovative care discussed at the conference. Carton and his colleagues plan to grow UPMC's programme beyond the South East, giving GAA players across the country local and timely access to trusted diagnostic and treatment facilities.

"UPMC is committed to ongoing growth in Ireland, and we look forward to providing world-class sports medicine care as part of our continued investment in the South East," said David Beirne, managing director of UPMC in Ireland. "As clinicians from across the world join us for the International Sports Medicine Conference, we are proud to host an event that will advance care in our communities and globally."



Visit the **International Sports Medicine Conference** website for additional information and to register.

## OFFICER TRAINING UPDATE

**THE CURRENT SITUATION HAS CAUSED DIFFICULTIES FOR ALMOST EVERY SECTOR IN THE COUNTRY. ORGANISATIONS DEPENDENT ON THE SELFLESSNESS OF LARGE VOLUMES OF VOLUNTEERS ARE PARTICULARLY HARD-PRESSED THESE TIMES. GAA, LGFA & CAMOGIE CLUBS ARE FACING INTO CHALLENGING TIMES, ON THE BACK OF SOME MUCH-NEEDED POSITIVE NEWS, WHICH SAW CHAMPIONSHIPS RESUME DURING THE SUMMER.**

### **AGM Education**

The demand for further advice on running club AGMs and county conventions is understandably high. A document providing information on the effective hosting of AGMs in an online capacity has been widely circulated to clubs, while further education in the form of a video piece from the GAA's Rules Advisory Committee is in production. This will be made widely available in the near future.

### **Officer Training Opportunities Pre-Christmas**

It is envisaged to make some modules available to club officers via remote webinar this side of Christmas, with an emphasis on IT Training, membership and finance. The National Officer Development Committee recognises the need for informative, qualified education on specific topics and aims to roll out this training as soon as possible.

### **Club Leadership Development Programme Training – Post-Christmas**

The National Officer Development Committee plans to publish an online calendar of events on the GAA's Learning Portal prior to the new year, outlining online events from the CLDP suite of modules. Club Officers will be able to register for relevant events, and access them via the Portal. It is hoped to run a wide range of topics, and to do so over multiple sessions, to ensure that webinars retain the important small group feel. Discussion and sharing of experiences between officers will continue to be actively encouraged, and despite the inability to arrange for traditional face to face workshops, it is hoped that the online equivalent will be an enriching experience for all.

### **Development Officer Forum**

The second Development Officer forum of the year took place in October. On the evening, Officers were invited to submit queries related to Officer Training this year and were presented with a comprehensive update on how the programme would be rolled out. Though the methods of delivery have changed, the role of the Development Officer in providing for training amongst Club Officers in their county remains critically important. An Office 365 training webinar will be provided for Development Officers in November to help with their increasingly vital role as part of the county executive. Development Officers will still be able to request for specific modules to be ran in their counties, and the aim is to ensure that where a demand exists in an area for training, it will be provided.

### **CLDP Associate Forum**

October also saw the team of volunteers who facilitate programmes as part of the Club Leadership Development Programme meet collectively ahead of the new officer training season. Coming from a wide variety of backgrounds and specialisms, this cohort, along with Development Officers, remain an integral part of the programme. Participants were invited to submit queries and observations for discussion in advance and were provided with an overall programme update on the night. Uachtarán CLG, John Horan, was on hand to address Associates at the beginning of the event. Facilitating modules in an online format will be a new challenge for many Associates, who will be provided with Office 365 training and Webinar facilitation training (from IT Carlow) as part of the preparations for the new season. This cohort are one of many teams of volunteers who are keeping all three Associations afloat in increasingly uncertain times. Their invaluable experiences and talents will be used to good effect in the

coming months.

### **County Officer Training**

Plans remain afoot to provide comprehensive induction training to newly elected County Officers in the coming months. Updates and further training for experienced officers will also be provided for in due course. The inability to host the annual County Officer Conference was another regrettable side effect of the pandemic, but it is hoped to arrange for an online seminar event to ensure that all officer groups get ample time with relevant sections within the Association, to discuss important issues and receive critical information in advance of the new season.



By Martin Fogarty, National Hurling Development Manager

## NEW HURLING DRILLS & SKILLS FOR CHILDREN VIDEO SCORES A HIT

**INTEREST IN GETTING INVOLVED IN JUVENILE HURLING HAS CERTAINLY BEEN ON THE INCREASE IN RECENT YEARS. MORE CHILDREN ARE PLAYING THE GAME AND MORE PARENTS ARE PREPARED TO TAKE UP THE GAUNTLET AND COMMENCE COACHING. THIS HAS BECOME APPARENT PARTICULARLY WITH NEW CLUBS OR NEW HURLING UNITS STARTING UP ACROSS THE COUNTRY SUCH AS IN GORTLETTERAGH CO. LEITRIM, BOYLE CO. ROSCOMMON, BUTLERSBRIDGE CO. CAVAN, LAOCHRA ÓG CO. CORK, ROUND TOWERS CO. KILDARE AND ST. FINBARS IN CO. DERRY.**

Couple that with the resurgence of hurling in recent years in places like Fermanagh, which boasts just one adult hurling team in Lisbellaw but where very steadily no fewer than seven underage units, Ederny, Erne Gaels Beleek, Enniskillen, Bellanaleck, Lisnaskea, Knocks and St. Aidans Derrylinn, are building with a huge amount of work being put in, and you will get the picture.

