

DECEMBER 2018
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CLUB FORUM SET TO BECOME AN ANNUAL EVENT

By Cian O'Connell

Mick Rock, Chairman of the GAA's National Club Committee, was encouraged by the response to the weekend's inaugural Club Forum event at Croke Park.

It is hoped that it will now be staged on an annual basis following positive feedback with the Club Committee, established in 2018, eager to deliver in the coming years.

Ard Stiurthóir Tom Ryan and Uachtarán John Horan attended the seminar which included several workshops. "It was a very good success," Rock remarked.

"The people who attended seemed to get a lot out of it, they engaged with each other and had an opportunity to discuss the issues they had identified in the club survey as concerns to them.

"They had a chance to talk about them and to discuss them and they were listened to because the Uachtarán and Ard Stiurthóir was there, they had Brian Cody as a guest speaker so they went home very happy. He enthused them."

Rock is adamant that the National Club Committee can occupy a central role in the future. "This follows on from a club survey," Rock states.

"We conducted a survey of every club in the country during the summer. We got a fantastic response to that where well over half of the clubs in the country all responded to it on a variety of issues. We put that survey together and we had the results of that for them at the forum.

"We also had a list of recommendations which we will be taking up whether it is at national level or provincial level or wherever is most appropriate under a list of headings to do with finance, fixtures, and volunteering - the various headings of the topics we are dealing with.

"Already on the day the Uachtarán committed that the Club Development grants are going to double from two million to four million. We would consider that as an example of where the clubs are being very much listened to."

That willingness to engage and listen is critical according to Rock, who was pleased with how Saturday's meetings unfolded. "It gave them a forum in which they felt they were being listened to which is the start of the process," Rock admits. "It is something we would hope to build on in the years to come.

"The Uachtarán commented in his speech that he wanted to see it become an annual event. We had in the region of 200, just



under 200, in that ballpark. We originally had a date set in mid November, but we had to change that to fit in with plans and availability of the Uachtarán and venue.

"It probably went a bit close to Christmas so we would be hoping that next time around it will be a November event. By running into December it probably clashed a bit with club AGMs and County Conventions. We are hoping to have it earlier, but we were very happy with the turnout."

"Over the years, the last decade in particular there is a very strong feeling among clubs that they had become less relevant in the overall scheme of the organisation from the point of view that inter-county activity has become far bigger, there is far more of it. Media wise and publicity wise it steals an awful lot of the highlights.

"Clubs, I suppose, have felt a little bit neglected and they have asked us in the survey to help to re-empower them and to give them back their mojo, to make them

more relevant in the overall scheme of things."

How Gaoth Dobhair and Mullinalaghta St Columba's have flared to prominence in recent weeks illustrates what can be achieved. An appetite exists for the club game.

"There is indeed, anybody that can see the pride and passion that is engendered by the club game and above all the sense of community," Rock acknowledges.

"If the club is about anything at all it is that total sense of community. You can see that raw passion of a community and what they can achieve. When they get their day in the sun it is an unbelievable experience and everybody in the country can identify with it."

This is precisely the time when teams began to plan and dream throughout the country and the GAA National Club Committee are intent on providing valuable assistance.

MULLINALAGHTA'S STIRRING SUCCESS STORY CONTINUES

By Paul Keane

Mullinalaghta St Columba's manager Mickey Graham believes that their very own long-shot moment can inspire small GAA clubs all around the country.

The new Cavan manager presided over a famous AIB Leinster club senior football title success for the side from north-east Longford that hails from a half parish of less than 450.

No Longford club had ever contested a provincial senior final before let alone won one but a late 1-2 scoring burst saw Mullinalaghta come from behind to beat four-time winners Kilmacud Crokes.

Pundits gave them little chance of doing so but just like Gaoth Dobhair in the Ulster final a week earlier, they made light of their lack of tradition at the top level to claim a remarkable provincial win.

"The show goes on but I'm not going to worry about that at this moment in time," said former Cavan forward Graham, referencing his other job managing his native county which is in full swing right now.

"I just have to sit down and gather all my thoughts and let this settle in because this is going to be one hell of a party over in Mullinalaghta for the next week, and up to

Christmas because this, for this club to do, is a fairytale.

"It's astonishing what they're after achieving and every club that watched this game on telly will say, 'You know what, maybe we could do that some day'. Because there's still hope in the underdog yet and for the smaller clubs."

The three-in-a-row Longford champions were level at half-time though it looked as if they may pay a high price for failing to take greater advantage of the strong wind behind them.

"We made an awful lot of unforced errors in the first-half," said Graham. "We were a wee bit annoyed with ourselves at half-time, that we needed to have more composure on the ball in the second-half.

"But we also felt that if we could keep it tight and if we didn't let them get away from us, come the last five minutes, 10 minutes, that we'd absolutely go for it.

"Because you might as well get beaten by 10 as get beaten by one and that was the mantra we were going to perish on."

Mullinalaghta trailed by three points in the 56th minute but pulled back a point before Rogers blasted home from the penalty spot and Aidan McElligott, who'd won the



penalty, added an insurance score shortly after.

There was still several minutes of stoppage time to be played but Graham said he was confident at that stage that they'd hold out.

"When we got the goal, the dream became a reality at that stage," he said. "I think the boys realised that and they just seemed to find energy from somewhere in the last five or six minutes.

"That goal, I felt, was the catapult that we needed if we were going to win the game. And when you're up against the big teams like we were, it's a great time to get a goal, let me tell you."

Graham said it helped that pundits and

commentators had widely written them off beforehand.

