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By Cian Murphy

CALL OF CLUB DUTY - COUNTY STARS STILL GIVING BACK TO THEIR CLUB COLOURS

Amid the frenzy of club activity all over the country in recent weeks, one much-publicised trend has been the sight of former GAA inter-county stars putting their shoulder to the wheel for their clubs.

With a combined age of 86 years and a heaving inter-county trophy cabinet between them, legendary Tipperary goalkeeper Brendan Cummins and Hill 16 hero Denis Bastick are just two examples of the county men giving back to the club cause – whatever it may be.

Far from resting on their laurels and using old age and old injuries as an excuse, there have been several examples of former inter-county stars reveling in the chance to answer the call of club duty.

Kilkenny's Tommy Walsh and JJ Delaney are two of the all-time greats. Both men were out playing and scoring for Tullaroan and the Fenians in big club championship action last month.

Ciaran McManus was the young midfield star on the Offaly team that won Leinster in 1997 and the Allianz league in 1998. Now 46, he has been doing his bit for Tubber in their intermediate campaign, while ever sharp-shooter Niall McNamee has shown that age is no barrier while he inspired Rhode in the Offaly senior final at 36.

At 38, Kieran Donaghy set a Championship appearances record for Austin Stacks as they went on the march in Kerry. Longford legend Paul Barden (41) scored 2-1 for Clonguish as they avoided relegation and Eamonn Callaghan at 38 helped inspire Naas to the county final.

And that's not forgetting Brian Carroll showing that age is only a number as the 38-year-old scored a whopping 3-15 for Coolderry in one of their club championship games.

We could go on...

The most recent Decade of the Dubs has swelled participation numbers in Dublin GAA. Denis Bastick's Templeogue Synge Street club has tripled in size, and for the first time ever has four adult men's teams. Bastick only made his senior inter-county championship debut at 28 but finished a career of sterling service with five All-Ireland medals as well as a collection of scars and injuries that will be companions for the rest of his life.

But in the meantime, the 40 year-old is determined to do his bit and has been playing for Synger's fourth team, who play in junior division 6, and helped them reach the last four of the Junior D Championship and is loving it – even if he knows every game will leave him reaching for the pain killers.

"I love the competition of playing but also, because a lot of my football was very serious, I like that I am able to go out and just enjoy it now. I still want to win every time I play, but it's not life or death anymore," Denis told the Club Newsletter.

"It's nice to be able to put on the boots and play – especially after Covid 19 and the lockdowns - to be able to go out and enjoy it and be out there with a group of lads again is great.

"The dressing room is the one thing that is



STILL THE LAST MAN STANDING AND LEADING THE WAY GOALKEEPING LEGEND BRENDAN CUMMINS IS PRODUCING HEROICS FOR BALLYBACON GRANGE

hard to replace, the craic and camaraderie of being around a group of lads, even if it hasn't been a normal dressing room with changing outdoors.

"You get some funny looks from opponents when you go on the pitch, and they are surprised to see me. I'm up full forward now and not doing too much but I'm enjoying it.

"It's nice to be able to give back to the club because during my county years I played very little for the club because of the way the seasons went. The result is I've won very little at club level. I've won an U21 and an Intermediate Championship and that might be a lot for some, but I'd like to try and win more.

"Playing junior is very different to being in Croke Park. When we won the Junior D Championship quarter final there were lads doing high fives and celebrating and I was trying to get them to calm down and realise we'd won nothing yet.

"It's good craic and it's nice being able to give something back to the club." In Tipperary, Brendan Cummins is still setting standards.

Now 46 and a holder of a star-studded career with Tipperary that landed two All-Irelands and five All-Stars as one of hurling's greatest goalkeepers, and played more senior championship hurling than Christy Ring (73 matches), the Ballybacon Grange clubman has set himself a target of playing into his 50s.

He hit the headlines recently when he helped the club avoid relegation in an intermediate play-off with Arravale Rovers by first scoring one monster effort from play and then seven frees before starring in a tense penalty shootout. After missing his own penalty strike – whizzing it over the crossbar, Cummins rolled back the years with a string of three stunning

penalty saves to keep Ballybacon safe.

"Playing in the goals definitely helps, but I'm still playing and still enjoying it. My son Paul is 13 now and I'd love to be able to play in the same team as him for the club one day – that's the goal! I played in the same team with my own father in hurling and football and it's a great memory I have.

"If I've to wait five or six years that could bring me up to 51,52 but once I keep fit and keep going and I'm able to get out there and run around I'll keep going.

"It would have been a disaster if we were relegated this year, so it was nice to be able to help avoid that," he says.

Away from the big towns and the big populations, there are clubs who rely on all those being fit and able to assemble for duty and for Cummins, kicking back and watching from the bank as a hurler on the ditch has no appeal to him.

"I have to be playing. I'll tip away in the next few months doing my own bit making sure the hamstrings and the quads are ok so that come March I'll be good to go again.

"I realise that there mightn't be much in life that I'm good at other than this and I am enjoying it so why would I pack it in? There also are not a lot of goalies queuing up either.

"I'm enjoying it and as long as there is that competitive edge still in me, I will keep going," he adds.

The new GAA split season that will come into being in 2022 is another help. It will hopefully provide some certainty to the structure of the club calendar knowing that the inter-county season will run from late January until mid July.

For Cummins, who will be in charge of the Tipperary U20s next year, it means his Premier County managerial duty can happen without having to compromise the club commitment.

For a long time county players struggled to serve two masters, now the ex-county men are enjoying being able to keep the competitive flame lit in their club colours.



HAVING A BLAST...DENIS BASTICK IN CHAMPIONSHIP ACTION FOR THE TEMPLEGUE SYNGE STREET FOURTH TEAM

By Cian Murphy

CLUBS RAISE €129,000 FOR DEFIBRILLATORS



THE GAA'S COMMUNITY HEART PROGRAMME HAS SEEN CLUBS ACROSS IRELAND RAISE €129,000 TO FUND THE PURCHASE OF NEW DEFIBRILLATORS OR AED'S.

The initiative, which ran from March until the end of September, has helped an additional 60 defibrillators to be purchased and made available to more than 50 GAA

clubs and their communities.

A small number of clubs are continuing their fundraising work towards securing new AEDs so these figures are expected to rise before the end of 2021.

Collette Coady of the GAA's Community & Health department has hailed the work of the clubs involved and the support

generated for the initiative.

She said: "Before starting this campaign we knew that defibrillators in GAA clubs had been responsible for saving 42 lives in recent years.

"The Community Heart Programme was about encouraging more clubs to get involved and secure a unit and also ensure

that clubs who had existing AEDs were able to upgrade units that needed to be replaced.

"With all that has been going on in the last 20 months of the Pandemic, the ability of GAA clubs and their communities to time and time again rally behind a worthwhile cause such as this was truly inspirational.

"We've a growing number of clubs across the country who are in a position to act fast in case of a cardiac emergency."

Antrim and Cushendall hurler Neil McManus was an ambassador for the programme; inspired by seeing how much benefit a local club-based AED was in saving his father Hugh (pictured above) when Hugh took ill at home and an AED intervention was vital until an ambulance arrived.

The Community Heart Programme partnered with Stryker, Heart Safety Solutions and JustGiving offering clubs the opportunity to fundraise, using a bespoke fundraising platform, for CR2 Lifepak AED(s) if their club didn't already have a unit or if existing AEDs were out of date and required an upgrade.

The awareness work will continue with the GAA urging all clubs to remember to regularly check their units and to think of the need to A.C.T. meaning having their AED Accessible, ensuring it is Charged and in working order and crucially that there are people in the club who are Trained in how to use it if required.

For further information, contact collette.coady@gaa.ie

By Cian Murphy

BETTER LATE THAN NEVER – WESTMEATH MAN GETS CLUB CHAMPIONSHIP MEDAL 60 YEARS LATER

WHEN MULLINGAR SHAMROCKS WON THE WESTMEATH MINOR FOOTBALL CHAMPIONSHIP IN 1961 THERE WAS ONE MAN CRUCIALLY MISSING FROM THE MEDAL PRESENTATION.

Corner back Oliver Mulvey missed the triumphant celebrations and the awarding of the medals due to his work at the time as an apprentice with the ESB where he was based in Ferbane.

Time passed and after a long career with ESB and now living having raised his family in Athlone, a chance sighting of an article by Shamrocks club PRO Tom Hunt put Oliver and the club on a mission to set things right.

“We had put up a photograph of the 1961 minor championship winning team and an article about the win and Oliver heard of it and saw it and we ended up getting in touch with the help of Paddy Caulfield,” explains Tom.

“You had to look after your job in them days,” explains Oliver of the fact that life took him away from where he had grown up playing his football with Mullingar Shamrocks.

But his interest in football never waned and there was no shortage of GAA talent in the ESB in that golden era either, and Oliver still fondly recalls his time working with the Offaly great Tony McTeague. “He had a brilliant shimmy, and he was a great free-taker.”

