

NOVEMBER 2019  
**NUACHTLITIR**  
SAMHAIN 2019



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By Brendan Minnock, GAA Club Leadership Development Programme

## IS YOUR CLUB AGM READY?

**G**AA Clubs across the country are currently preparing for and holding their Annual General Meeting. Considering the AGM is the most important meeting of the year, every effort should be made to ensure it is organised properly.

The Club AGM and how it is run is governed by the Club Constitution & Rules, which can be found at the back of the GAA's Official Guide (Appendix 5 of the 2019 edition). A productive AGM will present members with an opportunity to review the work of the previous year, elect officers and executive committee members, consider and make submissions on Club and Association policies, and commence planning for the coming season. With that in mind, the recommended agenda for the AGM is as follows:

- (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

The structure of the club committee elected at the AGM should adhere to rule 7.2 of the Club Constitution. It includes the officers specifically listed in this rule and at least five other full members. In this sample committee, there are seven positions other than the ones specifically listed in rule:

1. **Chairperson**
2. **Vice-Chairperson**
3. **Treasurer**
4. **Secretary**
5. **Registrar**
6. **Coaching & Games Officer**
7. **P.R.O.**
8. **Officer for Irish Language & Culture**
9. **Assistant-Treasurer**
10. **Assistant-Secretary**
11. **Children's Officer**
12. **Insurance Officer**
13. **Healthy Club Officer**
14. **Players Representative**
15. **Development Officer**

It's worth noting that the Children's Officer and the Officer for Irish Language and Culture are both appointed positions, with the outgoing Executive Committee recommending people for these two roles. The executive committee should also refer to the Club Constitution & Rules in the weeks leading up to an AGM, as it specifies several procedures including (but not limited to) the following:



- The executive committee shall decide upon a date, time and place for the meeting (where possible, before the end of November)
- At least 28 days' notice in writing must be given to full members.
- Invite nominations for positions on the club executive for the following year and include a 'notice of motions' form.
- Specify the return date of motions and nominations, which must be at least 21 days before the AGM.
- Documentation should be sent to members at least 10 days before the AGM, including a copy of the agenda, a copy of the secretary's report, a copy of financial statements, details of nominations to the executive committee and a copy of any motions for consideration.
- Nominations to serve on the executive committee shall be by any two full members whose membership fees are paid up to date in accordance with Rule 6.2 and who are not suspended or disqualified under the Club Constitution & Rules or the Official Guide.
- No business shall be transacted at any general meeting unless a quorum of members is present at the time when the meeting proceeds to business. Twenty per cent of full members eligible to vote shall be a quorum at a general meeting.
- Only full members are entitled to vote at the AGM
- The Chairperson will have the casting vote in the event of a tie, in addition to his own vote as a member, except for an election.
- A vote shall be decided by a show of hands, except to decide the result of any contest for any elective position which should be by secret ballot.
- Any positions left unfilled, due to the lack of nominees or nominees withdrawing, shall be filled by the new executive committee, as soon as practical after the Annual General Meeting.

And here are some points to assist with the smooth running of the meeting:

- Only a full member who has paid his/her annual club subscription prior to the 31st March in a membership year shall be entitled to be nominated for or elected to any elective office referred to in the Official Guide arising in the same membership year.



# ARE YOU SIGNED UP? GAA MEMBERSHIP AND REGISTRATION 2020

**A**s the 2020 season is rapidly approaching, it is time to start planning for the year ahead. In preparation, we are asking Clubs to ensure that the data they have on the Games Management System (formally known as Servasport) is as accurate as possible by reviewing your club's members and hibernating any members that have not recently registered or are no longer active as members.

Also, to ensure that data protection rights are protected, we would remind you to review who has administrator privileges to your Club's information on the Games Management System and to add or remove relevant people as necessary.

Some of your Club Officers may have changed at your AGM and it is very important to ensure that a smooth hand-over process from the out-going to the incoming officers occurs. This should include any handing over access to any email accounts, the GAA Management System and any relevant documents to the new Officer. It is important that any passwords are changed and during this process and that any access to Club information that is no longer required is revoked.

## 1: Annual Club Update

The Annual Club Update process has been broken down into six steps across three broad categories as follows:

### CLUB INFORMATION

This information is essential to enable your club, and club officers, to be recorded correctly.

#### Step 1: Club Information

Whilst your club name doesn't normally change, it is important that spelling is reviewed for accuracy. Please ensure that your club name is spelt correctly, in both English and Irish, since this will appear exactly as entered on the system (including in fixtures, for example). Your club's crest image, if it exists, should be provided in the highest quality possible, since this will appear on Teamsheets or in the mobile App. Please also ensure that the postal address and other contact information for the club are up to date.

#### Step 2: Club Executive

Please add the membership details of your Club Officers for the 2020 season. This information is important to allow the County Board or National Committees to contact the relevant individuals in your club (e.g. Club Secretary, Insurance Officer or Children's Officer). This also acts as an historical record of your Club Committee for a given year. One individual may occupy more than one role and you may add additional roles, if you wish.

### MEMBERSHIPS & ONLINE PAYMENTS

From 2nd December 2019 onwards, members will be able to pay their

subscriptions online via the mobile app, using a debit or credit card. To enable your members to utilise this functionality, however, you must first complete steps 3 and 4, as outlined below.

If you decide not to enable payments via the mobile phone app, you do not need to provide the information requested below.

#### Step 3: Membership categories and fees

You must provide a membership category, description and cost for each membership type that you intend to make available via the mobile app - there are no limits to the number of categories you provide. Ensuring that the fee structure is correct at this point will reduce administration time required later to make corrections or refunds.

#### Step 4: Account Details

If you are choosing to receive online payments via the mobile app, you must first set up an online bank account with our provider, Stripe. All payments made via the app will be received into this Stripe account and will automatically be transferrable to your normal club bank account weekly, or on demand.

At this stage, you will be required to provide some additional information and proof of identity - such as passport details for your Treasurer. This is to satisfy financial regulations, as set out by the Central Bank of Ireland. If you choose not to use the

online payments functionality, you do not need to provide this information.

### CLUB COMMUNICATIONS

#### Step 5: Teams & coaches

Defining your club teams and coaches will enable you to give the appropriate people the correct permissions required to communicate with member groups. If you wish to utilise this functionality, you must first record a list of approved coaches. These coaches will then have the ability to communicate with the members (or their guardians) in his/her team.

#### Step 6: Communications groups

By adding members to communications groups, you will be able to control what information is sent to them. Members will have the ability to opt out of these communications groups via the mobile app - an important legal requirement under GDPR. You will have the ability to set up as many groups as you like - such as a member group per team, a 'Club Executive' group, a 'Raffle Ticket Sellers' group and an 'All Members' group, for example.

## 2: Membership Renewal

As per every season, the 2020 season brings the task of renewing membership subscriptions within your Club. However, this year is slightly different. Membership renewal for the 2020 season will be available from Monday the 2nd December 2019. Accurately recording Club

Membership is important to ensure that:

- **Players are registered correctly and eligible to play**
- **Players are eligible to benefit from the Player Injury Fund**
- **Members are eligible to partake in Club activities such as voting at the AGM**
- **Membership subscriptions are also an important source of income for your Club**

Membership registrations can be completed by Club Secretaries / Registrars using the GAA Management System by logging onto the website <https://people.gaa.ie> or also on the Official GAA app and following the necessary steps.

Any Member or Officer experiencing any difficulty or issues with the Games Management System should see the help desk below:

<https://gmssupport.zendesk.com/hc/en-gb/categories/360001544240-GAA-Management-System>

### **3: Registration Deadline**

As the membership year is drawing closer, this is a friendly reminder to Clubs for the forthcoming year. Clubs are reminded that they must register their Players and Members for the 2020 season on the GAA Management System (GMS) prior to the registration deadline, March 31st 2020.

Only a Full Member who has paid his annual Club subscription by the due date set by the Executive Committee of the Club (which shall be prior to March 31st) shall be eligible to vote at, nominate for, or seek election to the Executive Committee at any following General Meeting of the Club in the membership year.

The designated Club Administrator (generally Secretary or Registrar) should go to the 'Register Members' page and complete the necessary steps.

Please note that anyone whose name is in red on either the 'register' page or the 'add and view member page', is unregistered for the current year.





# GAA CLUBS ENCOURAGED TO REGISTER FOR 'IRELAND LIGHTS UP' 2020

**T**he popular 'Ireland Lights Up' walking initiative returns in January 2020 in partnership with the GAA, Operation Transformation, and Get Ireland Walking.

Clubs across the 32 counties are once more encouraged to turn on their floodlights and host community walking groups during the broadcast period of the hit RTÉ show (which returns to our screens each Wednesday from January 8th to February 26th).

Over 270 clubs participated in 2019, with an accumulative 65,000 walkers taking part in the popular initiative. Clubs are encouraged to host their first 'Ireland Lights Up' walk in 2020 on Thursday, January 9th. This year clubs are free to host their walking groups any evening that suits, and while they must host one walk per week they are encouraged to do more if capacity and interest allows.

The aim is to make exercise more accessible on the dark winter nights and to offer local communities an opportunity to get together and socialise in a healthy way. Walking is proven to benefit both our physical and mental health.

Your club could appear on Operation Transformation!

RTÉ's cameras will visit a selection of participating clubs to celebrate their involvement in Ireland Lights Up, broadcasting the footage on the show the following week. To be considered, clubs should:



GAA President, John Horan, and Operation Transformation host, Kathryn Thomas, pictured at the 2020 Ireland Lights Up launch at the Coolderry Healthy GAA Club in Offaly

- **Capture the fun and vibrancy of their walking groups via video footage and photos. (Please send to [otgaaclubs@gmail.com](mailto:otgaaclubs@gmail.com) – all footage may be broadcast on the Operation Transformation TV show, and the GAA's and RTÉ's various communication platforms.)**
- **Tell us about any participants that have an interesting health story to tell, or that have benefitted greatly from engaging with 'Ireland Lights Up' (again, email any stories to [otgaaclubs@gmail.com](mailto:otgaaclubs@gmail.com))**
- **Register your weekly 'Ireland Lights Up' participant numbers in a timely manner with the Community & Health department in Croke Park (contact details will be provided once you register your club)**

Clubs that complete the registration process and adhere to the necessary criteria will be covered by Get Ireland Walking's insurance for all walk leaders and participants. However, irrespective of GAA membership status, leaders and participants are not covered by the GAA Injury Benefit Fund for this initiative.

To register your club and review the full Terms & Conditions of participation, go to: <https://www.getirelandwalking.ie/GAA/>

Please direct any club queries to [blanaid.carney@gaa.ie](mailto:blanaid.carney@gaa.ie)

By Clodagh O'Callaghan

## CLUBS ASSESS COST OF STORM DAMAGE

### Níl tuile dá mhéad nach dtránn.

The devastation caused by Storm Lorenzo at Kilcar GAA Club in west Donegal was one of the more iconic images that surfaced during the aftermath of the extra-tropical storm. On the morning of 4th October, members of the club awoke to find their pitch in Towner completely submerged in water. With a depth of an estimated 1.5 meters, a body of water had broken through the bank and flooded the playing fields, leaving them fully immersed in a mixture of sea and river water.

Speaking to the GAA, Kilcar GAA Secretary Nicola Doogan explained how similarly in the 1980's, the main pitch had been lost to the sea, but this flooding further inland was caused by a number of other factors.

"There are two rivers behind our training pitch and because of the high tide and extremely high winds the water from the rivers could not get out into the sea fast enough. The whole higher part of the protective bank had been washed away, some said that a machine wouldn't have done a cleaner job," he said.

The initial fear the club members had was where to begin in trying to assess what the long-term damage was. Ms. Doogan said that they were extremely comforted by the fact that they were contacted first by their local assessor, Sedgwick Ireland on behalf of AIG, as the most daunting element of surveying the wreckage was how it would effect their premium and what they could and could not claim for.

She added: "I would advise clubs to contact the Insurance Department in Croke Park straight away. It was very helpful that we didn't have to make the first step as Sedgwick had contacted us but from the moment we got in touch with Ciara Clarke (GAA Risk and Insurance) she guided us step by step. It is extremely worthwhile to get the loss assessment done regardless as you can make a practical decision on whether to go ahead with the claim or not."

Kilcar GAA Club were fortunate in that two of the training pitches had been redeveloped in the last 18 months by local pitch specialist contractor William Coyle who based in Buncrana. Modern drainage systems were included in this redevelopment and as a result the water drained off them quickly and easily with little to no damage. The local community rallied together to lift the remaining debris and teams were able to train again within a few short days.