"There was absolutely no pressure on us," he said. "Nobody really gave us a chance. We were big outsiders - but it's a great way to be coming into a match. And we said, look, whatever happens, we were going to give it one hell of a go, we'd have no regrets. We said we weren't going to come and play within ourselves and go into a defensive shell and invite them onto us.

"At times in the second-half, it might have looked like we did exactly that but the work ethic of the lads overall, it was terrific. They just tracked runners left and right and I thought their energy levels were superb. I thought we wanted it more, to be honest. Maybe that's a bit disrespectful to Kilmacud."

ORDER THE NEW OFFICIAL GAA DIARY 2019

The 2019 GAA Diary is available from December 12

It is A5 in size and has 356 pages in total (please note that no pocket diary will be produced this year).

The diary has:

- A full page-per-day so will be a ideal for everyday use, with plenty of space to make notes, arrange meetings and keep a record of your daily, weekly and monthly schedule.
- Contains contact information for all counties, provincial councils, international units and other associations.
- Complete 2019 fixture list.

The 2019 GAA Diary has a limited print run and is only available directly from DBA Publications.

DBA is anxious to ensure that everyone gets an opportunity to order their copy so please send your instructions and payment immediately.

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|--------------------------------|----------------------|
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GAA MOBILE APP

WHO IS THE GAA APP FOR?

The official app is for everyone interested in

- GAA
- Club officials
- Coaches
- Players
- Parents
- Members
- Supporters
- Everyone....

WHAT DOES THE GAA APP PROVIDE?

The GAA App provides users with access to

- GAA News, articles and videos from the GAA.ie website
- National Level Fixtures and Results
- Live updates and highlight clips from intercounty matches
- In addition, it allows Club members to login, using a unique Activation Code, to a Club specific section where they can:
- Update their personal information (Address, Phone Number etc)
- Pay the relevant membership fee to their club using a Debit or Credit Card
- Receive free messages from the club activities – training, games, meetings etc
- View fixtures and results for their club
- Receive notifications of results to their phone involving their club's teams
- Maintain / edit their Contact Preferences, a key requirement of Data Protection legislation

WHAT ARE THE KEY BENEFITS TO MY CLUB?

- Clubs using the GAA have found the following benefits:
- The opportunity for members to register conveniently and easily through a simple process within the App
- The ability to register members living away
- Significant time savings and less processing of paperwork for club administrators
- The ability to comply with existing GAA Club governance of membership applications, as per GAA rules
- The ability for clubs to receive club memberships subscriptions, made by members using debit or credit card, with funds automatically paid into the club's account on a weekly basis
- Support to clubs for GDPR compliance, reducing the risk data protection issues
- Cost savings for clubs for communications which can be sent for free through the App
- News feeds, videos and fixtures & results to members through the App
- A safe and secure way of communicating with members of all ages, with a clear audit trail
- Clubs that use the Communications Functionality will have a single interface to send club communications (via SMS, Email or in-App) to their members in a manner that is compliant with relevant legislation
- It's free – there is no cost for clubs or members to use the App

HOW DOES IT WORK?

The App is designed to be intuitive and easy to use and the standard functionality such as GAA news, videos, fixtures and results is available to anyone who downloads it.

In order to use the club specific functionality, there are some relatively straightforward, once-off steps that need to be completed to configure the App to your club's requirements.

Configuration:

This configuration can be done through the GAA Games Management System (Servasport) and includes things like including your club crest (if available), setting your Membership Fees, setting up an-online Bank Account (to receive payments) and setting up communications groups (if it is intended to utilise the free messaging functionality).

Invitation:

Once the initial setup is completed, an invitation can be issued to all existing Club Members (who have an email address or phone number recorded on the GAA Games Management System), containing their unique Activation Code, inviting them to download the App and register.

Registration:

Members who download and login to the App will have the option to pay their relevant fees online using their Debit or Credit card. They can also update information, such as changes



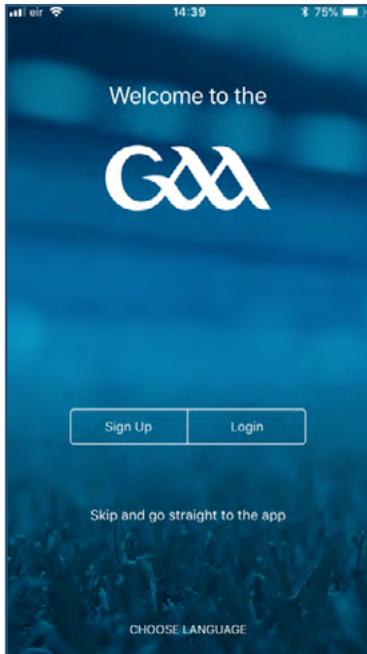
to address, phone number or email address.

Review and approval:

Your club can review all new membership payments received through the App by logging onto the GAA Games Management System and, once verified and accepted by the club, can approve the membership application. The member is then automatically registered with the GAA without any further intervention or administrative effort by the club. Reconciliation of payments received is also facilitated through the system.

Communications:

Members who are appropriately setup on Communications groups can receive messages from the Club about Club activities, such as games, training, meetings etc.



FREQUENTLY ASKED QUESTIONS

There are loads of Apps available, what's different about this one?

This is the official GAA App. It is developed specifically for GAA clubs, based on GAA Requirements and is integrated with the GAA Registration System (Servasport). It ensures that club's data is held in one place and helps to reduce administration overheads (time and financial). It is free to use and the transaction charges for on-line payments are as low as possible. The communications functionality removes the need to send costly texts and maintains governance over the content that can be sent, and to whom, from the club. The App has been developed in line with Data Protection requirements.

