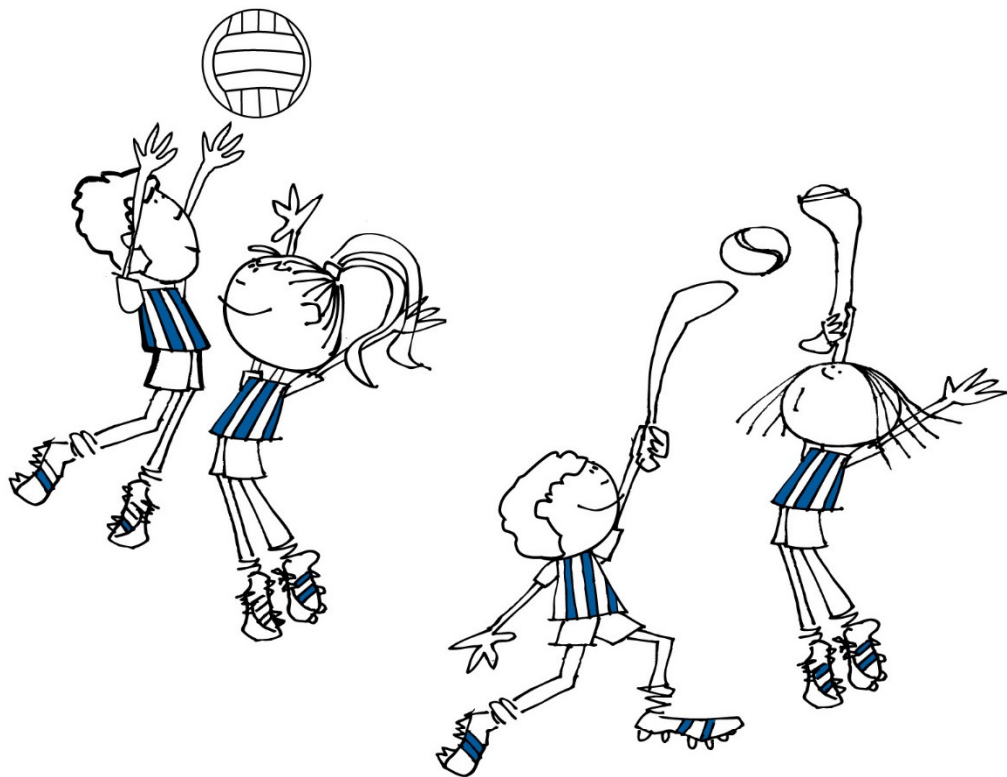


GUIDELINES FOR JUVENILE MENTORS PARENTS AND GUARDIANS



Ballyboden St Endas
Baile Buadain Naomh Éanna

GAA., Camogie & Ladies Football Club

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SECTION 1

1.1 INTRODUCTION

Fáilte chuig an leabhrán seo do mheantóirí, tuistí agus caomhnóirí. This Juvenile Booklet is designed to ensure the smooth running of Juvenile games in the club and is a response to the Club Strategic plan: One Club Four Games.

This booklet is an attempt to draw together the various duties and roles of mentors, along with tips and guidelines on how best to perform those duties. New mentors are recruited each year at juvenile level. These mentors may not have been members of the club previously and accordingly, may not be familiar with the operation and procedures of the club or with its aims and aspirations.

All mentors, old and new, are asked to familiarise themselves with the contents of this revised booklet which sets out the club policy in a range of areas. For example it is club policy that players' first responsibility is to play in teams of their own age group. Are you familiar with this policy? See Section 3.14 below for further information.

Each section, ladies football, camogie, boys' hurling and football can learn from each other to ensure that all our juvenile members have a positive and life-enriching experience when they walk through the gates of Ballyboden St. Enda's. Remember that it is up to us as mentors to set the highest standards of child protection, respect and coaching.

Training and coaching juvenile teams is a great privilege and can have huge influence on our young players. When we take on the role of mentor we are also taking on the responsibility to fulfil the guidelines below.

Please follow the fixtures on the club website and encourage our young players to attend all home fixtures of our senior teams. In this way they will also learn the skills of the game.

Club mentors should strive to work well with their own mentor colleagues and with mentors who are involved in all the club sections. In the event of a dispute between mentors (that cannot be amicably resolved) the matter must be referred without delay to the relevant Juvenile section Chairperson for resolution.

Remember that the number one priority is player welfare. Mentors are reminded that the team you are in charge of is the club's team; how you perform and act will reflect on the club. Be aware, therefore, at all times of the club's policies and protocols and the aims and objectives of the GAA. Remember, consideration, cooperation and communication will solve many problems.

1.2 Key Aims for the Year

A key aim for this year is that all referees are treated with respect. No referee goes out to have a bad game. If we treat referees with respect, our players will follow. Where our juvenile players treat referees with disrespect, we must take appropriate action. Unfortunately many teams and mentors show disrespect to referees. The time has now come for a culture change in this regard and we must be the leaders in that change to break the mould.

The lead mentor of each team is responsible for ensuring that the referee is treated with respect by other mentors, players and supporters at all times. Mentors should shake hands with referee and opposition mentors before and after the game.

Being a mentor brings with it responsibility to promote the highest standards of respect for referees. Mentors must be members of Ballyboden St Endas.

The **GAA Respect Initiative** aims to promote positive behaviour and to ensure that an enriching environment is provided for the promotion and development of Gaelic Games.

Club members should never bring the club or their teams into disrepute through the use of social media. Please share this key aim for the year with your players and lead by example.

1.3 Concussion

Contrary to popular belief, most concussion injuries occur without a loss of consciousness and so it is important to recognise the other signs and symptoms of concussion. A symptom is something a player will feel whilst a sign is something a team-mate or coach will notice. Please familiarise yourself with best practice on concussion by accessing this link <http://learning.gaa.ie/node/85165%20>

If a parent has experience as a paramedic, nurse, physio or doctor, please encourage them to make that expertise available for the benefit of the team.

1.4 Gaeilge

Seán O'Connor is the Cultural Officer on the Executive. Seán organises a wide range of social and cultural events throughout the year to promote Irish Culture and Language. Please support this initiative by using Gaeilge in an informal way at training and matches and in the clubhouse.

Parents and mentors are invited to participate in the various events which are advertised on the club website.

1.5 Healthy Clubs

The GAA Community & Health Department aims to ensure that the health and wellbeing of members, clubs, and communities is at the core of all GAA activity.

Ballyboden St. Endas has been at the heart of our community since inception and we are now in the process of establishing a '*Health and Wellbeing*' committee to co-ordinate and further promote these objectives.

Please refer to club website for details and upcoming events.

Very best wishes for the year ahead and should you need any clarification on any aspect of this booklet please contact:

Jerry Corcoran - Juvenile Liaison on Club Executive 087 9584490

Kieran Rudden - Juvenile Ladies Chairperson 087 2431172

Mark Brady - Juvenile Boys' Chairperson 087 9900061

SECTION 2

2. CLUB POLICY AND GUIDELINES APPLICABLE TO ALL FOUR JUVENILE CODES

2.1 One Club Four Games

Ballyboden St. Endas is a single club promoting four games. Team mentors, are expected to support and facilitate players who wish to participate in both applicable codes. Juvenile members may not play one code with BBSE and another code with another GAA club.

All mentors must be members of the club. See club website for membership application form. All parents are strongly encouraged to become members.

All mentors working with U18 players must receive Garda Clearance. Procedures are outlined under Garda Vetting Information Section on the Club website. If you need advice in this regard, please contact the Children's Officer Daire Mac Pháidín on 087 237 6863.

One mentor from each group must ensure that **ALL** players are registered. Players who are not registered are **NOT INSURED** to train or to play. Mentors who are aware of children whose families are in financial difficulty should approach the chair of the relevant section to make suitable arrangements. In any event **Juvenile players must register by February 28th at the latest.** This rule must be strictly enforced. **The Registrar of each of the Juvenile sections is a particularly onerous voluntary position and needs your full support on this matter.**

Registration is now exclusively on-line and the details can be found on the club web-site. Liam Carter is available to assist anyone having difficulties with registration. Please send email query to liammcarter@gmail.com

The allegiance of juvenile players should firstly be to their **own year group**. Children can only progress from the Academy with their own age group. Please note that where it becomes evident that a player is not in the correct age group, they will be moved to the correct age group by the Director of Coaching.