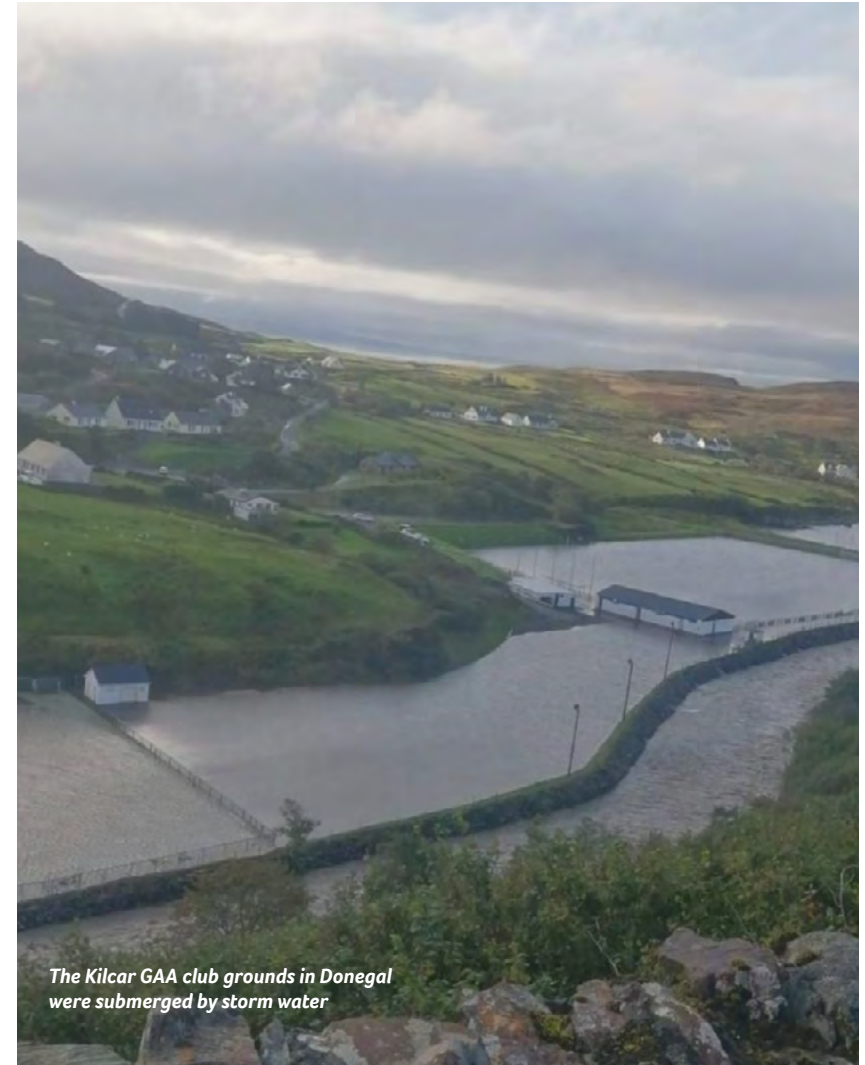
Ní neart go chur le chéile!

**Should your unit have a query relating to the GAA Property Insurance cover or need to report a property damage claim, please contact one of the following for assistance:**

[sinead.leavy@gaa.ie](mailto:sinead.leavy@gaa.ie)

[ciara.clarke@gaa.ie](mailto:ciara.clarke@gaa.ie)

[propertyclaimsgaa@marsh.com](mailto:propertyclaimsgaa@marsh.com)



The Kilcar GAA club grounds in Donegal were submerged by storm water



## A NEW LOGO FOR A MOMENTOUS CHANGE

# GAA INJURY Benefit Fund



**D**WF Claims have been appointed as the new claims administrators for the GAA Injury Benefit Fund with effect from December 1 2019.

This means that DWF Claims will take over all queries, the reporting of all new claims and the handling of existing claims with effect from December 1 2019.

Why have we moved?

Full IT end to end solution for claims from notification until settlement.

All documentation can be uploaded on the portal and no requirement for originals to be posted in.

Direct payment of Injury Fund benefits to the affiliated unit

County Board will no longer be required to

sign off on the County Board declaration  
Faster turnaround on payments as County Board will no longer be receiving same.

At a glance details of payments issued on claims and documents outstanding for cases to be paid.

Better reporting capabilities for the use of affiliated units and GAA HQ to make decisions on the future of the Fund and the benefits it provides.

Claims reporting App will be available in early 2020 to compliment the claims reporting portal.

### **Important Points to Note**

Official GAA Injury Fund email address is now available – set up details issued by GAAIT on Friday November 15 via email to units.

No Injury Fund queries or correspondence will no longer be dealt with from a personal email address owing to GDPR requirements  
Password for Injury Fund reporting portal must never be given to injured players – Data Protection Officer is investigating breaches.

Renewal invitations to join the 2020 Injury Benefit Fund will be issued on December 5, 2019 to all affiliated units.

Registration and payment for the Fund must be completed by March 2, 2020  
All players must be registered prior to playing / training – 2020 membership system opens for registration on December 2, 2019.

All units need to educate their players on the specific benefits available under the Fund.

**Extensive correspondence will be issued in relation to this change in the next few weeks and therefore, it is important that all affiliated units read the correspondence issued and share with your executive.**

**This is a major change in terms of the operation of the Fund. It will require a period of transition and your co-operation whilst we put this change in place would be sincerely appreciated.**

**The change has been made in the best interests of the Fund and work towards alleviating the burden of work on our volunteers that the Injury Fund can create.**

# UPMC ANNOUNCED AS OFFICIAL HEALTHCARE PARTNER OF THE GAA/GPA

**UPMC, a global leader in healthcare with an expanding presence in Ireland, has joined with the Gaelic Athletic Association (GAA) and Gaelic Players Association (GPA) as Official Healthcare Partner of the GAA/GPA.**

The partnership and sponsorship agreement means that UPMC, which offers trusted, high-quality health services at UPMC Whitfield Hospital in Waterford and other facilities in Ireland, will work with these sporting organisations to promote the health of Gaelic Players and the communities in which they play.

Since bringing advanced radiotherapy to the South East of Ireland more than a decade ago, UPMC, a non-profit healthcare provider and insurer affiliated with the University of Pittsburgh, has expanded to include UPMC Whitfield Hospital, two UPMC Hillman Cancer Centre locations in Waterford and Cork, the newly acquired UPMC Kildare Hospital in Clane and the UPMC Carlow Outreach Centre.

This announcement builds on UPMC's existing collaboration with the GAA on raising concussion awareness in Ireland through the National Concussion Symposium and the UPMC Concussion Network, the first nationwide network established for concussion diagnosis and

care. An international leader in sports medicine and orthopaedics, UPMC works with professional and amateur athletes worldwide to provide cutting-edge care.

"UPMC has a long tradition of caring for athletes at all levels, including the Pittsburgh Steelers and Pittsburgh Penguins" said David Beirne, senior vice president of UPMC International and managing director of UPMC in Ireland.

"This partnership with the GAA and GPA will allow us to raise awareness of UPMC's world-class care in Ireland while working with the leaders of these sporting organisations to find innovative ways to support the well-being of their players on and off the field."

Uachtarán CLG, John Horan, said:

"We are delighted to launch our official partnership with UPMC. This launch follows years of the GAA working together with UPMC providing concussion protocol training to those who look after our senior inter-county teams. This partnership is a mechanism to build on our great relationship in conjunction with the Gaelic Players Association allowing us to assist medical teams in providing healthcare to our players that is in line with international best practice in a range of areas."

Paul Flynn, CEO of the GPA, added: "Our work in the GPA falls under three pillars. We represent our members' interests

when it comes to all matters relating to our games; we work to protect their welfare; and we support their development.

With the pillar of welfare in mind, this partnership with UPMC will be hugely beneficial to our members and we look forward to working with UPMC and the GAA to develop best in class ways to safeguard their health and wellbeing. We also look forward to partnering with UPMC in helping raise awareness of the work they do."

UPMC is the main sponsor of the Waterford IT Vikings GAA Club, naming partner to UPMC Nowlan Park, the home of Kilkenny GAA, and headline sponsor of the 2020 UPMC Ashbourne Cup Weekend.



*In attendance at the announcement of UPMC as Official Healthcare Partner to the GAA/GPA are, from left, Cork footballer Brian Hurley, Kildare footballer Kevin Feely, Paul Flynn, CEO GPA, Uachtarán Cumann Lúthchleas Gael John Horan, David Beirne, Senior Vice President, UPMC, Waterford hurler Austin Gleeson, WIT Camogie Player Shauna Quirke and Tipperary Hurler Jake Morris at Croke Park in Dublin.*



# PLAYING RULE CHANGES

OFFICIAL GAA / SPECIAL CONGRESS  
PLAYING RULE MOTIONS 2019

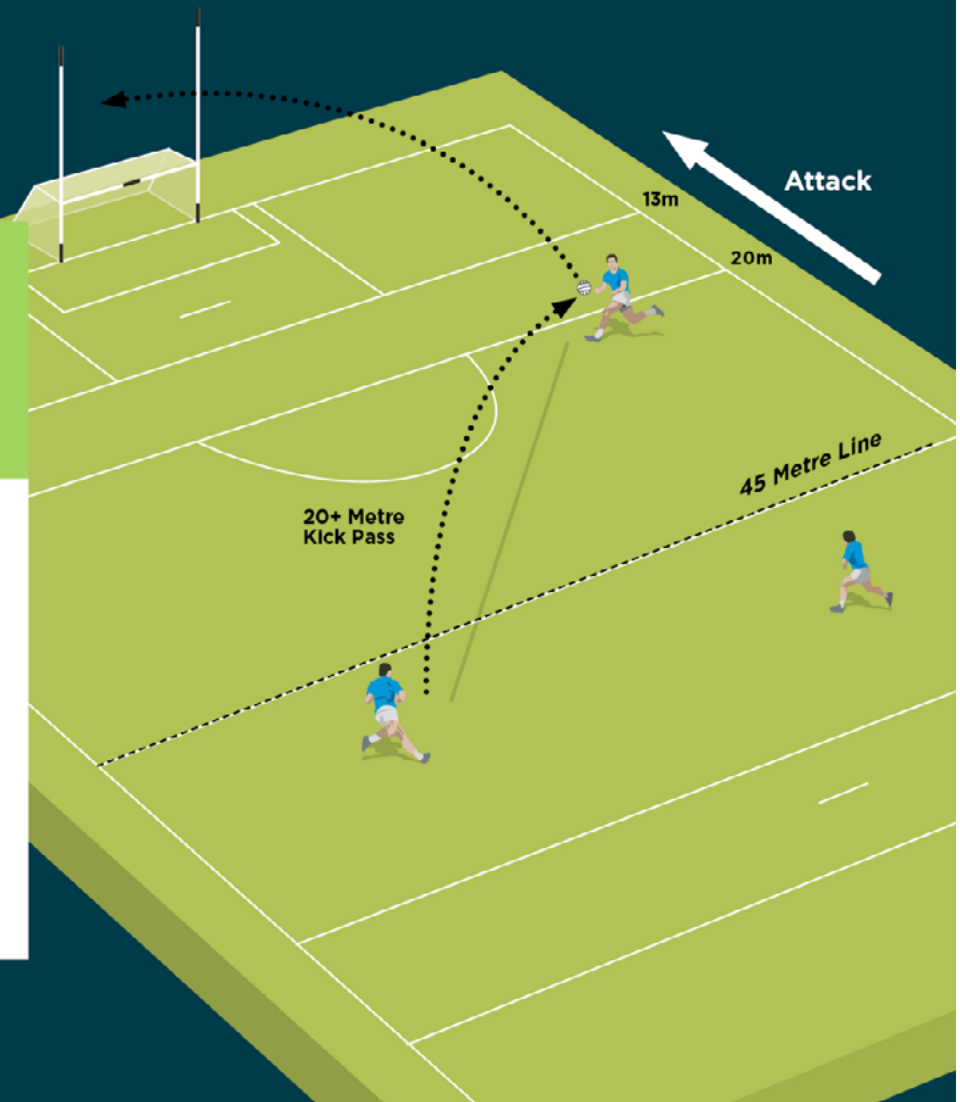
## PLAYING RULE MOTION 1A THE ADVANCED MARK RATIONALE

**AIM:** To offer an incentive for the longer kicking of the ball into the opposition's defensive area and reward players who catch the ball cleanly under these circumstances with a Mark.

**Supporting evidence and rationale:**

During its trialling in the Allianz National Football Leagues 2019, this experimental rule provided for a 24% increase in the number of kick passes in the game (2019 NFL v 2018 C'ship) - 132 v 107 and, furthermore, it resulted in an increase in the number of contested foot passes (6%)

It provided for the first reduction in the ratio of hand passing to foot passing in ten seasons (3.5:1 in the 2018 C'ship to 2.9:1 NFL 2019), meaning teams were inclined to kick the ball more and hand pass it less than had been the case for at least the last decade.