He also never forgot the joy of being part of a brave rearguard who held out for the Shamrocks in that 1961 county final when



MEDAL OF HONOUR: OLIVER MULVEY FINALLY GETS HIS HANDS ON HIS 1961 COUNTY MINOR WINNING MEDAL

they saw off a late Moate rally to win 2-7 to 1-6. But up until earlier this year he had never thought he'd have a memento of that victory.

All that changed when contact with the club was made and the wheels were set in motion, culminating with a formal presentation taking place last summer when Shamrocks played Garrycastle in the league.

"It's hard to put it into words what it means," says Oliver.

"It was fantastic to see it happen. It was great for the family and great that they

were nearly all able to be there for the presentation. It was like winning the lotto even though you're not talking about rewards in terms of money. I'm grateful to the club and to Paddy Caulfield for helping to arrange it. "It has been a happy ending and I can't believe the amount of interest there has been in it."

For club PRO Tom Hunt, it's a case of better late than never. "It is great to be able to do it, Oliver is thrilled, and it was a great family occasion when we were able to make the presentation and Garrycastle were very helpful in arranging that as well at the time."

Have you got a club story to tell? Get in touch via clubnewsletter@gaa.ie



OLIVER'S PRECIOUS MEDAL

MARKING 50 YEARS OF FÉILE



JOHN WEST FÉILE AMBASSADOR AND GALWAY FOOTBALLER SHANE WALSH WITH FOOTBALLERS FROM PALATINE GAA CLUB, CO CARLOW, DURING THE JOHN WEST FÉILE 50TH ANNIVERSARY CELEBRATIONS, WHICH BROUGHT 32 U-15 CLUB TEAMS FROM ALL OVER THE COUNTRY TO PLAY IN ALL FOUR CODES AT CROKE PARK OVER THE BANK HOLIDAY WEEKEND.

A SERIES OF EVENTS HAVE TAKEN PLACE TO MARK THE 50TH ANNIVERSARY OF THE PHENOMENAL SUCCESS STORY THAT IS FÉILE NA NGAEL.

THANKS TO THE SUPPORT OF PARTNERS JOHN WEST, FÉILE NA NGAEL AND FÉILE PEIL NA NÓG CONTINUE TO BE A MASSIVE PART OF THE GAA CALENDAR EVERY YEAR AND AN INSPIRATION FOR YOUNG BOYS AND GIRLS.

Covid continued to play havoc with the traditional set up for the competition, but games were played in 2021.

Féile happened on a county by county basis during the summer with the age grade increased from 14 to 15 years to cater for those who otherwise would have missed out on the Féile experience when Covid cancelled plans for 2020.

Then in October there were two special anniversary events.

The first in Croke Park saw every county represented by either a hurling, football, ladies football or camogie team at a special blitz for clubs and providing these young players with a dream opportunity to play in GAA HQ.

Then on the Halloween weekend the original team list from the first ever Féile na nGael hurling competition in 1971 saw those clubs invited back down to Tipperary to take part in matches in a festival of hurling that was a real tribute to the founding principles of the competition.

In the Division 1 Cup final played in Semple

Stadium, Clarinbridge beat Ballygunner 3-13 to 1-4. In the Shield final in Semple Stadium, St Vincent's from Dublin defeated Ballina 4-7 to 1-6 and in the Plate Final at Dr Morris Park, Middleton defeated Glynn-Barntown by 1-8 to 1-5.

In Division 2, the Cup final in Semple Stadium saw Oisín's GAC from Glenariffe defeat The Harps by 2-6 to 1-7. In the Shield final Mullinahone defeated Bredagh 1-10 to 1-2 and in the Plate final Roscrea saw off Erins Own, Lavey by 1-6 to 0-6.

Events in Thurles also saw a commemorative plaque being unveiled by Uachtarán CLG Larry McCarthy to mark the significance of a competition that started in 1971 and holds a special place in the Association given the bonds of friendships it creates between clubs and players – with a rich history stretching back in hurling to 1971, followed with camogie soon after and later the arrival of Féile Peil na nÓg then in Cavan in 1982.

The brainchild of the late Tipperary county secretary Tommy Barrett and former GAA

President Seamus Ó Riain and a then North Tipperary Tourism Officer, Eamonn De Stafford.

The goal of bringing teams from all 32 counties to play hurling in Tipperary had the aim of increasing participation numbers and interest in juvenile hurling and it certainly succeeded in that.

Uachtarán CLG Larry McCarthy said: "I want to thank most sincerely the organising committee led by Diarmuid Cahill of An Ríocht who have driven this project with such passion and are committed to ensure the heritage of Féile is secure.

"Similarly, the assistance and support from our partners in John West is greatly valued and appreciated as they continue their association with this wonderful advertisement for the talented young people of our Association.

"Féile na nGael was an ambitious and visionary project when it started in Tipperary in 1971.

"But far from being humble beginnings, it made an instant impact.

"The concept was simple. It was, and still is, a celebration of our games and an inspiration to the young people who play them and an opportunity for them to showcase their skills.

"Of course, the rich history and legacy of Féile is about so much more than the multitude of high-quality matches that took place. The friendships engendered by the hosting clubs and families and the travelling clubs and teams and the general positive atmosphere created by taking part is something that lasts a lifetime."



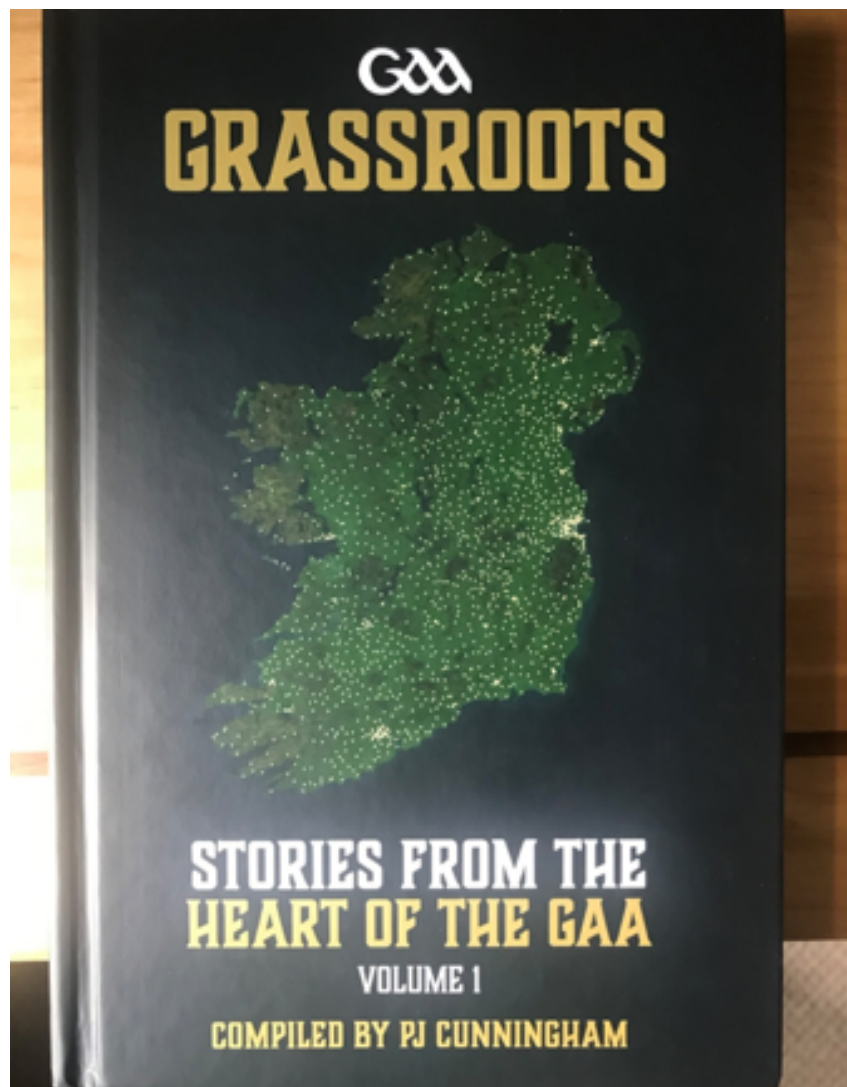
JOHN WEST FÉILE AMBASSADOR AND KILKENNY CAMOGIE PLAYER DENISE GAULE IN ATTENDANCE AT THE JOHN WEST FÉILE 50TH ANNIVERSARY CELEBRATIONS AT CROKE PARK.



AT THE UNVEILING OF A SPECIAL PLAQUE AT SEMPLE STADIUM TO MARK THE 50TH ANNIVERSARY OF THE COMPETITION, UACHTARÁN CLG LARRY MCCARTHY WITH TOMMY BARRETT, GRANDSON OF FÉILE FOUNDER AND FORMER COUNTY SEC TOMMY BARRETT, AND EAMONN DE STAFFORD WHO WAS ALSO A FÉILE FOUNDER BACK IN 1971.