Numbers registering to attend Foundation Level courses across the country are on the up and I have been inundated, especially since the Spring Series of Hurling Specific Webinars, with emails and telephone calls from people enquiring about the best approach to coaching juveniles. Within five days of its launch there have been in excess of 5,000 views of the video which further indicates the huge quest for hurling advice in this area.

This project has been on the long finger for a while as we covered the Youth to Adult area a couple of years ago with a similar

video and with a plethora of Provincial Workshops featuring several of the best players to ever play the game of hurling presenting at the workshops.

Two main reasons resulted in the recent launch of the video which features over thirty skills or drills and games ideas for this age group. The two reasons were: Firstly, the huge number of enquiries looking for practical examples of exactly what to do with this age group during coaching sessions.

Secondly and most importantly, my own experience travelling around the country watching players, coaches and coaching sessions! Quite honestly, I realised that in many, many places the brakes need to be applied and a total reassessment of what is most important in coaching juveniles and indeed by extension coaching youths and adults, needs to be addressed.

A few weeks back a good friend of mine, a shrewd and experienced coach, relayed to me an experience he himself had recently. He is involved with a newly formed camogie club where most of the girls are playing games for the first time.

They played a game against the vastly experienced side and as would be expected were trounced! A fellow coach who is new to coaching and who has obviously been listening to "Experts", declared that "we need to develop a way of playing".

I could picture the quick reply from my friend as he informed his colleague that "before we develop a way of playing – we have to be able to play!"





These girls, while working hard, are not yet remotely proficient in the basic skills of the game. None of them can strike off both sides. Very few can comfortably and consistently strike any distance from the hand. Striking on the ground is a challenge, while hand-passing and any degree of hooking and blocking are still on their to-do list.

This summed up perfectly, the situation that I am witnessing week in week out across the country – coaches who want to put the icing on a cake before it is even baked.

I get enquiries almost weekly about sweeper systems, short puck-outs, game plays, winning the middle-third, working through the lines, plan B & C, zonal defence, winning the dirty ball, blanket defence, swarm tackling, ball trajectories, heads-up hurling, how the game has “moved on”, forward thinking, thinking outside the box etc etc - even for under 8's!

So, with all that in mind we decided to put the video together showing what is

really important when coaching children – mastering the skills of the game in order to be able to play the game!

The collection of exercises or drills featured may be classed by some as “old school” or some will say they are not “cutting edge” or the “game has moved on”. Any coaches, in my opinion, thinking along those lines are deluding themselves. The game has not changed. The ball has changed for sure, it is lighter, but the game has remained constant and the best players are and always will be those who have best mastered the skills and are then able to implement them in the game under varying degrees of pressure.

Before thinking about anything else players need to become proficient in Striking, Catching, Rising and Hand-Passing. The only way to do that is through “repetition” and that is how all the good players become good.

Likewise, start at the beginning. Learn to strike on the ground before attempting to strike from the hand.



Learn to hand-pass before introducing complicated hand passing drills. Learn to strike long and accurately from both sides before introducing diagonal balls.

Do not attempt to mention working short balls through the lines until players are deadly accurate at short striking and are equally expert at receiving those passes, not fumbling or dropping half of them.

Why insist on players rising every ball if they are not good at it in the first instance or even if they can rise it, but are not able to strike consistently from both sides?

My philosophy on hurling is based on a lifetime of watching some of the greatest players ever to play the game and from speaking to the people that trained them and taking their opinions and views on board. Not to do so would be quite foolish to say the least.

Being a former teacher myself, these interactions were many, playing schools matches both friendly and competitive

and the chats during and after the games listening to people who were consistently turning out top class skilful players. Two of those interactions spring to mind immediately and are worth mentioning. The first was with a good friend and teaching colleague Jimmy Neary, one of the most unassuming and knowledgeable people I have ever met. Jimmy taught in a medium sized country school called Kilmanagh and at that time he had brought his team to no fewer than 13 Roinn A finals in a row! They won four which in itself was an outstanding achievement, but it is not about the winning (or losing) it is about being at a very high consistent standard for such a long period. It was phenomenal, as the grade was dominated by the large city schools who won most of the finals, but none contested as many finals as Jimmy's boys.

Jimmy also trained most of the teams in the local club -Graigue Ballycallan (Eddie Brennan, James Ryall, Adrian Ronan, John Hoyne etc) at the same time and they won several underage championships



plus two seniors losing out narrowly in an All-Ireland final to Portumna. Every county team had representatives from Graigue Ballycallan on them. I asked Jimmy at a school's game one day what the secret was, referring particularly to his school's teams. His answer was, and it has never left my mind- "Some years you just get a bunch (group of talented players together) and they will do well even if "Shep" (common name for a sheepdog in Kilkenny) was training them but most years we are no different than any other team. We have a few good lads up the middle and the rest are ordinary. They all know what they can do and what they cannot do so most of the lads keep the ball on the ground. They block it and pull or keep the ball moving. If they are on their own, they might try rising it and hitting it quickly otherwise they let it go on the ground and that's about it." Jimmy's approach to the game was quite simple. Get the basics right by constantly working on them and don't worry about anything else.

The second person that springs to mind is Dermot Healy who led Offaly to their first All-Ireland victory in 1981. I asked Dermot at that time what he was doing in training and his answer was that they spent 10 minutes every night shooting or striking and they spent 10 minutes doing ground hurling in lines of four. When asked to expand in recent years on the myth that Offaly did all their hurling on the ground, his answer was that they practiced all the skills and the players were trained then to decide which skill was appropriate at any given time.