OFFICIAL GAA / SPECIAL CONGRESS  
PLAYING RULE MOTIONS 2019

## PLAYING RULE MOTION 2A

### THE SIN BIN

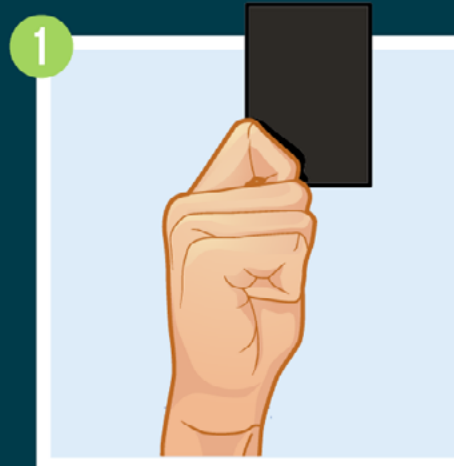
**AIM:** To reduce a rise in cynical play/'professional' fouling and implement a penalty 'on the day' which encourages behavioural change.

**Supporting evidence and rationale:**

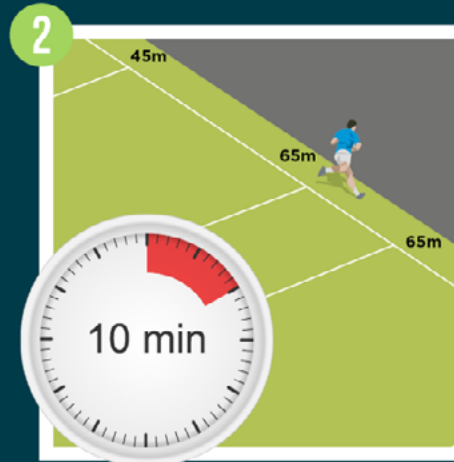
On average during the 2019 NFL, teams with an extra player scored 2.9 points compared to 1 point for the opposition in the same period (i.e. during the period when an opponent was in the sin-bin).

The average 'ball in play' time during a sin bin throughout the Allianz National Football League 2019 (30 games analysed) was 5:15 - entirely consistent with the remainder of the game.

The proposed introduction of the Sin Bin also offers teams a greater level of equity in that it removes the effect of a strong group of substitutes who, under current rule, would replace any player who received a black card.



Black card is shown



10 minute clock starts once the player has left the field of play. Game will re-commence at the same time that the Sin-Bin period commences.



OFFICIAL GAA / SPECIAL CONGRESS  
PLAYING RULE MOTIONS 2019

## PLAYING RULE MOTION 3A

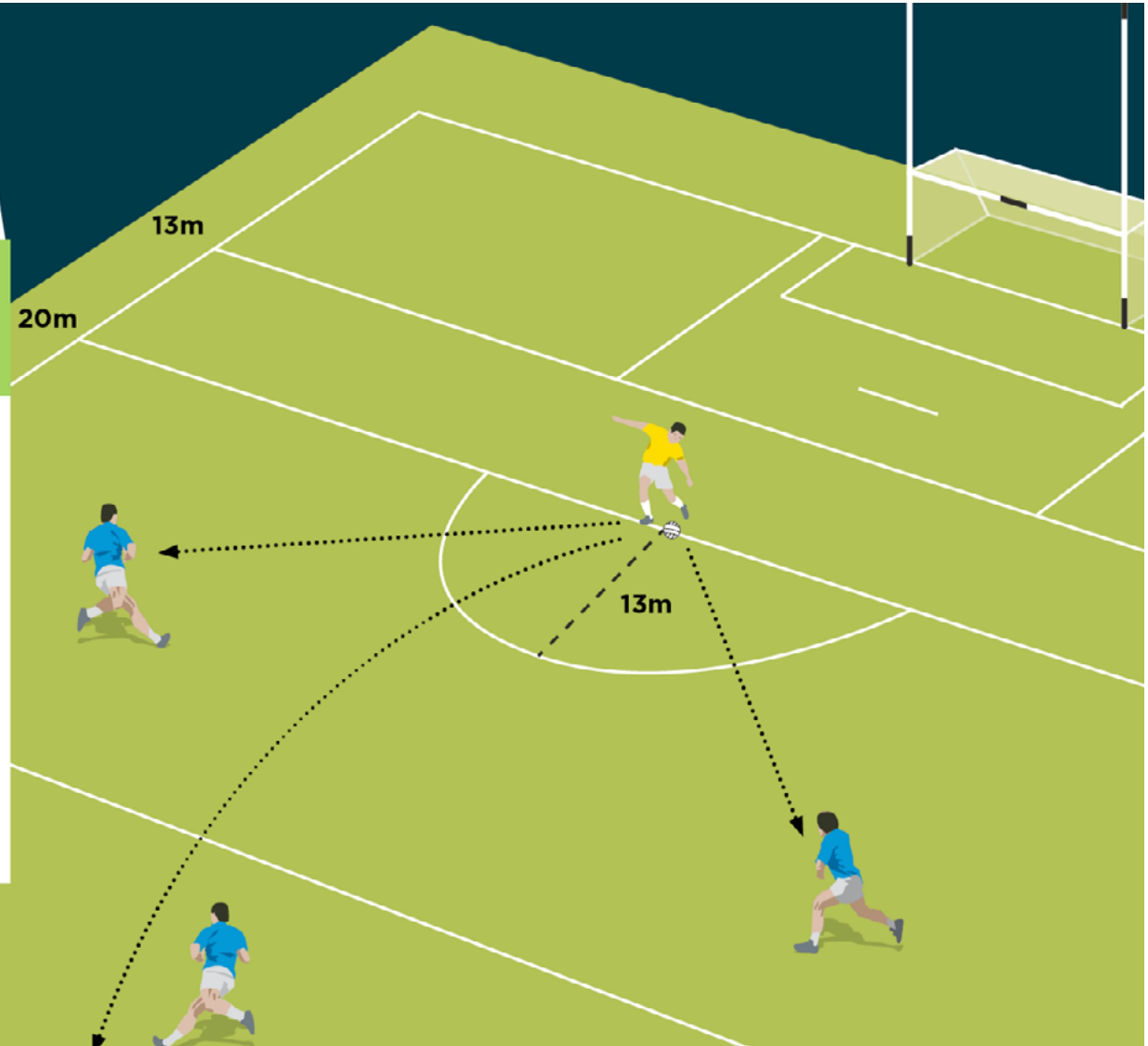
### THE KICK OUT

**AIM:** To encourage teams to kick the ball further up the field from the kick out; To present opportunities for the skill of clean catching by bolstering the existing Mark rule.

**Supporting evidence and rationale:**

During the Allianz National Football Leagues, when the kick out was taken from the 20m line, there was an increase in the number of Marks claimed by teams compared to the 2018 Championship.

During the Allianz National Football Leagues 2019 there was also a significant increase in the number of contested kick outs (i.e. between both teams) compared to the recently concluded 2019 All Ireland Championship.



# DATES CONFIRMED FOR 2020 GAA GAMES DEVELOPMENT CONFERENCE

**T**he 2020 GAA Games Development Conference, in partnership with Sky Sports will take place in Croke Park, on Friday and Saturday January 10th and 11th 2020.

This annual event continues to prove hugely popular and every January it attracts more than 700 coaches from across all grades and levels looking to learn, share ideas and improve.

The 2020 Conference theme is **'Values, Behaviours & Culture - the Key to Sustaining Success'**

The final programme of speakers is currently being finalised and will be released upon completion.

## Confirmed speakers include:

- Kris Van Der Hagen (Director of Coach Education, Belgian FA)
- Keith Ricken (Coach, Cork U. 20 Gaelic Football team, All-Ireland Champions 2019)
- Mary O'Connor (CEO, Federation of Irish Sport)
- Paul Clarke (Sports Performance and Business Coach)
- Sean O'Donnell (Performance Analyst, Limerick Senior Hurling Team)
- Johnny Greville (Coach, Westmeath Camogie Team, All Ireland Intermediate Champions 2019)

For further information, or if you wish to reserve your place at the Games Development Conference, please visit

<https://www.eventgen.ie/gaa-games-development-conference-2020>



*Please note that delegate numbers are capped at 750. Delegates are encouraged to reserve their place early as a capacity attendance is anticipated. Therefore, all applications are made on a first come, first served basis.*



# STAYING SAFE ON-LINE

Cyber crime is a risk for all of us to be aware of, both in our roles in the GAA and in our personal lives.

Here are some simple pointers to help keep you, and your club, safe on-line.

## Keep your Passwords Safe

- Use passwords or phrases that are easy to remember but hard to guess
- Use a combination of Upper and Lowercase letters, Numbers and 'Special Characters'
- Change passwords regularly and never share them with others
- Use different passwords for each of your online accounts
- Never use your email password for other online accounts

## Examples of Passwords

**Weak:**

password1

Password2

September11

James10

**Strong:**

%F4th3r\_T3d

Cr04gh&Patr1ck

^R1v3r5hAnn0n

B1ddY&MiL3y!?

Passphrases are 'stronger' than passwords  
e.g. D0wnW1thTh4t50rt0fTh!n9!



## Be careful of emailed links and attachments

- Double check emails with links in them, even if you know the sender
- Hover your mouse over a 'suspect' link before you click on it – this will show the website that you will be taken to
- Be careful of typos in the URL e.g.  
<http://www.gaa.ie>

Please click on this [link](http://www.youarehacked.com/) to access your important documents  
Ctrl+Click to follow link

Hover your mouse over the link to see the website that it will bring you to

Watch out for minor typos in Web Addresses that look like legitimate sites but, in fact, are not

Have you seen the latest news? Click [here](http://www.1ndependent.ie/) to see it

## Verify Payment Requests

If you make payments on behalf of your club it is critical that you check that everything is correct before you transfer any money to anyone

- Validate one-off or unusual on-line payments by phoning the company in question first (Use details that you previously had, not those in the email)
- Never make a transfer to a different Bank Account than normal without checking
- Verify that emails requesting payments actually came from the real person (email addresses can easily be copied)
- Watch out for typos or obvious grammatical errors in emails
- Be especially careful if being asked to do anything 'urgently'



The 26/03/2018 14:34

JM John Murphy <[john.murphy@abcie.com](mailto:john.murphy@abcie.com)>

URGENT Payment Required

To: [treasurer.club@gaa.ie](mailto:treasurer.club@gaa.ie) Note: Slightly different email address and Urgent Payment Request

Wire Instruction.pdf  
254 KB

Hi Sir,

Please find attached wire instruction for payment. Our Bank is presently undergoing financial audit and as such cannot take payment till further advise. Please proceed with the remittance to our company subsidiary bank details and advise me with a copy of confirmation. Please see the attached document for account details and let me know should you need any clarification.

Kind Regards  
John Murphy - Company Accountant

ABC Limited  
Web: [www.abc.ie](http://www.abc.ie)  
Email: [john.murphy@abcie.ie](mailto:john.murphy@abcie.ie)



# GDPR AND DATA PROTECTION IN YOUR GAA CLUB



**A**s we are now approaching the new year which in turn brings Club Officer turnover, it is as important as ever that Clubs are up to date with their responsibilities relating to Data Protection within the Club.

Ensuring that the Club is aware of and takes responsibility for the protection of the personal data of their members is an essential part of running the Club. In order to assist your Club, there are a number of resources available to you as a Club volunteer or Club member.

1. A new short video outlining the Club's responsibilities relating to

Data Protection is available to view on the GAA website at [gaa.ie/dataprotection](http://gaa.ie/dataprotection). This video is a useful tool for all Club Officers to gain a basic understanding of what is required of the Club in order to ensure compliance with Data Protection legislation.

2. A 'GDPR Repository' is available to all GAA Clubs, and it sits on the GAA OneDrive. It contains guidance, templates and advice relating specifically to Data Protection in GAA Clubs. The Repository can be accessed by all Club Officials with access to a '@gaa.ie' email address by following these steps:

Logon to Microsoft 365 with your @gaa.ie email address and choose the following menu options: OneDrive> Shared> Shared With Me > GDPR Repository.

If you do not have access to a '@gaa.ie' email address, but wish to gain access to the Repository, please email [dataprotection@gaa.ie](mailto:dataprotection@gaa.ie) requesting access.

3. The Data Protection section of the GAA website ([gaa.ie/dataprotection](http://gaa.ie/dataprotection)) contains the latest up to date Membership Forms which should always be used as Membership Forms in all Clubs. These forms ensure compliance

with Data Protection legislation, but also with GAA Rule and Child Protection legislation.

