

**FAUGHS GAA CLUB
FAUGHS CELTIC CAMOGIE CLUB**

MENTORS HANDBOOK

AN ESSENTIAL GUIDE FOR
COACHES, PARENTS & PLAYERS

FAUGHS BY NUMBERS

31

The number of Dublin County Senior Hurling Championships won.

2003

Camogie is a recent arrival in Faughs following a merger with Celtic Camogie to form Faughs Celtic Camogie Club.

33

The number of teams in the club in 2016.

131

Faughs celebrate our 131st anniversary in 2016.

1885

The Club was founded at Easter 1885, 'Under the Big Tree' in the Phoenix Park in Dublin.

21

The number of players on a team in the early days.

882

The number of members that we have in 2016.

2

Two Celtic players, Úna O'Connor and Eileen Duffy were named on the Camogie Team of the Century.

2020

Faughs is working towards major development milestones in 2020. Contact us if you want to help.

1920

All Ireland Champions.

CONTENTS

CHAIRMANS ADDRESS	Page 4
1. INTRODUCTION	Page 5-7
2 CLUB POLICY AND GUIDELINES APPLICABLE TO CAMOGIE AND HURLING	Page 9
2.1 CODE OF BEHAVIOUR	Page 10
2.2 COACHES, MENTORS AND TRAINERS	Page 11
2.3 THE CLUB	Page 13
2.4 CHILD WELFARE AND PROTECTION	Page 13
3. ROLES AND RESPONSIBILITIES	Page 15
3.1 PARENTS AND GUARDIANS	Page 15
3.2 JUVENILE MENTORS, COACHES AND TRAINERS	Page 16
3.3 ROLE OF THE MENTOR	Page 17-20
3.4 THE CLUB	Page 21
3.5 JUVENILE PLAYERS	Page 21
4. TRAINING	Page 23
5. MATCHES AND MATCH DAYS	Page 25
6. THE TECHNICAL STUFF	Page 27-30
APPENDIX 1 - BASIC PRACTICE TIPS FOR JUVENILE HURLING AND CAMOGIE	Page 31
APPENDIX 2 – MATCH DAY CHECK LIST	Page 33
A BRIEF HISTORY	Page 34
APPENDIX 3 – FAUGHS CLUB EXECUTIVE AND KEY CONTACTS 2016	Page 35

Faughs GAA Club
Faughs Celtic Camogie Club

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The information contained in this handbook is for general information purposes only and, while every effort has been made to ensure completeness and accuracy, please refer to the appropriate websites for latest updates; www.dublingaa.ie www.dublincamogie.ie, www.gaa.ie, www.camogie.ie, www.faughs.ie (as rules and information change over time)

CHAIRPERSONS ADDRESS

**Faughs GAA
mission is to serve
our Community
as a “Hurling and
Camogie club”
where everyone
is welcome**



Although the title of this handbook is aimed at Mentors, it also serves as a guide for players and parents alike. For new members undertaking this sporting journey with your children can be an exciting time. Sport, and in particular team sport, plays an important role in children’s development. Through our national games, in our case Hurling and Camogie, we offer you as parents and players an opportunity to avail of this in an organised and controlled environment.

Whether you are a new or existing Member it is important to note that Faughs is your Club and everyone has a part to play. Like all Clubs, Faughs exists due to a huge voluntary effort from many people. You can always make a valuable contribution regardless of your sporting ability.

If you are a Mentor you are giving up a huge part of your spare time in order to keep your team functioning. It is one of the key roles in the Club and without a constant stream of Mentors the Club would not function. I hope your journey will be rewarding.

A handwritten signature in black ink, appearing to read 'John Gleeson'. The signature is fluid and cursive, with a long horizontal stroke at the end.

**John Gleeson
CHAIRMAN**

Faughs is the oldest GAA club in Dublin, set up in 1885. Based at Wellington Lane in Dublin 6W, it celebrated its 130th anniversary in 2015 and through the Faughs 2020 Strategic Plan has ambitious plans in place to continue its growth. Dedicated to Hurling and Camogie, with 882 players; 33 teams across Juvenile and Senior. The club has grown significantly at Juvenile level with very strong community and school links. The club has 3 main pitches, an astro facility, a gym, a physio clinic, two function rooms (each with bar), a kitchen and a members bar.

Faughs GAA mission is to serve our Community as a “Hurling and Camogie Club” where everyone is welcome, all our players have the opportunity to take part & reach their full potential both “on and off the pitch” & everyone is inspired to keep a lifelong engagement with our Club. Faughs Clubhouse is a hub of community activity.

The Club is working on five key strategies as part of the 2020 plan including

- **Coaching and Games Development**
- **Engagement with the Schools**
- **Fundraising & Finance**
- **Facilities & Development**
- **Communications PR & Social Cultural**

Coaching and Games Development Strategy:

Faughs GAA is providing a consistently high standard of coaching and ensuring each player in the club has an opportunity to participate fully, develop to their full potential and take part in meaningful games in an informal, safe and enjoyable environment.

Engagement with the Schools:

Engage with both primary and secondary schools to promote Hurling and Camogie.

Fundraising & Finance:

Faughs GAA will have the sustainable fundraising capability and the financial stability to plan future developments from our own resources and investment in our Club.

Facilities & Development:

Faughs GAA will have state of the art facilities for the playing and promotion of its games. We will have an adequate number of pitches and training areas to allow the club to grow into the future.

Communications PR & Social Cultural:

Faughs GAA has the most modern and effective methods in place to communicate with its membership and wider community & has a recognisable ‘brand’. The club is a social outlet for people of all ages and gives people an opportunity to enjoy social activities in Faughs community.