They lifted as many balls as any county and they certainly caught as many also with players like Pat Delaney, Joachim Kelly and Padraic Horan among the best fielders in the game at the time. The fast ground ball got them out of a lot of trouble, gave some of their lighter, faster players an advantage over their physically stronger opponents sometimes, but also opened up the play for them when necessary. Dermot also mentioned that the ground hurling was an excellent way to sharpen up the players and the lines of four, when performed at maximum pace, was great for speed and fitness. It is no coincidence that Conahy Shamrocks who won the All-Ireland Junior title earlier this year had clubman Dermot Healy back involved as a coach with the team. Maybe the old school is still the best school to attend?!

There is enough content on the video clip to keep a coach going forever. I suggest that you include striking, catching & rising at every session. Increase the speed and distance as players progress and make sure to play games of varying numbers at every session also. Not so long ago when county training was not held behind closed doors it was clear for all in attendance that the Kilkenny Seniors commenced every training session with striking of varying distance. Every session had an element of rising, catching and hand-passing also and of course first touch. The session always finished with a good game, nothing special just concentrating on the essentials.

That is what we need to do also with our juveniles – nothing special – master

the essentials. An old rule of thumb in Kilkenny schools when I was a pupil and later a Teacher was that – little break (11.00am) was for pucking (striking & catching against a wall or to a colleague) and big break or lunch time was for matches. While our trainers always insisted on plenty of ground hurling there was one golden rule which could not be broken for fear of being banished to the side-lines and that was "If it doesn't come up the first time – pull on it" To translate, in case any of our many international coaches are reading this, it meant that if a player fails to rise/lift the ball at the first attempt then s/he should strike it quickly on the ground as, if not, an opponent will likely arrive and dispossess them. That was and still is very good advice.

The featured video is aimed at players that have emerged from Nursery and are now playing Go Games and formal games. Many thanks to the Boys and Girls of St. Vincent's GAA in Dublin for their great patience and attention in making the video. They were outstanding and a tribute to their coaches and parents. Thanks also to club coach Emma Byrne, not just for organising everything but for the wonderful input she had into the structure and content of the video. Thanks to the coaches who were ever so helpful and interested and do note that you do not need to be a former player to coach hurling or camogie – what experience do you need to hold a pole-trainer or roll out a few tyres?



The project would not have been possible were it not for the patience and expertise of the man that did all the work – John Harrington from gaa.ie – our camera man. The video is 16 minutes. The footage was several hours long but only John knows how much time went into editing. Thank you very much John. Again, the link to the video is

<https://www.youtube.com/watch?v=pm5sdhjc-d-Q>

For further advice on what the best players do during practice it is worth listening to the seven All-Star Goalkeepers who have short videos on this webinar. The advice is relevant to all players.

**[The Goalie- No. 1 on Every Team](#)**

For anybody that is involved at Nursery Level please note also two excellent resources.

**<https://connachtgaa.ie/coaching/nursery/coaching-hurling/>**

18 short videos on Physical Literacy and 18 short videos on Hurling Skills  
The GAA Learning Planner has hundreds of lessons and videos for children of all ages

**<https://learning.gaa.ie/planner/>**

# “HEALTHY HANDBALL” FOR YOUR GAA CLUB

## HAVE YOU EVER THOUGHT ABOUT BRINGING HANDBALL TO YOUR GAA CLUB? WELL NOW YOU CAN WITH RELATIVE EASE.

GAA Handball have teamed up with the GAA Community & Health Department to bring you Healthy Handball, a concept aimed at encouraging GAA Clubs nationwide to develop the game in a recreational setting for members of all ages.

And when we say all ages, we don't simply mean the U8 to Senior.....we also mean ALL members, including retired players through to 60+.

### What is Healthy Handball?

- Bringing 1-Wall Handball to your GAA Club
- The perfect recreational, non contact game for all ages

- Reap the health benefits whilst having fun (aerobic, flexibility, reactions, co-ordination, agility)
- Attract new members with this non contact sport
- Cheap & Accessible
- Can play indoor or Outdoor

### Help Getting Started?

- Purpose built walls are relatively cheap, but don't let the lack of one stop you playing right away
- All that is needed is any flat wall and floor surface that a ball will bounce off (wooden, concrete, tar, block)
- Dimensions & Court Spec
- Contact GAA Handball to arrange Taster Sessions.

Contact National Development Officer Darragh Daly for further queries - [development.handball@gaa.ie](mailto:development.handball@gaa.ie)





# HEALTHY HANDBALL

## 1-WALL HANDBALL FOR YOUR GAA CLUB






### WHAT IS HEALTHY HANDBALL?

- Bringing 1-Wall Handball to your GAA Club
- Perfect recreational game
- Reap the health benefits & have fun
- Attract new members to your Club
- Cheap & very accessible
- Build your own wall from as little as €500
- Can play indoor or outdoor
- Suitable for all ages and abilities

**FOR FURTHER DETAILS, PLEASE CONTACT:**  
[development.handball@gaa.ie](mailto:development.handball@gaa.ie)  
 +353 (0) 1865 8649





JOIN THE 1-WALL REVOLUTION!