Responsibility for all facilities is the responsibility of all club members. Please ensure dressing rooms are swept and clean, and gates and facilities are locked after use. Please ensure that the young players are involved in maintaining our facilities. 20 pairs of hands spending 5 minutes picking up litter is very effective. Parents should be encouraged to assist with the regular Meitheal Oibre where volunteers from across the club come together to help maintain the facilities. Volunteers are required from members living close to our facilities in Sancta Maria and Ballycullen to work on a rota to check that gates are locked each night. Please give your name to John Manley 086 2045789.

Running a club like BBSE costs a huge amount of money each year. Affiliation fee from Dublin County Board for Hurling and Gaelic Football amounted to almost €30,000. For dual camogie / ladies football players, two separate sets of registration fees must be paid to respective county boards. 20% of **all** fundraising must be retained for general club purposes. Please support the club lotto which is an important source of revenue for the club.

As new mentors are assigned to teams emerging from the Academy, support should be provided from the club section and next highest team to advise on procedures for running Juvenile teams.

Opportunities should be taken regularly to explain the **Voluntary Ethos** of the club to parents and players alike.

Where a team has had the same set of mentors for a number of years, the introduction of a 'new' coaching voice is desirable and possibilities will be explored in conjunction with the Director of Coaching.

Where there are a number of teams in a particular age group, players should be rotated between groups to get to know all other players in their age group along with receiving coaching from a wide range of mentors. Mentors should strongly consider placing their own child in a group different to the one they are coaching.

At the start of every season, please recycle equipment that is no longer suitable or required down to next age group.

2.2

Mentors and Parents

Mentors and Parents should:

- provide a positive, healthy and safe environment in which players can develop.
- not find themselves on their own in dressing rooms, cars etc with an individual player.
- ensure that a player is not touched inappropriately.
- always encourage enjoyment, fun and participation in our games and activities.
- always remember that they are role models for the players in their care.
- Recognise that skills development and personal satisfaction should have priority over competition, while always promoting **Fair Play**.
- recognise the development needs of **all** young players, regardless of their ability
- ensure that you have the appropriate level of coaching accreditation.
- never use foul language or provocative language/gestures to a player, opponent or match official.
- only enter the field of play with the referee's permission and do not question a referee's decisions or integrity.
- ensure that all players are given game time..Ideally players should be rotated to ensure that each player gets at least half a game during challenge and league games
- always ensure that the referee is treated with respect
- please note that parents/guardians are solely responsible for ensuring that players are safely escorted ONTO and INTO playing grounds (and collected from within the grounds thereafter) for training and matches unless other specific arrangements are made with parents. i.e. players being collected and travelling enmasse to matches. Mentors should make this point very clear to ALL parents either in person, by text or by email . For clarity, the playing pitch and playing grounds are exactly that, not the road side, not the car park, not the hole in the fence.
- Parents are asked to support the coaches in assisting with administration, umpiring, distribution of equipment, jersey washing etc. As a voluntary organisation, every assistance should be given

to allow mentors spend maximum time on coaching rather than administration.

- Please use the ourhurlingnews@gmail.com and ourfootballnews@gmail.com email addresses throughout the year with team photos, short match reports etc as this information can then be uploaded onto the news letter/ facebook/twitter sites. Ideally a parent should take on this role.

2.3 CHILD WELFARE & PROTECTION

The Club Designated Person, as identified below, will be responsible for dealing with any concerns about the protection of children in the club. It is the Club Children's Officers' responsibility to promote greater awareness of the **GAA Code of Best Practice** within the club, assist and identify the need for Code of Ethics training among coaches and to report to the Executive Committee regularly. The Club Designated Person shall be responsible for reporting allegations of abuse to the statutory authorities.

The club has appointed a Designated Person whose role shall include liaising with Statutory Authorities and the GAA at national level in relation to the reporting of allegations and/or suspicions of child abuse.

The club has appointed Children's Officers whose role shall include the monitoring of the child centred ethos of the club.

When a child or young person discloses information of actual or suspected abuse to you as a coach or member of the club, you should report the matter as soon as possible to the Club Designated Person, as identified below, with responsibility for reporting abuse.

Club Designated Person: Brendan Moran (Club Chairman) –

Ph: 086 0553247 email: brendan2403@gmail.com

Club Children's Officer and Boys' Children's Officer:

Daire Mac Pháidín 087 237 6863

Ladies Football Children's Officer:

Anne McCormack 086 8818005

Camogie Children's Officer:

Geraldine Molloy geraldinemolloy3@gmail.com

The objective of the Juvenile section is to teach players the skills of Gaelic games and to facilitate the exercise of those skills in a competitive and fun way.

Our aim is to foster an atmosphere of respect, discipline, learning and fun at games and training sessions. Our highest priority is that players should be safe, and learn sporting values during their juvenile playing days which will remain with them for life.

Mobile phones and mobile phone cameras should not be used in dressingrooms and juvenile players must not comment on social media sites such as Facebook or Twitter.

The club will monitor and maintain the appropriate level of coaching qualifications among coaches, mentors and trainers.

Ballyboden St Endas GAA, Camogie & Ladies Football Club Code of Best Practice is derived from the GAA Child Welfare and Protection Code which can be found at <http://www.gaa.ie/the-gaa/child-welfare-and-protection/>

All mentors and parents are required to be bound by the principles set out in this code so it is essential that you are familiar with its contents.

2.4 MEMBERSHIP, REGISTRATION AND FEES

Membership of the club is formal recognition of involvement with the club, allows access to the various facilities and groups that operate within the club and is of vital importance for the ongoing funding for the club.

The Ballyboden St Endas “Strategic Review – Challenge 2020” in May 2009 made the following statements –

- “Encouraging greater involvement of parents of juveniles who have not been involved to date”
- “Everyone involved in the club should be a member of the club”
- “Membership of a GAA club is the formal recognition of a person’s association with the club.....”

- “...we should adopt a family membership branding whereby family membership would include the opportunity for all members of a family to become members as appropriate with a cap on the total amount payable”

Membership is due at the start of the calendar year and early payment is encouraged. Juvenile membership must be paid by **February 28th** at the latest. This facilitates the early registration of players prior to matches commencing.

Family membership is encouraged, particularly when children begin playing in the Juvenile sections. There are almost 1,100 families (1,450 players) supporting the Academy Juvenile, Minor and Student sections of Ballyboden. Having parents involved strengthens the family ties with the club and greatly assists in the smooth running and management of teams and activities.

ALL membership applications and renewals are now exclusively online. See club website for details.

Note that any new adult members require to be proposed and seconded using a pre-designed form available from the club.

A Membership Committee manages the recording and registration of all members. Please direct any queries to Liam Carter (Club Registrar) liammcarter@gmail.com

The annual fee paid includes:
Membership Registration
Referees' Fees
Lights on All-Weather
GAA Insurance

It is the responsibility of the mentors to ensure that all players pay their membership fees.

2.5 Club Policy and Protocols on Féile

Background to Féile:

In 1971, Féile na nGael was inaugurated in Thurles, Co. Tipperary under the GAA presidency of Seamus O’Riain. Seamus’ son, Philip Ryan and family, including grandchildren are active members of Ballyboden St. Enda’s. It was a new idea for the promotion of hurling amongst juveniles on a national scale and in that first year it was greeted with remarkable enthusiasm and support.

Borrowing the Féile na nGael idea, Fintan Tierney started Féile Peil na nÓg in Cavan in 1982 for the young footballers of the country. Féile is now a national festival of Hurling, Football, Camogie, Ladies Football and Handball for boys and girls under 14 years of age and is based on the GAA club unit.

Each year over 25,000 boys and girls take part in this festival in all 32 counties in addition to numerous teams from overseas. When the preliminary competition is completed in each county, the winning club then travels to the host county or province where they are hosted by families and engage the host club in hurling, football, camogie ladies football and handball games. Since 1971 over 1 million boys and girls have participated in this great festival.

Féile is a national movement with the primary objective of facilitating and enabling the personal, social and cultural development of young people. It also emphasises cultural and community activities, leadership and training through sport. It is recognised by the GAA as a major festival of great importance for the promotion of hurling, football, camogie, ladies football and handball among the youth of our country. It also has the full support of the GAA, the Department of Education, Irish Sports Council and other Government bodies and cultural agencies.