The people who are **Faughs GAA Club** will develop and own this Club Plan.

Please see www.faughs.ie for further details.

In 1897 Dublin County Board signed an agreement to play its championship games at Jones’s Road. In 1986 Faughs and Erins Isle were the last two teams to contest a county final in Croke Park. FAUGHS WON!



INTRODUCTION

This Juvenile Booklet is designed to ensure the smooth running of Juvenile games in Faughs GAA club and is a response to the club Strategy 2020 plan. It is essential that all mentors are familiar with the contents of this booklet.

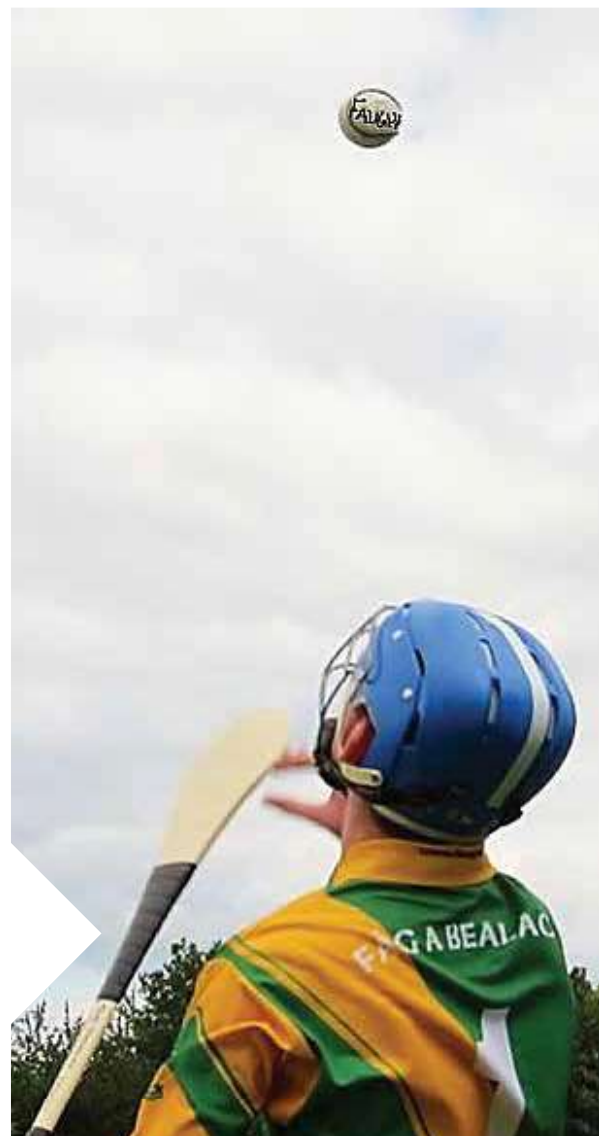
Club mentors should strive to work well with their own mentor colleagues and with mentors who are involved in all the club sections. Remember that the number one priority is the player. Mentors are reminded that the team you are in charge of is the club's team; how you perform and act will reflect on 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.

A key aim 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. Faughs unambiguous position is that all referees must be respected. This must be reflected in the behaviour of all our teams, mentors and club members.

The lead mentor of each team is responsible for ensuring that that the referee is treated with respect by other mentors, players or 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 Faughs. 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. This includes respect for and from all participants on and around the field.

It is essential that all Juvenile players must be registered with the Dublin County Board for insurance purposes. Club registration takes place in January. New players who join during the year must also be registered.

http://www.gaa.ie/mm/Document/TheGAA/ChildProtectionandWelfare/12/20/75/GIVERESPECT-GETRESPECT_English.pdf





CLUB POLICY AND GUIDELINES APPLICABLE TO CAMOGIE & HURLING 2

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 GAA website. <http://www.gaa.ie/the-gaa/child-welfare-and-protection/garda-vetting>. If you need advice in this regard, please contact the Children's Officer. From April 29th 2016 it is a legal requirement that mentors be Garda vetted. People may assist a vetted mentor three times but must be Garda vetted thereafter.

ALL players must be registered, preferably on the club Registration Day and this is part of the mentor's responsibilities. 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 Treasurer 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.

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.

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.

Up to and including the U11 age groups, 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.

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.

Aine Derham, founder member of Faughs Celtic, refereed a record seven All Ireland Camogie Finals.

Sean Buckley captained Kilkenny to an All Ireland Senior Final in 1964.

2.1 CODE OF BEHAVIOUR

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.

To help us with these aims the GAA have produced a booklet entitled 'Code of Behaviour for all Persons Working with Young People'. All mentors are required to be bound by the principles set out in it.

Faughs GAA club subscribes to the GAA Our Game our Code. For the full detailed document, please see <http://www.gaa.ie/the-gaa/child-welfare-and-protection/code-of-behaviour> or contact the Children's Officer.

GAA Tackling Bullying is a new training resource that the GAA developed in response to a growing awareness of the impact of bullying in society and particularly in sport. The programme consists of a two-hour training workshop suitable for Coaches, Parents, Players and other Club personnel and also includes a range of publicity materials for Clubs. The drafting and piloting phase of this programme has taken more than a year with 10 pilot workshops and a number of consultation meetings with underage players, parents and coaches.

In recognition of the serious difficulties that bullying presents in sports organisations this resource will be presented by the GAA to the Irish Sports Council so as to enable them facilitate other sports organisations who may wish to see the programme delivered in their own sports organisations.

