

A P R I L 2 0 1 7
A I B R E Á N 2 0 1 7
NUACHTLITIR



FOR NEWS, VIDEOS AND FIXTURES www.gaa.ie



LÁ NA gCLUBANNA



The importance of **YOUR GAA** club in **YOUR** community will be highlighted on the first weekend in May as 'Lá na gClubanna' takes place on 6/7th May.

Cumann Lúthchleas Gael is making prizes available to clubs who participate in Lá na gClubanna including the chance to win an overnight stay and match tickets to an All-Ireland senior semi-final of their choice. As well as that, 'Lá na gClubanna' events will be captured by professional photography and video for two lucky clubs. For YOUR club to be in with a chance of winning, clubs can submit their plans by email to communications@gaa.ie detailing why it is they should win and what lengths they have gone to in order to organise their Lá na gClubanna events.

The GAA is encouraging every member to mark this special day of celebration by participating at events in their club in recognition of the vital role that our clubs and members play at the heart of the GAA.

For full information, visit www.gaa.ie/lanagclubanna

CROKE PARK DREAM FULFILLED FOR 7,000 KIDS AT GAA GO GAMES

For 7,000 lucky children from across the 32 counties the recent Easter holidays had a bigger treat in store than just chocolate.

That's because they and their clubs got the precious opportunity to play at Croke Park as part of the Littlewoods Ireland GAA GO Games festival over eight unforgettable days at HQ. Go Games are small-sided versions of Hurling and Gaelic Football which have been devised for children up to and including 11 years of age. The "Go" means that every child get a chance to play, where participation takes precedence over performance.

The concept for the GAA Go Games initiative was established in 2004. It was formally introduced into GAA policy in 2010.

Since its inception, participation in GAA Go Games has grown year-on-year, with more than 150, 0000 now participating across primary schools and clubs throughout Ireland.

Pat Culhane, GAA National Games Development Officer, noted that: "To launch the 2017 playing season, almost 7,000 children from the 32 counties of Ireland were given a chance to play GAA Go Games in Croke Park over eight

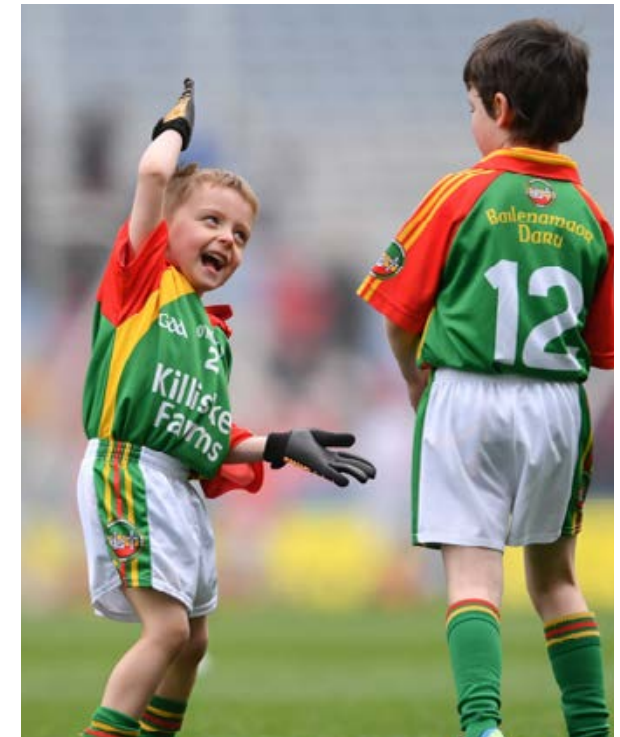


Five year old Jack Mallon, representing the Watty Graham's Glen GAA Club, Co Derry, celebrates a goal during the Go Games Provincial Days in partnership with Littlewoods Ireland at Croke Park in Dublin.

days during the school Easter holidays. This is in addition to 40,000 children who played in special GAA Go Games blitzes in each of the 32 counties during this period in what is known as National Go Games Week."

Each province was allotted two days to run their event.

The children get to traipse on the same hallowed sods of their inter county idols and heroes, get to see the dressing rooms and warm up areas and win or lose when the action



Joe Haverly of Balinamere Durrow Under 8s, Co Offaly celebrates scoring a goal at Croke Park.

is done they get to all go up the steps of the Hogan Stand for a presentation – cheered on by friends and family and creating memories to last a lifetime.

Children were also given a memento of the day including a unique free Littlewoods Ireland GAA Go Games jersey.

WHY GO GAMES?

To support the participation and development of the Under-11 player, the following principles underpin Go Games:

- All participants play in the full game.
- Participant needs are catered for, where possible, on the basis of two year age cohorts i.e. U.7, U.9 & U.11 in a manner consistent with the ethos of Go Games.
- Activities are structured in a manner which optimises the level of fun, friendship, fair play and achievement derived by participants.
- Participants train and play in a safe,

- supportive and stimulating environment where they are encouraged to risk error, to learn and to derive maximum enjoyment from their involvement.
- Players master the basic skills of Hurling and Gaelic Football and experience the sense of accomplishment, which derives from acquiring playing proficiency on the left and right hand

- side of the body.
- Everybody involved in Go Games, whether as players, parents/guardians, spectators, mentors, teachers, officials etc., should adhere to the key underpinning principles and give expression to the GAA 'Give Respect, Get Respect' initiative.



Jody Canning, nephew of Galway senior hurler Joe Canning, representing Portumna GAA Club, Co. Galway, celebrates after scoring a point at Croke Park in Dublin.



Michael Collins representing Clonlara, Co. Clare in action against Michael O'Mara representing South Liberties, Co. Limerick.

NEW CLUB ACCREDITATION SCHEME FOR LEINSTER GAA

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

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

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

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

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

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

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

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

For more information visit leinstergaa.ie/club-bua/



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



Dublin's Diarmuid Connolly and Kilkenny's Cillian Buckley launch the Beko Club Bua award scheme for Leinster GAA Clubs at Croke Park.