Féile places great emphasis and importance on proper participation, presentation, punctuality and sportsmanship. It reaches through the nation involving the whole community - clubs, schools, social and cultural groups, Gardaí, bands, civic and religious authorities and families. It is expected that Ballyboden St. Enda’s teams participating in féile competitions would comply with both the spirit and the letter of féile guidelines. This is

especially the case with respect to engaging with the host club and host families at the National Féile.

Ballyboden St Endas Prior Success:

Ballyboden St Endas is fortunate to have won the All-Ireland Féile competition in each of the four sports (excluding handball) as follows: hurling in 1992 (Division 1), 2000 (Division 2), 2013 (Division 1) and 2015 (Division 1); football in 1998 and 2009 (both Division 1), and 2000 (Division 7); ladies football 2009 (Division 1) and 1996 (Division 2) and camogie in 1999 (Division 2).

Organising Committee:

Féile competition for boys and girls is an enjoyable and memorable occasion, and significant effort goes into preparation and presentation of teams.

It is common practice for U14 boys' and girls' teams participating in Féile competitions to fundraise for additional Féile expenses such as new set of jerseys, playing or training gear, trips to play teams outside the county etc.

Normally, a sub-committee of parents of team-members is setup to co-ordinate fundraising activity. This may be the first experience that parents of players have in interacting with the club at this administrative level, and the Executive wish to outline the below guidelines. In addition, it is often helpful to meet with the previous year's fundraising committee for advice & direction.

It is important that mentors liaise closely and directly with their colleagues in the other codes (football-hurling & ladies football-camogie) and with teams at other grades in their own code to ensure that players have a consistent and shared experience and that duplication of effort and resource is avoided.

Fundraising Guidelines:

Fundraising efforts are generally focussed on covering the incremental costs of preparing and transporting the team to the Féile tournament including the presentation of the team in a uniform outfit. These costs include:

- a) New set of Jerseys
- b) Polo shirt for players & mentors
- c) Transport to games outside Dublin as part of preparations

- d) Food on trips outside Dublin
- e) Additional training or playing equipment
- f) Physiotherapist during Féile weekend.
- g) Féile Registration fees

PURCHASE OF ADDITIONAL CLOTHING TO THAT OUTLINED ABOVE IS DISCOURAGED. Please note that it is the experience of the club in the past that large sums of money was expended on clothing. It is the policy of the club what this needs to change. Money generated by Féile fundraisers should in the first instance be targetted at skill development and coaching. Moneys raised should be spent on trips to hurling and football strongholds for the purpose of player and team development rather than on clothing. Mentors are asked to strongly communicate this message to members of Féile Fundraising committees.

Funding can be generated through:

- Encouraging parents to support club lotto
- Seeking commercial sponsorship. This is normally through a parent or person associated with the team. Sponsorship should be consistent with the ethos of the GAA and youth sport. For example, sponsorship related to tobacco or alcohol would not be appropriate for juvenile teams. Also, current Club sponsors should not be approached to sponsor Féile;
- Running fundraising activities such as table-quizzes, concerts, sponsored walks/ cycles, fashion-shows, Christmas tree collection etc.

The following guidelines apply:

- a) 20% of all Féile Fundraising is retained by the club to assist with general club expenditure
- b) In the event that a team has a significant benefactor, funds received from that benefactor should be used for the benefit of all that year's féile teams with the consent of that benefactor.
- c) All funds raised **MUST** be handed to the club General-Manager for lodgement in the club's bank accounts. **It is not permitted to maintain separate bank-accounts for specific teams.**
- d) Funds can be drawn down against funds lodged as expense as they are incurred. A record of **income and expenditure** should be

maintained by the Féile fundraising committee in conjunction with the club General Manager. Strict and detailed accounts of all fundraising must be maintained by at least two members of the fundraising committee.

- e) In exceptional cases, where expenditure needs to occur before the funding has been generated, the club Executive may approve such expenditure based on a commitment & plan for a specific event to raise those funds.
- f) It is expected that all fundraising activities and social events take place using club facilities. This helps to build a bond between parents and the club and also to retain ancillary revenue such as bar receipts within the club. Where this is not possible, the General Manager should be notified in advance to avoid any clash of activities.
- g) Where club facilities such as the hall or bar are required, the Féile fund-raising committees should liaise with the bar-manager to book the required facilities in advance.
- h) The Féile fund-raising committee should liaise with the club General Manager to co-ordinate fund-raising activities with general club fund-raising in order to avoid a clash of activities and present a unified club approach.
- i) In the event that there are funds remaining at the end of the Féile competition, these funds will be used as follows :
 - a. to re-imburse the Club for any direct costs incurred by the Club and
 - b. to go towards the future development of the teams in that age group, as approved by the Executive Committee, e.g. trips down the country.
- j) In order that players would fully appreciate the benefits they are receiving, it is suggested that fund-raising events should involve the players themselves e.g. bag-packing in supermarkets, sponsored walk/cycle etc. Mentors may also give consideration to requesting a financial contribution from each player.

Training Equipment:

Currently O'Neill's are the only approved supplier of jerseys to Ballyboden St. Enda's, and jerseys should be ordered from O'Neill's. Training equipment may be sourced elsewhere but should be consistent with Ballyboden designs. Any queries or clarifications in this regard should be directed initially to the General Manager.

Any deviation from approved Ballyboden St. Enda's designs should be avoided. If a team requires to have specific text or emblems, the Club's Executive Committee Manager must approve any such deviations from standard.

All communication with O'Neill's should include the club General Manager.

Except in the case where a team sponsor requires a direct invoice from O'Neill's, invoices should be sent directly to the club.

As many players will be dual players i.e. football and hurling or ladies football & Camogie, mentors should co-ordinate with their counter-parts in the other sport to ensure that (i) training gear provided to players is consistent across both codes and (ii) player receive only one set of training gear.

National Féile

Teams qualifying for the National Féile will incur additional expense in preparing and participating in the All-Ireland stages of the competition. The club wishes to support teams reaching this stage of competition.

Additional expenditure for the National Féile will include

- (i) A gift for the host club and
- (ii) Gift for host families and
- (iii) Transport
- (iv) Féile registration
- (v) Additional preparation costs.

In order to allow the team mentors to focus on team preparation, the club executive may provide an additional contribution towards transport to the National Féile in the event that insufficient funds have been raised previously. Application for such funds must be supported by a budget statement showing details of anticipated income and expenditure. It is expected that fund-raising will take place after the national Féile in order to reimburse this cost.

Ballyboden St. Enda's have always enjoyed and benefitted from participation in Féile, and the directions above are intended to help parents & mentors though some of the non-playing activities associated with participation. We must not lose sight of the fact that Féile is about participation and enjoyment by players and their families as part of Ballyboden St. Enda's. It is also expected that parents will continue to take an active part in the life of the general club once Féile is over.

2.6 Dublin Development Squad

While it is an honour for Juvenile players to be selected on Dublin Development squads, due consideration must be given to player welfare and burnout. Club mentors should liaise with Brian O Regan, BBSE Coaching Director, parents and Dublin Development squad managers to ensure that training plans are developed in the best interests of the players' long-term development.

Parents of players involved in Dublin development squads must remember that the players' **first** allegiance is to their club. Under no circumstances should players engage in training with Dublin Development squads without prior approval of the section and mentors concerned.

SECTION 3

3 DUTIES AND ROLE OF MENTORS

Separate County Boards run Juvenile Boys Hurling and Football, Camogie and Ladies football. This section is aimed at Juvenile Boys but has much application to the other codes. See Section 4 for specific Camogie guidelines and Section 5 for specific Ladies Football guidelines

Mentors are appointed by the Chair of the relevant section and approved by the Club Executive. *A full list of mentors must be submitted (by the section chairperson) to the Executive prior to commencement of the playing season for ratification and to avoid confusion a LEAD Mentor must be designated for each team.*

Mentors will be subject to regular review by the Chair of the relevant section in conjunction with the Director of Coaching and the Club Coaching Executive.

3.1 GENERAL

Broadly speaking the duties of mentors are:

- To plan, organise, and prepare their teams for the various competitions. This includes training and coaching the players in the skills of the games, hurling, camogie and football.
- To coordinate training and matches between mentors in each code. It is essential that proper and regular training and coaching sessions are arranged for teams and it is easy to see that the successful teams in the club are properly organised and prepared in this regard.

Coaching manuals are available from the club Coaching Director, Brian O Regan to assist you in organising your coaching sessions. On occasion adult players are available to assist with coaching.