My club is not interested in receiving on-line payments but would consider the free messaging functionality, is that possible?

Yes. You can continue to manage membership subscriptions using cash or other methods outside of the App. Messaging functionality is not linked to payments and you can easily use this functionality irrespective of how members pay their fees.

What are the costs?

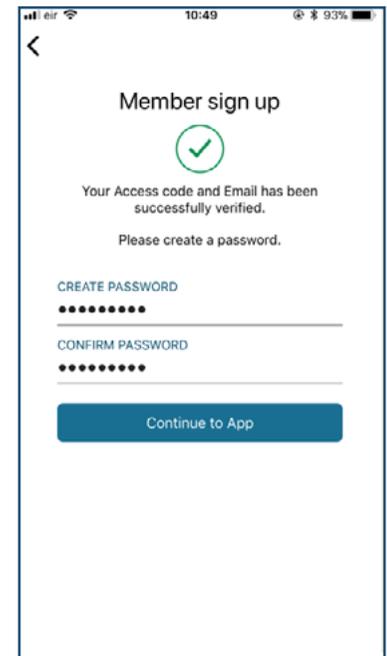
The App is free to download. There is no subscription or annual cost for using the functionality. Payments received on-line do incur a charge from the payment provider, this is the case for any on-line payment using a Debit or Credit Card. This charge is calculated as a percentage of the overall payment with a small fixed cost. The existing registration fees paid via your county board remain as is.

What is the Online Payment Charge?

Each transaction incurs an online payment charge of 1.35% plus a fixed charge of €0.25 / £0.20. This means that if a membership fee of €50 is paid by the member, the club will receive €49.08 and the transaction charge is €0.92 ($€50 \times 1.35\% = €0.675 + €0.25$)

How does the Payment Process work?

Stripe are the on-line payment provider for the App. In order to use the payments functionality, you must setup a Stripe Account for your club. When processing the payment, Stripe verifies that there are sufficient funds in the payee account to meet the payment and then transfer that money to your Club's on-line Stripe Account. Any funds that are paid into your on-line account are automatically transferred in full to your regular bank account on a weekly basis.



HUGE UPTAKE IN THE CLUB LEADERSHIP DEVELOPMENT PROGRAMME CLUB AGM MODULE

CLUB LEADERSHIP
DEVELOPMENT PROGRAMME

More than 600 Club Chairpersons and Secretaries attended deliveries of the Club Leadership Development Programme module The Club AGM facilitated by 25 County Boards throughout October and November 2018.

The Club AGM is one of a suite of 10 modules, that exist within the CLDP, which aims to support Clubs in ensuring they hold AGMs that are compliant with rule and effective in the ongoing, year-to-year administration and management of a Club. The module, which was developed and piloted in Carlow, Kildare and Meath in late 2017, looks at the AGM in three distinct parts:

- **Preparing for the AGM – focuses on the timeline of activity that a Club Executive must comply with when organising their AGM and the AGM documents that must be prepared, including tips on how to best manage these activities and how to avoid some of the issues that can arise, later, regarding the AGM.**
- **Running the AGM – takes a close look at the rules that govern some of the key aspects of the AGM including nominations, quorums and voting. This part of the module also explores things that help to keep an AGM on track, such as the AGM agenda as**

defined by rule, who should conduct the AGM and what standing orders a Club might adopt.

- **Post AGM Actions – the final section of the module looks at the things that a Club might do to build upon a successful AGM. This will include a look at the establishment of Sub-Committees, handing over roles and updating the County Committee on accounts and other matters addressed at the AGM.**

Feedback from attendees and counties hosting the module in 2018 was resoundingly positive. As has been the case for the CLDP since it was first launched in 2017, one of the most common themes within the participant feedback for The Club AGM module is the high value participants place on hearing and learning from other Club Officers in attendance. Similarly, County Development Officers or other County Officers that coordinated the deliveries in each county reported that The Club AGM module of the CLDP has gone a long way to supporting Clubs and offer them advice and guidance on one of the most important events in their annual calendar.

The Cork GAA County Development Officer, Pat Horgan commented:

“The Club Leadership Development



The Club AGM model being delivered in Galway

“Getting first-hand knowledge from other Club Officers who have been there and done that will prove to be very helpful for us planning and holding our first AGM as a new Club Executive. The content of the module was excellent as well, but the conversations it prompted were where the real learning came for us.” **CLDP Participant in Westmeath**

“The design of the workshop was very different from what I expected. Very relaxed and informal with lots of group discussions and engagement from the floor. It didn't revolve around the information on the screen or the person talking at the front. This all made for a very enjoyable but informative evening” **CLDP Participant Cork**

“Before, the few rules relating to the Club AGM that I was aware of were hard to understand as over the years different people had different descriptions of them. This workshop cleared up some of that ambiguity and introduced more of the rules in a way that was easy to follow.” **CLDP Participant Waterford**

Programme, designed by the National Officer Development Committee, gives the Principal Officers in Clubs an opportunity to gain the knowledge, skills and confidence to fulfil their roles in the Club. “We live in an era of huge change, no more so than in Cork, and we all need to prepare to meet the demands that will follow for our Clubs. “I can assure all Clubs that through modules like this and the wider Club

Leadership Development Programme, assurance and advice is available.”

The Club Leadership Development Programme is rolled out from January to April and again from September to November annually. For more information on the modules being offered in your county, please contact your County Development Officer.