NATIONAL HURLING DEVELOPMENT -PROVINCIAL COACHING WORKSHOPS-

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

VENUES & DATES:

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

FORMAT:

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

STATIONS:

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

COACHES:

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

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

BOOKINGS:

Log on to Early booking advisable as places are limited

ENQUIRIES:

All enquiries to Martin Fogarty.

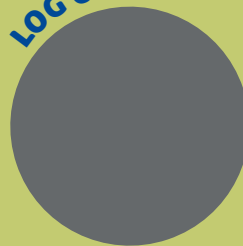
EMAIL:

martin.fogarty@gaa.ie

REGISTRATION:

€20 (includes lunch)

LOG ON TO



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

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

PLAY TO STAY WITH THE GAA

If you are interested in playing or coaching Gaelic Games then the activity planner is a phenomenal resource that simply cannot be missed.

Packed with drills, activities and games, the planner can be used to find the most appropriate activities for the age group you are working with and if you register and log in you create a Coaching Session plan and add your chosen activities to it.

Log on to the GAA Learning Youtube channel [here](#) for a guide on how to use the planner.

Visit here for more details...

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

The screenshot shows the GAA Activity Planner interface for a Hurling game. The header includes the GAA logo and navigation tabs for Football, Hurling, Club, and General. The main title is "ACTIVITY PLANNER HOOK - SKILL POINT GAME" with the subtitle "HURLING - CONDITIONED GAME". Below the title are four circular icons representing different skills: "TECHNIQUE", "AGILITY", "STRENGTH", and "COORDINATION". To the right of the title are social media icons for Twitter, Facebook, and a share icon, along with a "Print worksheet" button. Below the title is a "Rate this Activity" section with five stars and a star icon. There are also "C" and "Y" buttons. The main content area is divided into two columns. The left column contains the text: "This Conditioned Game to develop the Hook technique awards points to Players who perform the technique correctly during the game". Below this is the "Organisation" section with a bulleted list:

- Using cones, mark out a playing area of appropriate size for the number and ability of the Players
- Divide the Players into equal teams
- The Players may strike the ball on the ground, dribble and block the ball but may not lift the ball or take the ball into the hand
- Award 3 points for a goal and 2 points for performing the Hook successfully

 Below the list is the "STEP Variation" section with the text: "Equipment - To begin with, use a larger sliotar, such as the First Touch sliotar, and as the players become more proficient, switch to a smaller sliotar, such as the Quick Touch sliotar". The right column features a "Diagram" tab and a large illustration of a hurling field with players in blue and yellow uniforms, a ball, and a goal. Below the diagram are icons for "Cones" and "Whistle". At the bottom of the interface, there are four "VIEW ACTIVITY" buttons.

JOIN THE THOUSANDS SIGNING UP TO ENJOY REWARDS THROUGH THE GRMA PROGRAMME

Members of the GRMA rewards programme are currently using points to avail of special offers to earn county jerseys, official match footballs and sliotars as well as tickets for the renowned Etihad Skyline tour of Croke Park.

In addition there is a special offer of 25 per cent off online purchases made with www.elverys.ie and also new residential customers of Bord Gáis Energy can avail of a 24% discount off the Bord Gáis Energy standard electricity unit rates.

Programme members can also avail of a facility to donate their points to their club to use on special club themed discounts and rewards.



Football

Hurling

Club

General

KELLOGG'S GAA CÚL CAMPS 2017 LAUNCHED

An All-Ireland winner, comedian and TV host took to the pitch at Croke Park today for the first time in 30 years, for the launch of Kellogg's GAA Cúl Camps 2017.

Lifelong GAA fan Patrick Kielty, who was also a Minor All-Ireland football winner with Down in 1987, was joined by a panel of GAA All-Stars to kick-start Ireland's largest summer camps for children.

2016 was a record-breaking year for what are considered Ireland's most popular camps for children. More than 127,000 6-13 year olds took part in Kellogg's GAA Cúl Camps last year, a huge increase of 25 per cent on the previous year.

Patrick Kielty flew in from his home in LA and lined out with the 2017 Kellogg's GAA Cúl Camps ambassadors and All-Stars; Mayo footballer, Lee Keegan, Tipperary Hurler, Seamus Callanan, Monaghan ladies footballer, Caoimhe Mohan and Wexford camogie player, Kate Kelly.

Kellogg's GAA Cúl Camps are for children of primary school age who can enjoy a week of on-the-pitch action learning new skills, making new friends, being active and having fun during the school holidays in July and August. This is Kellogg's sixth year of sponsorship and participation in the camps

has increased year-on-year with an estimated one in four children in Ireland attending a camp.

Remembering his GAA days fondly, Kielty said: "Myself and my brothers were football mad growing up in Dundrum, Co. Down and as kids, every spare second was spent on the pitch across the road from our house playing out our own All-Ireland Finals. To be part of a Down minor team on All-Ireland Final Day was a dream come true – even if I didn't make it off the bench that day. Though some would say that's the reason why we won!"

"Kellogg's GAA Cúl Camps are brilliant for children, and their parents. Getting kids active is so important these days and Cúl camps are a fantastic way for them to learn new skills and have fun with their team mates. And as someone who was once lucky enough to be a small part of a winning team at Croke Park, I'd also say watch this space – there could be one or two All-Ireland winners of the future pulling on their boots at a Cúl Camp this year"

Patrick's return to Croke Park was his first since hosting The Special Olympics Opening Ceremony in 2003 – an event he describes

as "still my favourite gig of all time." His connection with the GAA was also rekindled in 2008 when he took part in a Celebrity Bainisteoir TV special, which saw him coach UK club Tir Chonaill Gaels to victory over Westmeath side Maryland.

At the Kellogg's GAA Cúl Camps children receive training in hurling, camogie, football and ladies football and some camps offer rounders and handball. Such is the popularity and affordability of the camps that they are also organised in the UK, Australia, Hong Kong, Saudi Arabia, the US, Canada and across Europe.



Comedian Patrick Kielty, Tipperary hurler Seamus Callanan, Mayo footballer Lee Keegan, Wexford camogie star Kate Kelly, and Monaghan Ladies Footballer Caoimhe Mohan with Lilyanna Healy, age 9, Tom Healy, age 11, and Oliver Healy, age 8.