See <http://www.gaa.ie/the-gaa/child-welfare-and-protection/tackling-bullying>



COACHES, MENTORS AND TRAINERS 2.2

Coaches, Mentors and Trainers 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.
- be careful to 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 at every match.
- always ensure that the referee is treated with respect.





THE CLUB 2.3

Faughs GAA club adopts the GAA Code of Best Practice in Youth Sport as a basic level of agreement between the club and their players, their coaches, parents/guardians and supporters in accordance with the Associations guidelines.

Ensure all coaches are made aware of the GAA Code of Best Practice in Youth Sport, as well as club policies and guidelines and adhere to these, which includes responding swiftly and appropriately to protect the welfare of children who participate in our games and related activities.

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 also appointed a Children's Officer whose role shall include the monitoring of the child centred ethos of the club.

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

It would be useful for parents of Juvenile players to share contact details with each other. This will facilitate parents assisting each other in the provision of transport to training, matches, etc. It would be appropriate to appoint one parent to undertake this task and circulate the contact details to the other team parents.

CHILD WELFARE & PROTECTION 2.4

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 in Youth Sport 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.

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. It is not the role of the coach/mentor to investigate the matter but you are bound to report it to the designated person. A mentor or coach should never be alone in a dressing room with a Juvenile player.

Club Children's Officer Hurling:

Dorothea Murray 086 8551063

Club Children's Officer Camogie:

Paula Finnegan 087 7569773

Club Designated Officer:

David Fowler 01 4055002



ROLES AND RESPONSIBILITIES 3

Training and coaching Juvenile teams is a great privilege and can have a tremendous influence on our young players. Many individuals contribute towards the development of these young players and it is essential that we work together to ensure the experience is both enjoyable and beneficial for everyone involved.

The key persons engaged in the development of the clubs young players are:-

- 1. Parents/Guardians.**
- 2. Juvenile Mentors/Coaches/Trainers.**
- 3. The Club.**
- 4. Young Players.**

PARENTS AND GUARDIANS 3.1

Parents/Guardians are key to the success of their children. Without the full support and engagement of parents/guardians it is very difficult for young players to reach their full potential. We ask parents to assist in every way possible with their child's team in whatever capacity they are comfortable with.

It is important to 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.



3.2 JUVENILE MENTORS, COACHES AND TRAINERS

Coaches, Mentors and Trainers shall:

- Provide a positive, healthy and safe environment in which players can develop
- Always encourage enjoyment, fun and participation in our games and activities
- Always remember that they are role models for the young 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 all players are given game time at every match
- 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
- Always ensure that the referee is treated with respect
- Not find themselves on their own in dressing rooms, cars etc. with an individual player
- Be careful to ensure that a player is not touched inappropriately
- Ensure that when a child or young person discloses information of actual or suspected abuse to you as a coach, mentor or trainer, you should report the matter as soon as possible to the club Designated Person, as identified below, with responsibility for reporting abuse
- Ensure that they are familiar with the GAA Code of Best Practice in Youth Sport as adopted by the club



ROLE OF THE MENTOR 3.3

The Role of the Mentor is:

- 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 and camogie.
- To coordinate training and matches. It is essential that proper and regular training and coaching sessions are arranged for teams.
- Appoint somebody to the crucial role of parents' liaison. This is a crucial role, as if the parents' interest is maintained, it increases the chance of the player continuing to play and more importantly, may encourage home practice, which is the exception rather than the rule. Ideally, this person should not perform training drills and acts as the mentors' group eyes and ears by filtering information and feedback, any issues or disgruntlement and organises parents to perform roles on match days, such as setting up nets and first aid. This role also corresponds with parents and collects money, where necessary.

Key aspects of the Mentor's role are as follows:

Planning:

- 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.
- Ensure the appropriate equipment is available 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.

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.



3.3 ROLE OF THE MENTOR

Managing the Individual:

- 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.
- 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
- Words to remember - praise, competition, perfect practice, positive attitude.

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.

Coaching:

- Set goals for players - how many balls did you win in the course of a match or 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,
 - Be there on time and insist that players are there on time;
 - If players cannot be there on time, insist that they let you know;
 - Make it clear that players who do not comply with the rules will not be allowed to remain as club members;
- 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. e.g. How many can you do in 30 seconds? Opposed drills based on match conditions should be introduced as appropriate.
- In relation to Juveniles, focus 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.

Communication Tips:

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

- Be a positive and an enthusiastic Coach.
- Be demanding but considerate.
- Be consistent.
- Be a good listener.
- Treat all players as individuals that working together form a team.
- Communicate in the same manner with your own child as with other players.
- 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.
- Act in a manner that is consistent with the message you are sending out.
- Move amongst the players.
- Make regular eye contact.
- Always face the players.
- Use a signal (e.g. Whistle)
- 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.

Tony Spellman and his late dad Paddy are the only Faughs father and son to have won three Dublin Senior Championships each

Parent Engagement:

- Parents/Guardians are generally interested in supporting their children. Ask for their assistance in every way possible in what ever capacity they are comfortable. We are all responsible for assisting the coaches in whatever way we can in areas such as equipment, washing jerseys, erecting goal posts 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/or Defibrillators.
- 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. 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.

3.3 ROLE OF THE MENTOR

Match Day:

- 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 club dressing rooms and must be returned there immediately after the match. Go Games equipment is stored in the pitch side container in Tymon Park.
- 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 side-line. 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. 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 opposition's grounds.

Referees (at CCC2 level only):

- Each team 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;
 - In a league game the away team has first option to referee
 - In championship game, if the referee fails to turn up the game is deemed unplayable
 - 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.
- 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.