CLUBS AND COUNTIES PLANNING FOR THE FUTURE

One of the big off field success stories of 2018 was the successful work done by Croke Park with a number of counties and clubs at preparing strategic that have been hailed as exciting and ambitious.

In June 2018, the GAA launched its Strategic Plan covering the period from 2018 up to 2021 which was a commitment to the longer-term vision for the organisation to promote Gaelic games, culture and lifelong participation.

A top-rated priority within the strategy is to help Clubs and Counties to develop Strategic Plans to grow Gaelic games locally. Since then, the Association’s Club and County Planning Committee has been assisting 30 Clubs and 5 County Committees to develop a long-term plan as part of a pilot project. The Committee is voluntarily chaired by Ciarán McLaughlin from the Strabane Sigersons Club in Tyrone and is serviced by Emmet Haughian in Croke Park. It also consists of other full-time provincial and central staff:

- Fionntán O’Dowd (Ulster Council)
- John Brennan (Munster Council)
- Shane Flanagan (Leinster Council)
- Adrian Hassett (Connacht Council)
- Ruairí Harvey (Páirc an Chrócaigh)

The planning process involves each

unit nominating a Planning Coordinator and Group who then work closely with a Planning Facilitator, and the Club or County Committee, Provincial Council and Central Council as appropriate.

The broad benefits of deliberate long-term planning include:

- Provides direction
- Recognises opportunities and challenges
- Identifies vision, goals and priorities
- Attracts more members and volunteers
- Improves finances
- Promotes Club
- Helps achieve success

One Club to have benefited from the programme is Conahy Shamrocks GAA Club in Kilkenny. It recently launched a Strategic Plan to drive the Club forward between now and 2022. The Strategic Plan describes what success will look like for the Club in the following focus areas:

1. Coaching and Games Development
2. Facilities and Development
3. Finance and Fundraising
4. Communication, PR and Culture

In the Chairperson’s address, Michael Healy notes that the plan contains the “aims and aspirations of our club members who took an active part through the survey, public



meeting and focus groups. These same members and countless others before them have built Conahy Shamrocks from humble beginnings to the strong vibrant community-based Club that we have today.”

Jimmy Walsh furthers in his foreword as

Chairperson of Kilkenny GAA that “the vision of inclusiveness for all community members of all ages and playing codes, facing the challenges of playing numbers, embracing technology, and reaping the resulting fundraising opportunities are all geared to building a better future.”

| Club Planning Programme | |
|-------------------------|---|
| Why | <ul style="list-style-type: none"> • To help Clubs to develop, implement and review long-term Strategic Plans. |
| What | <ul style="list-style-type: none"> • A Club Planning Guide will be provided • A Club Planning Facilitator will meet with each Club three times for no cost • Advice will be provided through each step of the planning process |
| How | <ul style="list-style-type: none"> • Contact your County Development Officer to submit an Expression of Interest |