4. The GAA have a Data Protection Officer available to all Clubs to assist with your Club's compliance with Data Protection legislation. If you have any questions, queries, concerns or requests for assistance relating to Data Protection in your Club, the GAA's Data Protection Officer can be contacted at [dataprotection@gaa.ie](mailto:dataprotection@gaa.ie).
5. In the new year, a Data Protection module via webinar will be available for all Club Officers to attend. This webinar will cover what each Club should be doing to ensure compliance with Data Protection legislation.



# WINDOWS 7: OUT OF DATE AS OF JANUARY 2020

**W**indows 7 will be out of date as of January 14, 2020 at which point support and security updates will no longer be offered by Microsoft.

## ***Why should I be concerned?***

You will still be able to use your computer after this date. The main issue is that Microsoft will no longer provide security updates. These updates are typically released every month to fix vulnerabilities that are being used by hackers. Without those updates your computer will become an easy target to new viruses and malware. In addition, over time certain applications may no longer work with this version of Windows.

## ***How do I know I have Windows 7?***

The version of Windows is usually displayed as the PC starts up.

Another way to find out which version of Windows your device is running is to:

- 1. Press the Windows logo key (typically located on the bottom left on your keyboard) and the letter R together**
- 2. In the Run window that appears, type winver and then select OK.**

This article provides more information on how to find this information:

<https://support.microsoft.com/en-us/help/13443/windows-which-version-am-i-running>

## ***What should I do?***

If you have Windows 7 installed on your computer, you should contact your IT provider and discuss options for upgrading your operating system. Windows 10 is the current Microsoft Operating System.

The following page from Microsoft provides further information and some options <https://support.microsoft.com/en-ie/help/4057281/windows-7-support-will-end-on-january-14-2020>

## ***Windows Server 2008***

Windows Server 2008 will also be out of date on the same date and the same issues and recommendations apply.



# VISIT SANTA'S ELF TRAINING CAMP AT CROKE PARK



**A**ll-Star children are invited to join Santa and his elite team of Elves at their pre-Christmas training camp at Croke Park for a traditional Santa Experience!

A visit to the magical new 'Elf Training Camp' Santa Experience at the GAA Museum in Croke Park is one Christmas list 'goal' not to be missed.



Santa and his elite team of elves from the North Pole are using GAA HQ as their base ahead of the busy Christmas season before starting preparations for the big 'Final' on Christmas Eve. Every helper at this Camp is a member of the North Pole GAA Club, which is the most Northerly and magical GAA club in the world.

Upon arrival at the GAA Museum, you'll meet your Christmas Guide before you jingle on your merry way to the Elf Dressing Room where you can see the Elf stars tog out in their Christmas training gear. You will then sneak pitch side to the sound of cheering crowds for a Croke Park 'Elfie' opportunity.

You'll also have time to 'chill' out in the GAA Igloo Clubhouse and you can test your own hurling, camogie and football skills in the North Pole Skills Zone. An All-Star Elf will even check your skills score card and will share some insider knowledge on which treats to leave out on Christmas eve for Santa and his reindeer.

Finally, all successful trainees will be rewarded with a visit to Santa, in his Grotto, where all children will receive an age-appropriate gift.

The Santa Experience also includes free admission to the GAA Museum, where visitors can see the original Sam Maguire

and Liam MacCarthy cups and discover two floors of interactive exhibits which chart the journey of Gaelic games from ancient times to the present day. Younger visitors can also pick up their Junior Explorer passport and follow a specially-designed children's route through the museum.

After working up an appetite, finish off the perfect day with light refreshments and a festive snack in the museum's Blackthorn Café. And before you leave, you can even pick up a stocking filler reminder of your big day in the GAA Museum Gift Shop!

Santa and his elves will arrive at the GAA Museum on **Saturday November 23rd** and there's the chance to visit on select dates until Monday, December 23rd. Dates sell quickly, and pre-booking online is essential to avoid disappointment. The Santa Experience lasts approximately one hour and tickets are priced at €10 for adults, €16 for children 2 years and over, and €8 for children aged 13-23 months. Children under 1 go free. The event is both wheelchair and buggy accessible, and there is free parking adjacent to the GAA Museum which is located on the Cusack Stand side of the stadium (entry off the Clonliffe Road via St Joseph's Avenue).

For dates, tour times and booking, see [www.crokepark.ie/santa](http://www.crokepark.ie/santa)



# GAA CROKE PARK ANNUAL

**H**istory, highlights and heroes of renown - it's all packed in here in the GAA Croke Park Annual 2019/2020 - yet again your perfect gift for Christmas.

This bumper compilation of an incredible Gaelic Games season covers all of the golden moments that lit up the football and hurling year from club to county and senior to minor, as well as celebrating the superstars who made Croke Park rock on those unforgettable big days in football, hurling and camogie.

Beautifully illustrated with exclusive interviews with Jim Gavin and Liam Sheedy and articles from some of the country's leading sportswriters, the GAA Croke Park Annual will score every time.



# NATIONAL CLUB COMMITTEE – CLUB SURVEY UPDATE

**T**he National Club committee was set up by Uachtarán John Horan in 2018 with a brief to engage with clubs, identify their needs and concerns and make recommendations for improvements.

The committee decided to survey every club in the country to get first hand information on what they perceived as their challenges and issues. This survey was conducted in Autumn 2018 and yielded a fantastic response with 853 clubs from all over Ireland completing the survey. The results of the survey were compiled into a report, which together with resulting recommendations was launched at a National Club Forum in Croke Park in December 18 and circulated to clubs.

The survey covered areas such as fixtures, finance, administration, training, and communication and recommendations in all these areas were presented to GAA's Management Committee at year end.

Much of the work of the committee in 2019 has been in meetings with a wide range of national Committees to see in what areas progress could be made.

A number of significant improvements have already been implemented by our National Committees, including the following.

## **Demographics**

The area of demographics ranked the highest on the survey as the greatest challenge facing clubs.

A pilot scheme has been established by the Community Development, Urban & Rural Committee, in the area of planning for demographic change. A cloud based interactive toolkit will allow counties and clubs to make factually supported decisions on a number of areas including facilities, the allocation of resources, volunteerism, the need for independent/combination teams or the amalgamation or establishment of new clubs.

## **Club Grants**

The club development grants fund was increased by 25% (from €2million to €2.5 million) at the end of last year with commitment to increase it incrementally over the next 3 years to €4 million. This would result in a doubling of fund and would be of huge benefit to clubs.





### Fixtures

In June the GAA confirmed the formation of the Fixtures Calendar Review Task Force, which it hopes will deliver a report of recommendations by November with the view voting in those changes at Congress 2020.

A detailed submission was made by the National Club Committee to the Calendar Review Taskforce, which is looking at the interface between club and county fixtures. In addition, the All-Ireland club finals have been brought forward from March to January, with a stated intention to seek to finish out these competitions within the calendar year.

### Player's injury Fund

A number of administrative changes to improve the claim's process have been implemented for 2020. These include.

1. Direct payment of Injury Fund benefits to the affiliated unit.
2. Faster turnaround on payments as County Boards will no longer be receiving same.
3. Full IT end to end solutions for claims from notification until settlement.
4. Dedicated injury fund GAA email address for units for the Injury Fund administration.
5. At a glance details of payments issued on claims and documents outstanding for cases to be paid.
6. Claims reporting APP will be available in early 2020.

### Insurance /Health and Safety Safe Club Initiative:

A pilot of a 'Safe Club Initiative' programme

is currently at adjudication stage in Monaghan under the stewardship of the Vice chairperson and member of the NHSC, Declan Flanagan. The initiative was launched by the Uachtarán in Monaghan last year and is supported by both the National Health & Safety, and Insurance Committees. In 2019 GAA Insurance Brokers Marsh have also come on board to provide assistance and there are plans to extend the programme to other counties in 2020 following a review of the pilot programme. The key objective of the programme is to enable clubs to put in place a successful and workable risk management system which will reduce accidents, lead to a more proactive safety culture and ultimately reduce insurance costs which are currently a huge burden for the association.

### Publicity for Club Games

The committee has had meetings with the Communications Committee regarding publicity and marketing for Club Championship at County level. There has been significant improvement in 2019 in coverage via TV and streaming, in print media coverage and social media exposure.

### National Club Draw

The Club Survey sought feedback on the National Club Draw an initiative of the Financial Management Committee and arising from the feedback received from the Clubs the following matters have been addressed:

- The value of the prizes has risen since the Draw began with the introduction of a Car as the first prize. There is a restriction under licensing laws for the value of prizes. There is a further

€51,000 given to Clubs who promote the Draw.

- A survey of Draw promoters has found that the ticket packages for the All Irelands were greatly appreciated as these packages cannot be got elsewhere.
- Tickets were distributed in early August giving over six months to Clubs to sell the tickets when it is appropriate for that Club and clubs have enough time to sell tickets while their club, county and underage teams are still playing.
- The Draw has been put on the GAA website, promotional flyers are provided to Clubs and the National Club Draw has been mentioned in every Club Newsletter. Clubs are also promoting the Draw on their own social media sites.
- Clubs are encouraged to have their own draw in conjunction with the National Club Draw, this option and the Draw are mentioned at the Leadership programme presentations
- Photographs are circulated to all local media of the prize winners.
- The Club online system has been upgraded to ease the burden of recording sales.

### One Club Model

A national transition oversight group is furthering the principles of the agreed memorandum of Understanding. Recruitment of Volunteers

Recruiting Volunteers was identified as a particular issue in a number of clubs. At the National Club Forum on December last, the committee included a workshop on the topic of Volunteer Recruitment and Retention.

Also, under the Club Leadership Development Programme, a new Volunteer Recruitment module is available. For more information, log on to [www.learning.gaa.ie/clubleadership](http://www.learning.gaa.ie/clubleadership) or contact your County Development Officer.

### National Club Forum

To support communication between clubs and Croke Park, the National club committee organised a National Club Forum. The forum was an opportunity for club members to gather and interact with members of several national GAA committees and to discuss and debate and exchange views on the issues that are of the utmost importance to them. We hope to host another National Club Forum in 2020.

If you would like to contact the National Club Committee, please email [nationalclubforum@gaa.ie](mailto:nationalclubforum@gaa.ie);

### Mick Rock, Chairperson, National Club Committee

John Greene, Longford  
Roisin Jordan, Tyrone  
Philip Christie, Antrim  
John Joe O'Carroll, Kerry  
George Darcy, Carlow  
Lorena Ní Cheallaigh,  
Croke Park (Runaí)



## TINDER FOR GAA CLUB MATCHES

**PlayUs GAA is a system to help your club coaches organise challenge games, tournaments and blitzes!**

The best way to improve players and teams is by playing games, this is widely accepted across all sports.

Challenge games are seen as non-competitive and give coaches a chance to develop players by trying out different things that we don't generally try in competitive fixtures. The more games we play the more we learn about our teams and the happier players of all ages will be, however challenge games are not easily organised through traditional methods, endless texts and phone calls to try and get a suitable game, then you may not be able to get a game that suits your team and it all becomes a bit frustrating, it's hard to blame coaches, as time is a very scarce commodity.

We can take all the work away from the coach with our app that simply matches up teams looking for games!

Organise a game in 4 simple steps -

- **Select your game type - challenge game, tournament or blitz.**
- **Pick the date and time that you wish to play.**

- **Choose the location and the distance you want your game invite to cover.**
- **Hit send and wait for responses.**

Registration for PlayUs GAA is generally done through the club secretary, however, it can be processed by anyone in your club. The process itself takes about 10 minutes, to receive a registration form email your club name to [register@playusgaa.ie](mailto:register@playusgaa.ie).

There is a subscription charge of €10 a year for an unlimited number of your club teams, which allows your coaches organise as many games as they wish.

The above pic shows Graham Canty of the PlayUs Team and former Cork All-Ireland Winning Senior Football captain, at our launch in Croke Park in August. PlayUs GAA was devised in collaboration with the GAA Games Development Department in Croke Park and developed by Galway-based company, App Design. PlayUs GAA is available to all GAA, LGFA and Camogie clubs, catering for all age groups and grades.

Queries to our team of Mark O'Donovan, Majella McCarthy, Graham Canty and Ruairi Deane.