The club shall:

- Adopt the GAA Code of Best Practice in Youth Sport as a basic level of agreement between the club and their players, their coaches, parents/guardians and supporters in accordance with the Associations guidelines.
- The club will monitor and maintain the appropriate level of coaching qualifications among coaches, mentors and trainers.
- Ensure all coaches are made aware of the GAA Code of Best Practice in Youth Sport, as well as club policies and guidelines and adhere to these, which includes a commitment to respond swiftly and appropriately to protect the welfare of children who participate in our games and related activities.
- Appoint a Children's Officer who is responsible for ensuring a child centred approach to activities within the club and implementing the GAA Code of Best Practice in Youth Sport when working with underage players.
- Appoint a Designated Person whose role shall include liaising with Statutory Authorities and the GAA at national level in relation to the reporting of allegations of and/or suspicions of child abuse.

JUVENILE PLAYERS 3.5

Juvenile Players Should

- Play fairly, do their best and enjoy themselves
- Respect fellow team members regardless of ability, cultural or ethnic origin, gender, sexual orientation or religious beliefs.
- Support fellow team members regardless of whether they do well or not.
- Represent their team, their club and their family with pride and dignity.
- Respect all coaches, officials and their opponents.
- Be gracious in defeat and modest in victory
- Shake hands before and after the game as of the Give Respect Get Respect initiative, irrespective of the result.
- Inform their coach in advance if they are unavailable for games or training.
- Take due care of club equipment.
- Know that it is acceptable to talk to the Club Children's Officer with any concerns or questions they may have.
- Adhere to acceptable standards of behaviour and Faugh's code of discipline.
- Tell someone else if they or others have been harmed in any way.

Juvenile Players Should Never

- Cheat.
- Shout at or argue with a game's official, with their coach, their team mates or opponents and should never use violence.
- Use abusive or foul language.
- Use unfair or bullying tactics to gain advantage or isolate other players.
- Spread rumours.
- Tell lies about adults or other young people.



Children love games. Therefore, the importance of children having fun at training must be paramount. Make it fun and they are more likely to attend training. Make the warm up fun by involving running games that involve jumping and changing pace and direction. Warm up exercises can also include ball skills on a 2 x 2 or 3 x 3 basis. These warm up games replicate the movements involved in match play. This allows for the development of basic skills, which many children will not possess, over time.

Ideally a training session should include:

- **Warm up**
- **Skill drills**
- **Modified/conditioned games**
- **Full match**

Helmets are compulsory for all age groups. Helmets should be put on at the earliest opportunity for both training and matches as many accidents occur on route to training/matches and around the clubhouse.

Please remember, training Juvenile players is not about building physical strength but building ball and hurl skills over time. With that in mind, it is important not to pigeon hole any child, e.g. putting a child at full back because they are less agile than others. Move the players around so they get experience of as many positions as possible during training and matches.

Whilst training sessions should be fun, they should also provide elements of motivation for both the team and individual players. Motivation should not be about winning but should be about individual and team development.

A training schedule should be put in place, so that drills are pre-planned and formatted. Ideally, training targets and goals should be set. One mentor should arrive early to set up the pre-planned drills.

Hand out different coloured bibs at the start of each session, as this facilitates the easy movement of players from one drill to the next. The distribution of bibs is also a means of dividing players into teams of equal standard for the match at the end of the training session, which ensures less dominance by stronger players. With younger groups, where the standard of players has not as yet been established, handing out different colour bibs is a means of dividing the players. If possible, particularly with younger groups, try to maintain the same groups, as this helps the mentor to identify and become more familiar (learn the names) of the individual players.

With younger players, start each session with the correct grip of the hurley, if particular players continue to use an alternative grip, individual attention is necessary.

Keep numbers in each drill to manageable numbers, so some individual attention is possible. Ideally, each session should comprise 3-4 drill rotations with the remaining time used for matches. If mentor numbers allow, allocate two mentors to each drill. With younger players, the prime focus should be fun, as players progress, drills can be tailored to the ability of the players, with regard being paid to their reaction to drills, so that the drill itself can be improved to sustain interest and a sense of achievement. Drills should emphasise core skills, such as striking, blocking and hooking.

At the age appropriate time, introduce an element of strength and conditioning to the training.

During the games, rotate players in all positions, so as to educate players as to positions on the pitch, this also affords the mentors an opportunity to find each players most suitable on field position.



MATCHES AND MATCH DAYS 5

Contact opposition mentor on Tuesday before the match to confirm start time and location which allows clear and early texts to be sent to parents. If the match is an away fixture, in the earlier stages it is a good idea to meet at Faughs, to travel in convoy. This is a good way of establishing the extent of parental interest and fostering team spirit and a sense of togetherness. Send a follow-up text if no parental response is received, which educates parents as to the importance of responding to texts. With new or younger teams, if necessary make a follow-up telephone call, which also helps foster and maintain interest.

If the match is a home fixture, contact the Refereeing Co-ordinator to organise referees. Arrange a roster of parents, if necessary, to assist with setting up nets and pitch.

Ask players to attend 30 minutes before throw-in, to facilitate a full and proper warm-up, which ideally should be carried out by one mentor and be pre-planned. Organise other mentors to facilitate goal-keeping and free-taking warm-ups. Ensure all required equipment is brought on match days, including team sheets, bibs, cones, money for refs, sliothars, including match appropriate sliothars and water bottles.

All mentors should have clearly defined match day roles, doing pre match-drills, liaising with referee and opposition mentors, first aid, communicating with the players before the match and at half-time, the less voices the better, with communications being short and to the point.