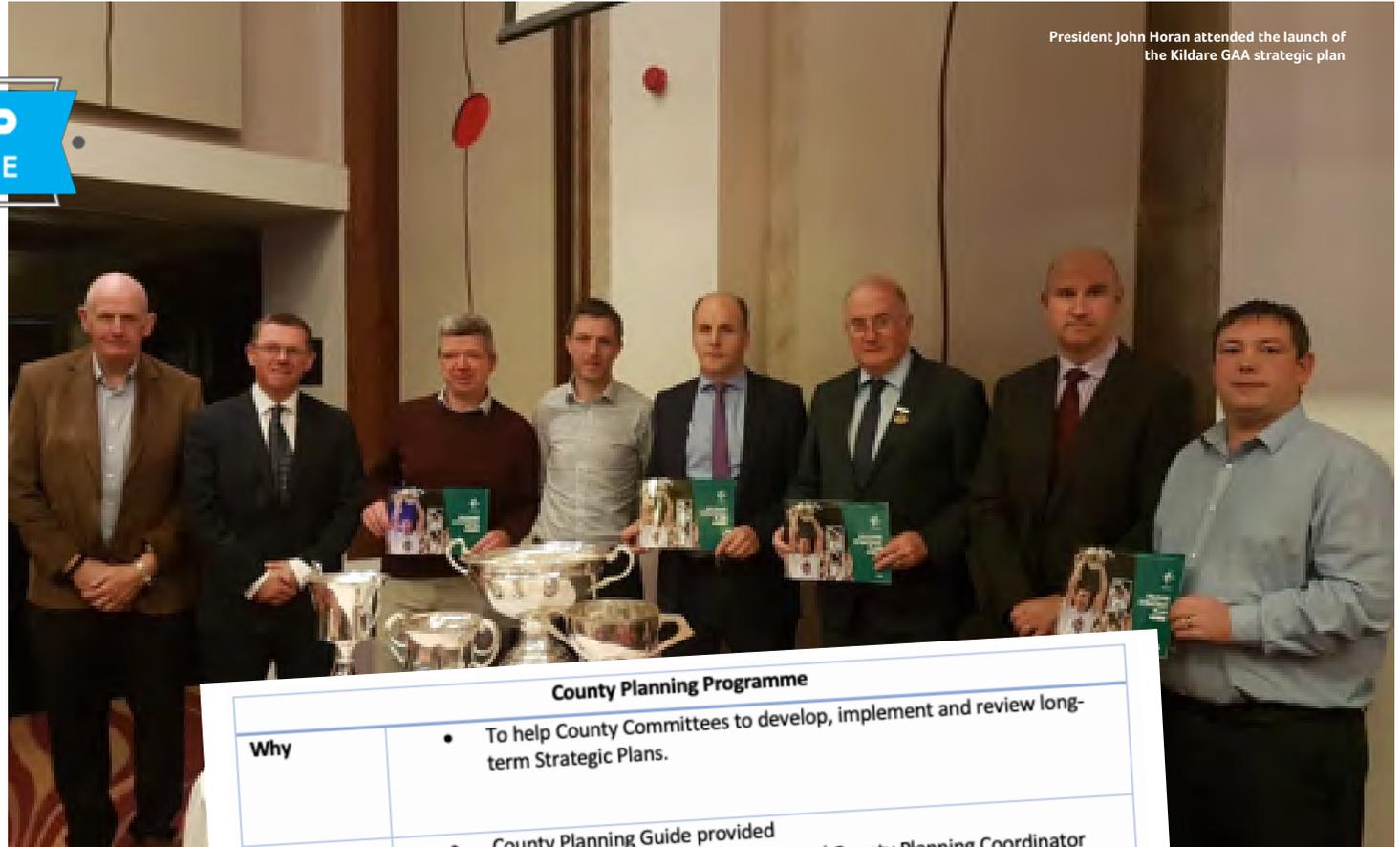
CLUB LEADERSHIP DEVELOPMENT PROGRAMME

On 7 December, Kildare GAA launched an exciting and ambitious Strategic Plan to guide the County until 2023. Chairperson of Kildare GAA, Ger Donnelly, notes in the plan that it sets out a clear vision and pathway to achieve superior performance in the key focus areas of:

1. **Club Development**
2. **Games Development**
3. **Capital Development**
4. **Financial Development**
5. **Urban/Rural Development**

He highlights the dramatic increase in the population of the Kildare as a serious challenge for both rural and urban clubs; however, the Strategic Plan identifies actions which aim to address the needs of both Club types. The strategy also prioritises the establishment of a sustainable financial model and club and county levels and facilities development. It specifically focusses on improvements to the county's Centre of Excellence and re-development of St. Conleth's Park.

Other counties who have launched Strategic Plans in recent weeks include Donegal and Leitrim.



President John Horan attended the launch of the Kildare GAA strategic plan

County Planning Programme

| | |
|-------------|---|
| Why | <ul style="list-style-type: none"> • To help County Committees to develop, implement and review long-term Strategic Plans. |
| What | <ul style="list-style-type: none"> • County Planning Guide provided • Mentoring provided to the nominated County Planning Coordinator • Workshop facilitation provided upon request • Advice throughout from the relevant Provincial Council and Central Committee/Department |
| How | <ul style="list-style-type: none"> • Contact your Provincial Council for more information |

GAA MANAGEMENT SYSTEM WEBINARS

Through the ongoing partnership between the GAA National Officer Development Committee and National IT Committee, a series of webinars, providing Club Officers with an opportunity to improve their understanding of the GAA Management System, will be delivered in January and February 2019.

Each webinar, provided by Servasport and aimed at the person responsible for registration in any GAA Club, will look at the following areas:

Annual club update - The process for club administrators to ensure all club information is accurate and complies with GDPR.

Registrations via the Official GAA app - Members can now register and pay for

their membership via the Official GAA app.

Registrations via the GAA Management System - Club representatives updating and registering members on their behalf.

Player Injury Benefit Fund (Insurance) - Club representatives insuring their teams for the season ahead

Support - Guidance on how to complete any tasks using the official GAA Management System and app.

Registration is now open for the five dates shown below. Each session is capped to 25 participants however additional support will be available later in 2019 through a specifically designed, face-to-face module of the Club Leadership Development Programme.



[CLICK HERE TO REGISTER](#)

IRELAND LIGHTS UP

It is that time of the year again when Ireland is lighting up in the winter with GAA clubs occupying a central role throughout the country.

After the success of the campaign earlier in 2018, the GAA are delighted to be once again teaming up with RTE's Operation Transformation and Get Ireland Walking, to make exercise more accessible on the dark winter nights. More than 150 GAA clubs across the country participated in this exciting initiative - and this year the GAA now want to double this figure.

Christina Weldon, Latton O'Rahilly's secretary and healthy club officer explains how the 'Ireland Lights Up' initiative worked so well.

"We got very big numbers even though the weather wasn't great," Weldon says. "Most nights we had between 80 and 100. It is a small community, but everyone really got behind it last year.

"All ages, that was the thing we noticed. The youngest was just over four and the oldest were in their 60s and we had a few of that age group between 60 and 75. We had around 20 of that age out walking.

"We did two nights a week. We are a very rural club, we are six miles from the nearest towns, one of them in Cavan and one of

them in Monaghan, we are just on the Cavan and Monaghan border.

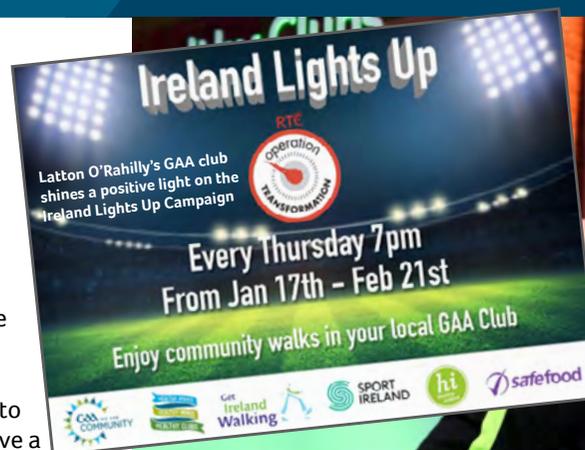
"It fitted us perfectly. We were going to do something anyway because we have a training pitch that you can walk around. We are three quarters of the way there with our new purpose-built walking track, we hope to open that next year.