Kellogg's is on a mission for the promotion of nutrition to fuel active play. Last year, 127,000 children took part in Ireland's largest summer camps enjoying a week of fun, GAA coaching, nutrition education and a free kit. kelloggsclubcamps.gaa.ie for info.

Training with the stars

Kellogg's GAA Cúl Camps offer incredible value for a week of training, fun and activity and have been lauded as the best value summer camps in Ireland. Priced at €60 and dropping to €50 for a second child and just €40 for a third and additional children, all participants will also receive a GAA zipped training top, jersey and backpack.

In addition, one camp in each province will receive a surprise visit and an opportunity to meet and train with one of the four Kellogg's Cúl Camps' GAA ambassadors; Kate Kelly, (Wexford camogie), Lee Keegan, (Mayo football), Seamus Callanan (Tipperary hurling) or Caoimhe Mohan (Monaghan ladies Football).

Fuelling energy

Kellogg's involvement with Cúl Camps stems from its commitment to promoting and encouraging physical activity. Educating children on the importance of nutrition to support active play is a key component of Cúl Camps and Kellogg's believes in the power of breakfast to fuel activity both on and off the pitch.

Jim McNeill, Kellogg's managing director for Ireland said; "Good nutrition and physical activity go hand in hand, and that was one of the reasons why Kellogg's became involved with Cúl Camps six years ago. It's important to have a nourishing breakfast to kick-start the day, and the thousands of children taking part in Cúl Camps, right across the country, need nutritious sources of energy, for all of their

activities."

This year the children will once again enjoy a week of fun and activity, and there will also be a strong emphasis on how making good food choices fuels physical performance both on and off the pitch. With more than 127,000 children attending last year's Cúl Camps, 2016 was the biggest and most successful year ever.

GAA Director General, Páraic Duffy addressed guests at the launch of the 2017 Kellogg's GAA Cúl Camps and said: "Kellogg's GAA Cúl Camps have become synonymous with the summer holidays for families all over Ireland.

They bring friends and communities together and let children do what they do best - have fun. Hundreds of thousands of children have benefited from and enjoyed the camps

since their inception and this would not have been possible without the support of our sponsors and our camp coordinators. We are hugely grateful to our four stellar, All-Star ambassadors for their support and we're particularly pleased to welcome Patrick Kielty back to the GAA fold, proof indeed that once a GAA person, always a GAA person."

For families and clubs

As part of this year's campaign Kellogg's is giving families the opportunity to win €5,000 worth of training gear for their local club, plus a €500 family voucher by purchasing special packs of Kellogg's cereal and snacks in-store. For more information parents can log on to www.kelloggsclubcamps.gaa.ie.

KEVIN THE KING OF HEARTS

For those who knew him best, speaking about Kevin King in the past tense will never be a natural thing to do.

A country boy from Derry with a love of the great outdoors and playing Gaelic Football for his club St. Mary's, Slaughtmanus, he was so full of life that the thought of it taken from him is a jarring one.

Kevin was just 22-years-old when he died suddenly last November from an undiagnosed heart condition while playing indoor soccer.

The pain and shock of his passing is still raw for his parents John and Margaret and his older brother Martin, but they're determined that his loss can do some good for others.

They've already raised around €25,000 for life saving research at the British Heart Foundation, and on May 6th will host a Golf Tournament and Gala Ball with the aim of raising further funds and awareness.

Kevin would have turned 23 on May 6th were he still alive so it will be a difficult day for his family, but they also hope it will also be a positive one.

"For us, it will be very emotional," says Kevin's brother Martin.

"I think the sixth of May, particularly for my mum and my dad is going to be really, really difficult. It's his birthday and it's the first one we won't have him here.

"But there's a positive to it as well, the fact that he's now doing so much good. For me, for the rest of my life, I want to keep this going.

"And at one point in the future I would hope that everyone in the country, at least at a club level, is confident to do CPR. It's so basic and so simple, yet so many people wouldn't do it or couldn't do it.

"You see some fantastic stories of luck. Someone driving by stops and does it. I've heard that from the charity. You do always feel regretful for people who don't get that opportunity.

"Kevin had everything possible done to resuscitate him. It went on for two and a half hours and it was never going to be anything else, no-one could have brought him back.

"But if his life gives someone else the chance to carry on, it will be good for me, my mum and my dad."

When you ask Martin to describe what sort of person his brother Kevin was, it's no surprise that he takes a long pause.



Kevin King was a star forward for his club, St. Mary's Slaughtmanus

After all, how do you sum up someone that means so much to you in a few short sentences?

When Martin eventually finds the words, it becomes clear that Kevin's wholehearted commitment to the things he valued most in life is what defined him as a person.

His dedication to his family, his dedication to his friends, and his dedication to his GAA club.

"Kevin was athletic, dedicated, passionate, and that was both on the pitch and off the pitch with his team-mates and his family and friends," says Martin.

"He lived for football and his club, all his life, really. He always would have said 'one life, one club'. That was his motto. Growing up he was always the sportsperson in our family."

Kevin King was a skilful, fast, and direct centre-forward for Slaughtmanus. The sort of flair player who was always capable of producing a moment of magic from nothing.

He could be an irresistible force on a football pitch at times, and yet it was there that his health issues first surfaced when he collapsed while playing a match for his club in May 2016.

An MRI scan on his heart didn't show up any abnormality, but he was told to take a six-month break from competitive sports before a scheduled repeat scan.

"That really took the life out of him," says Martin. "He was always down when he was at the house.

"It really, really got to him because he was always going to go watch a match and never

going to be the player and that put him in a really low mood.

"I think he knew even during the entire six months that something wasn't right. I work in a hospital in Belfast and Kevin would have rung me every week. He read everything he could about the heart and knew more about it than I did.

"He would always ask me did I think he'd ever be able to play competitively again. I was telling him to just rest, do the six months, and we'd take it from there. That was always his ambition, to get back playing. So he was in a really, really low mood for those six months.

"The two weeks before he died he had made a lot of unusual plans. He had messaged me to come home an awful lot and had done a lot of things around the house for my mum and my dad.