3.2 PREPARATION OF TEAMS BY TEAM MANAGERS

- Planning/preparing involves things as far apart as knowing your player's names in Irish to knowing how to coach.
- Familiarise yourself with the Board that organises your competitions

- For your team; you need appropriate equipment to assist your training.
- To be confident of getting your season off to a good start, you need to start training a few weeks in advance of your first game.
- A few words to remember when organising coaching sessions: control, variety, activity, enjoyment, competition, confidence, action.

3.3 MOTIVATION

Focusing the mind to get the best out of the individual; motivate to challenge.

- Always set small objectives at training.
- It is important that you encourage, praise and listen to players. Encourage discussion between players and management.
- Remind players that “what you put in, you get back”.
- Deal with any problems immediately.
- Avoid cliques building up; encourage mixing.

3.4 MENTAL FITNESS

This must be done in training in order that it can be transferred to a match.

- Physical fitness is important for mental fitness. In the context of a match, mental attitude is important.
- Players must be properly prepared; they must arrive in good time for a game; they must have proper gear; they must go into the match with a positive attitude and belief; if not tuned in mentally, physical fitness is no good.
- Words to remember - praise, competition, perfect practice, positive attitude.

3.5 MANAGING THE INDIVIDUAL / MANAGING CONFLICT

Talk to the team as a group as if they are all the same. Remember, however, that they are not all the same and they need a different approach.

- Be accommodating with players who may have other commitments/demands.
- Work on weaknesses of individual players; preferably have 2 trainers – one working with the general group and the other working with specific weaknesses of individual players, e.g. free taking, goalkeeping. Free taking and goalkeeping coaching duties should be assigned to one mentor.
- Be careful to encourage players and not to criticise them.

- In relation to match analysis, listen to players - they may see things on the field that you might not have seen.
- Sort out, early, the root causes of conflict. This should be done on a one to one basis rather than in front of the group. It should not be done in anger.
- Be alert to bullying among players and also ensure that you are not guilty of bullying other players.
- Where conflict arises between mentors, every opportunity should be explored to resolve the conflict informally.
- Under no circumstances should mentors disagree in front of players

3.6 ORGANISATION

- Ensure that training is well planned with proper equipment available.
- Have fun games and work on players weaker points.
- Notify players of matches in good time and organise transport.
- Formulate tactics, e.g. who takes frees, line balls etc, so that players will know in advance who does what.
- After the game, review and analyse the performance in a positive manner with a view to working on the weaknesses of the team and the individual.
- Encourage all players to perform all the skills, e.g. line balls, frees etc.

3.7 COACHING GENERALLY

As manager/mentor you cannot control the winning of a match. However, you can control the performance.

- Set goals for players - how many balls did you win in the course of a match? How many blocks/hooks etc?
- Develop a style of play. Research other styles of play, including other codes. Don't get into a rut.
- Know your objectives. Instruction in the dressing room should be kept to a minimum.
- Among the few rules that you should have are, a) be there on time and insist that players are there on time; b) if players cannot be there on time, insist that they let you know; c) Make it clear that players who do not comply with the rules will not be allowed to remain as club members; d) look in the mirror and assess your own performance.

- Ensure drills in training are done at match pace. Drills should be set against the clock. Eg. How many can you do in 30 seconds. Opposed drills based on match conditions should be introduced as appropriate.

In relation to juveniles, **concentration should be on enjoyment**; winning should be secondary.

Remember the team you are in charge of is not your team, **it is the club's team.**

3.8 CLUB LINK / IDENTITY / PARENTS

Managing a juvenile team can be very rewarding and fulfilling and detail underneath can make life much simpler.

- Parents/Guardians are expected to assist in every way possible with their child's team in whatever capacity they are comfortable with. Remember that the club is a voluntary organisation and we are all responsible for assisting the coaches in whatever way we can in areas such as equipment, washing jerseys, erecting goalposts and nets, catering, refreshments, transport, first aid, defibrillator use, umpires, linesmen, team statistics etc.
- **Ensure that a parent is appointed to take control of First Aid and Defibrillators. Training in this regard is available by contacting Club Manager Noel Sheridan (087 2933829)**
- Mentors should delegate as much of the above as possible to allow concentration on coaching and team preparation. It is most desirable that you know the first names of the parents. This should be done by holding an annual parent's meeting and by trying to involve them as much as possible, e.g. as drivers to away matches and as umpires, linesmen.
- Enquire about injured players on the evening and days following injury.
- Keep in contact with the schools; support school games if possible.
- Ensure that players treat club property as they would treat their own property;
 - Clean their boots outside the dressing rooms;
 - Hand jerseys back rather than throwing them on the floor and walking on them.
- Away trips, which must be authorised by the club and respective county boards, should be arranged with a view to improving standards and rewarding players for their efforts at training and matches. Clashes with county board fixture in the other code must

be avoided. Teams should go to the country at least twice per year. This would encourage comradeship and develop closer bond to the club. Make out a detailed itinerary and give a copy to parents; have contact numbers etc. Set very clear rules to behaviour and ensure that underage drinking on trips is totally unacceptable. There are many places with good adventure centres and it might be advisable to arrange trips to such places so that the players can be kept active.

3.9 Principles of Effective Communication

- Be a Positive and Enthusiastic Coach
- Be demanding but considerate
- Be consistent
- Be a good listener
- Treat all players as individuals
- Communicate in the same manner with your own child as with other players

Verbal:

- Speak Clearly & make Eye contact
- Voice should be only slightly louder than normal speaking voice
- Speaking LOUD encourages players to make noise themselves
- Use language that is easily understood & age appropriate
-

Non Verbal

- Act in a manner that is consistent with the message you are sending out
- Move amongst the players
- Make regular eye contact
- A hand or a pat on the back or shoulder – conveys support
- Always face the players
- Use a signal (e.g. Whistle)

Positive Reinforcement

- Praise for the Effort
- Provide Corrective Feedback
- Emphasise the players qualities and skills constantly
- Long pep talks are not always a good way to boost confidence.....

Developing the self-confidence of the young player is one of the most important challenges for a coach

3.10 MATCH DAY

Having prepared your team properly you are now ready for action. Match fixtures appear on the club website (www.bodengaa.ie) and in the Evening Herald on Saturdays and Tuesdays. Fixtures are also circulated by email by the board delegates and on Hill 16

- Mentors should ensure that they check this each week.
- Any problems or confusion relating to fixtures should be addressed to your Board Delegate for clarification.
- Mentors should ensure that their team is ready to start the match at the specified time. To facilitate this it is advisable to assemble at the pitch at least a half hour before throw-in for home matches and to assemble at the club at least one hour before throw-in for away matches.
- Parents should be encouraged to provide transport.
- Pitches must be marked out with flags at the appropriate intervals and nets must also be provided.
- Nets are stored in the dressing rooms and must be returned there immediately after the match.
- To relieve yourself of some of the workload on match days, organise a group of parents who will take responsibility for nets/flags etc. before and after the match.
- Each team is expected to provide an umpire at each goal and one person to supervise one sideline. Failure to provide such personnel may lead to controversial decisions being made. Parents of players are usually willing to cooperate in this matter if asked.
- Every effort should be made to give all players a run during a game as otherwise they may not continue to turn up. Players whose number one allegiance is to BBSE in particular should be given first priority. Remember it is not all about winning.
- If game is fixed for home and if pitch is unplayable but opposition pitch is playable, then the game must proceed in oppositions' grounds.

3.11 REFEREES

- Each team (excluding go games) must provide the referee with a team list, in duplicate, with the names written in Irish. Hand both lists to the ref before the match. One list is given to the opposition by the referee and the other is sent to the Board by the referee.
- You should ensure that you get the opposition's team list from the referee in case there is any need to object to the eligibility of any of their players.
- You must also pay the referee the agreed expenses rate.
- Mentors are responsible for the conduct of their players both on and off the field. They must also ensure that supporters/parents conduct themselves in a proper manner i.e. no abuse to the referee or opposition or any interference with their own team. This club has a good record in relation to discipline and it is up to all mentors to ensure that this record is maintained. Mentors are responsible for the conduct of supporters.
- If a referee fails to turn up within 15 minutes after the match is due to start you may have a number of options
 - 1) In a league game the away team has first option to ref
 - 2) In championship game, if the referee fails to turn up the game is deemed unplayable
 - 3) If you referee the match, send in a written report to the relevant board
- Under no circumstances should you agree with the opposition for each side to referee one half each. In the first place the rules provide that whoever starts to referee a match must finish it. In the second place, if the opposition are losing and they referee the second half, experience tells us that the chances of the referee being biased are great.
- To ensure that the referee turns up, you are strongly advised to phone the referee on the evening before the match to ensure that he knows about it.
- Where the appointed referee does not turn up, the official game cannot go ahead.
- Please note that if a game is cancelled and the referee has not been informed, the club must pay the full referee's fees for home games.