By Cian Murphy

GRASSROOTS WILL BE A CHRISTMAS CRACKER



THERE'LL BE NO SHORTAGE OF GAA BOOKS ON THE SHELVES THIS CHRISTMAS AND THERE'LL BE LOTS TO SAVOUR. BUT ONE PARTICULAR COLLECTION OF STORIES FROM THE MEMBERSHIP OF THE GAA IS A BIT SPECIAL AND CERTAINLY NO ORDINARY BOOK.

GAA Grassroots – Stories from the heart of the GAA – has been compiled by former Irish Independent Sports Editor PJ Cunningham and is the result of almost two years of work having sifted through hundreds of submissions from GAA members at home and abroad.

The image on the cover is a map of Ireland with a dot for the location of every GAA club. There's surely a great yarn in every one of those more than 1,600 clubs and PJ is on the hunt to find them.

More than 140 stories are contained in the book and it is as much an oral history on the journey that the GAA has undergone as it is a collection of hugely entertaining reminiscences from people with a very clear grá for the Association and its place in Irish life.

It is for this reason that PJ has done the GAA a great service as it acts as a reminder that we need to be so very careful that we protect our history and our story and preserve it for future generations.

Some of the stories are from a bygone age – some of them actually predate the formation of the GAA in 1884. Some of them are detailing the place that the GAA occupies among the Diaspora. There are plenty from very modern times. But there is a timelessness to them all in that they are each a snapshot of what being a part of the GAA means to people. It is the personal touch that makes them special.

GAA Grassroots is a veritable treasure trove of stories at club and county level – from the funny to the fabulous and the far fetched and everything in between.

Identical twins swapping places in a match at Croke Park, allegations that a boy dressed up as a girl to play in a camogie final in Westmeath and soccer international Niall Quinn's unceremonious return to earth in the junior ranks with Eadestown in Kildare don't even begin to represent the tip of the iceberg.

There's a clue on the cover as it is called Volume 1 with PJ already in possession of a solid start with stories worthy of Volume 2 which we've no doubt will also be well received.

GAA Grassroots by PJ Cunningham is published by Ballpoint Press and is priced €19.99/£17

LEITRIM COUNTY FINAL TOWNLANDS PUTTING THEM ON THE MAP – LEITRIM COUNTY FINAL PROGRAMME GOES THE EXTRA MILE

LEITRIM MAY WELL BE ONE OF THE SMALLEST COUNTIES IN THE COUNTRY – BUT THEY’VE SHOWN THE VALUE OF GOING THE EXTRA MILE IN THEIR BIG COUNTY FINAL MATCH PROGRAMMES THIS YEAR.

In particular their policy of including the townlands of the players involved in the county senior and county intermediate football finals has attracted a lot of popular commentary – and rightly so.

The Ballinamore Seán O’Heslins v Mohill

senior county final was a fantastic game with Ballinamore winning a first crown in 31 years after a 1-16 to 0-17 win over the reigning champions – an excellent final brought to a wider audience by being shown on live TV and which attracted rave reviews for the Leitrim showpiece.

This praise was also extended to the match programme from the county committee and the policy of detailing the townlands of the players which County PRO Barbara Ní Lochlainn Broinn explained has been in place

for the last number of years.

She said: “It was about 10 years ago the practice of adding the townlands to the team graphic started and was the brainchild of Seán O Suileabhain from Ballinamore and since then we continue to do it. It is especially nice for people who have emigrated and may have got a copy of the match programme, or now in digital times they can browse it online and see where each player comes from. It did attract many nice comments across social media this year.”

The Intermediate Championship Final Teams from St Patrick’s Dromahair and Ballinaglera also featured in the townlands.

County final match programme standards have improved significantly in recent years and are a real source of pride in several counties who take them very seriously and provide a great service. The best of the best are shortlisted every year for a special MacNamee Award.


FÍR IONAD

- 16 Dylan Wynne
Kilmore
- 15 Aaron McCawley
Eolan
- 17 Gerard Clarke
Carnulla
- 18 Fergal Gilmartin
Druminalass
- 14 Frank Cornyn
Slievenakilla
- 20 Pádraig Corrynn
Kilduff
- 22 Séamus McGovern
Canick West
- 23 Oisín McGourty
Druminalass
- 24 Anton McGourty
Cleighranmore
- 25 Enda Keegan
Downa
- 26 Luke Bradley
Downa
- 28 Fergal Wynne
Cornamuckla Nth
- 29 Niall McGourty
Corralubber
- 30 Colm Maguire
Kilduff
- 31 Damian McGourty
Slievenakilla
- 32 Michael Crawford
Kilmore
- 33 Robert Crawford
Kilmore
- 34 Christian Wynne
Cornamuckla Nth
- 35 Shane Mulvey
Demahoa
- Seán Macáiníneadhúigh
- 36 Daniel McLoughlin
Tullinamoyle
- 27 Rory McPartlin
Kilmore
- Raibeal MacPhatáin