"We were trying to get people into the idea of walking before we opened that to get them used to it. That is really what it did."

What struck Weldon was how two men with limited attachment to the club participated and were ready, willing, and able to attend the walking sessions.

"One of them has no links at all," she remarks. "The other man's grandchildren play for the club, he might go to the odd game, but as regards coming to anything in the club in the clubhouse or coming to things like that you would never have seen either of them there.

"We were up at the Operation Transformation Community Champions day in early January this year, Kathryn Thomas hosted it in Croke Park. From the podium people had asked what's the best way is to promote it, through social media or what not? They had said social media



Christine pictured with Dublin all-star Brian Fenton at the Healthy Club all-stars awards day earlier this year

is great for the young people, but for the older generation they said club notes and even to get the priest to announce it off the altar.

"Just as we were leaving Croke Park that day I said to my husband, who is the PRO, that we'd ring the priest. We said that everyone is welcome, that it would be a great way to get out and about walking in the dark nights.

"Basically, what we had told the priest he wrote it down and read it word for word. One of the men had lost his wife last year

and he lived at home on his own."

It captured the importance and relevance of social inclusion for Weldon. "It was never going to be a fitness thing," Weldon admits. "The social element is probably more important for a rural community. If you close your door in the evening, that is it for a lot of people, especially older people."

Registration is now open for Ireland Lights Up and interested clubs can sign up by simply going to www.getirelandwalking.ie, reviewing the criteria and registering online. The closing date is Friday December 21st.

NEW CODE OF BEHAVIOR LAUNCHED FOR THOSE INVOLVED AT UNDERAGE LEVEL

The new Code of Behaviour (Underage), which was recently launched at our Child Safeguarding Information Day, highlights the levels of behaviour that the GAA seeks from those who are playing, coaching, officiating or attending our underage games.

Packed with 10 different sections, the Code of Behaviour (Underage) has been updated to reflect recent child safeguarding legislative requirements that are now enshrined in our Rules and in the day to day organising of our games.

Sections include guidance on maintaining appropriate levels of behaviour when working

with children and young people, how to promote the Code and also deal the breaches of the Code, useful guidance on recruiting coaches and managers for underage teams, how to plan away trips, the Club child safeguarding statement, dealing with bullying of children and young people, social media guidance and how to report any concerns or

allegations of abuse.

The Code of Behaviour (Underage) applies to all of the Gaelic Games Associations - GAA, Ladies Football, Camogie, Handball and Rounders - and may be downloaded at www.gaa.ie/the-gaa/child-welfare-and-protection/code-of-behaviour



CONCUSSION EDUCATION FOR 2019

A major awareness and education campaign will be rolled out in 2019 relating to updated Concussion Management Guidelines for Gaelic games.

It will be the first time that there are common guidelines adopted by the GAA, LGFA and Camogie Association which will help with awareness and promotion of the key messages and recommendations in relation to concussion identification, treatment and return to play protocols.

The guidelines, including other complimentary resources are also available on www.learning.gaa.ie/Concussion



RETURN TO PLAY

A player with a suspected/ concussion should **NEVER** be allowed to return to play on the day of injury. In addition, return to play must follow a medically supervised stepwise approach and a player **SHOULD NEVER** return to play while symptomatic

A graded program of exertion prior to medical clearance and return to play (RTP) is generally recommended.

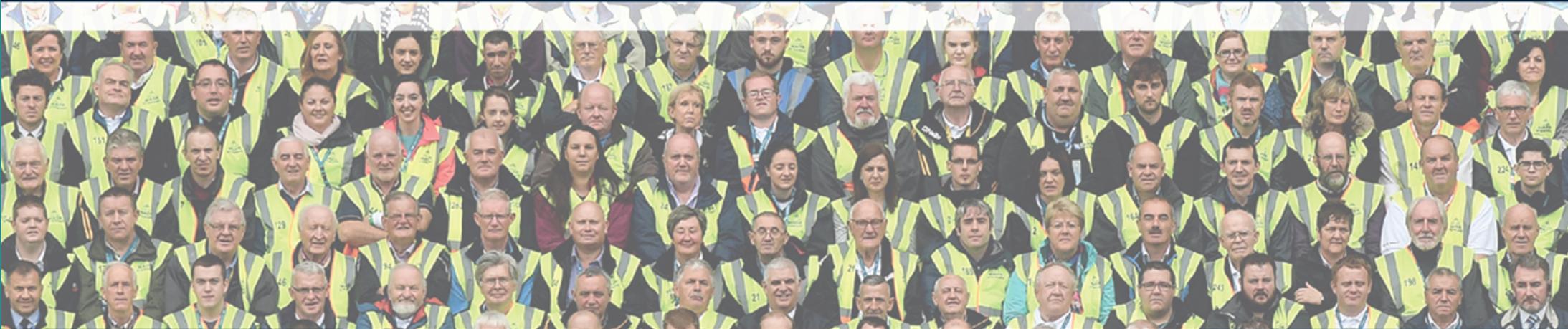
1. There should be an **initial minimum period of 24-48 hours** rest for adult male players post a concussive injury. **This rest period should be a minimum of 48 hours for all female players and male players under the age of 18.**
2. Following this rest period, players can be encouraged to become gradually and progressively more active while staying below their cognitive and physical symptom-exacerbation thresholds (ie, activity level should not bring on or worsen their symptoms)
3. RTP protocols following concussion follow a stepwise approach. With this stepwise progression, the players should only continue to proceed to the next level if asymptomatic at the current level.
4. Generally, for male adults each step should take at least 24 hours so that the athlete would take approximately one week to proceed to full rehabilitation once they are asymptomatic at rest.
5. Generally, for all female players, steps 2-4 (inclusive) should take at least 4 days so that the player would take approximately two weeks to proceed to full rehabilitation once they are asymptomatic at rest.
6. Generally, for all players under the age of 18, steps 2-4 (inclusive) should take at least 4 days so that the player would take approximately two weeks to proceed to full rehabilitation once they are asymptomatic at rest.
7. Adult players should not return competitive action/full contact training without medical clearance. This should be at least 1 week from when a diagnosis has been made.
8. Adult male players should not return to competitive action/full contact training without medical clearance. This should be at least 1 week from when a diagnosis has been made.
9. Female players should not return to competitive action/full contact training without medical clearance. This should be at least 2 weeks from when a diagnosis has been made.
10. All players under the age of 18 should not return to competitive action/full contact training without medical clearance. This should be at least 2 weeks from when a diagnosis has been made.
11. Medical clearance refers to clearance by a doctor, in writing, is required to be provided to the person in charge of the team prior to return to full contact sports.