3.10 GO-GAMES: UNDER 9 TO 12 FOOTBALL & HURLING

Go-Games is a competition for all age groups from under 9 to under 12. This involves small-sided games with rules specific to each age group. The reason for the introduction of Go-Games is to reduce competition being placed on young players and to give every player the opportunity to develop all the skills of football and hurling at an early age.

All the latest rules on the Go-Games are available @ www.bodengaa.ie and www.dublingaagamesdevelopment.ie

3.11 EQUIPMENT

Mentors should ensure that they have at their disposal the proper equipment to facilitate training and playing matches. All teams must be self-financing

- e.g. jerseys, footballs, pump, hurleys, sliotars, first aid kit, flags, list book, bibs, cones, whistle. The club name or some such mark should be put on sliotars/football etc to identify the clubs property and avoid confusion after matches.
- Respect for club equipment and property and the avoidance of waste, damage or loss of footballs, hurleys, sliotars etc must be insisted on.
- It is club policy that all players wear club socks and togs during matches and it is the responsibility of the mentors to ensure that this policy is strictly adhered to. Socks and togs may be purchased by players in the club shop which is usually opened from 10am to 12pm each Saturday morning and 8pm to 9pm every Thursday.
- If teams are fortunate to acquire sponsorship for jerseys, they should pass the old jerseys down the line to the next team.

3.12 INJURIES / INSURANCE: Boys' Injury scheme

Risk is an inherent factor in sport, as in life. When members voluntarily take part in Club activities, they accept the risks that such participation may bring. If a member is injured while participating in an official club match or training session and incurs medical or physiotherapy costs as a result of that injury they are expected to seek reimbursement of these costs from their own personal accident/health insurance schemes in the first instance. In the event that these schemes do not fully recompense a member's costs they can apply to the GAA and/or the Club's Supplementary Injury schemes to seek repayment of any outstanding amounts. The procedure

for claiming these outstanding amounts depends on the costs and treatments involved.

Procedure 1: Medical Costs Less than €100 & All Physiotherapy

For any medical claims less than €100 and for all physiotherapy treatments, the club's Supplementary Injury Scheme is to be used. To

avail of this scheme please fill in the Player Supplementary Injury Scheme Claim Form. This form is available on the club's website and is shown below. This is to be returned to the relevant Injury Co-ordinator within **30** days of the injury occurring with the original receipts attached.

Juvenile Boys – Physiotherapy –

The Executive Committee has confirmed **Sparc Ireland** (Eamon O'Reilly - club member) as the new Physiotherapist for the club.

The Practice is located opposite the senior players Gym in the courtyard of Sancta Maria just off Ballyboden Way.

Please be advised that in the event of an injury to a player it is advisable to get the injury looked at medically before having any physiotherapy treatment.

Please also note that the club have changed the way it covers the payment of Physiotherapy treatment for members going forward from February 2017.

It is now policy that if a member uses **Sparc Ireland**, they (the member) must pay €25 of the cost of €45 per treatment and the club will pay the remaining €20 per treatment.

However if a member wishes to use another Physiotherapist or Physiotherapy practice (which they are entitled to do) **the club will not reimburse any of the fees charged.**

When booking on-line for a consultation with Sparc Ireland, members should note that if the player does not have a membership card he should give their Manager's name to qualify for member's discount.

This change has come into effect from **February 2017.**

If required to do exercises by the physiotherapist, please ensure that they are done otherwise the treatment may be prolonged.

Mentors please advise parents of the above information, also if there is a need for extensive treatment i.e. more than four (4) sessions that they contact Declan O Rourke in advance (*contact details on pg 27*).

Details of **Sparc Ireland** are as follows

Address: Sancta Maria, Ballyboden Way, Knocklyon, Dublin 16.

Website www.sparc.ie

Procedure 2: Medical Costs over €100

For any claims over €100 the GAA's injury claim procedure is to be used. To avail of this scheme please fill in the GAA injury Claim Form. This form is available on the club's website and is shown below. This is to be returned to the relevant Injury Co-ordinator within **50** days of the injury occurring with the receipts attached.

The GAA impose a strict time limit on how long after an injury is incurred that a claim can be made. GAA forms need to be submitted to the Injury Co-ordinator within **50** Days of the injury occurring to ensure this deadline is met. **Do not wait** for an injured player's treatment to be completed before submitting forms. Additional receipts relating to a specific injury can be submitted at a later date so long as the claim has been registered before the GAA's deadline.

For Further details of the Injury scheme, please Contact:

*Declan O'Rourke,
Medical Claims Officer,
Boys Juvenile Committee*

Email; *declanorourke1966@gmail.com*

Mobile *087 7473632.*

Mentors should give the following questionnaire to all players over 14 years of age.

Ballyboden St Endas GAA Club Juvenile Committee



Cardiac Screening Questionnaire

In line with the recommendations of the Medical Welfare Committee of the GAA we are circulating a cardiac screening questionnaire to all players over the age of 14.

It is recommended that, under the age of 21, the questionnaire should be filled in under the supervision/in conjunction with parent(s)/guardian(s). Anyone answering yes to any of the questions should discuss the findings with their family doctor.

This questionnaire is **NOT** to be returned to the club but has been issued to players/parents to highlight the issue of cardiac risk in young adults. The questionnaire is a tool that may raise concerns that an individual or parent may wish to discuss with their family doctor.

When this questionnaire was circulated previously in the club it was criticised as it was felt that some of the questions were too easy to give a 'yes' answer to. We have not removed these questions as we feel that although they will have little relevance to the vast majority of players they may be of relevance to someone.

The Medical Welfare Committee of the GAA, inform us that of all the cardiac screening tools, the best predictor of sudden death risk is a positive questionnaire. They also inform us that there is a lack of scientific consensus on the overall value of further screening. However should you wish to pursue further screening without consulting your doctor you should be aware of the following:

- Testing should be done in a centre where ECG's/ECHO are being reported by experienced sports cardiologists.
- There are a significant percentage of players that will have an abnormality which may require further evaluation.
- Following a further evaluation a percentage of players will end up uncertain as to whether it is safe or not for them to participate in sports

For further information on cardiac risk in young adults please visit www.CRY.ie



Ballyboden St Endas GAA Club Juvenile Committee Cardiac Screening Questionnaire

This questionnaire is **NOT** to be returned to the club but has been issued to players/parents to highlight the issue of cardiac risk in young adults. The questionnaire is a tool that may raise concerns that an individual or parent may wish to discuss with their family doctor.

IF YOU ANSWER YES TO ANY OF THE QUESTIONS BELOW, YOU SHOULD CONSULT YOUR FAMILY DOCTOR.

1. Has a doctor ever advised you not to participate in sport due to a heart problem?	Yes	No
2. Do you have any heart conditions?	Yes	No
3. Are you taking any drugs for your heart?	Yes	No
4. Have you ever fainted during or after exercise?	Yes	No
5. Have you ever been dizzy during or after exercise?	Yes	No
6. Have you ever had chest pains during or after exercise?	Yes	No
7. Do you tire more quickly than your friends during exercise?	Yes	No
8. Have you ever been told that you have: a) High Blood Pressure? b) Heart Infection? c) Heart Murmur?	Yes	No
9. Have you ever had heart tests carried out by a doctor?	Yes	No
10. Have you ever had very rapid heart beating that has begun and ended for no apparent reason?	Yes	No
11. Has anyone in your family died before the age of fifty from a heart condition for which no cause was found?	Yes	No

Please visit www.CRY.ie for further information on cardiac risk in young adults.