## #GAAYOUTH – BEYOND THE PITCH

**THE GAA YOUTHREPS HAVE BEEN WORKING HARD TO HAVE THE VOICE OF THE YOUNG PEOPLE HEARD AND BRING YOU SOME OF THE DISCUSSIONS THAT WE WOULD HAVE HAD IN CROKE PARK TO WHEREVER YOU MAY BE.**

We will be releasing a series of fun and informative podcasts and webinars to you, via your favourite streaming platforms, so that you can engage in interviews with high profile players, coaches, and experts on a

wide range of topics from Leadership & Mental Resilience, Inclusion & Equality and Volunteering. Like the #GAAYouth Forum the series will conclude with a live Q&A!

Stay tuned to @OfficialGAA social media channels and follow the #GAAYouth for updates on the series and how you can join the live Q&A panel.

GAA YOUTHREPS talk of their Covid Experience



### *Muireanu's story*

*When the announcement came in March that the country was going to be going into lockdown, this called a halt to my time as Secretary of Trinity College Camogie Club and my time as an undergraduate student. The experience I had picked up from this role was invaluable to me on so many different levels, but it was tough to comprehend that this would be how things ended for me.*

*Volunteering in college and in my local club, Buffers Alley, opened my eyes to so many different things, but with the initial few months of lockdown spent going on walks and looking into the locked grounds, I found it difficult at times to remain optimistic.*

*I knew that I had always wanted to get back into coaching again in the club, so I signed up for Wexford GAA Games & Development's Coaching Webinar series in May. There we got coaching tips and tricks from the likes of Anthony Masterson, Dara Kissane, Willie Cleary and more on how best practice in coaching underage teams, which I found to be very helpful indeed. Once the series concluded I was offered work coaching at the Cúl Camps for five weeks of the summer, going around to different clubs and creating an atmosphere of fun and enjoyment for all the kids.*

*Taking part in the webinar series also harnessed me with the skillset to go back coaching in the club, taking charge of our U6 girls and loving every second of it. One of the highlights for me is when our camogie u14 county champions visited the girls training session and chatted away with them, signing hurts and showing them the trophy. One little girl turned to me afterwards and said "We better get back to training if we want to win a trophy like that, like the superstars have." Coaching and being part of the club community in a different way has given me a new lease of life after lockdown, something I will hopefully be able to do for years to come.*

*Muireanu Nic Corcráin*



### *Laura's story*

*Before Covid-19 and before lockdown I was involved with coaching in my local club and county. I currently study Sports Science in AIT, so through the course I became qualified as a GAA coach.*

*I helped out with the Clare Development squads on the weekends and I was also a coach involved with the Under 6s and 8s of my club, however due to restrictions, the trainings were postponed. I had begun coaching with Munster Camogie getting involved in various initiatives. During lockdown, when activities were limited, I was encouraged by fellow coaches and my lecturers to use this time to upskill and to learn as much as I can. I followed many webinars run by the GAA and picked up pieces of advice from experienced coaches and it was especially helpful to newer coaches like me.*

*I also took part in trainings run by the LGFA and Camogie Associations, which I found extremely beneficial, and hope to learn more in the future. I think that many coaches and volunteers will take many positives from the time away from playing the games. I know that as a coach and player, it made me love and appreciate the game more. The Kellogg's GAA Cúl Camps also ran throughout July and August, and from a coach's point of view I thoroughly enjoyed coaching the children and seeing how excited they were to be back playing GAA.*

*During lockdown, I also found it uplifting how the GAA clubs and volunteers came together to help out their communities, it was heart-warming to see and showed us that your GAA club is like family and are there even in the tough situations we have faced, certainly this year. I am hoping that once things return to some sort of normality in the coming months, we will all get back to the sport that we love so much.*

*Laura Fennell*



### *Coruac's story*

*Lockdown has been a strange time for everybody. I remember sitting in the staffroom on the day lockdown was being announced and thinking that we would be back after the Easter holidays. Unfortunately, this was not the case. Being a secondary school teacher, it is very difficult to engage students when they are not in front of you. Whether you were a student, teacher or parent, it was a challenge for all.*

*One thing that was dearly missed was the camaraderie with the Cuala lads in Dalkey. Training individually was a massive challenge. Although our S&C coaches and our manager Paul Curran kept us ticking over, it was not the same without everyone. An indication that the bond and strength of a team is created on the pitch. All the hard work paid off by winning a county championship on Sunday.*

*The lockdown served as a period for self-reflection and self-development. It allowed for new opportunities and skills. For example, I took part in numerous coaching webinars run by the GAA, a leadership course with Stuart Lancaster, a nutrition course provided by Optimum Nutrition and a sports psychology and coaching course offered by the Open University. I am also working on my Gaisce Gold Award. It was important to remain positive throughout this period and I was lucky to be surrounded by my family. I'm looking forward to what 2021 has to offer!*

*Coruac Curtis*



## GAA NATIONAL INCLUSION DAY



SHAMROCK GAELS



ARDGLASS



ST JUDES



CLG BEART

**LAST MONTH SAW THE GAA PROUDLY TAKE PART IN THE NATIONAL INCLUSION FITNESS DAY – WHICH WAS THE FLAGSHIP EVENT FOR SPORT IRELAND AND EUROPEAN WEEK OF SPORT.**

More than 100 GAA Clubs from across Ireland, Britain, Europe, Canada, USA and the Middle East took part.

Whether they were events that were held online, or in pods due to restrictions or in events that have been in part held back until later in the year, the goal and the message was the same – that a true GAA club is an inclusive GAA club with a place for everyone and embodies the manifesto that the GAA is Where We All Belong.