Kind regards,

**Team PlayUs**

Email [info@playusgaa.ie](mailto:info@playusgaa.ie)

Visit: [playusgaa.com](http://playusgaa.com)

# PlayUs GAA V2



# GAA NATIONAL CLUB DRAW - HAVE YOU GOT YOUR TICKETS??



**GET YOUR CLUB  
INVOLVED AND BE  
IN WITH THE  
CHANCE OF  
RAISING €25,000!**

**A** club can get involved in the NCD by selling up to 2500 tickets. All money raised from selling the NCD tickets remains in the club. The 2020 Draw has even more prizes on offer, varying from a Renault Car to All-Ireland Final Tickets, a holiday voucher and many more.

To qualify for the National Club Draw 2020, all clubs must abide by the following terms and conditions:

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

Last orders for additional tickets ahead

of the Christmas Holidays should be submitted before Monday 16th December 2019. Delivery of ticket orders after this date will not be guaranteed before Christmas.

If you have any further questions, please contact [aisling.greenan@gaa.ie](mailto:aisling.greenan@gaa.ie) or [nationalclubdraw@gaa.ie](mailto:nationalclubdraw@gaa.ie)

# MACNAMEE AWARDS 2019 – RECOGNISING EXCELLENCE IN GAA COMMUNICATIONS

**T**he GAA MacNamee Awards are held annually to honour excellence in the area of communications, public relations and journalism, specifically related to the activities of the Association. These Awards are named after the late Pádraig MacNamee, former President of the GAA, Chairman of the GAA Commission (1969–1971) and member of RTÉ authority.

Applications for the 2019 MacNamee Awards are now being accepted. It should be noted that only work published or completed in the 2019 calendar year is eligible for consideration and entries will not be returned. The awards scheme will be judged under the following headings:



- **Best GAA Publication**

To cover general works focussing on the Association.

- **Best GAA Club Publication**

To cover GAA County Yearbooks and Club History.

- **Best GAA Website**

Acknowledgement for the best Club or County website, taking into consideration design, content and usefulness to members.

- **Best New Media**

Award for a Club, County or Province's use of digital channels or own created content (video, podcasts, newsletter, other) to present a story or activity online. Entries should;

- Illustrate the Who, What, Where, When and Why of the content or campaign.
- Examples of content created for the campaign
- Examples of engagement with online community
- Illustration of results achieved

- **Best Photograph**

Focussing on the best GAA-themed image.

- **Best Programme**

To cater for all match day programmes produced for any level of the GAA.

- **Best GAA related Radio Programme**

To cater for all GAA programming broadcast either nationally or locally

- **Provincial Media Award**

To acknowledge high quality written journalism in a provincial publication.

- **National Media Award**

To acknowledge high quality written journalism in national daily or Sunday publication.

- **Best TV Documentary**

To acknowledge the high quality of TV documentaries currently produced on the GAA.

- **Irish Language Award / Gradam na Gaeilge**

To recognise excellence in the field of Irish language GAA journalism across all media/ Aitheantas ar ardchaighdeán iriseoireachta Gaeilge bainteach le cúrsaí CLG, ina chuimsítear gach cineál meán cumarsáide.

*\* Please note: There is a limit of three photographs per entrant for the photographic award and one entry for all other categories.*

**A Hall of Fame Award / Outstanding Service Award**

will also be made in recognition of a prolonged personal involvement in the coverage of GAA activities to the highest standards. This person is selected by the GAA President.

All entries should be marked "GAA MacNamee Awards 2019" and addressed for the attention of Alan Milton, Director of Communications, Croke Park, Dublin 3 or emailed to [siobhan.brady@gaa.ie](mailto:siobhan.brady@gaa.ie)

Entrants should also clearly state what category they are submitting their entry under.

Award winners will be contacted in due course with further details in relation to the awards banquet.

**Closing date for entries is Friday, 03/01/20.**

**For further information please contact Alan Milton, Director of Communications, Croke Park on 01 8658612**





# ÁR GCLUICHÍ, ÁR LAOCHRA #9 – CATHAL BARRETT

**S**an eagrán is deireanaí seo de Ár gCluichí, Ár Laochra, cuireann muid 20 ceist dheacra ar Cathal Barrett! Tá dhá Chraobh uile-Éireann buaite ag fear Mhainistir na Croise Naofa – Bealach Achaille – thiar sa bhliain 2016 agus arís eile i mbliana, dar ndóigh. Tá trí Ghradam All-Star buaite aige agus is laoch mór é de chuid lucht leanta na dTiobradach!

*Is í an Ghaeilge an fhéiniúlacht atá ag gach mac is iníon máthar atá ina gcónaí ar an oiléan seo (Cathal Barrett, 2019)*

Seo a leanas mar a d'fhreagair Cathal ár gcuid ceisteanna!



**Ainm:** Cathal Ó Baróid

**Aois:** Fiche sé

**Club:** Mainistir na Croise

**Contae:** Tiobraid Árann

**An scannán is fearr leat?** The Green Mile

**An banna ceoil is fearr leat?** Backstreet Boys

**An áit is fearr leat?** Páirc an Chrócaigh

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

**An t-imreoir ab fhearr leat nuair a bhí tú óg:** Eoin Kelly nó Tommy Walsh

**An chéad chuimhne CLG atá agat:** Foireann mo chlub nuair a bhí mé an-óg

**An chéad uair ar imir tú le do chontae:** Nuair a bhí mé cúig bliana déag d'aois d'imir mé F16 le Tiobraid Árann.

**An t-imreoir is fearr le himirt leat:** Paudie Maher nó Eoin Kelly

**An t-imreoir is fearr le himirt i do aghaidh:** Henry Shefflin nó Patrick Horgan

**An cluiche is fearr a d'imir tú riamh:** Cluiche Ceannais na hÉireann dhá mhíle is a sé déag

**Buaicphointe do shaoil imeartha le do chontae go dtí seo:** Cluiche Ceannais na hÉireann a bhuachan i dhá mhíle is a sé déag

**Buaicphointe do shaoil imeartha le do chlub go dtí seo:** Bhuaigh mé cluichí ceannais contae nuair a bhí mé níos óige.

**An duine is mó a raibh tionchar aige/aici ar do shaol imeartha go dtí seo:** Ba é mo athair an duine a d'imir an tionchar is mó ar mo shaol.

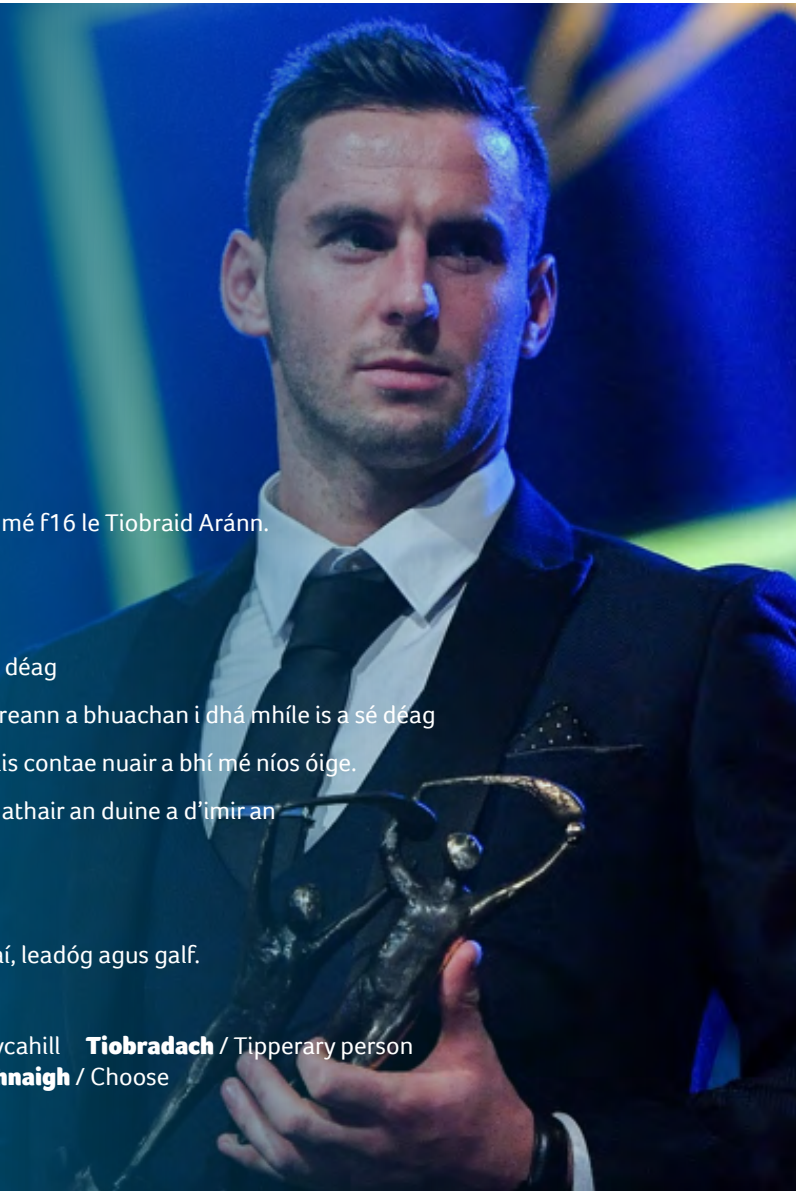
**Aon chomhairle agat do imreoirí óga?** Roghnaigh an bóthar níos lú i gcónaí!

**Aon chaitheamh aimsire eile?** Tá cúpla caitheamh aimsire agam. Is maith liom rugbaí, leadóg agus galf.

**Gluais** / Glossary

**Eagrán** / edition **Mhainistir na Croise Naofa – Bealach Achaille** / Holycross – Ballycahill **Tiobradach** / Tipperary person

**Féiniúlacht** / Identity **Saol Imeartha** / Playing career **Tionchar** / Influence **Roghnaigh** / Choose



# GAA UNVEILS HEADSTONES TO MARK 99TH ANNIVERSARY OF BLOODY SUNDAY

**O**n November 21, the GAA marked the 99th anniversary of the Bloody Sunday attack on Croke Park by unveiling headstones for three victims who, until now, have been in unmarked graves.

In total, eight of the 14 people killed by Crown Forces at Croke Park on Bloody Sunday, November 21, 1920 were in unmarked graves.

Since 2015 there has been a Bloody Sunday Graves Project in place to address this and work with the surviving relatives of these victims in order to try and ensure that their final resting place is appropriately acknowledged.

Jane Boyle (26), Daniel Carroll (30), James Matthews (38) and John William Scott (14) have all had markers erected on their graves as a result of the project.

Three victims who have previously been in unmarked graves in Glasnevin cemetery will be honoured this year on the 99th anniversary when headstones were unveiled for Jerome O'Leary (10), Patrick O'Dowd (57) and Michael Feery (40).

Relatives of the victims joined GAA President John Horan and Director General Tom Ryan as well as Croke Park staff to unveil each of the headstones.

## **JEROME O'LEARY (10)**

*From Blessington St in Dublin, was shot and killed as he sat on a wall behind the Canal goal. The 10-year-old schoolboy was the youngest victim and the second person to be killed that afternoon.*

## **PATRICK O'DOWD (57)**

*A labourer from Buckingham St. in Dublin, he was shot and died as he helped people over the wall at the back of the current Cusack Stand into the Belvedere College grounds. He was identified by his wife Julia in hospital and worked for Clarke's builders, Fairview.*

## **MICHAEL FEERY (40)**

*A former British army soldier, he lived in Gardiner Place and served during WW1. He was found bleeding badly from a thigh wound on the canal bridge and died in a house on Russell St. He lay in the morgue unclaimed for five days, wearing his old army fatigues and was eventually buried in a common grave in Glasnevin.*

The Bloody Sunday Graves Project is indebted to the assistance of Sunday Times journalist and author Michael Foley. His award-winning 2014 book, *The Bloodied Field*, has brought the story of that fateful day to a new generation.

Over the next 12 months, the intention is to liaise with the relatives of the other victims to assess if their graves are in need of

assistance and repair and make that support available, if required.

A programme of commemorative GAA events to mark the centenary of Bloody Sunday at Croke Park is currently being finalised.