Bainisteoir
J.P. Kane

Roghnoir
Gavin Durkin
Adrian McGourty

Baile na gCléireach CLG



1 **Conor O'Brien**
Greaghnafama
Conchubhar Ó Briain

19 **Barry Gilmartin**
Druminalass
Barra Mac Giolla Mhartain

3 **Brendan McGourty**
Slievenakilla
Breandán Mac Dhorchaídh

4 **James McDowell**
Tullymaha
Séamus Mac Dubhghail

2 **Ryan Crawford**
Kilmore
Rian Mac Raith

6 **Pádraig Clarke**
Carnulla
Pádraig Ó Cléirigh

12 **Patrick McGrail**
Greaghnafama
Pádraig Mag Réill

11 **Ciarán Cornyn**
Slievenakilla
Ciarán Ó Coirín

9 **John Crawford**
Kilmore
Seán Mac Raith

13 **Wayne Reynolds**
Cleighranmore
Wayne Mac Raghnaill

7 **Jamie McGreal**
Kilmore
Seamus Mag Réill

10 **Seamie McMorrow**
Fahy
Séamus Mac Muirí

5 **Thomas Cornyn**
Kilduff
Tomás Ó Coirín

8 **Enda McGuire**
Lurgandill
Eanna Mag Uidhir

21 **Barry Maguire**
Lurgandill
Barra Mag Uidhir

Cúil Cúilíní Seachai 45m Saor Ciceanna

1adh Leath				
2adh Leath				
IOMLÁN				

Naomh Padraig Droim Dhá Thiar



1 **John McGoldrick**
Séan Mac Gualraic
Highfield Tubbercurry

2 **Kyle Harte**
Kyle Ó hAirt
Ardnakip

3 **Rory Kelly**
Ruairí Ó Ceallaigh
Flaughanagh

4 **Leon Harte**
Leon Ó hAirt
Ardnakip

5 **Caillin McLoughlin**
Caillin Mac Lochlainn
Banagher

6 **Jamie Conlon**
Séamus Ó Conalláin
Corglancy

7 **Martin Clancy**
Mairtin Mac Fhlannchaidh
Killeen

8 **Adrian Fowley**
Adrian Ó Fuallaigh
Cornalaughta

9 **Shane Fowley**
Séan Ó Fuallaigh
Carrowcrin

10 **Bertie Cunningham**
Beircheart Mac Cuinneagáin
Moneyduff

11 **James Morrison**
Séamus Mac Muirís
Killeen

12 **Michael Clancy (Capt)**
Micheál Mac Fhlannchaidh
Killeen

13 **Gary Fowley**
Gearóid Ó Fuallaigh
Killenunmery

14 **Martin Feeney**
Máirtín Ó Fiannal
Towneyhoosey

15 **James Clancy**
Séamus Mac Fhlannchaidh
Killeen

Cúil Cúilíní Seachai 45m Saor Ciceanna

1adh Leath				
2adh Leath				
IOMLÁN				

FÍR IONAD

- 16 Jason McKenny
Darrán Mac Donnaitís, Gahel
- 17 Dedan Fowley
Dáigian Ó Fuallaigh, Killeen
- 18 Jamie McLoughlin
Séamus Mac Lochlainn
Banagher
- 19 Gary Clinton
Gearóid Clontáin, Castlefield
- 20 James Clinton
Séamus Clontáin, Hillbank Glen
- 21 Conor Morrison
Conchubhar Mac Muirís, Killeen
- 22 Terry O'Rourke
Tóiníníach Ó Ruairc, Ardarahey
- 23 Mark McGee
Marcas Mag Aodh, Mullagh
- 24 Fergal McMorrow
Fergal Mac Mairneadhúigh
Ardnakip
- 25 Diarmuid Giblin
Diarmuid Ó Ghealláin, Lígimann
- 26 Jamie Cawley
Séamus Mac Amhláibh, Fain
- 27 Cian Forde
Cian Mac Giollaamháin, Beggan
- 28 Niall Hopper
Niall Hopper, Market St
- 28 Killian Torsney (W)
Killian Mac an Cosainnigh
Killeen
- 29 Caolan McDermott
Caolan Mac Diarmada
Gortlaogha
- 29 Noel Hynes (W)
Noelag Ó Héithín, Edengle
- 30 Darragh McMorrow
Darragh Mac Mairneadhúigh
Finstown
- 31 Seán Foley
Seán Ó Foghú, Killenunmery
- 32 Dallan Clancy
Dallan Mac Fhlannchaidh, Killeen
- 33 Patrick McTernan
Pádraig Mac Tearnáin
Gortlaogha
- 34 Ciarán Devaney
Ciarán Ó Dubhannáigh
Gortlaogha
- 35 Kevin McDermott
Kevin Mac Donnaitís, Móragh
- 36 Shea Kelly
Séamus Ó Conalláin, Castleport
- 37 Conor Banks
Conchubhar Ó Broacháin
Killenunmery
- 38 Michael Ó Conalláin
Micheál Ó Conalláin, Tarrilinn
- 39 Ruairí Power
Ruairí de Plac, Denston
- 40 Niall Clinton
Niall Clontáin, Glen
- 41 Stephen Burke
Stíobhán de Barra, Speers Green
- 42 Daniel Lee
Dónal Ó Laoi, Gortlaogha
- 43 Alan Kavanagh
Alain Gaerndraoch, Rockliffe

FIR IONAD

- 16 Denis Dolan
Dorecha O'Duibh
- 17 Mark McGroary
Maras Mac Ruairi
- 18 Stephen McTague
Stiofán Mac Taidy
- 19 Peter Reynolds
Peadar Mac Ráthail
- 20 Brian Banks
Brian Ó Bruadair
- 21 Andrew Burns
Aindriú Ó Broin
- 22 David Duignan
Darrí O' Duigeannáin
- 23 Jack Cullen
Seán Ó Cúilín
- 24 Barry McGovern
Barra Mac Samhráin
- 25 Daraugh Murphy
Daire Mac Murchaídh
- 26 Shane Murphy
Seán Mac Murchaídh
- 27 James Honeyman
Seamus Mac an Aclaí
- 28 Cyril O'G Smith
Ciarall Óg Mac Gabhann
- 29 Séamus Wilsley
Seamus Mac an Aclaí
- 30 Nathan McCartin
Nathán Mac Aclaí
- 31 Philip Farrelly
Pádraic Ó Fáirdhealláigh
- 32 John Fanning
Seán Ó Fáilb
- 33 Kevin Prior
Caoimhín Mac an Phríora
- 34 Philip Murphy
Pádraic Mac Murchaídh
- 35 Eoghan Shanley
Eoghan Mac Samhráin
- 36 Caillán Murphy
Caoilín Mac Murchaídh
- 37 Mark O'Reilly
Maras Ó Raghallaigh
- 38 Conor Moran
Conchúr Ó Mórán

Ballinamore Sean O Heslin's



	Cúil	Cúilíní	Seachai	45m	Saor Ciceanna
1adh Leath					
2adh Leath					
IOMLÁN					

Mohill



	Cúil	Cúilíní	Seachai	45m	Saor Ciceanna
1adh Leath					
2adh Leath					
IOMLÁN					

FIR IONAD

- 16 Jason Farry
Desáin Ó Farraigh
- 17 Caillán Canning
Caillán Ó Caine
- 18 Liam Rosley
Liam Ó Reáilb
- 19 Fiachra McGuinness
Fiachra Mac Aonghusa
- 20 Shane McGowan
Seán Mac Gabhann
- 21 Ronan Gordon
Róndán Mac Ailínneacháin
- 22 Jonathan Reynolds
Seán Mac Ragnáil
- 23 Daraugh Gordon
Daire Mac Murchaídh
- 24 Darren McLoughlin
Daire Mac Lochlainn
- 25 Donal Duignan
Dónal Ó Duigeannáin
- 26 Conor Quinn
Conchubhair Ó Guine
- 27 Ethan Harkin
Ethan Ó hEarcáin
- 28 Johnny Boyle
Seán Ó Beice
- 29 Alan Turhill
Ailéin Ó Turhill
- 30 Tadgh Mulligan
Tadgh Ó Mairiú
- 31 Peter O'Neill
Peadar Ó Néill
- 32 Barry Lupton
Barra Lupton
- 33 Cian McGuinness
Cian Mac Aonghusa
- 34 Garán Baxter
Garán Mac an Bhacáir
- 35 Keoghán Curran
Ceogáin Ó Curra
- 36 Shane McGourty
Seán Mac Ghorádh
- 37 Conor Mulligan
Conchubhair Ó Mairiú
- 38 Jamie Stenson
Seamus Mac Stéibh
- 39 Ryan Bohan
Rian Ó Buadha

SANTA'S COMING HO HO HOME TO CROKE PARK

THE GAA MUSEUM ARE DELIGHTED TO ANNOUNCE THE RETURN OF SANTA TO CROKE PARK, THE HOME OF GAELIC GAMES, THIS YEAR. A TEAM FROM THE NORTH POLE ARE SETTING UP A TRAINING CAMP IN CROKE PARK AND THEY'D LOVE YOU TO VISIT AS THEY PREPARE FOR THEIR SPECIAL JOURNEY AROUND THE WORLD ON CHRISTMAS EVE.

On the Santa Experience, you'll take a stroll pitchside to view the magnificent Croke Park pitch, before stepping into the Elf Dressing Rooms, the Igloo Clubhouse and the North Pole Skills Zone. In this festive fun zone, you can impress with your camogie, hurling and football talents.

Then it will be time to step inside Santa's very special Croke Park cabin to meet the man himself. You can even take a photo sitting in front of Santa on his team bench and tell him about your predictions for the 2022 All-Ireland Championships! Every child will receive a small GAA-themed gift and photos will also be available to purchase if you wish.

Please note that the Santa experience is a group tour, and you will be joined by other people during your visit, but every ticket booking will have a chance to meet Santa for an individual photo. Photos can be purchased separately, or you are welcome to take your own pictures. Tickets also include access to the newly refurbished GAA Museum, and the gift shop and café will be open.

Santa will arrive at Croke Park on Saturday November 27th and the Santa Experience will run on selected dates until Wednesday

December 22nd. The experience lasts for one hour and is wheelchair and buggy accessible. Free parking is available outside the GAA Museum with entry to Croke Park at St Joseph's Avenue (turn at the Daybreak Shop on the Clonliffe Road).

All tickets must be pre-booked online in advance at crokepark.ie/santa. Tickets prices are:

- Adults: €11
- Children aged 2 upwards: €17 (including gift)
- Children aged 13 months – 23 months: €9 (including gift)
- Children Under 1: Free of charge and gift included, but ticket must be booked

Children must be accompanied by an adult. Please contact us at santa@crokepark.ie if you wish to learn more about our Sensory visits.

The GAA Museum has signed up to the Fáilte Ireland Covid Safety charter. In advance of attending visit www.crokepark.ie/gaamuseum to see our Covid-19 health and safety procedures. Do not attend if you are experiencing symptoms. In line with Government entry requirements, all attendees over 18 must have proof of full vaccination or recovery from Covid-19 in the past six months along with photo ID. Ticketholders aged under 18 who are accompanying adult ticketholders do not need proof of vaccination or recovery. Masks are mandatory at all times, but children under the age of 13 are not required to wear masks. Please see our terms and conditions and FAQ sections for further details.



**Santa guides his sleigh back
to GAA HQ this winter!**

Starts November 27th

**Pre-book online
crokepark.ie/santa**

By Cian Murphy

GOING GLOBAL – SHOWING GAELIC FOOTBALL ON TV IN GALICIA PROVES A HIT

CHAIR OF EUROPE GAA JOHN MURPHY SAYS THAT DEMAND FOR MORE GAA MATCHES ON A FOREIGN TV CHANNEL HAS ROCKETED AFTER THE SUCCESS OF SHOWING THE ALL-IRELAND FINAL AS A TRIAL EARLIER THIS YEAR.

TVG in Galicia were so delighted with the viewership of nearly 20,000 for the All-Ireland series that they have been on to him looking for more games for this new audience.

“It went fantastically. TVG want to talk about more, they want more Gaelic football. It was a really good start,” he told the Club Newsletter.

“After the first match was shown the people involved in the clubs in Galicia were inundated with requests from PE teachers to find out more about the game and to learn more about it.

“One of the clubs decided to run a kids camp shortly after the first semi-final and had to close down applications as they could not cater for demand.

“In November there are eight clubs who will be coaching Gaelic football in schools around Galicia.

“The two semi-finals and final were shown, and I have to thank RTÉ and also the Uachtarán Larry McCarthy and Noel Quinn Media Rights manager for helping to make it happen. RTÉ were kind enough to provide the live stream and the stats and the Galician’s had local commentators.”