With young teams, and to help with team spirit and encourage parental involvement it is useful, if possible to invite parents back to the club for a post-match cup of tea.

Encourage interest in other teams in Faughs, particularly, involving older players, who may

assist with training, usually TY students.

A day trip to a country club by bus, incorporating an entertainment stop on the way back is a great way to enhance a sense of fun and team spirit, as are ad-hoc treats.

A day trip/away trip for a team

The adventure of climbing on the bus and making a trip, is a great way to develop a greater team spirit.

The key elements of organising a team day trip are

- **Plan the date**
- **Notify players guardians as early as possible in advance to ensure good participation**
- **Select the destination**
- **Identify the club**
- **Identify fun amenities in the area**
- **Identify a suitable place to eat**
- **Book the bus**
- **Check with the Treasurer for competitive or preferred coach companies before booking**
- **Inform the County Board for insurance purposes.**

Child security

It is vital to be aware of the responsibility associated with arranging a day trip for your team. It is important to consider in advance the safety and risks associated with the different elements of the day. It is necessary to get PARENTAL CONSENT & CODE OF CONDUCT forms signed by the players guardians in advance of your trip.

Detailed itinerary

In advance of your trip, issue an itinerary of the day to the guardians, giving details of the times of departure and return in particular. Ensure drop off and pick up information is clearly outlined.

From previous trips, there is a collection of club contacts and information available. Please contact the Faughs 2020 committee to get additional information.



Juvenile Games

Juvenile players officially commence at Under 8. That is the child must be 8 or under in the Jan-Dec, this applies to all age groups. For example, if a child is born on the 11th May 2008, that child is Under 8 in the year 2016. Competition is then organised for every age group (CCC1 - U8, U9, U10, U11 & U12's) and all play in non-competitive Go Games Rules – no league or championships. www.dublingaagamesdevelopment.ie. Older juveniles (CCC2 - U13, U14, U15 and U16's) play in competitive leagues. The next age groups are Minor, which is under 18, and Under 21, both of which are organised by the Senior Board.

Match Times:

Hurling

- U8, U9, U10, U11 and U12 Saturday a.m.
- U13, U14, U16 Saturday 3.30pm
- U15 Sunday 11.30am

Times may alter slightly subject to pitch availability. Keep an eye out for schedule changes during the Summer.

Camogie

- U8 – U9 Sunday 10am
- U10 Saturday 1.30pm
- U11 Sunday 11am
- U12 Saturday 1.30pm
- U13 – U14 Saturday 12 noon
- U15 Sunday 11am
- U16 Saturday 2pm

Times may alter slightly subject to pitch availability.

Competitions by Age Group

Hurling

U8 – U11 – play Go Games. However, at U11 a conditioned game competition is organised in July and August. Every team gets to the 'Finals' which are played in Parnell Park. www.gaa.ie/coaching-and-games-development/gogames/

U12 - The league is organised and graded from results in a six team / five game blitz at the start of the year. A conditioned game competition is organised in July and August. Every team get to the 'Finals' which are played in Parnell Park.

U13 - This group is also organised on a league basis with a P.J. Troy Tournament in July. This is organised on a round robin basis over a weekend in various divisions. The games are conditioned games, mentors should familiarise themselves with the rules, as matches are won or lost by taking advantage of the rules (www.dublingaagamesdevelopment.ie)

U14 – Games also organised on a league basis. Féile tournament is held over a weekend in May. All Ireland Féile held later in Summer.

U15/16 – A league and championship is organised.

Camogie

U8 – U10 – play Go Games. Scores are not recorded.

U11 – U12 – play in non-competitive league. Scores recorded but not published. No championship.

U13 – U16 – A league and championship is organised.

www.dublincamogie.ie

Team List (applies to U11 up)

For all under-age matches the team list, with the starting players, must be given to the referee. The names must be in Irish, both club names in Irish, dated and signed by the referee. If these rules are not followed in the event of an objection your objection will be dismissed.

THE TECHNICAL STUFF 6

U13 – U16 Divisions (CCC2) – Player Numbers

- All divisions 15 aside
- Where necessary from Division 3 to lowest division a minimum of 13 aside can be played. In the two lowest divisions of any league, teams may play 11 aside. Both teams must play equal numbers and the MAXIMUM number available to both teams must be played e.g. if both sides have 14 then NO players are to be held back as substitutes.
- Teams in Division 3 or lower with fewer than 13 players; or in the lowest two divisions with less than 11 players will forfeit the points.
- Where teams are playing with reduced numbers i.e. 11 to 14 aside and a team (that has no substitutes available) loses a player through injury or a red card, the other team is NOT obliged to take off a player.
- Under these reduced numbers regulations, teams that play more players than their opposition have available to them (exception – reduced number as per bullet point above) forfeit the points.
- A team may play up to 20 players per game i.e. a team playing 13 aside may use up to 7 substitutes.

Lowest Divisions in League

Sometimes there are separate competitions for 11 a side teams for clubs that cannot field 15 a side, or who can field a 15 a side and an 11 a side.

Subsidiary Competitions

Normally for subsidiary competitions the county boards do look for a panel to be submitted, with dates of birth, prior to competition.