## **KILLED AT CROKE PARK, NOV 21, 1920**

**JANE BOYLE (26)**, Lennox St, Dublin. Charge hand to a pork butcher

**JAMES BURKE (44)**, Windy Arbour, Dublin.

Employed by Terenure Laundry

**DANIEL CARROLL (30)**, Templeberry,

Tipperary. Bar manager

**MICHAEL FEERY (40)**, Gardiner Place, Dublin.

Unemployed

**MICK HOGAN (24)**, Grangemockler,

Tipperary. Farmer & Tipperary footballer

**TOM HOGAN (19)**, Tankardstown, Limerick.

Mechanic

**JAMES MATTHEWS (38)**, North Cumberland

Road, Dublin. Labourer

**PATRICK O'DOWD (57)**, Buckingham St,

Dublin. Labourer

**JEROME O'LEARY (10)**, Blessington St, Dublin.

Schoolboy

**WILLIAM ROBINSON (11)**, Little Britain St,

Dublin. Schoolboy

**TOM RYAN (27)**, Glenbrien, Wexford. Labourer

**JOHN WILLIAM SCOTT (14)**, Fitzroy Avenue,

Dublin. Schoolboy

**JAMES TEEHAN (26)**, Tipperary. Publican

**JOE TRAYNOR (21)**, Ballymount, Dublin.

Labourer







Liam Dineen, right, watches as John Horan and Tom Ryan place a wreath on behalf of the GAA to the new headstone on the previously unmarked grave of his great uncle Patrick O'Dowd in Glasnevin Cemetery



Uachtarán and Ard Stiúrthóir lay a wreath on the previously unmarked grave of Bloody Sunday victim Jerome O'Leary aged 10, in Glasnevin Cemetery



Great grandchildren of Bloody Sunday victim Michael Feery lay a wreath on his final resting place at Glasnevin Cemetery



By Cian O'Connell

## GAA PROGRAMMES HELPING ELLISTOWN TO DEVELOP

### Ellistown GAA continues to prepare for the future.

That is why the Club Leadership Development Programme and Club Planning Programme are supplying valuable assistance according to Ellistown secretary Ger Arnold.

Currently in the initial stages of forming a plan for Ellistown in Kildare, Arnold acknowledges the significance and guidance provided.

"We are currently starting a five year development plan, it should be between three and five years, we haven't finished the finer details, but the level of support is good," Arnold says.

"A lot of clubs have already done what we want to do so what we are finding is we are able to reference different projects from different clubs, who went down the development route with facilitators."

It is something which has struck Arnold in recent years, the willingness of people to share information and help.

"Without doubt, the knowledge is there and the support is there," Arnold adds. "Our biggest problem was to get people to buy into it. Having clubs local to us we were able to say to our members we could reference



clubs to look at what they have achieved.

"There is a lot of talk of money in Dublin and the bigger clubs having the money, this and that, but we were able to reference clubs the same size as ourselves, small rural clubs to see what they have achieved."

That is why Arnold stresses the benefits of

the CLDP which strives to benefit new and existing officers. "I'm lucky in the sense that I sit on the CCC in Kildare, the secretary is Petria Dobbins, who is the Development Officer for Kildare," Arnold states.

"I have first hand knowledge from her, the information is there and it is a matter of pulling the teams together and utilising the

facilitators for the different counties."

The role of officers on executive committees has altered dramatically and that means the CLDP's offerings carry importance.

"Without a doubt, typically your secretary's role was correspondence," Arnold replies.

“That was it. Times have changed, even the GAA has changed, it isn’t necessarily just about a football match now. It is about greater community spirit.

“We have people there who mightn’t have kicked a ball in 50 years, but they are still there at every meeting. If you ring they are the first ones to answer. Again probably an example of that, I got a call maybe six months ago from Carbury GAA.

“They were offered by Kildare County Council to put a playground in on their facilities. We had got one maybe a year and a half beforehand, they asked me about it, how it was working for us, and asked would I talk to a few of their older committee members.

“Their opinion was why should we be putting this in, it was nothing to do with the GAA, that they wouldn’t benefit from it. So I went, met a couple of them and said it isn’t necessarily about a match at 6 o’clock on a Saturday. It is about the community as whole. They have a clubhouse and I asked them what is on Monday, Tuesday, Wednesday, Thursday, and Friday. The answer I got was Bingo on a Monday, this on a Tuesday, that on a Wednesday....

“Out of the five nights they had something in their hall that had nothing to do with GAA, but it has to do with the community. The community aspect has come into it more.”

Ultimately Arnold is satisfied that the Planning Programme has aided club officers in Ellistown. “Yes, it definitely is effective,” Arnold remarks.

“We are at the early stages so we haven’t drawn up the final plan of what we want to achieve. Our next stage is going to be an open meeting. If we have 100 people there we will get them into groups of 10 tables and hit them with questions that we need answers for there and then.

“We don’t want them thinking about stuff for two or three weeks beforehand, we want to catch them on the fly to get as honest an answer as you can get.

“That is something I have taken from a couple of meetings we have had in Kildare GAA in terms of fixtures analysis, stuff has been developed through the GAA and we can take it back to club level.”



*A gym and fitness centre is currently being developed by Ellistown GAA*



By Eoghan Tuohy

## UPSKILL! - CLUB OFFICER TRAINING COURSES AVAILABLE FROM JANUARY 2020

**T**he Club Leadership Development Programme (CLDP) provides learning opportunities to new and existing Club Officers in GAA, LGFA and Camogie Association Clubs to help them gain the knowledge and skills necessary to fulfil their roles.

Our aim is to provide training and development opportunities to help Club Officers maximise their leadership potential in their new roles.

The programme has been designed and is delivered by the GAA's National Officer Development Committee (NODC) chaired by Mr. Paddy Flood. It focuses on the practical aspects of the primary roles on a Club Executive, i.e. Chairperson, Secretary, Treasurer, PRO, Coaching Officer, Registrar and Irish Language and Culture Officers.

The NODC partners with the various functions in Croke Park, the Provincial Councils and County Development Officers to provide learning opportunities to Club Officers.

Over 6,000 Club Officers have participated in the programme since 2016 and for the first time in 2020, selected modules will also be offered to officers from LGFA and Camogie Clubs.

New Opportunities for Club Officers in 2020 January 2020 will also see the official rollout

of a revised and refreshed framework for the CLDP. A new suite of modules, some delivered by traditional face to face workshops, some available online, and some delivered via co-ordinated webinars will be firstly piloted in specific counties, before being rolled out en masse. Previous core modules will still be available, with some content appropriately updated.

The new changes will see a more joined-up approach to Club Officer Training across the various roles and disciplines as well as across the GAA, LGFA and Camogie Association. This, in turn, will improve the quality of learning, the efficiency of organisation and consistency of communication to Club Officers.

They will also result in a much broader range of Club Officers having access to suitable and high-quality training, different learning methods, more resources, a defined learning pathway and access to a certificate of learning. All of this will ultimately contribute to higher recruitment, retention and engagement of volunteer Club Officers.

### **Club Officer Foundation Course**

A certified learning pathway for new Club Officers will be launched in 2020. Upon completion of five modules, across 8 hours total learning, participants will be awarded Open Badges for each module completed, and a certificate once they met all requirements.

## CLUB LEADERSHIP DEVELOPMENT PROGRAMME

# THE GREAT TEAMS AREN'T JUST ON THE FIELD

**CHAIRPERSON****TREASURER****PRO****SECRETARY**



This will be trialled in specific pilot counties in 2020.

The five modules to be completed are listed below –

- *Module 1: Club Officer Foundations (Online)*
- *Module 2: Getting Started in your Role (Face to Face Course)*  
Officers choose one of the below, depending on their core role:
  - Chairperson
  - Secretary
  - Treasurer
  - PRO
  - Coaching & Games Development Officer
  - Irish Language & Cultural Officer
- *Module 3: A choice of one Topical Module (Face to Face course, listed below)*
- *Module 4: Leading Effective Meetings (Online)*
- *Module 5: Running a Productive Club AGM (Face to Face course)*

Counties are encouraged to deliver these foundation modules every year. It is possible to organise the “Getting Started in your Role” modules concurrently at the same event. The Club AGM module is best to complete in the autumn.

Officers must complete two online modules at their own convenience, by creating an account and logging onto the GAA Learning Portal. These online modules are Club Officer Foundations and Leading Effective Meetings. They must also attend three face to face workshops, which will be organised and promoted by the County’s

Games Development Officer. Attendees will be given at least 3 weeks’ notice ahead of a face to face workshop.

New Officers must then complete the core module that applies to the role they are undertaking, as listed above, as well as their own choice of topical module, subject to availability in their own or neighbouring county. Most modules are typically run on a county-by-county basis, however special arrangements can be made upon request for two counties to jointly run an event.

#### **Topical Modules**

It is recommended that existing, experienced Officers would also attend their choice of Topical modules the year, to refresh their knowledge or expand their repertoire of skills and disciplines when it comes to GAA Club administration. New Officers who are completing the Club Officer Foundation Certificate must also complete one topical module of their choice, subject to availability in their own or neighbouring county. Again, all modules are requested by the county’s Games Development Officer based on demand from clubs. They will communicate details of all modules to appropriate Club Officers at least 3 weeks out from an event.

It is envisaged that the following Topical Modules will become available in 2020 –

#### **Module A: Creating a Safe Club**

#### **Module B: Upholding Disciplinary Rules and Procedures (Online)**

#### **Module C: Using the Club Management System (Online)**

#### **Module D: Getting work done in Office 365**

#### **Module E: Doing Things Right – Good Governance in your Club**

#### **Module F: Essential Training for Data Protection**

#### **Module G: Recruiting, Retaining and Engaging Volunteers**

#### **Module H: Essential Communication Skills for Club Officers**

#### **Module Catalogue**

To see what each module involves and who they are for, please click on these Module Overviews.

#### **Features and Benefits**

Programme Features

- Practical, interactive and relaxed learning
- Short modules available in face-to-face and online formats
- Delivered by highly experienced and trained facilitators
- Quality, local venues are used in your County or Province
- Respect for your existing knowledge and experience
- Specific information and resources for your role and Club
- Certificate of achievement – for those enrolled on the Foundation Certificate

#### **Benefits for Club Officers**

- Establish knowledge of your role and the roles of others
- Gain the latest information for your role

- Develop your leadership and management skills
- Experience increased role satisfaction
- Access the latest resources and advice

#### **How it works**

1. Each County Development Officer is responsible for organising training events on a county or regional basis.
2. They typically consult with Clubs to determine the topics of most interest before organising modules.
3. Once the National Programme Coordinator appoints a trained Associate, face-to-face workshops will be confirmed, and the details made available in the Events Calendar.
4. Club Officers can find local events and register. Confirmation details will then be circulated in advance of the workshop.

#### **Find Events**

Find events by using this Events Calendar. Events will be available from 1 December onwards.

#### **Register Today**

Register for events by following the instructions in the Events Calendar. This option will be available from 1 December. Pre-registration through the Learning Portal is mandatory for those pursuing the Club Officer Foundation Certificate. The Certificate will be piloted in four counties in 2020.

#### **More Information**

Contact your County Development Officer for more information  
- <https://www.gaa.ie/the-gaa/provinces-counties-clubs/>

# HEALTHY CLUB PROJECT APPLICATION DEADLINE EXTENDED

**S**t. Oliver Plunkett Eoghan Ruadh GAA Club, Dublin, were one of 84 clubs to complete Phase 3 of the Healthy Club Project (HCP) and are now recognised as an official 'Healthy Club'.

The work over the 18-month journey not only benefitted the hundreds of people that engaged with their wide variety of initiatives and events, it also greatly enhanced the club, according to the Healthy Club Officer, Trisha Maher.

The GAA's Community & Health department is currently recruiting an additional 150 clubs to commence on February 1st, 2020, this exciting project when a national orientation day will be hosted in Croke Park. (150 clubs have been engaged to date, multiples in each county.) Due to demand, the deadline for expressions of interest to participate has been extended to Friday, November 29th. To apply, click [here](#).

Below, Trish Maher, discusses the positive impact of the Healthy Club Project on both their club and community.

"Following our involvement in the Healthy Club Project I firmly believe we are now a hub for people in the community as well as sports club," explains Trisha.

Over the 18 months, the club completed an incredible 11 initiatives, although feedback from all participating clubs shows that the average is five over the same timeframe. That is despite a requirement that clubs demonstrate activity in two areas of health promotion over the 18-month cycle of the HCP. The Plunkett's made available to their members the following opportunities:

- Ireland Lights Up – a 6-week walking initiative that coincides with RTE's Operation Transformation
- Three separate Couch to 5Ks programmes
- **Dibetes and Cholesterol testing for members**
- **A cookery demonstration**
- **Tai-Chi classes**
- **Stress management for exam students**
- **Jigsaw's One Good Coach mental health training programme**
- **Mind Matters 2 – a large mental health seminar**
- **Pieta House's 'Darkness Into Light' walk and community breakfast**

"Undertaking initiatives focusing on mental health was incredibly important for us. After completing a survey in the community (150 people responded), mental health was the top priority for 80% of the people," Trisha notes. All Healthy Clubs are required to engage with their



Several initiatives were set up by St. Oliver Plunkett Eoghan Ruadh GAA club.

members and their communities to inform their Healthy Club activities. This ensures that the club is responding to an identified need and encourages greater buy-in from club members and beyond.