Geraldine McTavish is the GAA's Diversity and Inclusion Officer and in conjunction with the GAA's Community and Health department is available to offer advice to clubs looking to ensure they can be a fully inclusive part of their community.

For details email: [Geraldine.mctavish@gaa.ie](mailto:Geraldine.mctavish@gaa.ie)

## ÁR GCLUICHÍ, ÁR LAOCHRA #15 – CONALL Ó HAINIFÉIN

### IS É LEATHCHÚLAÍ AN CHLÁIR, CONALL Ó HAINIFÉIN, ATÁ FAOIN SPOTSHOLAS AGAINN SAN EAGRÁN IS DEIREANAÍ SEO DE 'ÁR GCLUICHÍ, ÁR LAOCHRA'.

Dar ndóigh, is le CLG Ruadhán a imríonn Conall a chuid iomána agus is le CLG Éire Óg a imríonn sé a chuid peile, nuair nach bhfuil sé ag déanamh ionadaíochta ar a chontae dúchais, an Clár.

Tá Conall ag imirt le foireann shinsir an Chláir le roinnt blianta anuas agus níl aon amhras faoi ach go bhfuil todhchaí bhreá i ndán dó i ndathanna an chontae. Cé gur cúlai go príomha é Conall is féidir brath air i gcónaí le roinnt scóranna tábhachtacha a aimsiú.

D'fhás mé suas le Gaeilge sa tigh. Is as Lios Póil i gCiarraí m'athair agus chaith mé go mé go leor ama ansin i m'óige. Aon uair a dtugaim cuairt ar Lios Póil bíonn deis agam Gaeilge a labhairt le mo ghaolta go léir ansin. Chomh maith le sin, d'fhreastlaíos ar Ghaelscoil Mhíchíl Cíosóg agus ar Ghaelcholáiste an Chláir agus tá áit lárnach ag an teanga i mo shaol i gcónaí.

Conall Ó hAiniféin, Bealtaine 2020

**Ainm:** Conall Ó hAiniféin

**Aois:** 23

**Slí bheatha:** Achtúire leis an gcomhlacht Invesco

**Club:** An Ruadhán / Éire Óg, Inis

**Contae:** An Clár

**Club nó contae?** Club

**An scannán is fearr leat?** The Big Short

**An banna ceoil is fearr leat?** Oasis

**An áit is fearr leat?** Nua-Eabhrac

**An bia is fearr leat?** Stéig agus prátaí

**An clár teilifíse is fearr leat?** Prison Break

**An chéad chuimhne CLG atá agat:** Ag

freastal ar Chluiche Leathcheannais na hÉireann i 2002 idir Ciarraí agus Corcaigh

**An t-imreoir ab fhearr leat nuair a bhí tú óg:** An Gooch

**An chéad uair ar imir tú le do chontae:**

2009 le Cumann na mBunscoil

**An t-imreoir is fearr a d'imir leat:** Gary Brennan

**An t-imreoir is fearr a d'imir i do aghaidh:** James O'Donoghue

**An cluiche is fearr a d'imir tú riamh:** I

gcoinne Chorcaí sa tsraith i 2019

**Buaicphointe do shaoil imeartha le do**

**chontae:** Bua ar an Iarmhí anuraidh sa chraobh

**Buaicphointe do shaoil imeartha le do chlub**

**go dtí seo:** Trí chraobh fé 21 i ndiaidh a

chéile a bhuachaint

**An duine is mó a raibh tionchar aige/**

**aici ar do shaol imeartha go dtí seo:** Mo thuismitheoirí

**Aon chomhairle agat do imreoirí óga?** Bain

taitneamh as aon deis a bhíonn agat peil

nó iomáint a imirt – ní mhaireann an deis

sin go deo

**An mbeadh suim agat a bheith i do**

**chóitseálaí/bhainisteoir amach anseo?**

Bheadh suim agam i gceann 20 bliain nó mar sin

**Aon chaitheamh aimsire eile?** Taitníonn sé

liom iomáint a imirt le mo chlub aon deis a bhíonn agam

**Gluais / Glossary**

**Spotsholas** – spotlight **Dar ndóigh** – of course **ag déanamh ionadaíochta** – representing

**a chontae dúchais** – his native county **le roinnt blianta anuas** – for the past few years

**nil aon amhras faoi** – there is no doubt **todhchaí bhreá** – bright future **dathanna** – colours

**go príomha** – primarily **brath** – depend **scóranna tábhachtacha** – important scores

**gaolta – relations** **áit lárnach** – a central place **achtúire** – actuary **comhlacht** – company

**deis** – opportunity **ní mhaireann** – it does not last **go deo** – forever





# UASDÁTÚ MAIDIR LE SCÓR SINSIR 2020 / UPDATE IN REGARD TO SCÓR SINSIR 2020

**AG EASCAIRT AS CRUINIÚ DE CHUID CHOISTE NÁISIÚNTA SCÓR ARÉIR SOCRAÍODH, AR AN DROCHUAIR, GO GCUIRFÍ ATOSÚ SCÓR SINSIR 2020 SIAR GO DTÍ TÚS MHÍ FEABHRA 2021 AR A LUAITHE. TÓGADH AN CINNEADH SEO GO DROGALLACH DE BHARR STAID REATHA COVID-19 AR AN OILEÁN AGUS DE BHARR NA SRIANTA ÉAGSÚLA ATÁ Á GCUR I BHFEIDHM FAOI LÁTHAIR IS ATÁ Á DTUAR DO NA MIONNA AMACH ROMHAINN.**

Ní hé cur i gcrích na gcomórtas príomhaidhm Scór ach na comórtais a úsáid mar bhealach le daoine a thabhairt le chéile lenár gcultúr a chur chun cinn agus a cheiliúradh. Ar an drochuair, ní bheadh muid in ann Scór a eagrú gan an aidhm sin a bhaint amach i mbliana ná ar bhealach a bheadh slán agus sábháilte.

