

Nuachtlitir na gClubanna Nollaig 2015



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GAA CLUB WEBSITE SOLUTION

The GAA Club Website solution is now available for GAA clubs to use. This offers clubs a user-friendly, simple and very affordable way to develop a club site. It is also the replacement solution to the now unsupported Google Site solution. The website solution has been developed with Ergo, a Microsoft Partner who support the GAA around areas such as email, and now club websites. Some of its key features are as follows:

- Website built on Microsoft Sharepoint, so it edits like Microsoft Word
- Fully mobile-responsive website
- 20GB of storage available for photos, videos and all other content
- Full integration with Servasport fixtures and results feed

Examples of live sites using the GAA Club Website solution can be seen here:

- www.conahyshamrocks.gaa.ie
- www.melvingaels.com
- www.nagaeiloga.ie

The cost for the site is a **once-off fee of €100**. This includes the build of the site to your custom requirements, support during your population of the website and full on-going support once your site is up and running. The support team will be available to you from 9am-11pm, Monday to Friday. The annual DNS fee (for ownership of your website address) that you normally pay to your provider (Bakers, or other) will still remain but there will be no additional cost for any technical support around the site.

Start the build of your club website by clicking **here**

For more information please contact: clubsites@gaamail.ie

AT YOUR FINGERTIPS



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**ONLINE.
ALL THE TIME.**

THE LATEST, OFFICIAL FIXTURES, RESULTS AND GAA INFO AVAILABLE

GAA 15 INJURY PREVENTION PROGRAMME / WARM UP

The GAA 15 warm-up is a standardised warm-up programme aimed at reducing the number of injuries sustained by GAA players with a particular emphasis on reducing ACL injuries. The GAA's Medical Scientific and Welfare committee sponsored the development of the warm-up programme and has worked with Coaching and Games Development to educate coaches and players on its benefits. The programme was designed by Dr. Catherine Blake Prof. Niall Moyna and Dr. Kieran Moran and is a significant step forward in the battle against serious lower limb injuries. Details are available at the following link: <http://learning.gaa.ie/GAA15>



IT'S TIME TO A-C-T!

This information could save a life!

In the event of a cardiac event taking place on your club's grounds please review the GAA'S Defibrillator Guidelines and ask yourself the following questions:

A – IS THE DEFIBRILLATOR ACCESSIBLE? IS IT STORED CORRECTLY?

C – ARE THE BATTERIES CHARGED? HAS IT BEEN MAINTAINED?

T – ARE YOUR CLUB MEMBERS TRAINED IN THE USE OF THE UNIT?

GAA Defibrillator Guidelines: Download [here](#)

Does your club have a Defibrillator?

Defibrillators are also available for first-time purchase for GAA Clubs at a discount from Heart Safety Solutions from:

Samaritan PAD350P: €850+VAT (€750+VAT with trade-in) RRP is €999+VAT

Samaritan PAD500P: €950+VAT (€850+VAT with trade-in) RRP is €1450+VAT

Further information on the GAA Defibrillator Scheme and Exchange Programme see [here](#)

Is it accessible, stored and maintained correctly?

All clubs are advised to have weekly inspections of their AEDs to ensure this life-saving equipment is always accessible and working if required.

Clubs are requested to verify that the recommended safety and maintenance updates for any automated external defibrillators have been undertaken.

The Health Products Regulatory Authority is issuing this advice as it has identified a number of defibrillators in Ireland, incorporating five particular models, where a corrective action remains outstanding. The five models for which corrective actions may be needed to ensure they work effectively are as follows:

AED Name	Manufacturer
Samaritan PAD, 300, 300P	Heartsine
Samaritan 500P	Heartsine
Lifepak CR Plus	Physio Control Inc.
Lifepak 1000	Physio Control Inc.
AED Plus	Zoli

Please see the HPRA website [here](#) for more information:

All clubs are also reminded that weather temperatures can affect a defibrillator's performance and all AEDS should be stored correctly and regularly checked during the winter months.

Appropriate storage and maintenance checks are of the utmost importance during the life-span of these potentially life-saving devices.