3.13 BOARD DELEGATES

The club has delegates attending the various Boards. In the case of the Juvenile Boys' Section, these are:

Donal Woodcock Coiste na nÓg, CCC1 (Competition Control Committee U8 to U12) d.woodcock10@upcmail.ie

Mark Brady, Coiste na nÓg CCC2 (Competition Control Committee U13 to U16). mark.brady32@gmail.com

- Board delegates perform a communication role between the Boards, the club and the teams. They can only represent the club in a proper manner if they are kept fully informed by team mentors.
- This means that the delegate must be informed, on the evening of the match of any incidents that may have occurred during a match, if the match is not played, or if the match is otherwise cancelled or postponed. It is the responsibility of the mentor to return match results.
- Communication with the boards is via the Juvenile Chairperson or the Board Delegates **only**.
Under no circumstance should mentors contact Board Officials.
- The Board Delegate will channel communication from the Boards to mentors via email and, where appropriate, via the website www.bodengaa.ie
- If for some valid reason a mentor wishes to have his match postponed, he must give adequate notice (at least 2 weeks) of a request to his Board delegate and it is a matter for the Board Delegate to apply to the Board for such postponement.
- If you are notified of a postponement by the opposition, notify your delegate immediately. The postponing team notifies the opposition's mentor and the referee.
- Note: CCC2 are especially reluctant to grant postponements and will only do so for serious reasons. In this event, their expectation is that the game will be played **before** the appointed date.
- If a postponement is granted, then the game must be played within two weeks of the original fixture or else the team requesting the postponement will lose the points.

3.14 OVERAGE AND UNDERAGE PLAYERS

- Overage or otherwise ineligible players must never be played. The penalty in the event of an objection is loss of the match and suspension for the player, mentor, club chairman and secretary.
- If you suspect that the opposition is playing one or more overage or ineligible players you are entitled to request the referee to stop the match and take the name and date of birth of all the suspected players. This must be done during the match.
- Please be sure of your facts as it can be very embarrassing if you are wrong and one must maintain good relations with all clubs.
- You then have 5 days to check out the players with the County Board and lodge an objection if considered necessary.
- This must be done through the Juvenile Committee.
- **It is club policy that players' first responsibility is to play in teams of their own age group.** Where older teams are occasionally short, players may sub up, but not to the detriment of players in the older age group. Care should be taken that players who 'sub up' should not displace the players of the older team to the substitutes' bench. Mentors of the older team must receive permission from the mentors of the younger teams (in **both** codes, if applicable) before playing players up. Contact should not be made with the player until the relevant mentors in both codes have been appraised of the request.

3.15 PLAYING FRIENDLY / CHALLENGE MATCHES

- Permission must be sought from the County Board through the Juvenile Committee / Section Board Delegates. E-Mail/Phone your request to Juvenile Committee Secretary / Section Board Delegate.
- The County Board needs 3 clear days notice in order to ensure that the match is covered by the GAA Players Injury Insurance Scheme.
- If the match is at home, you will need to check the availability of pitches with the Club Manager.
- Ordinarily if a challenge match is against another Dublin team, the home team notifies the County Board.
- If a country team travels to play in our club, it is right that we offer to provide them with refreshments. Tea, sandwiches, cakes etc. are normally organised by the parents of the players and the

kitchen and hall are made available through the Bar Manager. A minimum of 3 days prior notice must be given to the Bar Manager.

- In general, teams make their own arrangements (transport, accommodation, meals, etc.) at no cost to the club when travelling to play a team outside Dublin. It is a very responsible task to take a team away to play matches. You must accept responsibility fully to remain in complete control.

3.16 PROCEDURES TO TRANSFER A PLAYER

- The Juvenile transfer season is usually for about 2 weeks in late November/early December. Please contact the club secretary and board delegates for details.
- If the club objects, the Juvenile Board make a final decision on the transfer.
- The only transfers allowed outside this time is if a player moves from another county during the year or moves home address within Dublin.
- Please note that Ballyboden St Enda's (BBSE) is a dual club. Juvenile members may not play one code with BBSE and another code with another GAA club
- Transfer of players into Ballyboden to the detriment of other local clubs is discouraged.

3.17 DUAL PLAYERS / PLAYER BURNOUT RECOMMENDATIONS

- Allowance should be made for periods of the year when players are involved in intensive school games activities and club training should be modified accordingly.
- A calendar of activities for the year should be drawn up collaboratively by the mentors of a particular age group with the intention of avoiding over-training.
- That the above agreed calendar should allow for weeks which are designated as "free from training", from time to time and also take school playing seasons into account
- A standardised 'off-season' should be agreed on.eg. Dec/Jan and that no games/challenge matches should be played during that period.
- A standardised warm up/cool down procedure be implemented with all club teams in the interests of injury prevention. Please

appoint one mentor to this role.

- When selecting players for Dublin development squads, that due cognisance be taken of the demands being placed on players and it is recommended that a player should be nominated to participate in one squad only ie. either hurling / football; camogie/ ladies football from U14 upwards.
- Contact from the Dublin Development squad manager should be through the Club mentor to ensure that a player can be made available from the club to the county where there are clashes with club fixtures
- Parents of players involved in Dublin development squads must remember that the players' first allegiance is to their club.
- When players are being called up to play at an older age group, contact must first be made with the mentor of the relevant team. Contact should not be made with the player until the relevant mentor has been appraised of the request.
- Where possible, dual players should not be called upon to 'sub up' to the next age group. It is preferable if the players being requested to 'sub up' are rotated .ie. that the same players are not being called on the whole time.
- Remember that the player may have two sets of mentors (hurling/ Football or camogie / ladies football) and both should be consulted to avoid confusion and conflict. If both mentors fail to resolve the situation, the decision of the juvenile chair will be final.
- Our experience is that with a bit of cooperation and good communication between mentors, and keeping the welfare of the juvenile players to the fore, most issues re player availability etc can be agreed between mentors themselves. Any issues which cannot be resolved should be brought to the attention of the appropriate committee. In such circumstances, no mentor should communicate a message to parents of juveniles other than that decided by the appropriate committee.

3.18 USE OF THE DRESSING ROOMS

The following few points relating to the use of the dressing rooms should be remembered:

- Please ask players to remove boots before entering dressing rooms.
- Dressing rooms of the home and visiting teams must be cleaned out by the **home** team.
- Players are advised not to leave valuables or cash in the dressing

rooms. The club will not accept responsibility for any loss. Visiting teams and referees should be advised in this regard.

- Please ensure that the dressing rooms are locked after use by your team.
- **Mentors must ensure that at least one adult is present in the dressing room at all times with the team to ensure that no damage is caused to club property.**
- **MENTORS SHOULD NEVER BE ALONE IN A DRESSING ROOM WITH A CHILD**
- Bicycles must not be left in the dressing rooms or in the corridor. Bicycles may be locked to bars outside.

3.19 PITCHES

Pitches are allocated by the Executive Committee who appoint a member for this purpose. It is essential that teams stick to their allocated pitch. No switching of pitches is allowed without the approval of the executive member.

- It is absolutely imperative that pitches are not played or trained on when they are declared unplayable by the Council, OPW (Hermitage) or by the Club Executive.
- During bad weather, mentors should check the club website or teletext (Network 2 Page 219) on Fridays evening for news of pitches being declared unplayable. This information may also be obtained by ringing South Dublin County Council (4520530 or 4620000), after 12.00 noon.
- If the club declares the pitches to be unplayable notices will be displayed in the car park and website
- St Enda's Park (Hermitage) does not advertise when their pitches are closed. You should therefore phone the Park on Fridays (4931025) or Connie Kavanagh 087/6783814 or Tony Mahon in the museum (4934208) during bad weather to check if the pitches are playable. (The best time to phone is between 1.00 and 1.30pm).
- If your pitch is unplayable (but no notification to this effect appears in the papers) you should notify the opposition, the referee and your Board delegate.
- Mentors must be vigilant and during bad weather should not use pitches unless they are certain that they are in a playable condition. Training in bad weather should take place to the side or

off pitch

- The Council and OPW have the right to declare their pitches unplayable at any time.
- Failure to abide by the decisions of those bodies could mean that the right to use the pitches could be withdrawn.
- It is important to bear in mind that when pitches are closed, all open space, behind goals etc. is unplayable.
- Please do not encroach on pitches used by other clubs or sports.
- The closing times for St Enda's Park (Hermitage) are as follows: 4.30pm, November to January; 5.30pm, February and October; 6.00pm, March; 7.00pm, April; 9.00pm, May to August; 8.00pm, September, and the Park management have requested that all matches are finished within half an hour before these times to allow the park to be cleared in an orderly fashion. To avoid any conflict with the Park Rangers, please comply with those times.
- When pitches are unplayable during the winter it may be permissible to train on the pitches in Oldcourt, or the all-weather pitch in Sancta Maria, if available.