JOIN THE CROKE PARK STEWARDING TEAM



Recruitment now open for Croke Park Voluntary Stewards



Interviews will be held in Croke Park:

Wednesday
16th January 2019, 5pm – 8pm

Wednesday
23rd January 2019, 5pm – 8pm

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

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

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

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

SUSTAINABILITY AT THE HEART OF CROKE PARK

The state of the art handball centre currently being built at Croke Park won't just be a new home for the sport, but also swifts, a bird species now amber-listed in Ireland due to their declining numbers.

Incorporated into the brickwork of the handball centre will be 'swift boxes' that will provide breeding grounds for these birds.

Why are Croke Park going out of their way to help the humble swift?

It's all to do with sustainability which is at heart of how the stadium conducts its business on a day to day basis.

Croke Park is an iconic stadium at the heart of the GAA and the stadium's sustainability team is dedicated to identifying ways of using that position to become a positive example. The four main areas of sustainable engagement for Croke Park are energy management, energy waste, biodiversity and, especially given the stadium's urban location, local community.

However, Míde Ní Shúilleabháin, Croke Park Sustainability Officer, emphasises that, "Sustainability is part of everything we do. It's not a case of doing your normal business and then just having sustainability on the side. It's involved in all of our

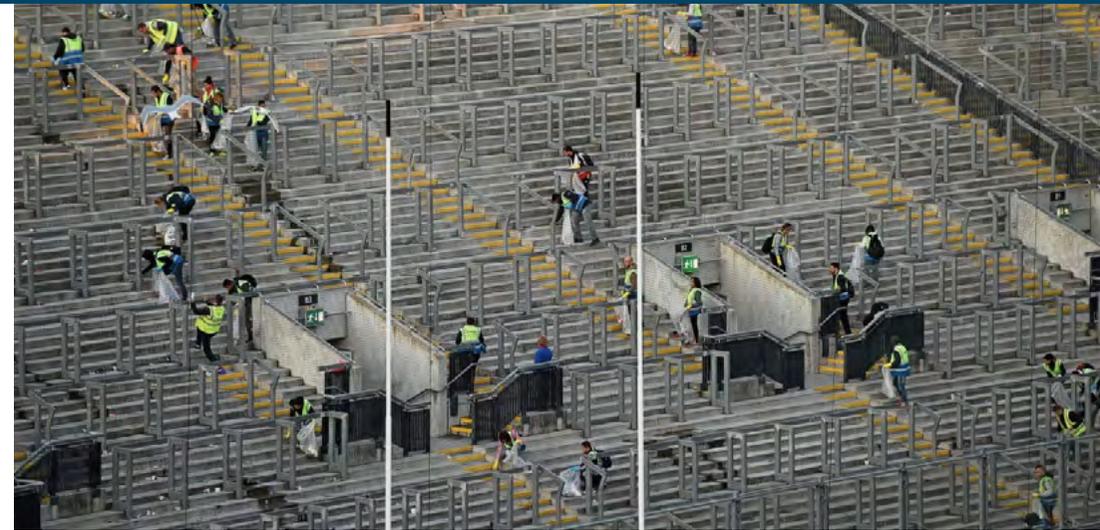
decision-making."

For Croke Park, sustainability is not only about addressing the energy and waste impact associated with hosting over a million match-goers every year; the stadium wants to use its status as the third-largest stadium in Europe and symbolic heart of the GAA to become an example in terms of policy, practice and innovation.

Croke Park was the very first stadium in the world to obtain certification to the newest international Environmental Standard ISO 14001:2015 and was the first stadium in Ireland and Britain to secure both ISO14001 and ISO 20121 standards.

Since 2014, 0% of the waste generated by the stadium goes to landfill, a feat achieved through the hard work and commitment of the stadium's sustainability team. This team, composed of representatives of the stadium's facilities, maintenance, services and cleaning teams as well as members of the GAA Museum and the Croke Park Conference Centre, monitors waste practices to such a degree that after every match-day they follow the stadium rubbish out to sorting centre to make sure that the stadium is effectively segregating and managing its waste.