Tá súil againn clár cuimsitheach imeachtaí Scór ar líne do na míonna amach romhainn, i gcomhar leis na contaetha uile, a sheoladh go luath agus tá súil againn go mbeidh gach duine, idir óg agus aosta, ó chlann mhór Scór páirteach sna himeachtaí sin.

**Ní dhéanfar aon chinneadh maidir le heagrú chomórtais eile Scór na nÓg agus Scór Sinsir go dtí mí Feabhra 2021.**

Coinnígí slán sábháilte.



GHRÚPA NAOMH RÓNÁN AG CASADH Í BPÁIRC DE HÍDE ANURAI DH

**Aodán Ó Braonáin, Cathaoirleach Choiste Náisiúnta Scór**

**Jamie Ó Tuama, Rúnaí Choiste Náisiúnta Scór**

**ARISING FROM YESTERDAY EVENING'S MEETING OF COISTE NÁISIÚNTA SCÓR IT HAS BEEN DECIDED, REGRETTABLY, TO POSTPONE THE RECOMMENCEMENT OF SCÓR SINSIR 2020 UNTIL THE START OF FEBRUARY 2021 AT THE EARLIEST. THIS POSTPONEMENT IS DUE TO THE CURRENT STATE OF COVID-19 ON THE ISLAND AND THE VARIOUS RESTRICTIONS CURRENTLY BEING IMPLEMENTED AND FORECAST FOR THE COMING MONTHS.**

The main aim of Scór is not the running of competitions but rather the use of the competitions to promote social interaction while promoting and celebrating our culture. Unfortunately, without social interaction it would not be possible to organise Scór in its traditional format and nor would it be safe to do so.

We hope to launch a comprehensive programme of online Scór events for the coming months with input from all counties in the next few weeks. We look forward to participation from the wider Scór family – young and old – in these events.

**No decision on the running of any future competitions at Scór na nÓg or Scór Sinsir will be made before February 2021.**

Keep safe and sound.

## 'LAST CALL' FOR GAA GRASSROOT STORIES

**THE COLLABORATION BETWEEN THE GAA AND JOURNALIST AND AUTHOR PJ CUNNINGHAM TO PUBLISH IN BOOK FORM A COMPILATION OF 'GRASSROOT GAA STORIES' COLLECTION HAS ELICITED A MASSIVE RESPONSE OVER THE SUMMER MONTHS.**

As well as accepting submissions already written by contributors, it has necessitated, when Covid-19 restrictions allowed, visits to the four corners of the country to talk in person to scores of people.

Stories have also landed from across the globe and will result in contributions featuring the Irish abroad in USA, UK, Australia and many other countries.

It is now planned to launch the publication next year when hopefully there will be a closer return to more normal times.

In conjunction with GAA Communications Director Alan Milton, well-known journalist PJ Cunningham has overseen the arrival of an avalanche of stories.

The guarantee to contributors is that every story will be preserved either by becoming part of the published work or by being presented to the GAA archives for future generations to enjoy members' memories over the 136-year history of the association.

Cunningham says he was surprised with the depth of response but delighted that some stories which might have been lost to the canon of GAA story-telling will now be preserved in book form.



"It has been an enriching time both talking on the phone and meeting in person with people who had their own unique narrative in telling their tale. I am particularly happy with the content and the variety which will make up the collection.

"I'm issuing a 'last call' to the public to make sure that if they have a story, that it is included for consideration for the forthcoming publication.

"I am also mindful of trying to find nuggets in every county so that we get a good representation nationally of what has been going on just below the eye-line of club and county activity."

GAA Director of Communications, Alan Milton, said that the GAA had decided to

finally going ahead and now nearing completion."

The closing date for stories is November 15 next. The collection will lean towards stories with twists and turns rather than plain historical accounts about clubs themselves or ancestors who just won medals or became famous. It is not a collection of how clubs were founded or run but about the people in them... what they got up to either on or off the pitch.

The GAA grassroots is indeed a big parish, sweeping across the country and overseas wherever our diaspora reside. It also spreads all the way back to the foundation date of 1884 and right up to the current state of play (non-play) in the Covid-19 lockdown and tentative reopening and subsequent journey to further restrictions on movement.

From British rule, through the Civil War, 'The Emergency', the era of The Ban and Vigilante committees set up to uncover GAA members attending or playing 'foreign games', the script is one of intrigue, cunning, wit and every member has a unique story to tell about what happened somewhere along the line.

For further information:

[pj@gaastories.ie](mailto:pj@gaastories.ie)

or

[communications@gaa.ie](mailto:communications@gaa.ie)  
marked 'GAA Stories'

Phone number PJ Cunningham  
086-8217631

## CLUB FOLDER RESOURCE

### What is the Club Folder Structure?

The Club Folder Structure (CFS) is a One Drive structure in place for Club Officers filled with templates, userguides and documents to assist them in their role. Key features of the CFS are:

- Blank templates for Clubs to use
- Userguides on important procedures within the GAA
- Official policies and documents on various GAA affairs

**Access the folders at:**


**<https://bit.ly/2XY2yo3>**

### Why is it useful for Club Officers?

The Club Folder Structure is useful for Club Officers as it gives them access to a set of sample documents and folders specific to each role. Official GAA policies and templates are ready for use that Club Officers can refer to for guidance.