3.20 USE OF PORTABLE GOALS

Portable goals are available for use and are stored in the dressing rooms beside the clubhouse. They are for use mainly for Go games matches and for the younger juvenile teams to shorten the pitch. Please ensure when erecting posts they are secured **safely** with appropriate pegs. Again, a parent or parents should be assigned to this important task.

3.21 ALL-WEATHER PITCHES AT SANCTA MARIA

The timetable for this pitch is organised through the club executive nominee.

3.22 SPONSORSHIP AND FUNDRAISING (INCL. FÉILE FUNDRAISING)

Every team in the club should be self-financing and appropriate sponsorship should be used at every opportunity. Any major sponsorship should be ratified by the juvenile committee. Any major sponsorship is entitled to a launch evening in the club and relevant exposure through press and club website, organised by the club executive. Féile is a major feature of the club's juvenile calendar. Over the years fundraising for Féile

has been a great way to involve parents and guardians in the social network of the club. Please note that **all funds raised** on behalf of BBSE must be lodged at the earliest opportunity in the club bank account via the Club General Manager. A strict record of all monies raised must be maintained. Expenditure must be approved by Finance Executive. Fund-raising events should be notified to Social & Cultural Executive Member Conor Sheehan in order to co-ordinate with fund-raising calendar. Running a club of our size is a huge financial challenge. Consequently 20% of **all** funds raised will be retained for general club expenditure. Audited accounts of the club are presented annually at the AGM

3.23 NEWSLETTER & CLUB WEBSITE

<http://www.bodengaa.ie>

A very attractive Annual Magazine is published at the end of the season. The Editor depends on the club members, especially mentors, to provide material to make this a continued success. A weekly newsletter has been developed to keep all club members informed of club activities. Please appoint a parent to write regular reports of your team for the weekly newsletter and email to ourhurlingnews@gmail.com and ourfootballnews@gmail.com

Please appoint a parent to take photographs of the team which can be included in club newsletter.

Mentors are expected to provide a short written synopsis at the end of the season for inclusion in AGM reports.

3.24 MEETINGS

The Juvenile Boys' Committee convenes once a month to check the progress of teams and to update mentors on developments in the Section and within the club. There is therefore a useful exchange of views among the mentors and between mentors and the Committee.

The Juvenile Section is obliged to hold an Annual General Meeting to select officers and mentors for the coming season and this is usually held in first fortnight in December. It is essential that **each** team is represented at the Juvenile AGM. All full club members are entitled to attend. All officers of committees and mentors have to be ratified by the Executive Committee. The Club Annual General Meeting is held in April each year. One mentor should be delegated to provide the section with a short report on the year's activities for the AGM.

3.25 MENTORS' EXPENSES

It is an expected feature of voluntary work in general and of GAA work in particular that club members (officials and players), not only give of their time but they do not demand or expect payment of minor personal expenses incurred by them in their voluntary role.

SECTION 4

Juvenile Camogie Section

4.1 INTRODUCTION

In order to get a complete overview, it is important that you read through the Juvenile Football/Hurling Section of this booklet since a lot of the information in Sections 2 and 3 will also apply to the Juvenile Camogie Section of the Club.

The Camogie Section Officers and Committee Members will liaise, advise and support you in your role as mentor and there will be regular mentors meetings throughout the year. The members of the 2013 committee are listed at the end of this booklet.

Committee Members have various duties e.g. Pitch Co-ordinator, Liaison duties with the different teams, Blitz Co-ordinator, Referee Co-ordinator etc.

The Dublin Camogie County Board website is www.dublincamogie.ie

4.2 GENERAL

The season runs from the 1st January to the 31st December. All players must be registered and paid up members of the Club and the Dublin Camogie County Board. This is important since the girls are only insured to train and play matches if they are registered. Registration takes place early in the year and the Registrar will liaise with mentors in relation to application forms, membership structures and fees and the collection of these. Registration should be completed by **Feb 28th**.

You will need a full list of your team members together with their parents' contact phone numbers. At the start of the year call an Information Meeting for the parents and draw up a list of reliable parents who will help and assist you during the year ie help with putting up the nets and flags, doing umpire and linesman, doing first aid etc. Every team has to be self financing and so fund raising will need to be done during the year. Having liaised with the Camogie Section, decide on a particular training day and time for the team. Meet with your counterpart in Ladies football and establish a good working relationship regarding dual players and overtraining and also to avoid clashing of training and matches.

It is the Dublin Camogie County Board that decides and allocates the fixtures, dates and times for the different teams. The website www.dublincamogie.ie should be consulted regularly. Click on Fixtures/Results at the top of the home page and click on Club Fixtures & Results and you will find details of the team fixtures. Once the fixture has been advised by the County Board, that match must be played on or before the scheduled date. You must give at least 2 weeks notice and send a request by email to the County Fixtures Co-ordinator (contact details will be provided) if you wish to postpone a match from its scheduled date, otherwise if the fixture is not fulfilled the match will be awarded to the other team. If you wish to bring a match forward, you must notify and request this of the County Fixtures Co-ordinator also. If you are organising challenge/friendly matches, the Camogie Section will provide you with details of who you need to contact since all matches need to be notified to the County Board for insurance purposes.

Pitches can be booked online for challenge/friendly matches. Go to the Club website bodengaa.ie and click on ONLINE PITCH BOOKING. A committee member will advise on login details.

All other communications with the County Board must be done through the Club Camogie Secretary.

4.3 EQUIPMENT NEEDED

Each Team will be allocated a set of keys which you will be responsible for. These will allow access to the Sancta Maria grounds and the All Weather Pitch, the Ladies Dressing Rooms in the Clubhouse and the Men's Dressing Rooms in the Clubhouse where the nets and poles are stored.

Ensure you have a full set of Club jerseys, bibs, cones, sliotars, first aid bag, a set of flags plus a hammer and a goalie hurl. An inventory of all jerseys and equipment is done at the start of the year by the Camogie Section. Some equipment may be handed on by other teams and other equipment may have to be bought through fundraising or sponsorship.

All girls must wear a helmet, shin guards and metal bands on hurls must be covered with tape for training and for matches. The full Club kit must be worn for all matches, ie the Club skort and Club socks. Girls should be encouraged to wear hurling gloves and should bring 2 hurleys and their own water to training and to matches. It is important to check and assess that each girl is using the correct sized hurl for them.

4.4 PREPARING FOR A MATCH

If it is a home game, contact your Camogie Pitch Co-ordinator by email on the Sunday giving details of what club you are playing and the time of the fixture. Mentors of U9 and U10 teams should try to play their games on the All Weather Pitch in Sancta Maria if possible. Make contact with the team you will be playing on the Monday before a weekend game and confirm the fixture. Advise that you will be in contact mid week to confirm pitch details and give directions if necessary and that you will organise the referee. You will be advised by the Club Camogie Section, or you can check the Dublin Camogie website, which Club is down to referee your match and you will get the contact details of the referee co-ordinator for that club in The Dublin Camogie Directory. This person will organise and confirm the referee with you. . Where the appointed referee does not turn up, the official game cannot go ahead.

Send out a text to the team on the Monday before a weekend game giving details of the fixture and to check availability. Ask the parents to text back asap to confirm if their daughter is available or not. If short of players you will need to liaise with the mentor of the next age group down and you may be able to “borrow” players for that match. Transfer of players at the one age group from one grade to the other is not allowed eg U11A cannot play with U11B and vice versa.

If an away game, if necessary, do up and print out directions to the club/pitch that you are travelling to. Make sure that the parents/ girls have their lifts organised before meeting up to go and that they know where they are going.

Make out 2 copies of the Líosta Foirne (official camogie teamsheet) with details of the girls names in Irish and English. Allocate their numbers/positions and these numbers must correspond to the numbers of the jerseys that the girls will be wearing in the match. This team sheet must be signed and dated by a registered full member of the Club.

4.5 ON THE DAY – CHECKLIST

Jerseys, Directions, Liosta Foirne, Referee's Fee, Subs Slips, Cones and Sliotars, Spare Hurleys, Tape, Goalie Hurl, First Aid Bag.

Appoint 2 umpires and a linesperson for the match and have someone responsible for doing first aid.

If a home match, you must welcome the visiting mentors and team and provide them with a dressing room if possible. The pitch should be prepared with nets and flags well in advance of the throw in.