There are currently 10 clubs in Galicia which is an autonomous region of northwestern Spain above Portugal and bordering the Atlantic. It is an area the size of Munster with a population of 2.8m and they are fiercely proud of their Celtic roots.

The thrilling climax to Championship 2021 that saw mighty Dublin and Kerry falter before Tyrone triumphed at the expense of Mayo was celebrated thousands of miles away from Jones’s Road with these new-found fans of the drama in Croke Park.

According to John Murphy, 99 per cent of the players in Galicia are home grown from the native population who have embraced Gaelic football as an expression of their cultural identity.

He added: “Every Irish person I know who has been there says to me that it is just like being in a parish at home. In terms of that identity and sense of place – there’s a tribalism there that they have really tapped into with the GAA. They regard themselves as Celtic. Gaelic games mean as much to them as anyone else in Ireland.”

And this TV experiment is yet another example of the phenomenal growth of World GAA.

“You see in Andalucía where we are trying to bring Gaelic football on the school curriculum and replicate what is happening in Brittany and what we are also working on in France. I know the Galicians are inspired by this too.

“There is an appetite for more Gaelic games. There are 400m people in continental Europe and we have the most enjoyable games in the world, so the potential is huge.”

To find out more about the GAA in Galicia and info on Europe GAA go to: <https://gaelicgameurope.com/>



LOCAL COMMENTATOR CARLOS SECO WAS THE GALICIAN MARTY MORRISSEY...



THERE IS NO POINT GIVING OUT ABOUT REFEREES UNTIL YOU WALK IN THEIR SHOES

DONAL SMYTH GOT TO THE VERY TOP OF THE GAA AS A GOALKEEPER WITH THE GREAT MEATH TEAMS OF THE 80S AND 90S. WHEN INJURY ENDED HIS CAREER, COACHING AND THEN LATER REFEREEING GAVE HIM AN OPPORTUNITY TO GIVE SOMETHING BACK AND STILL GET A BUZZ FROM BEING INVOLVED. NOW HE IS THE GAA'S NATIONAL MATCH OFFICIALS MANAGER, AND HE IS ENCOURAGING MORE PEOPLE TO TAKE UP THE WHISTLE AND GIVE IT A GO.

“An involvement in the GAA has been a constant all my life. Wherever we have lived it has always provided me with opportunities and friendships and sport has also provided me with life skills.

“Having played hurling and football for my Club, Navan O’Mahony’s in Meath, I was lucky enough to be a part of the Meath Senior football Team of the 80s and early 90s, and fortunate to have some success along the way.

“I played until 1998 when a wrist injury forced me to stop playing; the fact that I was a goalkeeper it was not possible to continue. I got involved in coaching and enjoyed being involved with Clogherinkoe in Kildare, the Meath U16’s and Minors and a number of Clubs in Meath.

“I had always wanted to try Refereeing. It was something that attracted me and it was the opportunity to give something back to the GAA which had given me so much. One of the things I realised when I got involved was how little I knew about the rules of the games. Players and coaches think they know the rules; the question is do they?!

“I continue to referee hurling and football in Meath, and I find refereeing teaches you mental toughness, good people skills, it also gives you the best view of a game and teaches you how to view the games in a different light - one which puts an emphasis on fairness, integrity, decisiveness, and good judgement.

“It has provided me with great days, and I greatly enjoy the fact that I can be still actively involved in the participation of our games, for fitness, mental health and friendship.

“It provides a pathway for ambitious people to Referee at the highest level and for people to make a major contribution to your Club and County.

“In my role as the National Match Officials Manager for the GAA it is very noticeable the shortage of Referees we have around the Country, we continue to increase the number of games played but with the same number of Referees. Every club should have an active Referee, there is no point giving out about Referees until you walk in their shoes.

“Recruitment is the responsibility of clubs and Counties and we need to encourage participants for all levels.

“The importance of Referees to our games cannot be overstated; without them the games will not be played. Each club should actively recruit and support the Referees who are valuable members of the club.”

Being a good ref often means having the courage of your convictions – even if the decision is not popular.



DONAL SMYTH ON REFEREE DUTY

Donal is adamant that people interested in giving refereeing a try should do just that – and not be put off by any worries about criticism of being the man or woman in the middle.

Donal added: “The positives outweigh the negatives and the contribution you make is always a far more valuable contribution to the Association than the people who are interested in being critical of a referee.

“We also have the rule book to deal with these individuals and I’d always encourage referees to report these instances and do not shy away from doing what they feel is right.

“Referees are human, and we all can make mistakes, but there is great training and assistance within the GAA to develop and nurture referees through the system.

“In everyday life we have supporters and critics. Self-control is as important as gaining confidence, especially for new Referees. We need to be prepared for the fact sometimes people will not agree with your decisions. With experience you learn composure and keeping the wits about you when everybody else is agitated. Learning how to cope with different personalities is a learned and life skill. Going into games as a team with the other match officials and supporting each other is very important and sharing information and experiences with others will help.”

The GAA urgently needs more referees.

To get involved please contact your local referee administrator or our County Board.



DONAL SMYTH IN HIS PLAYING HEYDAY WITH MEATH

CLUB MEMBERS DELIVER HUGE RESPONSE TO GAA STRATEGIC PLAN SURVEY

An unprecedented 15,300 survey responses in just 10 days has helped shape the final stage of the preparation work for the GAA's soon to be published Strategic Plan.

Club members throughout the country seized the opportunity last September to use their voice and have an input into the direction of the plan which is being led by the Uachtarán and Ard Stiúrthóir and will shape Association policy for the coming five years.

It is the biggest response to a survey request issued by Croke Park. The GAA has now moved into the final phase of discussions to develop the finished piece. A document will be published in the coming months which sets out the long-term strategy for sustaining and growing the Association. More specifically, it will define the overarching objectives of the Association for the next five years and the roadmap for achieving them.

The final stage of analysis was informed by a major public survey which attracted an unprecedented 15,300 responses in just 10 days. The record response rate shows the continued desire of the Association's members and followers to have their voices heard on the GAA's future. For the first time, the Association used Foireann to send the survey link directly to every adult member it has up-to-date contact information for and also used its GAA Go mailing list to garner additional responses from overseas members and supporters.

The feedback was professionally analysed by KPMG's Business Intelligence Unit and considered by the Steering Group during a two-day strategy workshop last month.

The plan now is to continue refining the vision and strategy for the Association before presenting a final draft to An Coiste Bainistíochta and Ard Chomhairle for their consideration. The timeline for launching the plan will be announced in due course.

**WE ALL BELONG HERE
IN THIS PLACE. AT THIS TIME**
WE BELONG NOT BECAUSE OF WHO WE ARE OR WHERE WE COME FROM
BEING HERE MEANS BELONGING
BELONGING MEANS KNOWING YOU'RE PART OF A COMMUNITY
**A COMMUNITY THAT HAS A PLACE FOR ALL
WHERE POTENTIAL IS NURTURED
WHERE INDIVIDUALS BECOME TEAMS**
WHO HONOUR THE LEGACY OF THOSE WHO WENT BEFORE
AND STRIVE TO BUILD A LEGACY OF THEIR OWN

SOME OF US PLAY
SOME OF US USED TO PLAY. SOME OF US NEVER PLAYED

WE ALL BELONG
BELONGING MEANS HAVING A VOICE
MEANS BEING ABLE TO SAY WHAT YOU THINK IS RIGHT
BEING LISTENED TO
BELONGING MEANS RESPECTING EACH OTHER
MEANS BEING THERE FOR EACH OTHER
ON THE PITCH. OFF THE PITCH
BELONGING MEANS ROLLING OUR SLEEVES UP AND DOING WHAT NEEDS TO BE DONE
WE ALL BELONG WHETHER IT'S OUR FIRST DAY OR OUR HUNDRETH YEAR
WE ALL BELONG HERE BECAUSE THIS PLACE BELONGS TO US ALL

OUR GAA
WHERE WE ALL BELONG

WHAT ELSE HAPPENED AT SPECIAL CONGRESS??

BY NOW EVERYONE KNOWS THAT THE PROPOSAL TO REVAMP THE ALL-IRELAND SENIOR FOOTBALL CHAMPIONSHIP SECURED A MAJORITY BUT FELL SHORT OF THE REQUIRED 60 PER CENT TO BE PASSED INTO LAW AT SPECIAL CONGRESS. BUT WHAT ELSE HAPPENED AT THE GATHERING THAT CLUBS NEED TO KNOW???

An Ard Chomhairle motion was passed which greater defines the role of the Development Officer by instead having a Safety & Facilities Committee and a separate Planning & Training Sub-Committee. One group is developing facilities and property, the other group is developing people and officers.

Another Ard Chomhairle motion successfully passed was the need for the establishment of Audit and Risk Committees at every county and provincial level in the GAA.

