

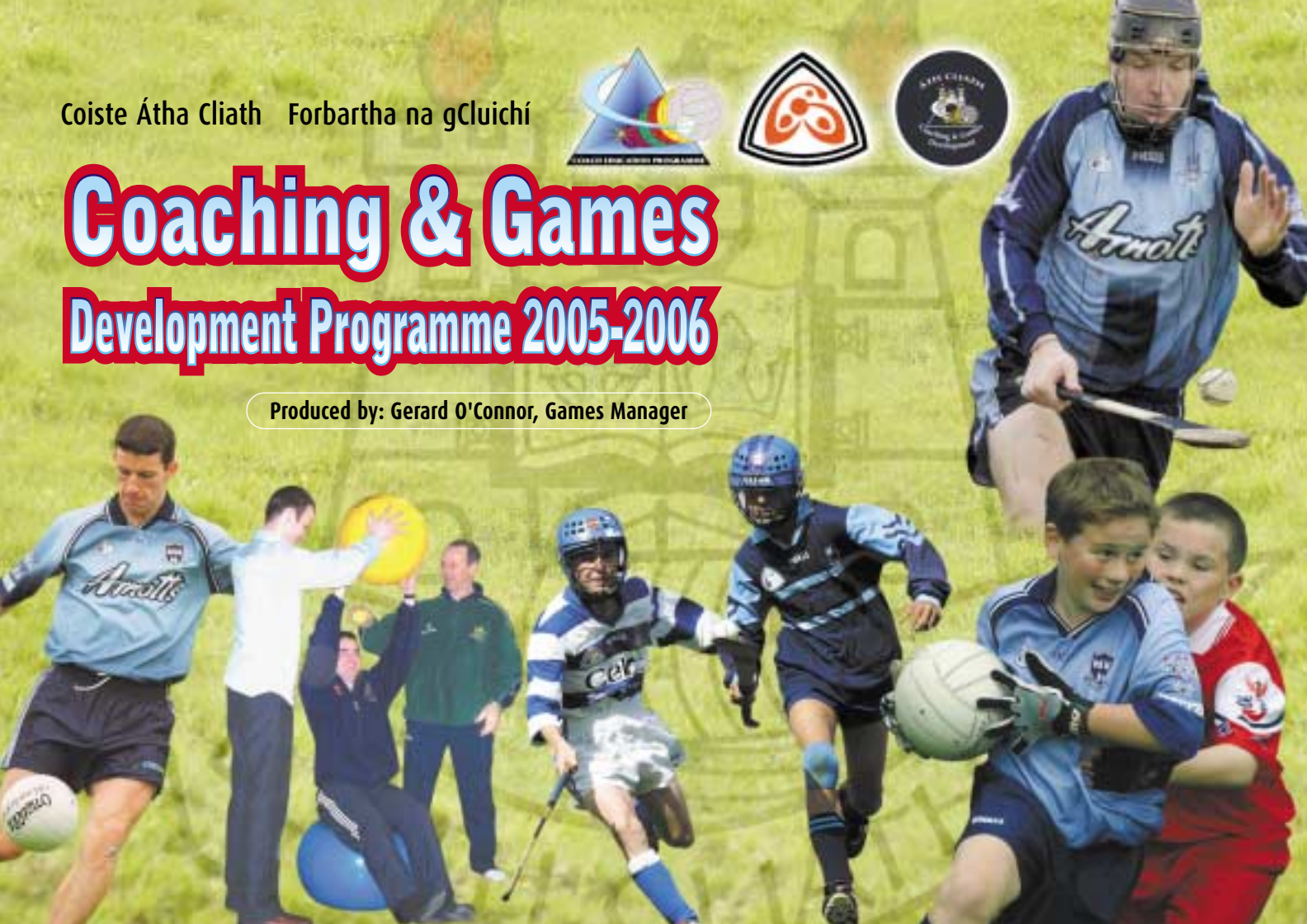
Coiste Átha Cliath Forbartha na gCluichí



# Coaching & Games

## Development Programme 2005-2006

Produced by: Gerard O'Connor, Games Manager



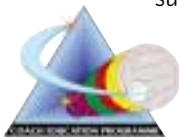
# Coaching & Games Development Programme 2005-2006

The Dublin Coaching and Games Development Committee welcomes the publication of the, training and development programme as a professional initiative which, undoubtedly, will be instrumental in achieving success at all levels. This initiative is of particular importance since players demand organised, innovative, practical coaching, where the emphasis is placed on the technical, tactical and physical aspects of the game. Moreover, since there is a desire among coaches to acquire and enhance the skills that will maximise the coaching performance, this is an initiative that will benefit both player and coach alike.