"The night he died he went to play indoor football friends he hadn't seen in a while. So there were a few strange things he did to make sure he saw as many people as he could in a short space of time as if he knew it was all coming to an end."

Kevin was standing in goal, not over-extending himself, when he collapsed during the game of indoor soccer on November 3, a week before his repeat scan.

A post-mortem revealed he had a heart condition called myocardial fibrosis, which is basically a scarring of the heart, and further analysis uncovered a second condition, Arythmogenic Right Ventricular Dysplasia.

The news of Kevin's death didn't just devastate his immediate family, it sent shockwaves throughout the tight local community and beyond because the 22-year-old was so well-known and highly regarded.

"It was just an awful shock, two of my sons were with him when it happened" says Edward Deery, the then chairman of St. Mary's, Slaughtmanus GAA club.

"Kevin was involved with Slaughtmanas from when he was a child of five or six and played for us all the way up from U-12 to senior football. He was playing senior football as a minor, because he was a very good footballer.

"When he was on the field you were always wondering what Kevin King was going to do because of the exciting player that he was.

"Personality-wise, he was always a great character. He was the sort of fellow that everybody liked. He was just extremely friendly with everyone and would have been a visitor to all our houses because he had such a big circle of friends.

"He was just a really nice person. He was funny and had the looks and all too, so he had everything going for him really."

Kevin's popularity in life was vividly illustrated by the reaction to his death. Everyone in the club rallied around the family, and the wider Derry GAA community made a point of paying their respects.

"Myself, my mum and my Dad knew he was popular and stuff, but we didn't realise just how well known and liked he was," says Martin.

"It wasn't just at local club level, it really went across the county and beyond. I think that's the one thing that me and my mum and my dad have taken a lot of good from, that our family became a bigger family overnight with the loss of Kevin and that helped us an awful lot.

"For his funeral wake there were nearly 5,000 people at it. His club organised buses and ferried people to and from.

"We live in a very rural part of Derry and we couldn't have done that without them. There were clubs coming from all over and the teams were standing in the wake room together.

"That really hit me, mum, and Dad, that regardless of who you played for, the respect that was shown was something we really took a lot from."

Despite all the support they've received, the harsh reality is life will never be the same for the King family, and the vacuum left by Kevin's passing will never be filled.

"It's very tough," admits Martin. "My Aunty told me that my Mum and Dad cried all day on Mother's Day. I was in Germany at the time and was home on the Sunday, but it had been a really rough weekend for them.

"I'm moving back to Derry to be with Mum and Dad in the next couple of months, so that will be good I think to have me home.

“The house is empty now, basically. It’s just my mum and my Dad. Life will never be the same again.

“My Dad passed a remark about the good weather getting started, because Kevin would always have been outdoors. He was just a proper country boy out doing stuff, but that’s not there anymore.

“Things for the first time are reminding us that Kevin’s not here anymore.

“There was one day I drove back from Belfast and my mum and dad weren’t in the house, they were at work. And I just sat in the house and cried and then got up and left.

“To this day, I don’t go into the house unless Mum and Dad are there because it feels so empty. All I can think of is that I wish Kevin was driving in the driveway.”

Martin’s mission now is to do all he can to make sure other families don’t go through the same sort of pain the Kings are enduring.

He hopes the charity golf tournament and ‘King of Hearts Gala Ball’ - a black tie event with a charity auction – that the family have organised for May 6th will celebrate Kevin’s birthday in the most practical way possible by raising much needed funds for research into heart disease.

Since Kevin’s death he’s become keenly aware just how common

deaths among young people caused by cardiac conditions are, and is determined to do all he can to help the ongoing research in the area.

“It’s a lot more common than people think,” says Martin. “Since Kevin has died I have looked into it a lot and at least one young person a month in Northern Ireland dies from an undiagnosed heart condition.

“I’ve been looking at it globally, and in a country like South Africa it’s five young people a day who are dying with this.

“I’m a doctor myself and there’s so much that we still don’t know in this day and age, but as a minimum we should be teaching people at a club level or a local level to learn to do the basic things like CPR and how to use a defibrillator.

“For me, a big thing if you’re going to play with a team of people, at least one of you should be confident enough to open a defibrillator and put it on and start doing CPR.

“During the day of the Gala there’s going to be golf and the British Heart foundation are going to be teaching CPR and how to use a defibrillator for anyone who wants to learn.

“Kevin’s story got a high-profile because of the GAA community, but there’s a lot of other young people that we don’t really necessarily hear about in the media.

“The British Heart Foundation are learning more and more about these conditions every day and are doing a lot of genetic testing to try to pick them up far earlier on in life, and to try to identify people who are high risk of these rare heart rhythms to prevent them from going into a sport that could cause them to have a cardiac arrest.

“For us as a family all we want to do is support that work to try and find something that will prevent another family from going through what we have gone through.”

To donate to the campaign in Kevin King’s memory go to giftofhope.bhf.org.uk/In-Memory/Kevin-King.

Further information on the KK Golf Classic and King of Hearts Gala Ball can be found [here](#).

Information on Cardiac Screening in the GAA can be found [here](#).

Information on the GAA’s defibrillator scheme can be found [here](#).

Information on the Cormac Trust, a charity that was set up after the sudden death of Cormac McAnallen to raise awareness of the cardiac conditions that cause sudden deaths and promote cardiac screening for young people, especially athletes, can be found [here](#).



The King family. (l to r) Kevin, Martin, Margaret, and John.



Martin King (l) with his parents Margaret and John holding a framed photograph of their son Kevin King.

ANTI-DOPING INFORMATION

All GAA members are subject to the Anti-Doping Rules as adopted by the Irish Sports Council (Rule 1.15 GAA Official Guide 2016). While any player may be selected for testing, there is a particular focus on testing with regard to Senior Inter-County players.

The onus is on players to educate themselves on their rights and responsibilities with respect to Anti-Doping. Due to the World Anti-Doping Agency's principle of strict liability Ignorance is not a defence.