"As a result of our 'Mind Matters 2' event, there is much more openness in the club and the community. All the events have helped reduce the stigma within our community and people are talking about mental health more freely. Guest speakers such as Jim Lucey, Medical Director in St Patrick's Mental Health Services, and Kenneth Egan, Olympic Silver Medallist, really brought the event to life," Trisha recalls.

"Being recognised as an Official GAA Healthy Club is very important for St. Oliver Plunkett's and we are delighted to have achieved this. Before commencing this journey, the club would have completed some initiatives for our community such as bridge and Irish dancing, however health and wellbeing wasn't as visible in the community as it is now.

"We have engaged members of our community from all walks of life through our Healthy Club initiatives from children to

members over the ages of 80 years old, it has been a truly transformative experience for our community."

Based on their experiences, St. Oliver Plunkett's has the following advice for Phase 4 applicants:

- **Keep it simple and do it well – plan and complete two required initiatives and only build on these if you have the capacity**
- **Complete a survey or community consultation to ensure you are responding to the needs of your members and community**
- **Use the resources and expertise already available in your club to form a strong Healthy Club project team**
- **Ensure you have support from your Club Executive**

Expressions of interest is open until Friday November 29th 2019. 150 clubs will be chosen to commence in phase 4 and successful clubs will be notified by COB Tuesday December 3.

Apply here now!

Email [community.health@gaa.ie](mailto:community.health@gaa.ie) and we will try to answer any queries you have!



By Michael Devlin

# TURNING BACK THE CLOCK WITH SOCIAL HURLING

*“We don’t stop playing because we grow old. We grow old because we stop playing”*

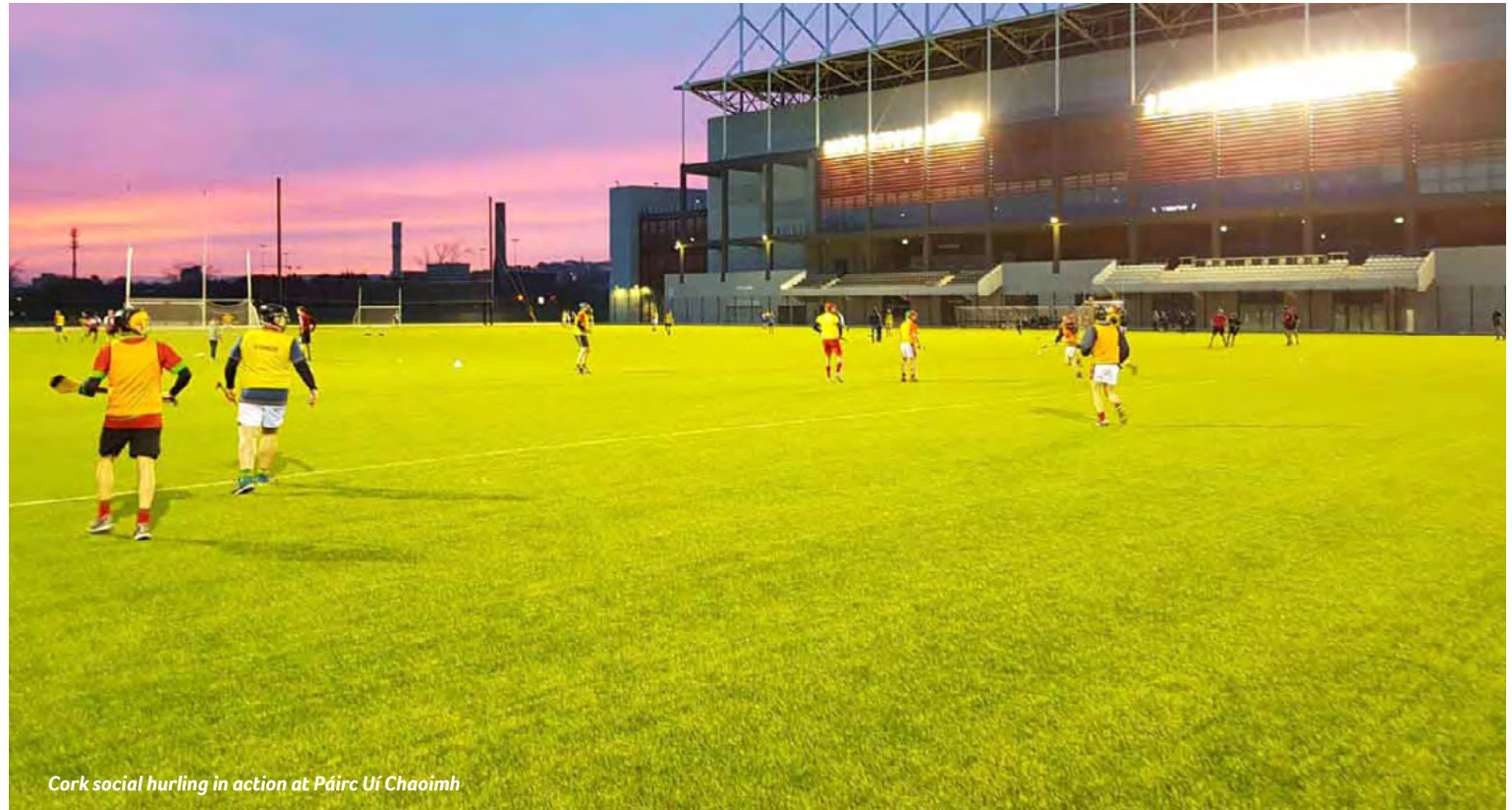
*George Bernard Shaw*

**Y**ou’re seeking out your old boots, maybe out in the garage buried within in a mouldy old kitbag after a good few cold winters. The leather is as hard as the road, and a few studs are probably missing.

The hurl might be in there too, bearing a few chips and cracks, the scars of Championship battles from a former life. The helmet has a bit of rust around the guard, but is still good to go.

Gripping your hand around the hurl, clipping on the helmet and tying up the boots, you’re mentally transported back to the glory days. Suddenly, you’ve stepped back in time, and you feel prime again. The hair may be greying a touch, or a few extra pounds gained, but it still feels the same as it ever was.

This is ‘social hurling’, an initiative that sprung up just over a year ago aimed at providing regular recreational hurling for retired players.



*Cork social hurling in action at Páirc Uí Chaoimh*

Its origins began in Cork, starting life as an idea for recreational GAA that came up at various workshops within Munster GAA.

Games Development Administrator for Mid Cork GAA, Colm Crowley, decided to roll out an initial four-week pilot programme in the

city catering for hurlers (and footballers) who were looking to keep fit and play Gaelic games in a non-competitive environment.

“We started it in first of November last year” Crowley tells GAA.ie. “We got the use of the astro-turf in Páirc Uí Chaoimh to do

it, and we would have had about 60 fellas out that first few weeks. We tried it, and the feedback was excellent, really enjoyed by everybody.”

The nights were simple, easy and fun, consisting of 45 minutes of small-sided

games with modified rules, and aimed at promoting physical activity, inclusion and most crucially, social interaction and enjoyment.

Within two weeks, at the other end of the country up in Belfast, the burgeoning Cork initiative had piqued the interest of Brendan Murray. A former hurler for the O'Donovan Rossa club and at underage for Antrim, Murray decided he would cast the net out on social media to clubs across the city with the aim of starting up a similar programme.

"I genuinely wouldn't be a big Twitter follower, but I just threw it out there to a few boys from about the club. I said, 'What do you think lads?'. They thought it was a good idea, and that was it.

"I tagged in St John's, St Theresa's, Lámh Dearg, St Paul's, and it spread through word of mouth. That's when the 'Half Pace Hurling' was set up.

"November 15th was our first outing. We were going every week, in Falls Park at the start, and our base now is Coláiste Feirste on the Falls Road. It's ideal for everyone, floodlights and 4G."

The no-strings nature of the games is what makes it so accessible. Play is allowed to run on without the interference of referees. There are no orders being barked from the sideline to 'chase your man!' or 'get stuck in!'.

On a given Half Pace Hurling night in Belfast, two sets of bibs, red and yellow, are set out on the ground. The players come

together, newcomers are introduced, and they have a bit of a chat. The teams for the evening work out themselves, and then they just play, goals only, with sidelines taken out of hand to keep things moving.

"We try and play everybody in, especially the weaker ones, give them a chance to pick the ball up and hit it rather than plough over the top of them," says Murray.

"We don't have any frees, so if someone runs ten yards, we slag them more than anything! It works spot on because everybody knows where we are coming from. If the ball is in the air, we don't come in and clatter someone. There'd be the odd clash where a fella would fall over, but it's just a bit of banter, no malice. It's been very, very enjoyable, I have to say.

"Everybody just feels great about themselves. For some boys it's the highlight of their week. Wednesday night, a bit of hurling for an hour."

"It's just going out and playing for the pure fun of it," says Crowley. "Everyone who comes seems to enjoy it, I haven't heard any negative yet.

Crowley described himself as "semi-retired" during the last few years of his playing career, playing two or three games a year for his club, Killeagh. At the sessions in Cork, he is the youngest player at aged 35, but the average player taking part would be retired for five years or more, with some having not hurled since they were schoolboys decades ago.

"Guys would come up after and say 'Thanks



very much, I haven't played in 20 years'. One of the lads the other night put it well, he said, 'This goes back to the reason why we play GAA', going out with a bunch of friends and playing a pick-up game."

Murray says the Belfast age demographic spans from the early 40's to the late 50's. "There are no 36 or 37 year-olds thinking they were going to fill their boots!"

"Everybody just feels good about playing hurling at their ages. There's all different shapes and sizes. It's your own pace, so if somebody runs by you, you don't have to go chasing him."

While most men have heavy mileage on their old dusted-down hurls, there are some who are practically new to the game. The open-door, welcoming nature of social hurling offers novices a great way to come

in and get involved with Gaelic games.

"A lot of the boys played a good level, but a lot of the boys didn't," says Murray. "They've done very little hurling, but their kids go to each club now, so they are actually involved in coaching.

"We actually have a Polish guy that hurls with us, his son goes to the local club Davitt's. Very raw, a big lad, a special hand-pass that he uses called 'throwing out the side'!

"You wouldn't believe the buzz from ones that don't really hurl, or haven't hurled over the years. They come off the pitch just buzzing for it. If you get five or six strikes throughout the match, there's great feedback from those fella's, rather than the boys who have been hurling for 20 or 30 years."



Social hurling is even having a reverse effect in bringing players back out of retirement and into hurling for their clubs again.

Cork club Rochestown availed the initiative to recruit much-needed players last year, with several going back into competitive hurling to help the team field for games. “That kept them going, kept their club alive,” says Crowley.

The physical benefits of the social hurling programme are obvious, but on the aspect of positive mental health, there are also huge benefits. What’s good for the body is good for the mind.

For Crowley, the craic in the dressing room before and after the session is as important as getting the heart rate up and the blood pumping.

He brings up the example of a player who had a stint put in after having a few heart attacks in recent years. “He was suffering a small bit with his own mental health. He says this gives him a purpose. If it can make an impact for a more fella’s like that, that’s a really positive thing.”

“It’s a holistic health thing. We have two or three fella’s that would be a good bit overweight and would have been a bit sceptical about coming down the first night. But once they came down, they realised they could do it and enjoy it and have a bit of a laugh.”

On Saturday past, almost exactly a year since beginning their initiatives, the Cork and Belfast factions of the social hurling

scene made their way to the GAA National Games Development Centre in Abbotstown, Co. Dublin for the first national social hurling blitz, organised by the GAA’s Community and Health Department.

There they were joined by a host of teams from around the country. In Dublin, a thriving social hurling programme has long been underway involving a vast number of clubs, while similar initiatives have launched such as Lurgan Social Hurling in Armagh and Kilkenny’s 35+ League. It was clear to see the social hurling had become a phenomenon.

On the Friday night, Brendan Murray was getting text messages from nervy Half Pace Hurlers, giddy with the anticipation of the games the following day.

“There were boys there, 52 or 53 years of age, and it was like championship to them. They were nervous and excited, didn’t know what to do with themselves.

“One fella, I knew his from before a championship game, and I was keeping him going. He said it was still exactly the same as when he was playing.”

A running joke throughout the games on Saturday was Cork’s use of size three ‘soft touch’ sliotars, as opposed to the adult regulation size five ball.

“There was wile slagging over it,” says Murray. “I was keeping them going and they were bantering back. It was all good natured.”

As well as that, Murray came across some familiar faces who had long since left Belfast and Antrim, but social hurling had put them back on the same pitch once again, decades later.

“There was a guy I played minor championship against from Ballycastle, and I met him there on the weekend, he was playing for Danesfort in Kilkenny.