Is it still under warranty?

Defibrillator Exchange Programme

AEDs which would have been purchased at the beginning of the GAA Defibrillator Scheme may now be approaching the expiry of their warranty.

A defibrillator exchange programme is in operation with Heart Safety Solutions whereby a further €100 reduction off the discounted GAA Club prices is available when the clubs 'trades-in' an old defibrillator. The club, in exchange for their old unit, gets a brand new defibrillator with 10 Year warranty as follows:

Exchange Programme (including trade-in discount):

Samaritan PAD350P: €750+VAT with trade-in reduction (RRP is €999+VAT)

Samaritan PAD500P: €850+VAT with trade-in reduction (RRP is €1450+VAT)



INTRODUCTION OF BLOOD TESTING IN GAELIC GAMES

As part of the GAA's commitment to the maintenance of Hurling and Football as drug free sports, and having signed up to the provisions of the World Anti-Doping Agency in this regard, Blood Testing on a limited basis will be introduced in Gaelic Games from January 1st 2016.

Blood Testing has been a fact of life for many athletes in Ireland's largest sports for a number of years, having been introduced to the likes of Rugby, Cycling, Boxing, Athletics and Swimming in recent years. The GAA have worked closely with Sport Ireland in terms of its introduction and the programme that will be rolled out at Senior Inter County level – while meeting with the Sport Ireland requirements in this regard - has been designed taking careful consideration of the unique circumstances of our amateur players, their support personnel and our team and training structures

To find out more about anti-doping in Gaelic Games and the introduction of blood testing, please visit the following [here](#)

LIBERTY INSURANCE GAA GAMES DEVELOPMENT CONFERENCE JUST WEEKS AWAY

The 2016 Liberty Insurance GAA Games Development Conference will take place on Friday, January 22nd and Saturday January 23rd next in Croke Park. Following on from the 2015 Conference – which focussed on issues related to the development of the youth player – the 2016 Conference will focus on issues related to the Adult Player (aged 18 + years). The theme of the Conference is ‘The Coach, The Game, The Player: Building the Connections’ Friday, January 22nd will feature a ‘Play to Stay’ forum that will investigate many of the issues related to ensuring that player are provided with an adequate programme of games, appropriate to their needs and abilities. Speakers will present on a number of initiatives that have been developed to complement the formal games programme.

Saturday, January 23rd provides an opportunity for delegates to attend sessions from speakers of national and international renown covering topics relevant to the player, the coach, the game and the environment.

Speakers include:

- **Eamonn O’Shea, former Manager Tipperary Senior Hurling Team**
- **Bryan Cullen, All Ireland Winning Captain 2011, Dublin Senior Football Team**
- **Fionn Fitzgerald, All Ireland Winning Captain, 2013 Kerry Senior Football Team**
- **Jeff Lynskey, All Ireland Winning Manager, 2015 Galway Minor Hurling Team**
- **Prof Ian Robertson, Professor of Psychology, Trinity College Dublin**
- **Dr Sharon Madigan, Sports Nutritionist Irish Institute of Sport**
- **Paul Brady, World Handball Champion**
- **Dr Richard McCann, Sports Institute of Northern Ireland**
- **Prof Niall Moyna, Dublin City University**
- **Damien Young, Lecturer Setanta College/LIT and Performance Analyst Tipperary Senior Hurling Team**

Tickets are priced at €60 and available to purchase from the dedicated ticket site [here](#).

Delegates are asked to book their tickets early as places are limited and strictly on a first come, first served basis.

CAMOGIE4TEENS INITIATIVE

The Camogie Association received €125,000 for its project Camogie4Teens which will provide activities and training for female teenagers within club communities. The initiative will take place in 2016 with 1000 teenage girls taking part.

100 camogie clubs, across four provinces will take part in Camogie4Teens with five specific programmes provided to each club. The programmes will target the participation levels of teenage girls, aged 15-18 years and will also upskill each girl with regards to club administration, coaching and refereeing.