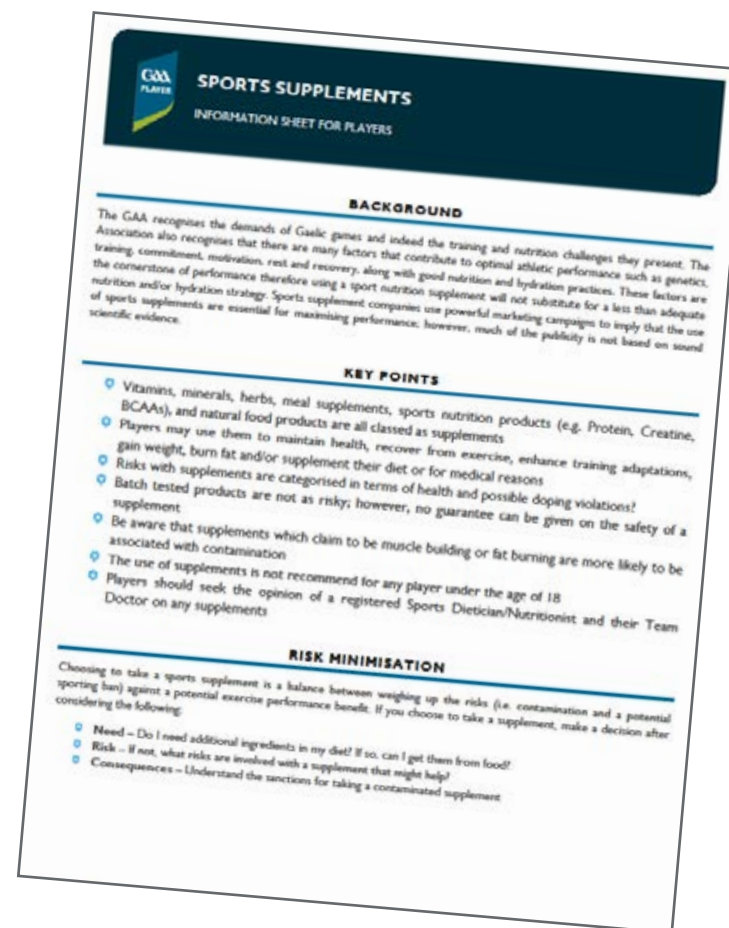
<https://www.youtube.com/watch?v=Bk6HerGfIZw>

A new player specific e-learning course for players and officials involved with Senior Inter-County Panels can be accessed by following the instructions at the below link:

[Accessing the 2017 GAA Senior Inter-County Player E-Learning Course](#)

Further information on Anti-Doping is available at the following link:

http://learning.gaa.ie/courses/Anti_Doping_Awareness/



SUPPLEMENTS

<https://www.youtube.com/watch?v=4Z6Y0Q9PKtl>

The GAA recognises the demands of Gaelic games and indeed the training and nutrition challenges they present. The Association also recognises that there are many factors that contribute to optimal athletic performance such as genetics, training, commitment, motivation, rest and recovery, along with good nutrition and hydration practices. These factors are the cornerstone of performance therefore using a sport nutrition supplement will not substitute for a less than adequate nutrition and/or hydration strategy. Sports supplement companies use powerful marketing campaigns to imply that the use of sports supplements are essential for maximising performance; however, much of the publicity is not based on sound scientific evidence.

Key Points

- Vitamins, minerals, herbs, meal supplements, sports nutrition products (e.g. Protein, Creatine, BCAAs), and natural food products are all classed as supplements
- Players may use them to maintain health, recover from exercise, enhance training adaptations, gain weight, burn fat and/or supplement their diet or for medical reasons
- Risks with supplements are categorised in terms of health and possible doping violations
- Batch tested products are not as risky; however, no guarantee can be given on the safety of a supplement

- Be aware that supplements which claim to be muscle building or fat burning are more likely to be associated with contamination
- The use of supplements is not recommend for any player under the age of 18
- Players should seek the opinion of a registered Sports Dietician/Nutritionist and their Team Doctor on any supplements

RISK MINIMISATION

<https://www.youtube.com/watch?v=F5dGFmv3QmA>

Choosing to take a sports supplement is a balance between weighing up the risks (i.e. contamination and a potential sporting ban) against a potential exercise performance benefit. If you choose to take a supplement, make a decision after considering the following:

- Need – Do I need additional ingredients in my diet? If so, can I get them from food?
- Risk – If not, what risks are involved with a supplement that might help?
- Consequences – Understand the sanctions for taking a contaminated supplement

CONTAMINATED PRODUCTS

The issue of contaminated products has been acknowledged in the new 2015 code. If a player can establish no significant fault or negligence then the sanction can range from a reprimand to a maximum of two



years. To manage the risks of supplements:

- You MUST undertake thorough internet research of any supplement products before it is consumed.
- This search should include the name of the product and the ingredients/substances listed.
- Information revealed as a result should be further investigated and players are advised to keep evidence of their research.
- Screen shots should be taken and the results saved in a folder. All saved information should be backed up.
- Check if the product is batch tested on www.informed-sport.com.

Remember each player is personally responsible for any substances that may be found in his body, whether he intended to cheat or not. Realise that contaminated supplements may result in at least a two year ban from sport.

An information sheet on supplements for players and mentors is available at

<http://learning.gaa.ie/sites/default/files/Information-Sheet-Sports-Supplements%202016.pdf>

GAA OVERSEAS SANCTIONS

MANDATORY TRAVEL INSURANCE

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

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

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

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

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

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

CHUBB

Policy Schedule

Travel Insurance Your Policy No: [REDACTED]

Period of insurance

Cancellation cover begins: 20 March 2017	Holiday begins: 22 March 2017	Duration: up to 6 months Minimum of 3 months
---	----------------------------------	---

Policyholder's details

Who applied for this cover: [REDACTED]	Home address: [REDACTED]	Type of policy: Single trip
Who is covered: You		Area of travel: Worldwide inc. USA, Canada and Caribbean (exc. Cuba) Worldwide incl. USA is required
Person(s) insured	Gender: Male	

Cover details

Your policy cover: Travel Insurance for a Worldwide trip inc. USA, Canada and Caribbean (exc. Cuba).	Policy endorsement(s):
---	------------------------