In addition to the Coach Education Programme (CEP), further instruction and training is provided by the Applied Lifelong Learning (ALL), which provides ongoing learning and development, essential for Continual Professional Development. (CPD). This consists of a series of in-depth practical workshops and clinics on a variety of topics designed on the principles of best practice.

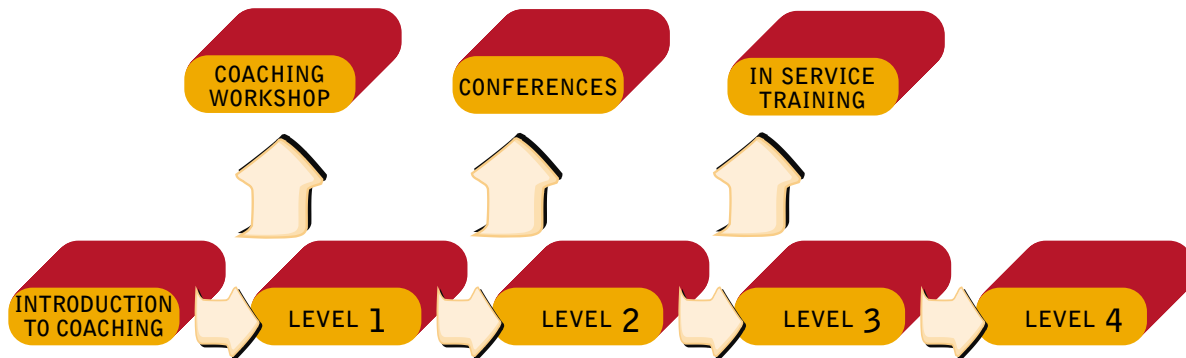
The programme aims to provide coaches, administrators, teachers, parents and full time staff with the best possible coaching support structures that will be of benefit to all those in attendance.



**Improving our Games through Training & Development**

## Programme Aims:

- Provide support to coaches and mentors
- Daily support for coaches
- Provide integrated Coach Education Pathway.
- Nurture the Coaching Ladder

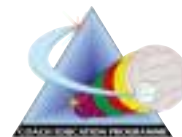


The core structure of the Coach Education Programme is a Coaching ladder which consists of four major development stages (for both Hurling and Football) beginning with Foundation Level (Juvenile Coach) and culminating at Level 4 (Advanced Inter-County Coach). While each level is aligned to coaching at a particular grade, the courses are designed to provide a greater level of knowledge applicable to each grade as the Coach progresses up the ladder, delivered by a panel of experienced tutors and guest coaches.

Ba bhuntáiste é an clár seo do chlubanna agus tá súil agam go mbeidh go leor tacaíocht don chlár.

*Gerard O' Connor,*  
Games Manager

**Improving our Games through Training & Development**



Coaching & Games Development Programme 2005-2006

# Coach Administrator Referee Education (CARE)

## Coach Education Programme:

Level 1 Football  
Level 1 Hurling  
Level 2 Football  
Level 2 Hurling  
Fast Track Level 2 Football  
Fast Track Level 2 Hurling

## Referee Education:

Go Games Referee Course

## Administrator Education:

Club Development  
Code of Best Practice  
Comhairle

## Applied Lifelong Learning (All):

### Coaching Conferences

National Coaching Forum  
Dublin Coaching Conference

### Practical Coaching Workshops

#### Hurling

Indoor Hurling Drills  
Working with Goalkeepers  
First Touch Hurling  
Coaching the Tackle  
Advanced Drills (Overhead play)  
Wall Ball Activity  
Forward Play  
Developing Fundamentals  
Advanced Drills (striking)  
Hurley Repair

### Physical Conditioning

Dynamic Warm-Up  
Medicine Ball Plyometrics  
Developing Core Stability  
Speed Training

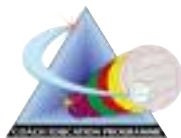
### GPO In-Service

Foundation Tutor Training  
Hurling Development Strategy  
U-Can Awards  
Regional GPO Report Meeting  
Creating Club/School links  
Coaching Problem Strategies  
Sports Development  
Volunteer Recruitment  
Summer Camp Training