Referees - Hurling

- A list of referee contact phone numbers are available in the Juvenile Directory
- The referee and the opposition should be phoned the day before every match.
- The referee fee is €10 per team U8 to U11. This is reimbursed by the club.
- The referee fee is €15 per team U12. This is reimbursed by the club.
- The referee fee is €20 per team U13 to U16. This is reimbursed by the club.
- Every referee, especially the younger ones, should be given every encouragement and NOT abused in any way. Remember, if a mentor ever abuses a referee and the mentor has to answer to the county board, the board will always look on the referee favourably, they have to, otherwise they will recruit no new referees, remember our Juveniles are also referees.
- For league games, the home team must contact the referee. If referee does not turn up the travelling team has the first choice to referee the game. It is better to avail of this. Championship games must be refereed by neutral referee.

Pat Cullen helped finance the purchase of Jones's Road property

Current GPO Tommy O'Mahony was for many years senior goalkeeper

Booking and Preparation of Pitches

Due to the large number of teams now in the club, pitches should be reserved for home matches. This can be done by contacting the Pitch Co-ordinator who will note the reservation. Pitches are prepared by Pat O'Connell (Phone 4941140). Pat needs to be given at least one days' notice to prepare the pitch. In certain circumstances, SDCC may close pitches. Information on pitch closures is available on Friday afternoon on the SDCC website. SDCC advise the club of pitch closures and the information is forwarded to team managers.

If game fixed for "Home" and our home pitch is unplayable the game must be played at opponent's venue, if playable, or else our team will forfeit the points. If "Away" game and opposition pitch not playable and our pitch is, then the opposition must come to Faughs pitch. If matches are cancelled do not forget to contact the referee, the Pitch Co-ordinator and Pat O'Connell.

Kimmage Manor

We are very grateful to the Holy Ghost Fathers for the use of this pitch. It is important that we do not abuse this facility. We ask that mentors and parents do not park near the entrance, (Note the "No Parking" White sign on the roadway) and that players leave and arrive quietly. Keys are available from Richie Hogan 086 8565346.

G.A.A. Match Fixtures

Match fixtures are circulated on a Monday on the Dublin Co. Board Website www.dublingaa.ie. This will be circulated to all Mentors by email. Locate away club locations and pitches via their websites and Google Maps. Mentors should make sure that all parents travelling to matches are happy with directions and know where fixtures are.

Challenge Matches

If matches are organised outside the Dublin County Board, a letter requesting the match must be e-mailed to secretarybng.dublin@gaa.ie at the County Board as a matter of courtesy and for insurance purposes. This applies to all challenge matches. (Fax No: 8312284). For Camogie matches organised outside the Dublin County Board Brendan Cooper should be advised.

Requesting Cancellation of Match

Inform the Juvenile Secretary (David Fowler) of dates when matches may be requested off. 21 days notice is required by the Dublin County Board. The County board will usually allow games to be brought forward (if opposition agree) but not put back.

Match Results

All results must be returned by text as described in the competition regulations. For further information please refer to the CCC1 & CCC2 Competition regulations on www.dublingaa.ie. Any queries can be directed to Juvresults@dublingaa.ie

Match reports for inclusion in the Faughs club **Notes should be Emailed to Faughs monicaspellman1@gmail.com**. Please ensure subject is filled out i.e. "Under 15 Match Report for club Notes"

Terenure College was the first ever boys' school to affiliate to the GAA back in the 1880's

THE TECHNICAL STUFF 6

Broken Hurleys

There are various people within the club repairing hurleys at a cost of €7. Ensure the player's name and team are clearly marked on the hurley (not on part of hurley that is going to be sanded).

Insurance – Hurling

Claims must be notified to the club insurance nominee who is PJ Newman; patjnewman@gmail.com

Insurance claim forms can be obtained from www.faughs.ie. After emailing PJ Newman, please leave a copy in the bar addressed to him. The form is in two parts, part one is an outline of the claim and has to be submitted within 60 days of occurrence. Part two is more detailed and has to be completed within a reasonable time. All Claimants must be registered (i.e. membership paid), otherwise claim is invalid. There is an excess of €100 in place.

Insurance – Camogie

All Claimants must at least submit the 1st Page of the claim form (NB signed by Club and County Secretaries) within 30 days of Accident (Scan and Email to Dub CO Secretary). Available from www.camogie.ie All Claims MUST be on the On-Line Dublin Camogie Registration (i.e. membership paid), otherwise claim is invalid. Part two of the form is more detailed and has to be completed then submitted with Doctor signature together with details of claims. Excess applies as follows: Medical including dental €75, Physiotherapy up to 90% subject to max of €400. *Note the small print into what's covered and what's not.*

Rules are regularly updated. Keep an eye on www.dublingaa.ie and www.dublincamogie.ie to track changes

Insurance - Hurling & Camogie

Mentors Print and Keep several copies of Claim form in Team 1st Aid Kit.

Parent should bring form with them to treating doctor as it can be very difficult to get it signed retrospectively.

Please note physiotherapy is only covered when recommended by a consultant.

Please make sure that when a Player is injured during a match, even if it is uncertain as to the nature or degree of injury that it is brought to the Referees attention and noted.

If the Injury is not in the Referees Match Report the claim is unlikely to be validated – so Mentors must ensure this is done after the match or at worst retrospectively. If in doubt as to seriousness of injury, get it noted.

If injured, Mentors must be Registered otherwise they will not be covered.

If the deadlines are missed then the insurance claim will not be valid.

Player health & medical conditions

As part of the registration process parents are requested to advise the club of any relevant medical condition.

If your child is taking medication to relieve their condition please ensure you have the medication with you and that you have given responsibility for its administration to an adult if you are not present at training or a game. Please also inform a mentor if your child is attending a session while unwell or not fully fit.