- Members of Clubs in the 32 Counties of Ireland can purchase the insurance; please ignore the reference to the Six Counties, which states 'excluding Northern Ireland'
 - Choose the most accurate number of days that you will be staying in North America / New York / Canada
 - Fill in all the required fields in order to obtain your documentation
 - Once purchased, the confirmation letter should be submitted along with the Official Sanction Form to your County Secretary who will submit it to the relevant Department in Croke Park
 - Once approved, all Sanctions will appear on the relevant lists on the Official GAA website
- Minimum for North America is 90 days
- Please read and accept the terms and conditions of the policy and apply for the cover

IMPORTANT NOTES

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

If you have further queries on the insurance, please contact Chubb Insutnace By phone: (from 09:00 to 17.00 on weekdays) 1800 200 035 or if calling from outside Ireland 353 (0)1 440 1765

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

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

AUTHORISATIONS

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

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

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

OFFICIAL SANCTIONS

A player intending to play on a longer term basis in the area governed by one of the following Boards - the New York Board or the Canadian Board - must obtain an Official Sanction from Central Council.

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

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

Exception - A player who has been included

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

Such a player may only have his J1 Sanction approved once his team has been eliminated from the Senior Inter-County Championship (including All-Ireland qualifier games).

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

GENERAL RULES

- A Sanction entitles a player to play with a Club from March 1 until the end of October
- Sanctions to USGAA (North America), New

York or Canada, will not be granted after July 1

- A player who has received a Sanction will not be able to play again with his Club in Ireland for 30 days after the date of approval of his Sanction in Croke Park
- Sanctions are only available to current members of Clubs in Ireland
- For more information, go to Rule 6.12 of the Official Guide.

APPLICATION FORMS

Application forms are available to download from the following link

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





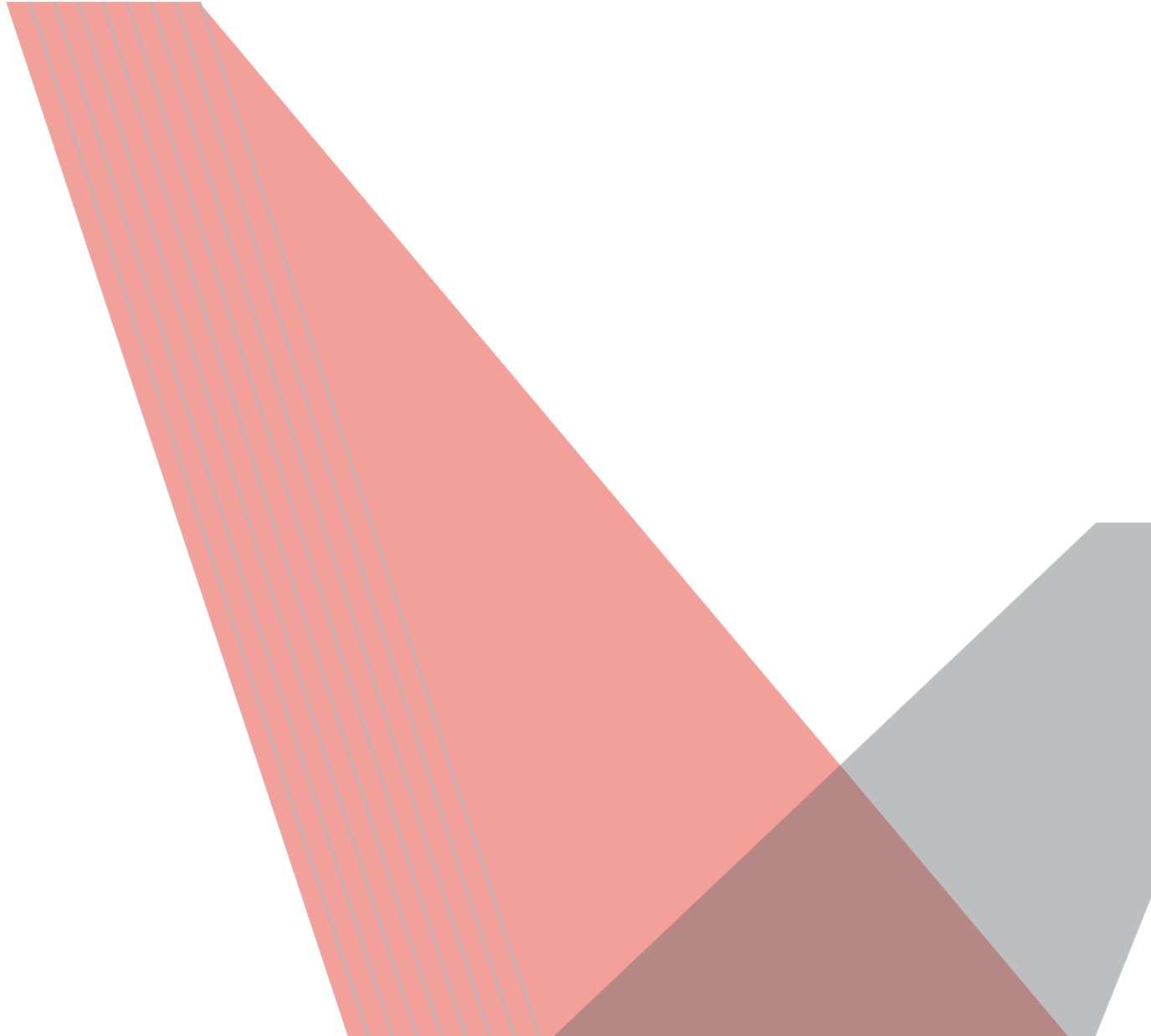
Football

Hurling

Club

General

PÁIRC UÍ CHAOIMH: 10 YEAR PREMIUM LEVEL TICKETS



CROKE PARK CELEBRATES BEALTAINÉ: GAA MUSEUM OFFERS SPECIAL DISCOUNT FOR SENIORS EVERY DAY IN MAY

Do you know that every Monday is 'Active Retirement Monday' at Croke Park, when the Stadium Tour is reduced from €11 to €8.50 for seniors?

Now to celebrate the Bealtaine Festival, Ireland's month-long national celebration of the arts and creativity as we age, the GAA Museum is offering this special discount to seniors every day for the entire month of May! The price also includes admission to the GAA Museum.