#### Football

Free Taking  
Kicking for Possession  
The Art of Fielding  
Drills to Improve Skill  
The Tackle  
Working with Goalkeepers

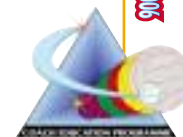
Code	Theme
G.I.S.	GPO In-Service
CPD	Practical Coaching Workshop
C.E.P.	Coach Educating Programme
C.D.	Club Development
P.C.	Physical Conditioning
NCTC	National Coaching Training Workshop
H.R.C.	Hurley Repair Course
H.B.	Handball



# September

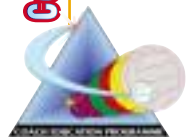


Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Thursday	01/09/05	G.P.O. In-service Training	Foundation Tutor Training	Parnell Park	Games Manager	B. Harpur & J.Ryan	9:30a.m
Friday	02/09/05	G.P.O. In-service Training	Foundation Tutor Training	Parnell Park	Games Manager	B. Harpur & J.Ryan	9:30a.m
Friday	02/09/05	Training Workshop (NCTC)	National Coaching Forum	UL	NCTC (061)202895		
Saturday	03/09/05	Training Workshop (NCTC)	National Coaching Forum	UL	NCTC (061)202895		
Sunday	04/09/05	Training Workshop (NCTC)	National Coaching Forum	UL	NCTC (061)202895		
Monday	05/09/05	G.P.O. In-service Training	Launch of Games Development Prog.	Parnell Park	Games Manager	Ger O' Connor	3:00pm
Monday	05/09/05	County Meeting	Launch of Games Development Prog.	Parnell Park	Games Manager	Ger O' Connor	7:30pm
Friday	16/09/05	Goalkeeping Clinic (F)	Working with Goalkeepers (CPDh01)	Ballymun GAA Club	Ger O'Connor	Mick O' Shea	7:30pm
Monday	19/09/05	Club Administration	Steering Committee Workshop (CD01)	Innisfails GAA Club	Eimear Dignam	P.O' Neill & T.Fitzpatrick	7:30pm
Wednesday	21/09/05	Club Administration	Steering Committee Workshop (CD01)	St. Peregrines GAA Club	Colm McGinty	P.O' Neill & T.Fitzpatrick	7:30pm
Monday	26/09/05	Club Administration	Steering Committee Workshop (CD01)	Ballyboden St. Endas	Ciara Ferry	P.O' Neill & T.Fitzpatrick	7:30pm
Tuesday	27/09/05	G.P.O In-Service	Hurling Development strategy	Parnell Park	Mike Connolly	M.Connolly	10:00am
Tuesday	27/09/05	Club Hurling Development	Hurling Development strategy (CDh1)	Faughs HC	Mike Connolly	M.Connolly	7:30pm
Thursday	29/09/05	Club Hurling Development	Hurling Development strategy (CDh1)	Erins Isle	Mike Connolly	M.Connolly	7:30pm



# October

Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Tuesday	04/10/05	Coaching Assistance	Coach Training Programme	Parnell Park	Ger O' Connor	Ger O' Connor	7:30pm
Wednesday	05/10/05	Code of Best practice	Child/Coach protection (CD02)	Naomh Mearnóg GAA Club	Eimear Dignam	Dermot Howlin	7:30pm
Wednesday	05/10/05	Hurley Repair Course	Repair & Banding (HRC01)	Harstown C.C	Ger O' Connor	John O' Sullivan	7:00pm
Tuesday	11/10/05	Coaching Assistance	Coach Training Programme	Parnell Park	Ger O' Connor	Ger O' Connor	7:30pm
Wednesday	12/10/05	Hurley Repair Course	Repair & Banding (HRC01)	Hartstown C.C	Ger O' Connor	John O' Sullivan	7:00pm
Thursday	13/10/05	G.P.O In-Service	U-Can awards F& H	Parnell Park	Games Manager	GO' Connor/P.O'Shea/J Carton	10:00am
Wednesday	19/10/05	Hurley Repair Course	Repair & Banding (HRC01)	Hartstown C.C	Ger O' Connor	John O' Sullivan	7:00pm
Friday	28/10/05	Practical Coaching	Indoor Hurling Drills (CPDh02)	Naomh Barróg GAA Club	Eimear Dignam	Martin Nolan	7:30pm
Friday	28/10/05	Practical Coaching	Indoor Hurling Drills (CPDh02)	Good Counsel GAA Club	Colm McGinty	Peter Elliott	7:30pm
Friday	28/10/05	Practical Coaching	Indoor Hurling Drills (CPDh02)	Thomas Davis GAA Club	Ciara Ferry	Brian O' Regan	7:30pm