Basic Practice Tips for Juvenile Hurling and Camogie

Skills 1

1. Name the parts of the hurley
2. How: (a) Ready Position (b) Lock Position (c) Lifting Position change from (a) to (b) and from (a) to (c).
3. Strike a tyre 5 times (strong side) and 5 times (weak side).
4. Practice striking a ball.

Skills 2

1. Strike the ball (strong side) at least 10 metres along the ground.
2. Block the ball at ground level with the hurley.
3. Dribble the ball 10 metres with the hurley to pass between two cones set 1 metre apart.
4. Chest catch the ball.

Skills 3

1. Strike the ball (weak side) at least 5 metres along the ground.
2. Run to the ball and strike it (strong side) at least 10 metres along the ground.
3. Roll-lift the ball into the hand at least 5 times in 30 seconds.
4. Balance the ball on the hurley for at least 10 seconds.
5. Palm the ball at least 3 metres.
6. Palm the ball thrown-up off the hurley.

Skills 4

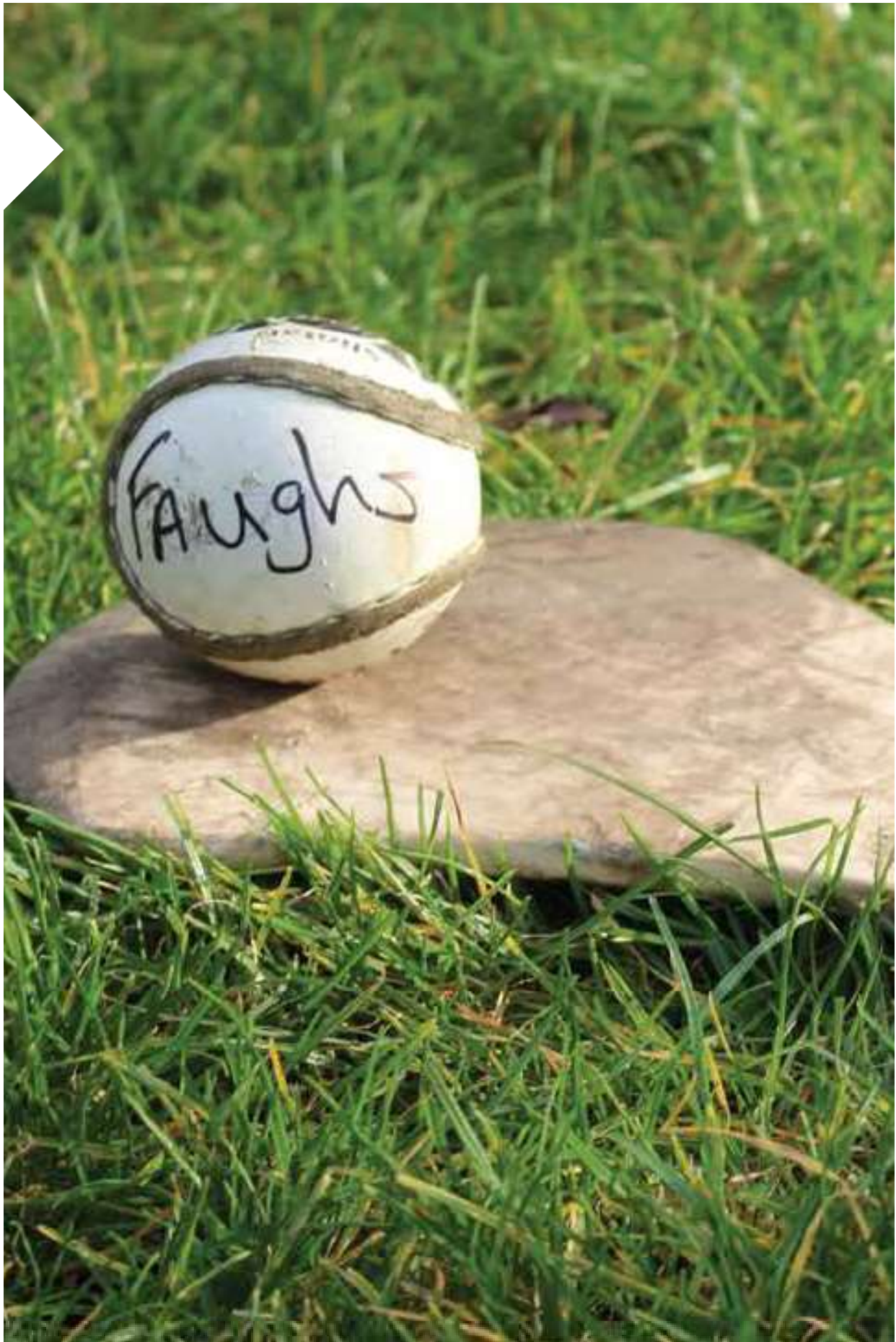
1. Run to the ball and strike it (weak side) at least 5 metres along the ground.
2. Block the ball (below head level) with the hurley.
3. Jab-lift the ball into the hand at least 8 times in 30 seconds.
4. Strike the ball (strong side) at least 10 metres from the hand.
5. *Catch the ball (overhead) using the hurley to protect the catching hand.

Skills 5

1. Block the ball with a hurley as it passes over head.
Advanced skill: Block the ball and catch it as it falls.
2. Solo at least 10 metres with ball balanced or hopping on the hurley to pass between two cones set 3m apart.
3. Run to a moving ball and lift it into your hand.
4. Double on a moving ground ball to return it in the direction from which it is coming (at least 10 metres strong side and 5 metres weak side).
Advanced Skill: Double on the ball in the air.
5. Strike the ball at least 20 metres from the hand (strong side) to pass through a goal 6.5 metres wide.
Advanced skill: Strike the ball from the hand on the run.