Camogie clubs have been linked together in each province for the purpose of Camogie4Teens and each camogie club will act as the host club for specific parts of the programme. The five sections of the programme are: Mixed and non-competitive games; coaching courses; refereeing workshops; club administration and PR; Camogie Fun Day.

The key objective of Camogie4Teens is to increase the activity levels of teenage girls within the specific group of camogie clubs; to train teenagers in camogie related activities such as club administration and PR and in turn clubs benefit from having a cohort of trained volunteers available to assist with club duties.

The Coca-Cola Thank You Fund has awarded €125,000 in funding for the fifth consecutive year. This is the second time that the Camogie Association have successfully applied for funding.

“At the Camogie Association, we are looking forward to implementing Camogie4Teens. We have all seen the studies which point to a decline in teenage girls’ participation in physical activity. This programme will target 100 clubs and a total of up to 1,000 teenagers. It will seek to increase activity levels of female teenagers in the clubs and will seek to involve those who do not currently play. Training will be provided in activities such as running a club, refereeing, coaching and PR. We look forward to implementing this project and would like to thank the Coca-Cola Thank You Fund for supplying €25,000 in funding,” said Catherine Neary, President of the Camogie Association.

“The World Health Organisation has identified physical inactivity as the fourth leading risk factor for overall global mortality. There is still a high level of physical inactivity worldwide, with the female teenage age group a particular concern. This innovative project will target this specific age group, increasing physical activity levels through a fun activity while also providing the participating girls with new skills, for their future involvement in sport,” said Caroline Murray, Projects and Initiatives Co-ordinator of the Camogie Association.

The projects in receipt of funding were selected following a competitive judging process. Shortlisted applicants met with a judging panel consisting of representatives from both of the Fund’s partner organisations – the Federation of Irish Sport and the Northern Ireland Sports Forum – as well as Niamh Gavin, Business Services Manager at The Wheel; Susan Grady, board member at Ireland Active; Lorraine Ho, founder of Bootcamp Ireland; Niall Moyna, Professor in the School of Health and Human Performance and a member of the Centre for Preventive Medicine in DCU; Denis Toomey, President of Cycling Ireland, and Ciara Cashen, Public Affairs & Communications Manager, Coca-Cola Hellenic Ireland.

In addition to pitching the judges on their idea, the groups also fielded questions on their approach during Q&A sessions.

Since 2011, the Coca Cola Thank You Fund has awarded €625,000 to 47 projects that have succeeded in getting more than 30,000 people moving.

***For further information on Camogie4Teens contact Caroline Murray, Project and Initiatives Co-ordinator, the Camogie Association, Tel: 087 1251269
Email: cmurray@camogie.ie**

***Caroline Murray, Projects and Initiatives Co-ordinator, (far-right) pictured with other recipients at the recent launch of the Coca-Cola Thank You Fund announcement.**



CLUB LEADERSHIP DEVELOPMENT PROGRAMME

Starting in January, new and existing club officers in participating counties will have an opportunity to complete the new Club Leadership Development Programme. The programme will transfer key knowledge in relation to roles and responsibilities for each principal Club Officer and also develop leadership, management and communication skills in them. Officers who complete the programme will:

- **Develop a better understanding of what role involves**
- **Gain improved leadership, management and communication skills**
- **Experience increased role satisfaction**
- **Know where to access resources and supports**
- **Have an opportunity to share ideas and solve problems with fellow officers in a relaxed learning environment**
- **Be better prepared for future roles in the Association**

The County Development Officer in each participating County will be promoting the times, dates and venues of the courses in due course. More information including a Programme Brochure is available on learning.gaa.ie/administrator

CLUB PRE-AGM INFORMATION

The Club AGM is the most important meeting of the year and every effort should be made to ensure that it is organised in accordance with the rules as laid out in the Club Constitution. The manner in which this meeting is organised and conducted will play a major part in the running of the Club for the coming year. The following resources will help you better understand what is required:

Club Manual – The Club AGM

Download [here](#)

Frequently Asked Questions

For answers to frequently asked questions, please visit – www.learning.gaa.ie/clubmanagement



DERMOT EARLEY YOUTH LEADERSHIP INITIATIVE CONTINUES TO INSPIRE NEXT GENERATION



On the same day that Dermot Earley Jr. was on the sideline guiding the Irish International Rules team in their successful test series match against Australia, over 130 young members received awards in Croke Park for their participation in the Dermot Earley Youth Leadership Initiative.