# November

Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Wednesday	09/11/05	Code of Best practice	Child/Coach protection (CD02)	Lucan Sarsfields GAA Club	Colm McGinty	Dermot Howlin	7:30pm
Monday	14/11/05	Level One F/H(1)	Coach Development	Oliver Plunketts/Lucan(F)	Ger O' Connor	Tutor Group	7:30pm
Wednesday	16/11/05	Level One F/H(2)	Coach Development	Oliver Plunketts(H)/Lucan(F)	Ger O' Connor	Tutor Group	7:30pm
Friday	18/11/05	First Aid Course	First Aid Training (CDfa1)	Parnell Park	Ger O' Connor	Tom Giffney	7:00pm
Monday	21/11/05	Level One F/H(3)	Coach Development	Oliver Plunketts(H)/Lucan(F)	Ger O' Connor	Tutor Group	7:30pm
Tuesday	22/11/05	GPO Meeting	Regional GPO Report Meeting	Clontarf GAA Club	Eimear Dignam	Eimear Dignam	2:00pm
Tuesday	22/11/05	GPO Meeting	Regional GPO Report Meeting	St. Pats Palmerstown GAA Club	Colm McGinty	Colm McGinty	2:00pm
Tuesday	22/11/05	GPO Meeting	Regional GPO Report Meeting	Clanna Gael GAA Club	Ciara Ferry	Ciara Ferry	2:00pm
Wednesday	23/11/05	Level One F/H(4)	Coach Development	Oliver Plunketts(H)/Lucan(F)	Ger O' Connor	Tutor Group	7:30pm
Friday	25/11/05	First Aid Course	First Aid Training (CDfa1)	Parnell Park	Ger O' Connor	Tom Giffney	7:00pm
Saturday	26/11/05	Practical Coaching	Free Taking (Football) (CPDf01)	DCU	Ger O' Connor	Barney Rock	10:00am
Monday	28/11/05	Level One F/H(5)	Coach Development	Oliver Plunketts(H)/Lucan(F)	Ger O' Connor	Tutor Group	7:30p.m
Wednesday	30/11/05	Level One F/H(6)	Coach Development	Oliver Plunketts(H)/Lucan(F)	Ger O' Connor	Tutor Group	7:30pm

# December

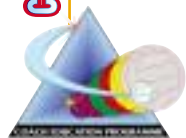
Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Saturday	03/12/05	National Coaching Conf	New Coaching Initiatives	DCU	Games Manager	TBA	10:30am
Monday	05/12/05	Level One F/H(7)	Coach Development	Oliver Plunketts(H)/Lucan(F)	Ger O' Connor	Tutor Group	7:30pm
Wednesday	07/12/05	Level One F/H(8)	Coach Development	Oliver Plunketts(H)/Lucan(F)	Ger O' Connor	Tutor Group	7:30pm
Wednesday	07/12/05	Code of Best practice	Child/Coach protection (CD02)	Ballinteer St. Johns GAA Club	Ciara Ferry	Dermot Howlin	7:00pm
Saturday	10/12/05	Goalkeeping W'shops(F)	Goalkeepers Clinic (CPDf02)	Clanna Gael Fontenoy	Ger O' Connor	J.O' Leary/G. McGill	10:00am
Monday	12/12/05	Level One F/H(9)	Coach Development	Oliver Plunketts(H)/Lucan(F)	Ger O' Connor	Tutor Group	7:30pm
Wednesday	14/12/05	Level One F/H(10)	Coach Development	Oliver Plunketts(H)/Lucan(F)	Ger O' Connor	Tutor Group	7:30pm
Friday	16/12/05	Goalkeeping W'shops(H)	Working with Goalkeepers(CPDh01)	Ballymun Kickhams	Mike Connolly	Damien Young	7:30pm
Saturday	17/12/05	Practical Coaching	Kicking For possession (CPDf03)	Naomh Barróg GAA Club	Ger O' Connor	Brian Talty	10:00am