A motion from the St Patrick's in Fermanagh seeking to amend the treatment of walkover matches in the disciplinary process was defeated 49-51.

Four other motions which were related to World GAA were deferred until Congress 2022 next February.



CLUB LEADERSHIP

THE SUCCESSFUL SPRING/SUMMER SERIES OF EDUCATIONAL WORKSHOPS SAW JUST UNDER 9,000 CLUB AND COUNTY OFFICERS TAKE PART IN ONLINE WEBINARS ACROSS A VARIETY OF MODULES OFFERED UNDER THE CLUB LEADERSHIP DEVELOPMENT PROGRAMME.

The workshops, delivered by an experienced team of trained Associates, were very well received by attendees and described as both beneficial and practical to Club Officers. Our Autumn/Winter series of workshops is now underway. This series will primarily focus on two key areas, running an efficient club AGM and providing workshops for Club Officers.

Running an Efficient AGM

This module, presented by Leinster Council Chairperson Pat Teehan and Clare's Central Council delegate Simon Moroney, analyses the age old question: "How do you run an efficient Club AGM?". The key focus areas in this webinar are the preparations that go into an AGM, the rules covering it and gives tips on how to

keep the AGM on track. The live webinar, which was presented to over 200 people on Wednesday, October 20th, along with a wide range of relevant resources relating to the AGM can be accessed via the GAA's learning portal by clicking [here](#).

For a range of practical AGM templates such as a sample agenda, set of minutes, Standing Orders, etc., visit:

www.learning.gaa.ie/clubagm

Welcome to the GAA Learning & Development Portal

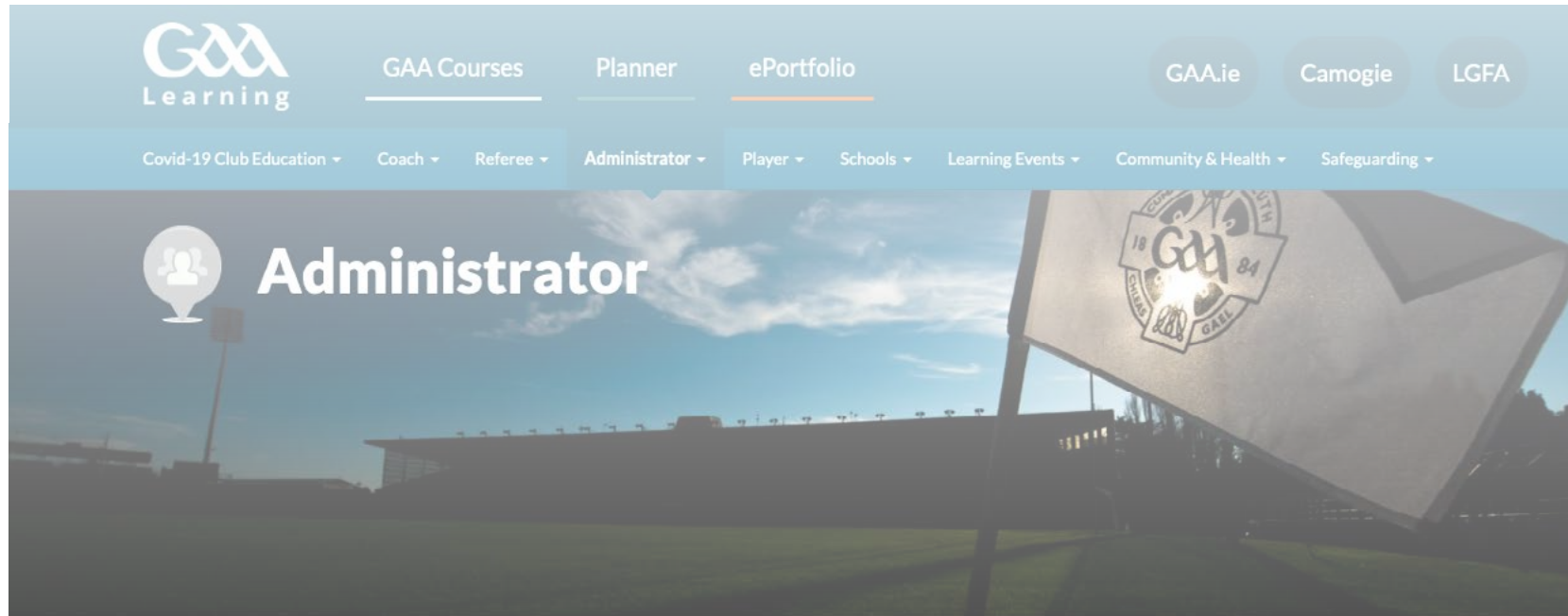
Featured articles:





Club Officer Training

With in person gatherings set to come back again hopefully in the new year, Clubs are reminded to contact their County Development Officer if they wish to request training courses for new or existing Club Officers. Subject to demand across the county, courses for each Officer role can be provided to Clubs who wish to avail of this. Learning resources are available for all Officers in the **administrator section of the learning portal.**



Welcome to the Administrator section of the GAA Learning Portal. Click on any section to access resources that will assist with the management of your Club and the successful fulfillment of your role.



Le Jamie Ó Tuama

SCÓR SINSIR 2020 FINALS SET FOR CLG CHONNACHT'S AIR-DOME

COISTE NÁISIÚNTA SCÓR ARE DELIGHTED TO ANNOUNCE THAT THE SCÓR SINSIR 2020 FINALS ARE SET TO TAKE PLACE ON SATURDAY, 20TH OF NOVEMBER, IN THE AIR-DOME AT CLG CHONNACHT'S HEADQUARTERS IN BEKAN, CO. MHAIGH EO.

Following a very challenging two years for Scór organisers, participants and the GAA Scór community in general, the committee very much look forward to completing their Scór activity for 2020. They also look forward to welcoming a crowd back while at the same time adhering to all Covid-19 related protocols and guidelines.

On behalf of Coiste Náisiúnta Scór, Cathaoirleach Tomás Ó Muirí, expressed his delight that the Scór GAA community have been able to finish up where they left off way back in March 2020.

'I am absolutely delighted to announce that Coiste Náisiúnta Scór are now in a place where we can finish our Scór Sinsir 2020 Finals in a safe and manageable way. I am also very happy to announce that the All-Ireland finals will take place in CLG Chonnacht's famous newly built Air-Dome and I would like to put on record my thanks to all that have made this possible. Tá mé ag súil go mór le sibh uilig a fheiceáil go luath. Tugaigí aire.'

Meanwhile, a decision was also made to start the Scór 2022 season with Scór na nÓg. The Coiste hopes this will now give certainty to the Scór GAA family who are eagerly awaiting a return to action. A decision will be made with regards to dates etc. for commencement in due course.

'Tá an-áthas orainn a fhógairt go gcuirfidh na daoine óga tús le gníomhaíochtaí Scór 2022' a dúirt Ó Muirí. 'We hope this will give certainty to all those young musicians, dancers and entertainers out there that are raring to go!

'Beidh muid i dteagmháil libh go luath nuair a bheidh cinnteacht ann maidir le dátaí agus mar sin de. Idir an dá linn, coinnigí súil amach ar leathanach Facebook Scór le coinneáil suas chun dáta.'



ÁR GCLUICHÍ, ÁR LAOCHRA #28 – EOIN CARROLL

SAN EAGRÁN IS DEIREANÁI SEO DE ÁR GCLUICHÍ, ÁR LAOCHRA, CUIREANN MUID 20 CEIST SCIOBTHAÍ AR LAOCH PEILE UÍBH FHAILÍ AGUS CHEAPACH AN CHURRAIGH, EOIN Ó CEARÚILL.

D’imir Eoin le peileadóirí sinisr Uíbh Fhailí don chéad uair thiar sa bhliain 2013 agus ó shin i leith tá sé ag tús cadhnaíochta i lár na páirce dá chlub agus dá chontae. Tá os cionn 70 cluiche imeartha aige faoin tráth seo lena chontae.

Fear mór Gaeilge é Eoin, freisin, atá an-bhródúil as a theanga agus a fhéiniúlacht.

‘Tá an Ghaeilge chomh tábhachtach domsa. Is duine Éireannach mé agus táim fíorbhródúil as m’fhéiniúlacht agus ár dteanga dhúchais. Thosaigh an tsuim seo nuair a bhí mé níos óige ag dul chuig Coláiste Lurgan sa samhradh agus nuair a rinne mé staidéar ar an teanga ar scoil, freisin, le mo mhúinteoir an tUasal Ó Donnabháin as Corcaigh.’
Deireadh Fómhair, 2021

Mar a d’fhreagair Eoin ar gcuid ceisteanna!