The programme honouring his father's legacy targets young GAA members between 15-18 years of age and operates as an innovative partnership between the GAA, Foróige, and NUI Galway. Phase two is currently being rolled out in eight counties (Kildare, Dublin, Roscommon, Galway, Cork, Tipperary, Donegal and Monaghan).

Participants' represented 74 different GAA clubs across the 8 counties and received a certificate from Uachtarán Cuman Lúthchleas Gael, Aogán Ó Fearghail, for completing the first of their three modules. Those who successfully complete all three modules between September 2015 and May 2016 – which involves 30 instructional hours and 20 hours of community action in total – will be eligible to receive a FETAC level 6 Foundation Certificate in Youth Leadership and Community Action from NUIG.

Helping to guide their journey through this exploration of leadership were a troupe of facilitators who volunteered from within the GAA and Foróige, each of whom completed a four-day training course in NUIG. For their time and efforts they were also awarded with a parchment for the Foundation Diploma in Training and Education.

In module one they explored the all elements of leadership, how to communicate effectively and enhance their decision making. They also set a personal goal and presented this goal to their facilitators and peers.

Module two and three will commence in the new year, which consists of 15 hours of instructional learning, 15 hours of reflection/self directed learning and 20 hours of community action projects, which can be broad and varied including personal interests, GAA coaching, fundraising or community work.

For more information on the Dermot Earley Youth Leadership Initiative visit www.gaa.ie/community

REGISTRATION IS NOW OPEN FOR THE GAAGO CLUB SCHEME 2016

The GAAGO Club Scheme provides GAA clubs outside Ireland with the opportunity to raise funds for their club when members and friends of the club purchase or gift GAAGO 2016 Season Passes.

GAA clubs outside Ireland will be issued with a club-specific promo code to distribute to members and friends.

When a customer purchases or gifts a GAAGO 2016 Season Pass and enters a club-specific promo code in the box provided, GAAGO will donate 10% of the purchase price to that GAA club.

If you want to find or contact a GAA club overseas please click [here](#)



GAA INJURY FUND

Willis have moved office and are now located in Elm Park, Merrion Road, Dublin 4. All other contact information (Phone number, Fax, Email) remains unchanged.

The claim form has been updated to the new address and clubs are reminded that the most recent version of the claim form will always available on GAA.ie or Willis.ie.

Post sent to old Willis address will be forwarded to Elm Park. As all clubs will be aware there is a strict 60 day reporting rule in respect of any incident which may give rise to a claim form the fund.

Delays in claims reaching Willis due to use of the incorrect address will be the responsibility of the individual unit and claims notification received outside 60 days will not be processed.

Since 2014 all clubs have access to the online claims notification system which eliminates the risk of postal delays when submitting claims. The use of the online notification system will be compulsory from 2016.

USE OF GAA GROUNDS

All Clubs are reminded that Third Parties cannot be permitted use of GAA Grounds unless a proof of valid insurance is provided. This insurance must contain a specific indemnity to the GAA club. Minimum requirements for use of GAA Property are €6.5m Public / Products and €13m Employers.

Insurance details can be forwarded to gaageneral@willis.ie and / or sinead.leavy@gaa.ie with full details of the proposed activity for review. There are a number of activities which cannot be permitted on GAA grounds and clubs are reminded to seek advice in advance.

Insurance cover will be voided if proper controls are not in place and valid insurance with specific indemnity is not in place from the Third Party User. This means that no indemnity will be provided from the Insurance fund and the GAA unit will have to meet the cost of the defence of claims and any award from their own funds.