**Improving our Games through Training & Development**



# January

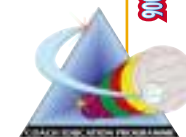
Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Monday	09/01/06	G.P.O. In-service	Creating Club/School Links (GIS01)	St. Brigids GAA Club	Games Manager	Declan O'Leary	10:00am
Monday	09/01/06	Level One F/H(1)	Coach Development	Erins Isle(F)/Good Counsel(H)	Ger O' Connor	Tutor Group	7:30pm
Wednesday	11/01/06	Level One F/H(2)	Coach Development	Erins Isle(F)/Good Counsel(H)	Ger O' Connor	Tutor Group	7:30pm
Wednesday	11/01/06	G.P.O. In-service	Coaching Problem Strategy (GIS02)	Ballyboden St Endas	Games Manager	G.O'C /B. Harpur	10:00am
Thursday	12/01/06	G.P.O. In-service	Sports Induction Course (GIS05)	Na Fianna	Games Manager	Coaching NI	10:00am
Friday	13/01/06	Practical Coaching	First Touch Hurling (CPDh03)	Ballymun Kickhams GAA Club	Mike Connolly	Nicky English	7:30pm
Saturday	14/01/06	Physical Conditioning	Dynamics Warm-Up (PC01)	DCU	Ger O' Connor	P.Christie/R.Crean	10:00am
Monday	16/01/06	Level One F/H(3)	Coach Development	Erins Isle(F)/Good Counsel(H)	Ger O' Connor	Tutor Group	7:30pm
Tuesday	17/01/06	G.P.O In-Service	Volunteer Recruitment (GIS03)	Parnell Park	Games Manager	Nancy Nunez	10:00am
Wednesday	18/01/06	Level One F/H(4)	Coach Development	Erins Isle(F)/Good Counsel(H)	Ger O' Connor	Tutor Group	7:30pm
Wednesday	18/01/06	Club Administration	Comhairle Programme	Parnell Park	Ger O' Connor	Susan Naughton	7:30pm
Friday	20/01/06	Practical Coaching	Drills to improve skill (CPDf04)	Thomas Davis GAA Club	Ger O' Connor	Cyril Kevlihan	7:30pm
Saturday	21/01/06	Practical Coaching	The Art of Fielding (F)(CPDf05)	Fingallians GAA Club	Ger O' Connor	John Morrison	10:00am
Monday	23/01/06	Level One F/H(5)	Coach Development	Erins Isle(F)/Good Counsel(H)	Ger O' Connor	Tutor Group	7:30pm
Tuesday	24/01/06	Club Development	Volunteer recruitment	Parnell Park	Ger O' Connor	Nancy Nunez	7:30pm
Wednesday	25/01/06	Level One F/H(6)	Coach Development	Erins Isle(F)/Good Counsel(H)	Ger O' Connor	Tutor Group	7:30pm
Friday	27/01/06	Physical Conditioning	Medicine Ball Plyometrics (PC02)	Whitehall Colmcille GAA Club	Ger O' Connor	M. Bohan	7:30pm
Saturday	28/01/06	Practical Coaching	Coaching the Tackle (H)(CPDh04)	Crumlin GAA Club	Mike Connolly	Paudie Butler	10:00am
Monday	30/01/06	Level One F/H(7)	Coach Development	Erins Isle(F)/Good Counsel(H)	Ger O' Connor	Tutor Group	7:30pm