Two copies of the completed Liosta Foirne, signed "as Gaeilge" are given to the referee usually at half time. He/she will give one copy to the opposing team and you will get a copy of the Liosta Foirne for the other team. Liosta Foirne booklets can be sourced from Club Manager.

The Referee's Fee is 10.00 euro from each team up to age U10, 15.00 euro from each team for U11 and under 12 and 20.00 for under 14 and 16. Please give fees to the referee with the Liosta Foirne.

Sub slips are needed for when you are making substitutions during the match. Complete these as needed and give to the player going on. The player goes on when there is a break in the play and gives the sub slip directly to the referee.

It is the responsibility of the home team to text the correct result of the game to the Dublin County Board. This is now automated and is called the Results Text Service. Make sure you are registered as the person who will receive the automated text requesting the result. There is a link on the Dublin Camogie website giving instructions on returning web results. Go into FIXTURES/RESULTS and then into CLUB FIXTURES AND RESULTS and click on the last download RETURNING TEXTS.

SECTION 5

Juvenile Ladies Gaelic Football Section

5.1 INTRODUCTION

All Mentors should familiarise themselves with the information contained in the Juvenile Booklet. Many aspects of Sections 2 and 3 will also apply to the Juvenile Ladies Gaelic Football Section of the Club.

Mentors in the Ladies Gaelic Football Section should also take note of the following additional information which relates specifically to the Ladies Gaelic Football Section of the Club.

5.2 GENERAL

The Ladies Gaelic Football Section Officers and Committee Members will liaise with, advise and support you in your role as Mentor. Monthly meetings are held throughout the year where Mentors meet, report on progress with their team and are kept up to date on relevant issues by the Committee.

The Ladies Gaelic Football Section Officers and Committee Members are listed at the end of this booklet.

Committee Members have various duties e.g. Pitch Co-ordinator, Liaison duties with the different teams, Blitz Co-ordinator, Referee Co-ordinator etc.

The Dublin Ladies Gaelic Football Board website is www.dublinladiesgaelic.ie and provides information on fixtures, results and general Ladies Gaelic Football Information.

5.3 MEMBERSHIP, REGISTRATION, FEES AND INSURANCE

- The season runs from the 1st January to the 31st December.
- All players must be registered and paid up members of the Club and the Dublin Ladies Gaelic Football Board. This is important since the girls are only insured to train and play matches if they are registered. Registration takes place early in the year and the Registrar will liaise with Team Mentors in relation to application forms, membership structures and fees and the collection of these. Registration should be completed by Feb 28th.

- Mentors should inform new players and their parents that they are not insured until their registration has been paid up and processed.
 - Dublin Ladies Gaelic Football has its own injury scheme administered by the Dublin Ladies Gaelic Football Board.
- i. All submissions of claims must be made within **two months** of the date of injury to Head Office
 - ii. Where a claim cannot be made within the two month period, or the claim may exceed €200 a **Preliminary Notification Form** (1-page form) should be completed and forwarded to Head Office.
 - iii. Claim form (**Accident Fund Claim Form**) is filled when treatment is completed and passed to the Player's Manager
 - iv. Both forms are available via a link on **www.bodengaa.ie/Ladies Gaelic Football Injury Scheme**
 - v. The Player's manager should be notified immediately of any pending claim.
 - vi. The Ladies Football Injury Scheme does not cover the full cost of VHI Swift Care Clinics in the case of emergency. It will only cover the €100 Public Hospital Charge if one does use the Swift Clinic.

5.4 DURIES AND ROLES OF MENTORS

5.4.1 GENERAL

- Agree on a training day and time for the team in conjunction with your counterpart in the Camogie Section. It is important to establish a good working relationship in regard to dual players to avoid clashing of training and matches and to avoid overtraining.
- Dublin Ladies Gaelic Football County Board decides and allocates fixtures, dates and times for the different teams. The website www.dublinladiesgaelic.ie should be consulted regularly. Click on Fixtures/Results at the top of the home page and click on Club Fixtures & Results and you will find details of the team fixtures.
- Once the fixture has been advised by the County Board, that match must be played on or before the scheduled date. You must give at least 2 weeks notice and send a request by email to the County Fixtures Co-ordinator (contact details will be provided) if you wish to postpone a match from its scheduled date, otherwise if the fixture is not fulfilled the match will be awarded to the other team. If you wish to bring a match forward, you must notify and request this of the County Fixtures Co-ordinator also.
- If you are organising challenge/friendly matches, the Ladies Gaelic Football Section will provide you with details of who you need to

contact since all matches need to be notified to the County Board for insurance purposes.

- All other communications with the County Board must be done through the Club Ladies Gaelic Football Secretary.

5.4.2 GARDA VETTING

- Club Policy is for that all Mentors working with U18 players receive Garda Clearance. Procedures are outlined under Garda Vetting Information Section on the Club website. The forms are available to download on www.dublinladiesgaelic.ie or at the side of the bar in the clubhouse. All information provided is dealt with in strictest confidence. Mentors who are U18 themselves (some working in the Academy) are **not** expected to have Garda Clearance.
- In line with Code of Behaviour booklet recommendations it is a requirement that at least one Female Mentor/Parent is assigned to each Ladies Team and that the Female Mentor/Parent is always present in the Changing Room on Match Days and attends Training.

5.4.3 GO-GAMES

- Go-Games are defined by the Ladies Gaelic Football Association as small sided development games where the playing rules and equipment are modified to ensure participants develop basic skills of the game and derive maximum fun and enjoyment while doing so. The more confidence that players have in their own ability and the greater the level of enjoyment that they derive from developing and expressing this, the more likely they are to maintain a lifelong involvement in Gaelic Games.
- In 2011 the U10 began playing in the Go-Games competition. The 2011 Ladies Gaelic Football Annual Conference passed the motion to Go-Games model be extended to U11 in 2012 and U12 in 2013.
- The latest rules in the Go-Games are available on www.bodengaa.ie and www.dublinladiesgaelic.ie

SECTION 6

CONTACTS

General Manager	Noel Sheridan	4946350	087 2933829	noelpsheridan@yahoo.co.uk
Bar Manager	Mick Farrell	4947950	087 9978365	
Club P.R.O.	Sinead Ryan		086 3010829	sineadryanmedia@gmail.com
Director of Coaching	Brian O'Regan		087 6998649	oreganbrian@yahoo.com
Club Coach	Paul McLoughlin		086 3350136	paul.mcloughlin@games.gaa.ie

JUVENILE LADIES COMMITTEE 2017

This committee meets every 6 weeks.

Chairman	Kieran Rudden	087 2431172	kieran_rudden@yahoo.ie
Vice Chair	Carol Donaghy	087 9077613	caroldonaghy@gmail.com
Secretary	Donagh O' Farrell	087 4192282	dofarrell@coca-cola.com
Club Coach	Brian O Regan	0876998649	bor_bbse@hotmail.com

JUVENILE BOYS' COMMITTEE 2017

This committee meets every 4 weeks.

Chairman	Mark Brady	087 9900061	mark.brady32@gmail.com
Secretary	Daire Mac Pháidín	087 2376863	secretarybng.ballybodenstendas.dublin@gaa.ie
Treasurer	Donal Monaghan	086 0434006	donalm.monahan@gmail.com
Registrar	Dave Kiely	087 6810985	davekiely@gmail.com
Club Coach	Brian O Regan	087 6998649	oreganbrian@yahoo.com
CCC1 Delegate	Donal Woodcock	087 2220042	d.woodcock10@upcmail.ie
CCC2 Delegate	Mark Brady	087 9900061	mark.brady32@gmail.com
Referee Co-ordinator	Paul Manning	086 8155501	paulnmanning@gmail.com
Children's Officer	Daire Mac Pháidín	087 2376863	dairemacp@gmail.com
Medical Claims	Declan O'Rourke	087 7473632	declanorourke1966@gmail.com
Football Liaison Officer	Donal Monaghan	086 0434006	donalm.monahan@gmail.com
Juvenile PRO	Cliona Mellett	087 9790482	ourhurlingnews@gmail.com and ourfootballnews@gmail.com

Children's Officers

Club Children's Officer and Boys' Children's Officer:

Daire Mac Pháidín 087 237 6863 dairemacp@gmail.com

Ladies Football Children's Officer:

Anne McCormack 086 8818005

Camogie Children's Officer:

Geraldine Molloy geraldinemolloy3@gmail.com