### How can a Club Officer access it?


To access the Club Folder Structure, please visit: **[learning.gaa.ie/clubfolderstructure](https://bit.ly/2XY2yo3)** and follow the relevant steps.



## ACCESS THE FOLDERS AT:

**<https://bit.ly/2XY2yo3>**

Insurance		 Events
Transfers		 AGM
Safeguarding		 Garda Vetting
Sponsorship		 Minutes
Games		 Property

WHERE WE ALL BELONG 

# GAA LEARNING PORTAL – A VITAL CLUB ASSET

**WHEN IT COMES TO RUNNING GAA CLUBS, ALL CLUBS HAVE A WIDE RANGE OF NEEDS FOR INFORMATION AND TRAINING. THAT'S WHY WE'RE CONSTANTLY WORKING ON UPDATING ALL RESOURCES ON THE GAA LEARNING PORTAL FOR CLUB OFFICERS.**

Here's what is available:

- **Online Modules**

- o Club Officer Foundations - a 30-minute module which helps new Club Officers get started in their roles.
- o Leading Effective Meetings - a 30-minute module on how to run effective Club meetings.

o Access here - [https://learning.gaa.ie/club\\_leadership](https://learning.gaa.ie/club_leadership)

- **Learning Files**

- o A vast range of handouts relevant to each module in the Club Leadership Development Programme. For example, essential child safeguarding information, injury benefit fund guidance, independent team guidance, One Club guidelines, etc.

o Access here - <https://learning.gaa.ie/ClubOfficerLearningFiles>

- **Role Profiles**

- o Sample descriptions of key duties for the roles of Chairperson, Secretary, Treasurer, PRO, Registrar, etc.

o Access here - <https://learning.gaa.ie/OfficerRoleProfiles>

- **Club Support Manual**

- o Advice sheets which explain key areas of Club administration, e.g. optimising Club structures, improving communication in the Club, recruiting volunteers, etc.

o Access here - <https://learning.gaa.ie/ClubSupportManual>

- **Club Planning Guide**

- o An explanation of the process to develop a strategic plan for improving your Club over a 3 to 5 year period.

o Access here - <https://learning.gaa.ie/ClubPlanning>

- **IT Helpdesks**

- o User guides and support service information for IT systems such as the Games Management System, Office 365 and the injury benefit fund.

o Access here - <https://learning.gaa.ie/ITHelpdesks>

# PLANNING OF AGMS – IMPORTANT INFORMATION



**UNITS MUST ADHERE TO THE GOVERNMENT COVID 19 GUIDELINES FOR THEIR JURISDICTION WHEN ORGANISING ITS MEETINGS; FULL DETAILS FOR THE 26 COUNTIES CAN BE OBTAINED USING THE LINK BELOW:**

<https://www.gov.ie/en/campaigns/resilience-recovery-2020-2021-plan-for-living-with-covid-19/?referrer=http://www.gov.ie/roadmap/>

In summary:

### **Level 1**

These are controlled environments with a named event organiser, owner or manager. For most venues, a maximum of 100 patrons can attend. Up to 200 patrons are allowed for larger venues where strict 2 metre seated social distancing and one-way controls for entry and exit can be implemented.

### **Level 2**

Up to 50 patrons are permitted and in pods or groups of up to 6 if appropriate, with arrangements to ensure no intermingling of groups.

Up to 100 patrons are permitted for larger venues where strict 2 metre seated social distancing and one-way controls for entry and exit can be implemented.

### **Levels 3, 4 & 5**

No organised indoor gatherings permitted. Under the current circumstances, where meetings cannot be held, due to Covid 19 restrictions, it is possible that AGMs be held online.

In accordance with Rule 3.63 T.O.2020, that An Coiste Bainistíochta will be required to adopt a number of Resolutions listed below:



Northern Ireland  
Details for restrictions in the six counties can be obtained using the following link:  
<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>

Overseas

All units outside of Ireland must adhere to the Government Regulations for their jurisdiction.

### **CLUB ANNUAL GENERAL MEETING**

#### **(1)**

Notwithstanding the Rules and, in particular Rule 2.1 (g), the following provisions shall apply to Membership in 2020:

The due date for club membership subscription be extended to 31st October 2020.

#### **(2)**

Notwithstanding the Rules and, in particular Rule 4.1, the following provisions shall apply to Elective Office in 2020:

The due date for annual club subscription be extended to 31st October 2020.

#### **(3)**

Notwithstanding the Rules and, in particular Rule 6.2 of the Club Constitution, the following provisions shall apply to annual subscription for 2020:

The date shall be 31st October 2020.

#### **(4)**

Notwithstanding the Rules and, in particular Rule 8.6 of the Club Constitution, the following provisions shall apply to the election of officers to the Executive Committee for 2021:

Where a club has a limit on the length of time an officer may hold a position and that officer is due to retire at the 2020 AGM, the Executive Committee may appoint that same officer to serve until the 2021 AGM subject to the following conditions:

- a) there are no other nominations for the position; or
- b) the vacancy still arises after the conclusion of the AGM; and
- c) the Executive Committee is unable to find a suitable replacement.