Skills 6

1. Bat a ball (passing overhead) at least 5 metres.
2. Score a point from a 20 metre free.
Advanced Skill: Strike the ball off the hurley on the run.
3. Strike the ball 20 metres from the hand (weak side).
4. Double in a moving ground ball to send it forward in the direction it is already travelling (at least 10 metres strong side and 5 metres weak side).
Advanced Skill: Double on the ball in the air.
5. Strike a sideline ball (sideline cut) to rise above hip level and travel at least 10 metres. Skills marked with an asterix (*) require a partner.



MATCH DAY CHECK LIST

- ✓ Ensure equipment provided – jerseys, water bottles, first aid, spare hurls, goal keepers' hurls, sliothars.
- ✓ 2 copies of Players List (Lioste Foirne – signed As Gaeilge), subs slips and referee fee. Ensure list is given to referee along with fee at half time.
- ✓ Directions are available for parents to match / club location. If 'Home' match, ensure pitch is booked and sufficient parents are available for putting up nets and flags well in a advance of throw in.
- ✓ Lifts available for all players for 'Away' matches.
- ✓ Appointment of 2 umpires, linesman and first aid person for match
- ✓ If 'Home' match, welcome the visiting team and mentors / coaches. Ensure a dressing room is available if possible.
- ✓ If a 'Home' match, remember that you are responsible for reporting the match result to the Dublin County Board.



A BRIEF HISTORY

Jim Prior native of Borrisoleigh Co. Tipperary. As well as being a brilliant hurler, Jim was one of the great characters of the club. This photograph shows him leading out the Dublin Senior Hurling team in the All-Ireland Final of 1952. In 1962, by now in his twenty-third year with the club, he was the driving force behind the club's victory in the SH League final against St. Columbas in Croke Park. He returned a personal tally of 3-4 on the day!



It is a little-known fact that Faughs fielded juvenile teams in the early years of the last century taking part in the Dublin Schools Leagues as far back as 1912. But in modern day hurling it is only in the past thirty years that teams have competed regularly in juvenile ranks. Photograph shows Faughs Feile na nGael team of 1983, the first year the club participated in the competition.

Harry Boland (1887 - 1922) joined Faughs in 1914 and quickly became known as a prominent hurler, referee and administrator, he won two Dublin Senior Championship medals and two Senior League medals in 1914 and 1915, also a Leinster Senior Hurling medal in 1915. He refereed one All-Ireland Final and served as Chairman of Dublin County Board. Very highly respected in GAA circles but it will be for his part in the War of Independence and his association with Michael Collins and Eamon de Valera that he is best remembered. Died in the Civil War in 1922.



Faughs Club Executive And Key Contacts 2016

Chairperson	John Gleeson	086 8500529	john.gleeson@valeofoods.ie
Vice Chairperson	Frank Bennett	086 8494102	frank49@eircom.net
Secretary	Evelyn Whelehan	086 8057181	secretary.faghshurling.dublin.gaa.ie
Asst. Secretary	Paddy Herbert	087 9738796	herbert.pat65@gmail.com
Treasurer	Tom Ryan	086 6879830	Tom.ryan@gaa.ie
P.R.O.	Monica Spellman	087 4150116	monicaspellman1@gmail.com
GPO	Tommy O'Mahony	086 8114643	tomomahony63@yahoo.com
Children's Officer	Dorothea Murray	086 8551063	dorrykelly97@gmail.com
Pitch Co-Ordinator	Philip Ryan	086 3826455	philip.g.ryan@aib.ie
Pitch Preparation	Pat O'Connell	01 4941140	
Director of Coaching	Richie Hogan	086 8565346	rphogan69@gmail.com

JUVENILE HURLING SECTION

Chairperson	Karol O'Brien	086 8908157	Karol@pkob.ie
Vice Chairperson	Richie Hogan	086 8565346	rphogan69@gmail.com
Secretary	David Fowler	01 4055002	info@davidrfowler.com
Registrar	Gormla Bowe	085 1450705	faughs.hurling@gmail.com
Referee Co-Ordinator	Turlough Doyle	086 3849867	ricoeldo@yahoo.co.jp
CCC1 Liaison	Paul Dixon	087 630 8400	paul@pedixon.com
CCC2 Liaison	Conor O'Connell	087 909 6132	conorcoconnell@gmail.com

CAMOGIE SECTION

Chairperson	Melissa Burgess	087 9686601	mel.burgess7@googlemail.com
Vice Chairperson	Niall Mullen	087 8144189	colletteamullen@gmail.com
Secretary	David O'Shea	085 212 3203	David7goshea@eircom.net
Asst. Secretary	Paula Finnegan	087 7569773	pfinnegan10@yahoo.com
Registrar	Trevor Cullen	087 7627286	Trevor.cullen@clavistechnology.com

Camogie Delegate	Eoin Reynolds	087 2996390	Eoin.reynolds@nr.ie
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Club Shop is opened on Thursday's 6.30 to 7.30 and Saturday mornings.

Preferably orders can be emailed to faughsshop@gmail.com

County Board Contact – Damian Murphy 8312099 / 086 1706420

Clubhouse Manager – Margaret 'Mags' Duggan 4902098

Club Physical Therapist – Ciaran McDonagh 087 695 7252

Replacement batteries for Defib – Robbie Cooke-087 716 8055



Faughs GAA Club

Faughs Celtic Camogie Club

Wellington Lane, Templeogue, Dublin 6W

www.faughs.ie

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