Ainm: Eoin Ó Cearúill

Aois: 27

Club: Ceapach an Churraigh

Contae: Uíbh Fhailí

An scannán is fearr leat? Lawless

An leabhar is fearr atá léite agat? Legacy faoi na All Blacks

An banna ceoil is fearr leat? Mumford & Sons

An áit is fearr leat? An Iodáil

An bia is fearr leat? Bia as Meicsiceo

Clár teilifíse is fearr leat? Love/Hate nó Peaky Blinders

An t-imreoir ab fhearr leat nuair a bhí tú óg: Matt Connor

An chéad chuimhne CLG atá agat: Mo chéad seisiún i gCeapach an Churraigh le m’fhoireann Naomh Uinseann

An chéad uair a ndearna tú ionadaíocht ar do chontae: 1ú Nollaig 2012 in aghaidh Lú (Corn Fitzsimons) agus ansin i mí Feabhra sa tsraith in aghaidh Luimnigh i dTulach Mhór.

An t-imreoir is fearr le himirt leat: Peter Cunningham

An t-imreoir is fearr le himirt i do aghaidh: Mattie Donnelly

An cluiche is fearr a d’imir tú riamh: Cluiche Ceannais f21 2015 – Naomh Uinseann in aghaidh Thulach Mhór

Buaicphointe do shaoil imeartha le do chontae go dtí seo: Mo chéad chluiche leis an gcontae (scuad forbartha U13) i bPáirc Tailteann in aghaidh Lú agus na Mí

Buaicphointe do shaoil imeartha le do chlub go dtí seo: Ag imirt le mo dheartháireacha agus mo chol ceathracha

An duine is mó a raibh tionchar aige/aici ar do shaol imeartha go dtí seo: Mo dhaid Aon chomhairle agat d’imreoirí óga?

Bain taitneamh as fad a mhaireann sé agus déan spriocanna agus cuspóirí i gcónaí

Aon chaitheamh aimsire eile? Is breá liom taisteal agus ag dul chuig áiteanna/tíortha nua

Laoch spóirt agat taobh amuigh de CLG? Michael Jordan



By Colin Regan

GAA HEALTHY CLUB CONFERENCE: THE 5 WAYS TO WELLBEING

MORE THAN 450 DELEGATES TUNED IN FOR WHAT TURNED OUT TO BE A FASCINATING VIRTUAL GAA HEALTHY CLUB CONFERENCE ON SATURDAY, OCTOBER 31ST. THEY WERE JOINED BY RENOWNED PSYCHOLOGIST DR. TONY BATES, TYRONE ALL-IRELAND WINNER CONOR MEYLER AND A HOST OF OTHER GAA AMBASSADORS AND HEALTHY CLUBS TO EXPLORE THE CONFERENCE THEME: '5 WAYS TO WELLBEING'.

The GAA's Community & Health department, which organises the popular event, used club case studies and personal testimonies to bring to life the conference theme: 'The 5 Ways to Wellbeing' – Connect, Be Active, Take Notice, Keep Learning and Give. The event also marked the opening of expressions of interest for new clubs to get involved in the Healthy Club Project. A target of 200 new clubs has been set to join the almost 300 clubs already accredited as official 'Healthy Clubs'.

The Healthy Club Project is delivered in partnership with Irish Life (corporate social responsibility partners), Healthy Ireland, the HSE, National Office for Suicide Prevention, and the Tomar Trust. It aims to expand clubs' positive influence as they broaden their remit from sports clubs to becoming hubs for health in their community.

Contributors included Dr. Tony Bates, renowned psychologist, author, and creator of Jigsaw (the National Youth Mental Health Foundation) who highlighted the vital role played by the GAA and its clubs and counties in offering

people meaningful opportunities to come together and feel part of something bigger than themselves.

Other contributors included Tyrone All-Ireland winner and GAA/GPA Player of the Month for September, Conor Meyler; six-time All-Ireland winner Julia White; Cork senior football manager, Keith Ricken and Ulster Wheelchair Camogie Player and Coach, Geraldine McGarrigle.

Topics covered included All Stars Programme for children with additional needs; Dads & Lads social football and hurling team; the new Green Clubs environmental programme; youth leadership initiatives and opportunities; and the value of volunteering.

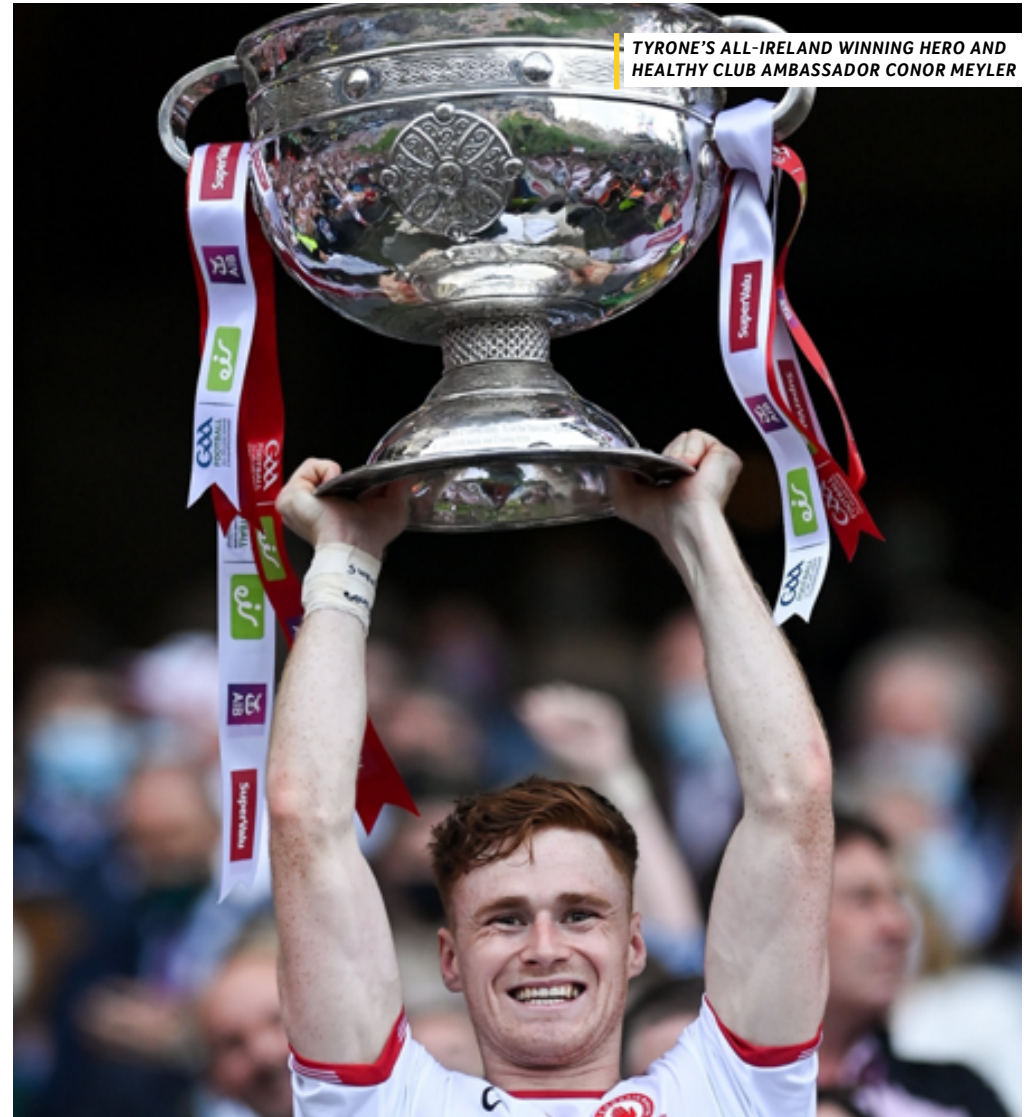
A total of 129 clubs recently completed phase 4 of the Healthy Club Project following an 18-month journey – see some of what they achieved here: <https://www.youtube.com/watch?v=FoYVYaRJ1io>

The event was broadcast live on the GAA Youtube channel where it generated great engagement and discussion. Expressions of interest for clubs to get involved in the next phase of the GAA Healthy Club Project will remain open until Friday, December 3rd. You can apply here:

<https://healthyclubs.gaa.ie/>

For more information regarding the Healthy Club Project please visit <https://www.gaa.ie/my-gaa/community-and-health/>

TYRONE'S ALL-IRELAND WINNING HERO AND HEALTHY CLUB AMBASSADOR CONOR MEYLER



By Cormac Hargaden

CAMOGIE COMEBACK IN CLONTARF

THE FIRST ADULT CAMOGIE TEAM IN OVER 20 YEARS IN CLONTARF EXEMPLIFIES THE GRASSROOTS GROWTH IN FEMALE PARTICIPATION IN GAELIC GAMES –

2021 saw Clontarf GAA enter an adult camogie team in competition for the first time in over two decades.

The revival of the game in the Clontarf area was the culmination of years of patient work by club officials, mentors and players: developing a sustainable structure from nursery up to adult level which now gives all genders a choice to play both GAA codes at every age group.