**(5)** Notwithstanding the Rules and, in particular Rule 8.10 of the Club Constitution, the following provisions shall apply to the need for a quorum for the 2020 AGM:

Where club membership is greater than 100, 20 members will constitute a quorum for general business.

It may not be practical for various reasons for a club to hold its AGM physically or virtually.

An 'incorporeal' AGM is acceptable within Rule and where the club is confident that business can be carried out transparently and within rule.

Rule 8.4 – Official Guide Part 1 – Club Constitution – Part 1 (page 171) states:

The following business shall be transacted at the Annual General Meeting:

- (a) Adoption of Standing Orders.
- (b) Minutes of previous Annual General Meeting.
- (c) Consideration of the Annual Report submitted by the Secretary.
- (d) Consideration of the Financial Statements including the Report of the Accountant(s) or Auditor(s).
- (e) The Chairperson's Address.
- (f) Election of Officers and Members of the Executive Committee.
- (g) Notices of Motion.
- (h) Other Business



Where a club is not in position to hold a physical or virtual AGM for various reasons the following shall apply:

**(6)** Notwithstanding the Rules and, in particular Rule 8.4 of the Club Constitution, the following provisions shall apply to the 2020 Annual General Meeting:

The Executive Committee shall decide on a date for an AGM Day during which the following business shall be transacted as outlined below:

- (a) Minutes of previous Annual General Meeting adopted by the Executive
- (b) Members given the option to submit questions on the Secretary's report and any such questions to be answered by the Executive within one week of the date selected as AGM day.
- (c) Members given the option to submit questions on the Financial Statements including the Report of the Accountant(s) or Auditor(s) and any such questions to be answered by the Executive within one week of the date selected as AGM day.
- (d) The Chairperson's Address to be circulated at least ten clear days before AGM day.
- (e) Election of Officers and Members of the Executive Committee to be conducted by means of \* Delivered Vote. The onus is on the voter to ensure that the vote is submitted and in time.
- (f) Notices of Motion to be considered by the Executive Committee
- (g) Other business: Members to be given the option to submit queries/comments (using

the same date set down for submission of Motions) which will be considered by the Executive Committee, no later than two weeks after AGM day.

It is advised that any matters that can wait to make them wait and remain conservative - 2020 is not the year to consider contentious motions.

\*by means of post, courier, hand delivery or other means on or before the date and time to the place specified on the ballot paper.

### COUNTY CONVENTION

(7) Notwithstanding the Rules and, in particular Rule 3.10 the following provisions shall apply to the County Convention in 2020:

An Annual County Convention shall be held before 18th December. It shall consist of the Officers and Members of the outgoing Committee (voting rights as on the Committee) and representation from each Club which competed in a Junior or higher grade Championship of the current year as decided by the County Management Committee.

(8) Notwithstanding the Rules and, in particular Rule 3.13, the following provisions shall apply to Nominations in 2020:

Only nominees who declare, in writing, to the County Secretary at least two weeks before County Convention that they are standing for election shall be eligible for election.

(9) Notwithstanding the Rules and, in particular Rule 3.18 (g) the following provisions shall apply to club representation on the County Committee in 2020:

In 2020 a Club may appoint a replacement representative (on one occasion) to the



County Committee between 31st August and 18th December 2020.

An 'incorporeal' County Convention is acceptable within Rule where the County is confident that business can be carried out transparently and within rule.

The election of Officers and Representatives to Provincial and Central Councils to be conducted by means of a \*Delivered Vote. The onus is on the voter to ensure that the vote is submitted and in time.

It is advised that any matters that can wait to make them wait and remain conservative - 2020 is not the year to consider contentious motions.

\*by means of post, courier, hand delivery or other means on or before the date and time

to the place specified on the ballot paper.

### ELECTION OF REPRESENTATIVES OF CONGRESS

(10) Notwithstanding the Rules and, in particular Rule 3.37, the following provisions shall apply to the election of Representatives of Congress at Congress 2021:

(i) the election of Representatives of Congress shall be completed by means of a secret \*Delivered Ballot of counties (based on Congress voting strength) and Members of current Central Council (with voting rights) on the Proportional Representation system and the result of each count shall be announced at Congress. The onus is on the

voter to ensure that the vote is submitted in time.

(ii) Nomination Forms will be sent to counties at least twelve weeks prior to Annual Congress and returned at least eight weeks prior to Congress.

(iii) Nominees shall declare, in writing, to the Director General at least six weeks before Congress whether they are/are not standing for election.

\*by means of post, courier, hand delivery or other means on or before the date and time to the place specified on the ballot paper.

### PROCEDURES FOR DELIVERED VOTE

(ii) A \*Returning Officer shall be appointed by the relevant Management/Executive Committee to oversee the voting process to include the distribution of the ballot papers.

(iii) Each eligible voter shall be provided with a Declaration, a Voting Paper (accompanied with a smaller envelope) and a stamped addressed envelope (addressed to the Returning Officer). A vote will be declared invalid if the Declaration is not completed and returned in the stamped addressed envelope.

(iv) Each voter must return the signed Declaration along with their vote (the vote to be placed in the smaller envelope and sealed to protect the integrity of the secret ballot) in the stamped addressed envelope by the appointed time.

\*The returning officer should not be a candidate in an election.



Football

Hurling

Club

General

## MÍLE BUÍOCHAS

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

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