# February



Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Wednesday	01/02/06	Level One F/H(8)	Coach Development	Erins Isle(F)/G.Counsel(H)	Ger O' Connor	Tutor Group (TG)	7:30pm
Wednesday	01/02/06	Physical Conditioning	Dymanic Warm Ups (PC01)	St. Judes GAA Club	Ger O' Connor	P. Christie/R. Creaan	7:30pm
Saturday	04/02/06	Handball	Handball for Beginners (CPDhb1)	St Bridgds GAA Club	Ger O' Connor	Enda Timoney	10:00a.m
Monday	06/02/06	Level One F/H(9)	Coach Development	Erins Isle(F)/G.Counsel(H)	Ger O' Connor	Tutor Group	7:30pm
Tuesday	07/02/06	Go Games Workshops	Go Games Rules (CDgg1)	Raheny GAA Club	K. McPoland	B.McCormack/C.Duggan	7:30pm
Tuesday	07/02/06	Go Games Workshops	Go Games Rules (CDgg1)	St. Brigids GAA Club	K. McPoland	T.Broderick/T.Brennan	7:30pm
Tuesday	07/02/06	Go Games Workshops	Go Games Rules (CDgg1)	Kilmacud Crokes	K. McPoland	U.McKay/P.McDonald	7:30pm
Wednesday	08/02/06	Level One F/H(10)	Coach Development	Erins Isle(F)/G.Counsel(H)	Ger O' Connor	Tutor Group	7:30pm
Friday	10/02/06	Specialist Hurling	Advanced Drills (overhead play) (CPDh05)	St. Judes GAA Club	Mike Connolly	John Murphy	7:30pm
Friday	10/02/06	Specialist Hurling	Advanced Drills (overhead play) (CPDh05)	Ballymun GAA Club	Mike Connolly	Ben Dorney	7:30pm
Friday	10/02/06	Specialist Hurling	Advanced Drills (overhead play) (CPDh05)	UCD	Mike Connolly	Paudie O' Neill	7:30pm
Monday	13/02/06	Young Refs Course(1)	Referee Development (CDr1)	Region 1	K. McPoland	Referees (TG)	7:30pm
Monday	13/02/06	Young Refs Course(1)	Referee Development (CDr1)	Region 2	K. McPoland	Referees (TG)	7:30pm
Monday	13/02/06	Young Refs Course(1)	Referee Development (CDr1)	Region 3	K. McPoland	Referees (TG)	7:30pm
Wednesday	15/02/06	Physical Conditioning	Medicine Ball & Plyometrics (PC02)	Thomas Davis GAA Club	Ger O' Connor	Mick Bohan	7:30pm
Wednesday	15/02/06	Young Refs Course(2)	Referee Development (CDr1)	Region 1	K. McPoland	Referees (TG)	7:30pm
Wednesday	15/02/06	Young Refs Course(2)	Referee Development (CDr1)	Region 2	K. McPoland	Referees (TG)	7:30pm
Wednesday	15/02/06	Young Refs Course(2)	Referee Development (CDr1)	Region 3	K. McPoland	Referees (TG)	7:30pm
Friday	17/02/06	Practical Coaching	Wall Ball activity (CPDh06)	Na Fianna GAA Club	Mike Connolly	Lester Ryan	7:30pm
Saturday	18/02/06	Practical Coaching	Forward Play (H) (CPDh07)	DCU	Mike Connolly	George Leahy	10:00am
Friday	24/02/06	Have a Ball Programme	Developing Fundamentals(H) (CPDh08)	St. Judes GAA Club	Mike Connolly	Joey Carton	7:30pm
Saturday	25/02/06	Practical Coaching	Tackle (F) (CPDf06)	St. Brigids GAA Club	Ger O' Connor	Mickey Whelan	10:00am



# March

Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Friday	03/03/06	Fast Track Level Two	Coach Development	Croke Park	Ger O' Connor	Tutor Group	7:30pm
Saturday	04/03/06	Dublin Coaching Conf	New Coaching Initiatives	Parnell Park	Games Manager	TBA	10:30am
Wednesday	08/03/06	Physical Conditioning	Developing Core Stability (PC03)	Parnell Park	Ger O' Connor	Louis O' Connor	7:00pm
Friday	10/03/06	Fast Track Level Two	Coach Development	Croke Park	Ger O' Connor	Tutor Group	7:30pm
Friday	10/03/06	Specialist Hurling	Advanced Drills(Striking)(CPDh09)	St. Judes GAA Club	Mike Connolly	Michael O' Grady	7:30pm
Friday	10/03/06	Specialist Hurling	Advanced Drills(Striking)(CPDh09)	Ballymun GAA Club	Mike Connolly	Tommy Naughton	7:30pm
Friday	10/03/06	Specialist Hurling	Advanced Drills(Striking)(CPDh09)	UCD	Mike Connolly	Noel O' Sullivan	7:30pm
Wednesday	22/03/06	Physical Conditioning	Speed Training (PC04)	DCU	Ger O' Connor	Niall Moyna	7:30pm
Friday	24/03/06	Level Two(1) (F&H)	Coach Development	T.B.A	Ger O' Connor	Tutor Group	7:30pm
Friday	31/03/06	Level Two(2) (F&H)	Coach Development	T.B.A	Ger O' Connor	Tutor Group	7:30pm