Clontarf club stalwart Anne O'Mahony said: "We are a GAA club. Football and hurling/camogie - they are the two main sports. And if we are a true GAA club, we should be offering those to boys and girls."

The fruits of all the club's efforts are evident to see in participation levels.

Clontarf GAA now boasts over 800 female players. This story of success demonstrates how the influence of positive role models can make a real difference at parish level.

As Clontarf player Gráinne McDaid said: "The younger girls coming up - when they walk by training - they see us and they say "Oh I could be them one day".

Her teammate Ciara Mangan agrees:

"When we were younger there was no camogie team in Clontarf. Now there's

young girls who have the chance to aspire to goals that I couldn't even dream of"

Eoghan Hannigan, the Adult and Minor teams' coach says: "The whole point of the 20x20 campaign: was If You Cant See it, You Can't Be it. Now girls can see it straight in front of them in the park."

While a core group of girls who were Under 9's and Under 10's a decade ago now comprise the majority of the senior panel, there has also been newcomers who have been tempted to take up the sport - like their long time mentor Máire Harding O'Brien; who made her debut on the field of play in 2021.

The news of an adult team has also tempted others to return to a game that they played in childhood, like Galway native Tara Darcy. "I hadn't played competitively since I was nineteen years of age. I really enjoyed it. I loved being back, playing with a team."

A short video has been put together to capture this story and is available to publish on social channels or platforms with a credit to Clontarf GAA.

Downloadable links here:

SHORT (2') VERSION:

<https://vimeo.com/584941244>

Password:
CLONTARF



Gráinne McDaid
Clontarf Camogie Player



CLONTARF GAA

SUSPECTED HEAD INJURY

- Concussion is a brain injury that can be caused by an impact to a player's Head or Body.
- Over 90% of Concussions occur without a loss of consciousness therefore recognition of other signs and symptoms is crucial.

“IT’S NOT ALWAYS A KNOCK-OUT”

Observation

Initial Signs:

The Nature of the Impact:

- The speed of the impact / collision
- Was the player braced for impact? (Did they see the impact coming)
- Was there any rotational (twisting) motion of the head / neck caused by the impact?

Indicators:

The Player's reaction:

- Did they lie motionless for any period of time?
- Were they unsteady on their feet?
- Did they clutch their head?

Red Flags – urgent medical attention:

- Possible neck or spinal Injury – player should not be moved
- Prolonged Loss of consciousness
- Deteriorating conscious state
- Convulsions / Seizures
- Vomiting
- Double Vision
- Disorientation/Confusion
- Severe or increasing headache
- Abnormalities of balance or coordination
- Slurred or incoherent speech
- Weakness or tingling/burning in arms or legs

A simple two-step process should be applied:

1.RECOGNISE – the Signs and Symptoms

2.REMOVE – the player from the field of play

Remember, if there is any suspicion of Concussion, the player should be removed from the field of play:

“IF IN DOUBT, SIT THEM OUT”

GAA LAUNCH 'YOUR GAME, YOUR BRAIN' CAMPAIGN

'YOUR GAME, YOUR BRAIN' IS A NEW CAMPAIGN DESIGNED TO INCREASE AWARENESS AMONGST ATHLETES OF THE IMPACT OF ALCOHOL ON A STILL DEVELOPING ADOLESCENT BRAIN. IT IS DRIVEN BY THE GAA'S COMMUNITY & HEALTH DEPARTMENT AS PART OF THE ASSOCIATION'S LONG-STANDING WORK IN THE FIELD OF HEALTH PROMOTION THROUGH SPORT. THE CAMPAIGN IS FUNDED BY THE TOMAR TRUST AND SUPPORTED BY THE HSE'S ASKABOUTALCOHOL.IE INFORMATION WEBSITE.

Research shows that the adolescent brain continues to develop, on average, until 25 years-of-age, during which time it has a greater sensitivity to alcohol. 'Your Game, Your Brain' seeks to increase young athletes' awareness of the effects of alcohol both on sporting performance and brain health/development. Using social and digital media, the campaign seeks to tap into young athletes' love of sport and their desire to be the best they can be. The campaign message is delivered via a simulation of the notorious fitness 'Beep Test' to translate what could be a complex concept into something more relatable to the sporting audience. Other campaign assets utilise an action shot of a player that is buffering, implying a slower than optimal connection to a generation for whom connectivity is currency.



During the crucial developmental period up to the age of 25-years, the brain is undergoing some of the most important changes of our lifetime. It is building the mechanics that support more sophisticated thinking skills like planning, judgement, decision making, goal setting and sustained attention – all of which underpin sporting performance and achievement.

The GAA has since 2006 delivered throughout its club and county network resources and information regarding drug and alcohol awareness. The ASAP (Alcohol and Substance Abuse Prevention) Programme delivered in collaboration with the HSE has resulted in approximately 900

GAA clubs implementing a Club Substance Use policy. All clubs participating in the GAA Healthy Clubs Project must, amongst other activities, adopt such a policy to achieve Healthy Club accreditation. A significant number of GAA clubs have also become Smoke and Vape-free campuses as part of their Healthy Club journey. Almost 300 clubs are currently engaged in the Healthy Club project, which is supported by Healthy Ireland, the National Office for Suicide Prevention, the Tomar Trust, and Irish Life as CSR partners. There are plans to recruit an additional 200 clubs into the project in 2022.

As part of the 'Your Game, Your Brain' campaign all units within the Gaelic

Games family are encouraged to ensure that they have an up-to-date Substance Use policy in place – see here for more details: <https://www.gaa.ie/my-gaa/community-and-health/substance-use-gambling-awareness/substance-use>

A steering group including representation from the Local and Regional Drug & Alcohol Task Forces network, Alcohol Forum Ireland, and Planet Youth Ireland project advised the GAA's Community & Health department throughout the development of the 'Your Game, Your Brain' campaign. The campaign has been funded by The Tomar Trust, a philanthropic trust that seeks to support the development of resilient young people

and address some of the big issues facing Ireland today by investing in solutions to solve them.

The target audiences for 'Your Game, Your Brain' are: 1) young athletes with still developing brains; 2) sports coaches; 3) parents of young athletes

For more information on 'Your Game, Your Brain' or to access the campaign assets for your club go to: www.gaa.ie/community

For further information on how alcohol affects your health and wellbeing visit: www.askaboutalcohol.ie

THINK YOU'RE *FAST* ENOUGH?

GAA GENERATIONS SEEKS 12-21 YEAR-OLDS TO HELP IN ORAL RESEARCH PROJECT

WE ARE OUR STORIES, AND WE TELL THEM WHILE STANDING ON THE SHOULDERS OF THOSE WHO CAME BEFORE US.

Ireland boasts a rich tradition of passing our stories from one generation to the next. To honour that, and to capture a better understanding of what the GAA means to its members, we have launched 'GAA Generations' oral research project.

What is GAA Generations?

The idea is simple – we are inviting young GAA, LGFA and Camogie Association members aged 12-21 to record on their mobile phone a conversation with 'One Good Adult'; someone who they look up to and admire in the 55+ age bracket. It could be, for example, a parent/grandparent, a coach, or a teacher, past or present, that saw and nurtured your potential.

Older participants will also be given the opportunity to quiz their young interviewees on their GAA experiences and how it may have impacted their understanding of who they are.

What's the purpose of the project?

GAA Generations aims to recruit between 500-1,000 young GAA, LGFA and Camogie Association members (aged 12-21 years-old) who will receive online training in conducting an interview with a person of influence in their life aged 55+. The conversations with their selected 'One Good Adult', recorded on a smart phone along with a photo of the participants, will be stored on the GAA's eLearning platform and published as part of the GAA archive. For taking part, you will receive a UNESCO



Chairs/GAA Youth Researcher Certificate of Participation.

How can I get involved?

If you are a young GAA, LGFA and Camogie Association member aged 12-21 years (inclusive) and would like to participate in this research project please complete the **expression of interest form**.

For further information contact

gaagenerations@gaa.ie or Blánaid Carney at +353 (0) 1 819 2387

You can also learn more via the following video link: <https://youtu.be/2PvvVjl-Hbc>

GAA Generations has benefitted from funding from the HSE Mental Health division via the National Office for Suicide Prevention. Depending on the volume of applications received, it may not be possible to facilitate everyone due to the analysis of the data required.



GAA Generations



SOCIAL MEDIA GUIDE

SOCIAL MEDIA IS SUCH A MAJOR PART OF MODERN LIFE AND MODERN COMMUNICATIONS THAT GAA CLUB AND COUNTY COMMUNICATIONS HAVE LONG SINCE EMBRACED THEM AS A VITAL TOOL IN TELLING OUR STORY AND STAYING CONNECTED WITH OUR MEMBERS AND SUPPORTERS AND KEEPING THEM INFORMED.

Like everything else in life, knowing what is best practice is also key.

The GAA has a set of updated social media guidelines.

It's available [here](#)

Social Media Policy & Guidelines





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.

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