“There was actually a fella playing for Cork from Belfast. He grew up about ten doors down from my mother. He’s been down there 20 years, but played for Lámh Dearth before that.”

And as the afternoon came to pass, lungs burst and laughs had, all sides decamped back to the Croke Park Hotel for an evening of craic. Eoin Kelly was present to join in the fun, and Murray presented the Tipperary legend with his own embroidered Half Pace Hurling top. The hurling was done, and it was time for the social.

“Back at the hotel after was great fun,” says Colm Crowley. “Myself and Brendan would

have been over and back on Twitter, having the craic with each other, so it was nice to be able to put a face to a name and have the chat.

“It was great to see that there are others out there in a similar state as ourselves, who just want to puck a ball about and not worry about it, and to mingle with the other clubs and get their experience of it.”

This week, the players were back out for their weekly hurling fix all across the country. The craic was still being had, as it is every week.

“A few bodies still recovering from our Dublin day out. But good night’s hurling from everyone. Great to get back to size 5 sliotars and a good aul’ 4G surface,” quipped the Half Pace Hurling Twitter page, a gentle dig at the Rebel County men.

“We’ll be using real balls and be putting full fat milk in our tae afterwards”, chimed the Dublin Social Hurling account.

Some fella’s will just never grow old.



Players taking part in a Dublin social hurling night

**S**hane Ross T.D., Minister for Transport, Tourism and Sport, and Brendan Griffin T.D. Minister of State for Tourism and Sport, announced the final set of allocations for local capital projects under the 2018 round of the Sports Capital Programme (SCP) with GAA clubs throughout the country successful with their applications.

More than 10,000 projects have now benefited from sports capital funding since 1998, bringing the total allocations in that time to approximately €1 billion. The programme has transformed the sporting landscape of Ireland with improvements in the quality and quantity of sporting facilities in virtually every village, town and city in the country. The facilities that have been funded range from sports equipment for the smallest clubs to national centres of sporting excellence.

The SCP is the primary means of providing Government funding for capital projects to sport and community organisations at local, regional and national level. The 2018 round of the Programme saw the highest level of interest ever with 2,337 individual applications received.

Minister Ross paid tribute to the volunteers involved in advancing the projects being allocated funding: "I would like to congratulate all of the successful applicants receiving grants," Minister Ross stated. "Increasing participation in sport is the central aim of our National Sports Policy and to achieve our objectives we need to have appropriate sports facilities.



*Carlow club Éire Óg have received funding for floodlights*

"The grants we are announcing today will significantly improve sports facilities right across the country. The vast majority of grants are going to voluntary organisations and I want to particularly thank all of the volunteers associated with these clubs for their tireless work and their commitment to improving their facilities to benefit all members."

Minister of State Brendan Griffin T.D., highlighted the many improvements introduced in the application process: "Everybody involved in Irish sport knows the importance of the Sports Capital Programme. We have introduced significant changes to the Programme to make the whole process as user-friendly

as possible including the simplification of the application form, giving applicants an opportunity to correct applications during the assessment phase and the introduction of an appeals system for unsuccessful applicants.

"While it was not possible to fund all applications received, the assessment



# APPLICATIONS FOR FUNDING – GLOBAL GAMES DEVELOPMENT FUND 2020

## ***What is the Global Games Development Fund?***

The Global Games Development Fund is co-funded by the Department of Foreign Affairs & Trade's Emigrant Support Programme and the GAA. The Fund provides financial support specifically for projects and initiatives that increase or improve opportunities for the Irish Diaspora and other communities abroad to play Gaelic Games. Through the provision of financial assistance, it is the aim of the Fund to support the Irish Diaspora and strengthen Irish networks and Irish identity internationally.

## ***Who can apply for the Global Games Development Fund?***

Since 2013, through the Global Games Development Fund, the Department of Foreign Affairs & Trade and the GAA have provided financial support for developmental projects and initiatives in GAA clubs and units across Asia, Australasia, Canada, Europe, the Middle East, Africa and South America. In 2018, the Fund was expanded to support projects in 6 Divisions of the USGAA: Heartland, Mid-Atlantic, Mid-West, Northwest, Southwest & Southeast.

## ***What type of projects are supported through the Global Games Development Fund?***

Over the past five years, almost 300 projects have received funding through the Global Games Development Fund. The projects are varied and reflect the needs of the Irish Diaspora and GAA in a particular area or region. Some projects are one-off events, others have activities lasting the course of a year. All have been truly inspirational and beneficial.

## ***How to apply?***

In October every year, the GAA issue an Open Call seeking applications for funding from Clubs and units that intend to run a developmental project or initiative during the following calendar year.

The Application Form is available to download at <https://www.gaa.ie/news-archive/news/applications-open-for-global-games-development-fund-2020/>

If your Club is interested in applying or requires any further information please contact the Board of the relevant International Unit in the first instance.





By John Harrington

# HAMBURG GAA STRENGTHENED BY SEBI RIEßBECK'S LASTING LEGACY

**W**hen Hamburg GAA club-member, Sebastian 'Sebi' Rießbeck, took his own life in 2016, it was a hammer-blow for a young club that had only been founded a year previously.

But, from tragedy, has come a very positive legacy.

That will be very apparent at the Irish embassy in Berlin tomorrow when 13 European GAA clubs will take part in an International Mental Health Awareness Training Course coordinated by Hamburg GAA.

It's the latest in a number of positive initiatives Hamburg have undertaken to ensure that the emotional wellbeing of its members is a priority for the club.

Sebastian Rießbeck's name will be remembered every year the European Camogie Cup named in his honour is contested, but perhaps an even more meaningful legacy is the ethos of caring for one another that his loss has fostered in his GAA club.

"When 'Sebi' took his own life it was very noticeable the effect it had on the club and individuals within the club," says Hamburg GAA club's Healthy Club officer, Owen Wheeler.



*Happy Hamburg GAA club members pictured with silverware including the Sebi Rießbeck memorial cup*



"It has always remained very much to the forefront of our club and his name would often be remembered.

"While we always felt like a family in the club, particularly after that we became a very, very close unit and we realised how much we all depend on each other.

"That became one of the main objectives of the club, to maintain that feeling that we're here to help each other out.

"So many of us are away from home and our support networks so that's why we all help each other over here. A lot of us wouldn't have had any friends over here before we joined the club, but through joining the club we've made some true friends."

After Sebastian Rießbeck's death, Hamburg GAA carried out a confidential survey of its members who were asked to share any personal issues they might have that could be helped by the appropriate counselling or professional help.

Many were assisted in this way, and Hamburg GAA's proactive approach to emotional health has had both a cathartic and energising effect on its club members.

More than half of the club's membership of around 100 are non-Irish, and they're attracted to Hamburg GAA not just by the opportunity to play Gaelic Games, but to be part of a club that shows it really cares for its members.

"There's a doctor here in Hamburg who was a GP initially but then began training to be a sports doctor," says Wheeler. "He had to

find a club for his course so he joined us and we became very good friends.

"I spoke to him very early on about this whole health and wellbeing initiative we were planning to see if we could add something to it that would fit more with non-Irish because of the fact that we're in Germany and clubs are coming in from across greater Europe and perhaps not everything we were planning might be relevant to some people for cultural reasons.

"He had quite a long think about it and came back to me and thought about all the different clubs and organisations he'd worked with and was used to seeing in Germany, and he said there simply was no other club or system that offers what the GAA offers in terms of supporting mental health awareness and issues with their clubs.

"Certainly not the way the GAA do it in terms of raising awareness among teammates. They play the sport, but that's where it stops. We offer something more and it makes a difference.

"The things we have to offer aside from being on the pitch every so often are a huge part of our club."

Supported by the GAA's Community and Health department, Saturday's event at the Irish Embassy in Berlin will showcase a lot of the positive work being done now by the GAA in the mental health space.

Samaritans-GAA Partnership Coordinator, Majella Canty, will give demonstrations

*Sebi Rießbeck pictured in action for Hamburg GAA*



of 'The Huddle', a post-training talk emphasising the importance of mental as well as physical fitness to players and their management team that has already proven to be a powerful tool for many GAA clubs.

While Colleen Fahey from JigSaw will deliver a One Good Coach workshop which will be available to all GAA clubs on GAA.ie from January 2020.

"It's all about talking about the difference aspects of how teams and club-members

can look after each other and how we can get across to club members that it's acceptable to be in good form and to encourage them to talk to others about any issues they might have," says Wheeler.

"A club should be the perfect environment for people to share whatever problems or issues they might have."

Sebastian Rießbeck will always be missed by his fellow Hamburg GAA club members, but his legacy lives on powerfully.

# ROUNDERS ALL-STARS

**G**AA Rounders acknowledges each season's most consistent Senior Ladies and Men's players at the annual All Stars awards ceremony.

Recipients are chosen by means of a statistical system, with awards being presented for each of the fielding positions: Pitcher, Catcher, First Base, Second Base, Third Base, Short Stop, Left Outfield, Centre Outfield, Right Outfield, Roaming Fielder & Junior Players.

This year's GAA Rounders AllStar awards ceremony was held in The Greensle Hotel, Dublin on the 27th of September



## Ladies Recipients 2019

*Back Row L-R* Ann Hanley Short Stop (Glynn/Barntown), Kate Duggan L.O.F (Glynn/Barntown), Yvonne Hanley C.O.F (Glynn/Barntown), Marie O Sullivan R.O.F (Adamstown), Joanne Murphy Roaming Fielder (Adamstown).

*Front Row L-R* Emma Reddy Pitcher (Glynn/Barntown), Anne Kelly Catcher (Clonaslee), Sarah McGuinness First Base (Glynn/Barntown), Keira Waters Second Base (Glynn/Barntown), Amanda Howlin Third Base (Glynn/Barntown).  
Deborah Mangan Junior Ladies (Skryne)

## Men Recipients 2019

*Back Row L-R* Colm Brennan Junior Men's (Cuchulainn), Tom Moore C.O.F (The Heath), Gerard Kearns Junior Mixed (Na.Piarsaigh), Colin Young R.O.F (Limekiln), Donnagh Treacy L.O.F (The Heath), Diarmaid Lalor Roaming Fielder (The Heath).

*Front Row L-R* Darryl Dolan Pitcher (Erne Eagles), Damien Mc Ardle (Erne Eagles), Philip Keane First Base (The Heath), Michael O Connell Second Base (Limekiln), Jamie Dowling Third Base (The Heath), Rory Treacy Short Stop (The Heath).





## WHEELCHAIR HURLING

**U**lster GAA'S Wheelchair Hurling has been handed a top award at a star-studded event to be screened on BBC One next month.

Selected from a prestigious list drawn up from across Britain and the North, Ulster GAA Wheelchair Hurling topped a public vote for Best Sports Project in the 25th Birthday National Lottery Awards, and will now receive a cash prize of £10,000 – as well as the iconic National Lottery Awards trophy.

"It's been an amazing experience," said coach Shane McCann, who collected the award on behalf of the project from Paralympic swimming champion Ellie Simmonds.

The GAA introduced Wheelchair Hurling seven years ago, and the Ulster players now operate out of two hubs – Cookstown in Co Tyrone and Dungiven, Co Derry.

This award tops another memorable year for Wheelchair Hurling with continued growth and also the first ever national team selected from all four provinces for a Floorball international event in Holland last June.

Funding from the National Lottery through Sport Northern Ireland's Active Clubs

programme allowed the Ulster GAA to employ two regional coordinators, of which Shane is one.

A third base in Belfast is expected to open in the coming months.

"We have roughly 20 players with a disability who take part, as well as a cohort of family and friends who play too," said Shane.

"It's a completely mixed and inclusive sport in terms of gender and background, with ages ranging from our youngest at 12 to our oldest at 55. People love the outlet of playing such a physical sport in a competitive environment – and this is a brilliant opportunity to do it."

Members of the group found out they'd won the award last month when comedian Patrick Kielty stood in as 'coach' at a special training session in Belfast.

A short film of his visit and announcement to the team will feature as part of the awards show, hosted by Ore Oduba, on BBC One in December.

"Paddy was great," said Shane. "He did a great job with everyone and he's an old GAA player himself so he knew what he was talking about. The players loved meeting him."



*The star-studded National Lottery Awards will be screened on BBC One next month*

But it's not just the winning result that has made an impact on the project.

"The build-up was a big deal for us, too," said Shane. "All the work that went in to the competition really helped to boost our profile. Already we've had four new players sign up, which is phenomenal.

"As well as that, everyone involved got the chance to tell people about the value of what we're doing and it made us realise just how important Wheelchair Hurling has become.

"We're more determined than ever now to keep at it and keep reaching out to people who could benefit from taking part."



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)**.

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