FUNDRAISING

Clubs are reminded that Major Fundraising events are not automatically covered under GAA liability Insurance. Ireland has a very active personal Injury claims culture and all club can reduce the risk of claims occurring by ensuring that events are notified in advance and that best practice guidance on planning and supervising are put in place. Enquires and / or notification of major events can be submitted to your County Board, sinead.leavy@gaa.ie or gaageneral@willis.ie.

The highest incident of Personal Injury Claims pursued in Ireland arise following alleged slip/trip and falls on properties. In most instances claims and injuries could have been avoided if basic minimal controls were in place. Clubs will be aware that due to the deterioration in the Associations claims experience we had a major difficulty securing renewal of Insurance cover this year. If claims continue to deteriorate the continued provision of insurance covers in its current format will not be possible and this will have a major negative impact on use of club grounds and fundraising activities. Every unit can assist in by proactively managing activities and reducing risk and thereby reducing claims costs to the Association.

SEASON TICKET

THE SANTA EXPERIENCE AT CROKE PARK

Did you know that Santa's favourite games are Gaelic games? He's had so many requests for footballs and hurleys over the years that he's had plenty of practice and has become a talented full-forward!

Just as he did in 2014, because of his love of all things GAA, Santa has set up his Irish headquarters at Croke Park. The Santa Experience begins Saturday 28th November until Tuesday 22nd December, on select dates.

His band of elves have been moving into the team dressing rooms and decorating a very special grotto so families from all over Ireland can come and visit Santa at the home of Gaelic games.

The Santa Experience at Croke Park includes a trip to the elves dressing rooms, Santa's Grotto and a sneak peek pitch side! The experience also includes a visit to the Santa workshop, a present for every child and admission to the GAA Museum, which features two floors of interactive exhibits. Fun for all the family!

Click [here](#) to book your tickets to this magical Christmas experience



WIN A PAIR OF INTER-COUNTY GLOVES!

Ahead of Christmas, you can win a pair of inter-county gloves in time for pre-season training at the beginning of 2016.

Thanks to our official merchandise partners Gaelic Performance, GAA supporters have the chance to win a pair of inter-county gloves!

Win a pair of gloves that GAA inter-county stars such as James O'Donoghue (Kerry), Conor McManus (Monaghan) and Paul Flynn (Dublin) all wear.

With up to 32 pairs to give away, enter the competition [here](#) or clicking on the image below to be in with a chance of winning.

A SONG FOR IRELAND...

To commemorate 1916, the GAA through one of its cultural branches Coiste Náisiúnta Scór, would welcome the participation of Second Level Schools in a competition for newly composed ballads.

The ballad should be in a traditional style, accompanied or unaccompanied - as Gaeilge or in English – and can be set to an existing or newly composed air.

Ballads should deal with the spirit, legacy, leaders or events of 1916 and/or the growth and development of the GAA over the past 100 years.

Entries in audio file format together with the words should be sent by email to scor@gaa.ie on or before the closing date of 12 February, 2016. In the meantime we would be grateful if you would let us know on the attached form that you intend entering a song.

A panel of adjudicators will judge all songs received and will select the winners based on the quality of the composition rather than the production. A winning entry from each county will be invited to Páirc an Chrócaigh prior to the commencement of examinations to visit the GAA Museum and Skyline.

On this occasion the national winners will be announced and the following prizes to the winning schools will be awarded –

1st - €800

2nd - €500

3rd - €300

We have already had a strong expression of interest from many schools and it is the hope of the Coiste that all schools will take part in this project. Entrants should fill out the attached form.

We look forward to hearing from you!



LÁ NA gCLUBANNA

In 2016, the GAA plans to celebrate the importance of your club in your community.

Lá na gClubanna will take place on Sunday, 8th May, 2016.

Every member of the GAA should mark this special day of celebration by participating at events in their Club ... the real driver and engine of the GAA.



Lá na gClubanna

8th May, 2016 8ú Bealtaine, 2016

na oirde colmáille c.l.s. 132

- What is Lá na gClubanna? • Who should you invite?
- Communicating the Day • Lá na gClubanna Activities
- Insurance • Volunteers • Budget and Fundraising opportunities

GAA

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