# April

Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Friday	07/04/06	Level Two(3) (F&H)	Coach Development	T.B.A	Ger O' Connor	Tutor Group	7:30pm
Saturday	08/04/06	Practical Coaching	The Tackle (F)(CPDf06)	Clontarf GAA Club	Ger O' Connor	Mickey Whelan	10:00am
Thursday	13/04/06	G.P.O Meeting	Report Meeting	Craobh Ciarain GAA Club	Eimear Dignam	Eimear Dignam	2:00pm
Thursday	13/04/06	G.P.O Meeting	Report Meeting	St. Brigids GAA Club	Colm McGinty	Colm McGinty	2:00pm
Thursday	13/04/06	G.P.O Meeting	Report Meeting	Ballyboden St. Endas GAA Club	Ciara Ferry	Ciara Ferry	2:00pm
Friday	21/04/06	Level Two (4) (F&H)	Coach Development	T.B.A	Ger O' Connor	Tutor Group	7:30pm
Friday	28/04/06	Level Two (5) (F&H)	Coach Development	T.B.A.	Ger O' Connor	Tutor Group	7:30pm





# May

Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Friday	05/05/06	Level Two (6) (F&H)	Coach Development	T.B.A	Ger O' Connor	Tutor Group	7:30pm
Monday	08/05/06	Club Administration	GPO Appraisal Workshop	Clontarf GAA Club	Eimear Dignam	B.Harpur/G O'Connor	7:30pm
Wednesday	10/05/06	Club Administration	GPO Appraisal workshop	St. Peregrines GAA Club	Colm McGinty	B.Harpur/G O'Connor	7:30pm
Monday	15/05/06	Club Administration	GPO Appraisal workshop	St. Marks GAA Club	Ciara Ferry	B.Harpur/G O'Connor	7:30pm
Monday	22/05/06	Club Administration	GPO Appraisal workshop	N. Mearnog GAA Club	Eimear Dignam	B.Harpur/G O'Connor	7:30pm
Wednesday	24/05/06	Club Administration	GPO Appraisal workshop	St. Peregrines GAA Club	Colm McGinty	B.Harpur/G O'Connor	7:30pm
Monday	29/05/06	Club Administration	GPO Appraisal workshop	St. Marks GAA Club	Ciara Ferry	B.Harpur/G O'Connor	7:30pm

# June

Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Monday	26/06/06	G.P.O.S. In-service	Summer Camp training	Parnell Park	Games Manager	Ger O' Connor	11:00am
Tuesday	27/06/06	Club Development	Summer Camp training	Parnell Park/O'Toole Park	Games Manager	Dublin G.P.O.S.	10:00am
Wednesday	28/06/06	Club Development	Summer Camp training	Parnell Park/O'Toole Park	Games Manager	Dublin G.P.O.S.	10:00am
Thursday	29/06/06	Club Development	Summer Camp training	Parnell Park/O'Toole Park	Games Manager	Dublin G.P.O.S.	10:00am

# July

Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Friday	07/07/06	Level Two(7) (F&H)	Coach Development	TBA	Ger O' Connor	Tutor Group	7:30pm
Saturday	08/07/06	Level Two(8) (F&H)	Coach Development	TBA	Ger O' Connor	Tutor Group	7:30pm

# August

Day:	Date:	Event:	Description:	Venue:	Contact:	Tutors	Time:
Friday	26/08/06	Level Two(9) (F&H)	Coach Development	TBA	Ger O' Connor	Tutor Group	7:30pm
Saturday	27/08/06	Level Two(10) (F&H)	Coach Development	TBA	Ger O' Connor	Tutor Group	7:30pm



# Coiste Átha Cliath Forbatha na gCluichí

## Regional Development Officers

Colm McGinty	0868563201	colmmcginty@dublingaa.ie
Ciara Ferry	0872795062	ciaraferry@games.gaa.ie
Eimear Dignam	0868147701	eimear@dublingaa.ie

## Hurling Development Officer

Michael Connolly	0879734975	michael@dublingaa.ie
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## Comhairle na nÓg

Kathleen Mc Poland	0861726540	kathleen@dublingaa.ie
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## Coaching Officer

Brendan Harpur	(01)8437769	brendanharpur@fas.ie
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## Games Manager

Gerard O' Connor	(01)8327977 086 2752511	coachingdept@eircom.net
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PLEASE CONFIRM IN ADVANCE THE DATES, TIMES AND VENUES  
WITH THE CONTACTS, AS THEY MAY BE SUBJECT TO CHANGE.

For more details see: [www.hill16.ie](http://www.hill16.ie)