The Croke Park Stadium Tour & GAA Museum provide a wonderful insight into Ireland's rich history and sporting heritage. On the Stadium Tour, join your passionate tour guide on a behind-the-scenes journey of the home of Gaelic games as they recall the sporting highlights of years gone by and enjoy a sense of local pride as your guide relates victories from your county.

Walk in the footsteps of legends as you visit the team dressing rooms, walk pitchside via the players' tunnel and sit in the VIP area and re-live the moments of magic that have defined generations of Irish men and women.

Following the tour, explore the state-of-the-art interactive GAA Museum, which takes you on a journey that vividly illustrates the story of Gaelic games from ancient times to the present.

See the original Sam Maguire and Liam MacCarthy Cups up close, find your sporting heroes in the GAA Players Hall of Fame and Player of the Year exhibitions, and learn about the GAA's contribution to Ireland's cultural, social and sporting heritage since its foundation in 1884.

If you're feeling energetic, you can even practice your skills at the museum's Interactive Games Zone. Test your own hurling and football skills – see how fast you can react, check your passing skills and practice a fingertip save or the art of the high catch!

Afterwards enjoy a refreshing cup of tea and a freshly baked scone, or a scrumptious lunch at the museum's Blackthorn Café. The Croke Park Stadium Tour, including entry to the GAA Museum is reduced from €11 to €8.50 for seniors for the entire month of May and every Monday thereafter.

To avail of the offer, you'll need to present valid ID. There's free parking on site and the tour is fully wheelchair accessible.

Croke Park also has an Active Retirement Group Offer which runs all year round and includes the Stadium Tour, GAA Museum, tea/coffee and scones on arrival, and lunch in a Suite overlooking the pitch from just €21 per person.

To book or for more information, see www.crokepark.ie/bealtaine or call 01-8192300.





Football

Hurling

Club

General

THE GAA MUSEUM MARKS INTERNATIONAL MUSEUM DAY

International Museum Day takes place every year on the 18th May and aims to highlight the important role of museums in society.

The theme of this year's event is 'Museums and contested histories: Saying the unspeakable in museums.'

To mark the day, the GAA Museum in Croke Park is hosting an evening with renowned Irish authors Michael Foley and Cormac Moore, commencing at 7pm.

Michael Foley will speak on Bloody Sunday at Croke Park, drawing on research from his bestselling book 'The Bloodied Field', which gives an account of the dramatic events on the 21st November 1920 which resulted in the shooting dead of fourteen people by the Royal Irish Constabulary.

Cormac Moore will discuss the GAA's relationship with Douglas Hyde following his controversial removal as GAA patron after he attended a soccer match between Ireland and Poland in 1938. Cormac is the author of The GAA v Douglas Hyde: The removal of Ireland's first president as GAA Patron.

The event will conclude with a question and answer session and discussion of both topics.

Tickets cost €12 and €10 for students

/ seniors with valid ID and includes complimentary tea / coffee or a glass of wine on arrival. Ticket price also includes access to the GAA Museum where they'll have the opportunity to view related artefacts.

This event will be of keen interest to students, GAA fans and anyone with an interest in Irish history. It will also act as an appetiser the GAA Museum Summer School, a fascinating series of talks at Croke Park this summer from Thursday 29th June to Saturday 1st July examining the theme of 'Sport and Politics' and the effects they have had on one another since the 1870s. To book your ticket for this event, visit

crokepark.ie/museumday

For more information on the GAA Museum Summer School, see

crokepark.ie/summerschool



GAA MUSEUM CROKE PARK

THURSDAY 29 JUNE ▶ **SATURDAY 1ST JULY**

GAA MUSEUM SUMMER SCHOOL 2017
PRESENTS

SPORT + POLITICS

A fascinating series of talks with leading experts on the theme of Sport & Politics, including keynote talk from activist and sociologist Dr. Harry Edwards.

€45 One Day Ticket
€120 Three Day Ticket

GAA crokepark.ie/summerschool [f](#) [t](#) [i](#) [v](#) [e](#) [#GAAMuseum](#)

JOIN THE CROKE PARK STEWARDING TEAM



Recruitment now open for Croke Park Voluntary Stewards



Interviews will be held in Croke Park:

Wednesday
17th May 6pm – 7.30pm
Thursday
18th May 6pm – 7.30pm

Stewards will be trained and accredited by the GAA National Facilities, Health & Safety Committee.

To apply please contact Elaine Casey at ecasey@crokepark.ie

To be part of the match day action, the following are required:

- Aged from 18 years
- Available at weekends
- Active and enthusiastic
- Customer focused
- An interest in GAA would be beneficial

AUSTRALIAN SCHOLARSHIPS AND DUBLIN COLLEGES

Th St. Patrick's College Football Programme is widely recognised as one of the leading football development programmes in Australia.

The College has a proud history of participation and on-field success as evidenced by over 95 Premierships in the local Ballarat competition, Eight Herald Sun Shield Premierships (equivalent to the All Ireland Final) and its record of being the education home of 105 old boys who have gone on to play the sport at the highest level in the VFL/AFL.

The College assists in the development of players at all levels of the sport, highlighting the dual focus of the programme – to enable boys to reach their full potential in the sport and to provide boys with experiences and learnings that will enable them to grow as individuals and make a contribution to their local community, whether it be through playing, administration, umpiring or other volunteer roles. Central to this is providing boys with rich extension activities that promote growth as footballers as young men.

In 2007, 2010, 2013 and 2016 St. Patrick's College has toured Ireland and has achieved all of these outcomes – and so much more for their students and staff. Much of this learning has emanated from

the generosity, insight and support of Pat Daly (Director of Games Development & Research) and other personnel from the GAA.

St. Patricks College is extremely appreciative of the support provided by the GAA and is committed to touring Ireland every three years to continue the rich learnings that have been experienced and enjoyed by all tour participants.

