

## #GAAyouth Forum 2017 – Agenda

Groups A1 and A2: Players aged 12 – 15

Groups B1 and B2: Players aged 16 – 18

Groups C1 and C2: Players aged 19 - 21

Time	Activity	Speakers	Group/s
09.30 – 11.00	Registration	-	All
11.00 – 11.25	Opening Address	GAA Youth Rep Diarmuid 'Gizzy' Lyng	All
11.30 – 12.40	Fuelling your Body – How Food can Impact your Game	Sharon Courtney, Monaghan Ladies Footballer/Lecturer in DKIT, Sport & Exercise Nutritionist	Group A1
11.30 – 12.40	Getting the Right Balance: Juggling Demands as a Youth Player	Orlagh Farmer, Cork Ladies Footballer Wesley O'Brien, Lecturer in UCC	Group A2
11.30 – 12.40	Getting the Best from Yourself – Understanding your Fitness	Cathal Cregg, Connacht GAA S&C Officer	Group B1
11.30 – 12.40	Heads Up – How Positive Thinking Can Help You!	Jigsaw Team	Group B2
11.30 – 12.40	Becoming a Coach – Stories from the Field	Ciarán Kilkenny, Dublin Footballer/Coach David Herity, former Kilkenny Hurler/Dublin Camogie Manager Mick Bohan, Dublin Ladies Football Manager Juliet Murphy, former Cork Ladies Footballer/Coach Damian Lawlor, Journalist/MC	Group C1
11.30 – 12.40	High Volume & High Impact Injuries – From Prevention to Rehabilitation	TBC	Group C2
12.45 – 13.20	Lunch	-	Group A1/A2
12.45 – 13.20	Lunchtime Laughs with Rory's Stories	Rory O'Connor of Rory's Stories	Groups B1/B2 and C1/C2



13.20 – 14.00	Lunch	-	Groups B1/B2 and C1/C2
13.20 – 14.00	Lunchtime Laughs with Rory's Stories	Rory O'Connor of Rory's Stories	Group A1/A2
14.10 – 15.20	Fuelling your Body – How Food can Impact your Game	Sharon Courtney, Monaghan Ladies Footballer/Lecturer in DKIT	Group A2
14.10 – 15.20	Getting the Right Balance: Juggling Demands as a Youth Player	Orlagh Farmer, Cork Ladies Footballer Wesley O'Brien, Lecturer in UCC	Group A1
14.10 – 15.20	Getting the Best from Yourself – Understanding your Fitness	Cathal Cregg, Connacht GAA S&C Officer	Group B2
14.10 – 15.20	Heads Up – How Positive Thinking Can Help You!	Jigsaw Team	Group B1
14.10 – 15.20	Becoming a Coach – Stories from the Field	Ciarán Kilkenny, Dublin Footballer/Coach David Herity, former Kilkenny Hurler/Dublin Camogie Manager Mick Bohan, Dublin Ladies Football Manager Juliet Murphy, former Cork Ladies Footballer/Coach Damian Lawlor, Journalist/MC	Group C2
14.10 – 15.20	High Volume & High Impact Injuries – From Prevention to Rehabilitation	TBC	Group C1
15.30 – 16.20	Q&A	Panel of Players & Experts	All
16.20 – 16.30	Críoch	GAA Youth Reps	All