In recognising the benefits of the tour, the College is offering the opportunity for two students selected by the GAA to travel to Victoria, Australia each year for a three year period - to participate in a two week football immersion experience hosted by St. Patrick's College, Ballarat. These students on foot of the Irish connection – are being selected from Dublin, Derry and Cork. The Dublin Colleges – under the aegis of teacher David Higgins, has overseen this process and have selected the two following players to travel to Australia:-

Conor Donoghue – School - St. Kevins CBS,
Club- Erins Isle GAA

Leon Young – School - St. David's CBS, Club
– Ballymun Kickhams GAA



Leon Young (Ballymun Kickhams) and Conor Donohue (Erins Isle) with David Higgins (Dublin Colleges) and Pat Daly, GAA Director of Games Development & Research.

THE WEIRD & WONDERFUL WORLD OF EUROPEAN GAA CRESTS (PART 2)

Part 2 of our series where we give you a crash course on the more unique GAA crests that can be found across Europe. If you haven't read Part 1 yet you can by clicking [here](#). This time round we have a pig, a dragon, a few birds and everything and anything in between, so let's get stuck into it.



LEUVEN

Leuven may not not be very well known outside of Belgium but it is a place that is extremely important to all involved with Gaelic Games in Europe. Gaelic Games Europe holds their Annual Convention there every year as well as many other events at The Leuven Institute for Ireland in Europe. The standout feature of Leuven's crest is definitely the five beer glasses that adorn the top half of the crest and if being a Belgian club wasn't already explanation enough for this, Leuven is also the birthplace of Stella Artois!



LIFFRÉ

If you've never heard of Liffré, they are to the Brittany Championship what Kerry are to the All-Ireland Football Championship. In the last 12 years they have won the Brittany Championship no less than 10 times. The only thing that's perhaps more striking than their dominance on the field is their club crest. Half size 5, half wild beast, you've certainly never seen anything like this on a GAA crest before. In order to make sense of it we must look at the club's nickname; "Les Sangliers" which translates from French to "Wild Boars." The choice of nickname may have something to do with the fact that Liffré itself is surrounded by forests where many wild boars can be found.



NIORT

The second dragon to feature in this series belongs to the French club of Niort. Niort's dragon comes from an 18th century legend about a terrible dragon that was terrorising the city. The dragon killed men, women & children alike & had easily defeated several groups of armed men who had tried to kill it. The legend tells of a soldier who had been condemned to death for desertion, offering to kill the dragon in return for his freedom. The soldier, in a full suit of armor, attacked the dragon in its lair and managed to stab it in the neck. The dragon, spitting blood, fell to the ground. Believing the fight over, the soldier removed his helmet, but with its dying breath the dragon bit the soldier in the face and both the dragon & soldier died at the same time. A tomb was erected for the soldier in the general hospital's cemetery.



OSLO

Oslo are the sole club in the Nordic nation of Norway and and first glance seem to have quite a typical crest. The Irish & Norwegian flags are there, two hurls & a football, as well as a high cross with Eire emblazoned across it, all pretty pedestrian. It's the forth & final element of the crest that makes it unique however. With Norway once being ruled by the Vikings it's no surprise to see a horned helmet featuring. Horned helmets have been associated with the Vikings since the 19th century despite there being zero evidence to suggest that Vikings ever wore them but they have been a stereotypical symbol of the Vikings ever since.



OULU

Oulu in Northern Finland have the distinction of having played in the northernmost Gaelic Football match ever when they took on the Helsinki Harps on home soil back in 2013 (Click here for a great documentary about the match) Their remote location doesn't make things easy on the club with their nearest rivals Jyvaskylä being a short, eight hour, 680km round-trip. Their remote location is also linked to their unique name & crest with northern Finland being famous for its moose & elk and thus, the Irish Elks were born. The Irish Mooses doesn't quite have the same ring to it does it?



PROVENCE

The region of Provence in the south of France predominately draws players from two major cities; Marseille & Aix-en-Provence & the striking image of the bull on the crest is what sets it apart. The bull is synonymous with the Camargue region of Provence which is famous for its wild bulls & bull fights. The Camargue bull fights are unique in so far as none of the bulls are harmed, the matadors, or 'raseteurs' in French, try to snatch a red ribbon from between the bull's horns. The club motto "ab obice saevior" translates to "Fiercer when opposed" which sums up the spirit of the club nicely.



SITGES

We don't blame you if you have no idea what creature adorns the crest of Catalan club Sitges, we didn't know either. Well turns out that it is a cross between an eagle and a dragon which are both synonymous with the "Festa Major de Sitges", a major festival held in the city each year. Giant fiber glass versions of the beast are paraded through the streets during the festival as it shoots fireworks from its beak. The move to fiber glass was made after versions made out of less "fire-proof" materials kept getting damaged!



VANNES

A lot of the crests featured on these lists have animals to the forefront. Quite often the animals can seem to be a strange choice on first viewing but more often than not they have some sort of connection to the place themselves. Looking at Vannes' crest you would be asking yourself "what connection does a toucan have to the city?" The answer to that question is absolutely none. A toucan's natural habitat is the Caribbean & South America and certainly not cloudy Brittany. The toucan was chosen as the emblem of the club in a nod to Guinness, who have used the toucan as a mascot since 1935. Bretons take great pride in their Celtic heritage & it's no different for their ability to consume copious amounts of the black stuff so the toucan is as apt a mascot for Vannes as any.



VIKING GAELS

Whilst Oslo might have gone with a more minimalist display on their crest, the Nordic heritage is very much in your face on the Viking Gaels crest. The Viking Gaels are actually an amalgamated team made up of players from the various Nordic clubs and play at European tournaments. The horned helmet once again makes an appearance along with a Viking Age or Carolingian sword & Dane axe. Finally, an ornate round shield provides the backdrop for the crest.



ZURICH

Zurich have an anvil on their crest and no it's not because "they like getting hammered" as one person suggested to me! The reason for the anvil is actually linked to the historical guilds or "Zünfte" of the city, of which there are 14. The anvil is linked to one of the 14 guilds specifically known as the "Zunft zur Schmiden." The Zunfr zur Schmiden is the guild of blacksmiths, silversmiths, goldsmiths, clockmakers & physicians hence the anvil you see on Zurich's crest. (We don't know why clockmakers & physicians are in this guild either!)



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.

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