Every year, Croke Park's Environmental, Sustainability and Safety Management



Group (ESSMG), which meets on a monthly basis, sets out an ambitious set of environmental and sustainability targets it wants to achieve.

A big focus this year was eliminating single use plastics in the stadium as much as possible.

There are now no plastic straws in the stadium's bars and restaurants, match-day cutlery is now made of wood rather than plastic, and all the tea and coffee cups are made from a vegetable plastic that's fully compostable and biodegradable.

"Identifying areas where we can reduce or phase out single-use plastics is hugely important to the stadium," says Ní Shúilleabháin.

"The impact of irresponsible plastic production and use has really been brought home by research that shows that by 2050 there will be more plastic than fish in the sea.

"Community and society have always been at the heart of the GAA and it's these values of the GAA that have encouraged Croke Park to put sustainability at the top of our agenda."

A large stadium like Croke Park uses a lot of water and electricity but the stadium's sustainability team is constantly striving to eliminate any waste of either.

Both water and electricity are metered and monitored carefully, and the stadium has begun an LED-upgrade of stadium lighting.

"That Croke Park, as home of the GAA, is a symbol of community involvement has really helped us get people on board in our sustainability mission and to earn Croke Park recognition across Europe as a leader in stadium sustainability", said Ní Shúilleabháin

When it comes to sustainability Croke Park is leading by example, and the hope would be that others will follow.

34 BONN FHONDÚIREACHT SHEOSAIMH MHC DHONNCHA BRONNTA AR CHLUBANNA CLG

Bhronn Uachtarán Chumann Lúthchleas Gael, Seán Ó hÓráin, agus Aodhán Mac Cormaic, Stiúrthóir na Gaeilge i Roinn na Gaeltachta, 34 bonn ar chlubanna CLG mar aitheantas ar a gcuid oibre agus an Ghaeilge á cur chun cinn acu ina gcuid clubanna. Ba i bPáirc an Chrócaigh a eagraíodh an ócáid bhronnta oíche Shathairn seo caite, 15 Nollaig.

Ba é seo an dara hócáid bhronnta de chuid Fhondúireacht Sheosaimh Mhic Dhonncha, scéim tacaíochta de chuid Chumann Lúthchleas Gael agus Ghlór na nGael atá dírithe ar chlubanna CLG ar mian leo an Ghaeilge a chur chun cinn. Bronnadh boinn óir ar 3 chlub i mbliana – CLG Bhaile an Doirín, CLG Ghaoth Dobhair agus CLG na Sáirséalaigh, Cill Laobháin – agus ba iad siúd an chéad trí chlub le boinn óir a bhaint amach i stair ghairid na fondúireachta. Bronnadh boinn airgid ar 11 club agus bronnadh boinn chré-umha ar 20 club.

Is in ómós do Sheosamh 'Joe' Mac Donncha (1953-2016) a ainmníodh an Fhondúireacht nua seo. Fear le háireamh a bhí i Joe a bhain go leor amach dó féin agus do phobal na tíre seo i gcoitinne le linn a shaoil.

D'éirigh leis an post is airde a bhaint amach i gCumann Lúthchleas Gael. Mar iománaí, thóg sé Corn Mhic Cárthaigh leis siar go Gaillimh agus bhí sé ina phríomhfheidhmeannach, agus ina chathaoirleach, ar chuid de mhóreagraíochtaí na tíre seo, Foras na Gaeilge ina measc.

Bhí bean chéile agus clann Sheosaimh Mhic Dhonncha i láthair ag an ócáid bhronnta agus cuireadh fáilte ar leith rompu.

'Tá Cumann Lúthchleas Gael tiomanta go hiomlán don scéim seo agus tá muid ag súil go mór le fás agus forbairt na Fondúireachta sna blianta amach romhainn. Is ag gabháil ó neart go neart atá sí. Ba mhaith linn aitheantas ar leith a thabhairt dár gcuid páirtneirí, Glór na nGael, agus buíochas a ghabháil leo as ucht a gcuid oibre i riar na scéime. Ba mhaith liom comhghairdeas a dhéanamh leis na clubanna uilig ar bronnadh boinn orthu. Tá éacht thar na bearta déanta acu uilig.'

Seán Ó hÓráin, Uachtarán Chumann Lúthchleas Gael

Thíos tá liosta de na clubanna uilig ar bronnadh duaiseanna orthu. Tá tuilleadh eolais maidir le Fondúireacht Sheosaimh Mhic Dhonncha ar fáil ag www.glornangael.ie/clg



An Bonn Óir de Fhondúireacht Sheosaimh Mhic Dhonncha Bainte Amach ag CLG Bhaile an Doirín - Club Sheosaimh Mhic Dhonncha

Bonn Óir

Cumann Peile na Sáirséalaigh, Cill Laobháin, Co. Mhuineacháin
CLG Ghaoth Dobhair, Co. Dhún na nGall
CLG Bhaile an Doirín, Co. na Gaillimhe

Bonn Airgid

An Ríocht CLG, Co. an Dúin
CLG Eoghan Rua, Cill Chua, Co. an Dúin
CLG Bhun Abhainn Dála, Camógaíocht, Co. Aontroma
CLG Raonaithe na Croise, Crois Mhic Lionnáin, Co. Ard Mhacha
CLG An Caisleán Glas agus Sperrin Óg, An Ómaigh, Co. Thír Eoghain
Cumann Peile na mBan, Maigh Cuilinn, Co. na Gaillimhe
Cú Chulainn CLG, An Mullach Bán, Co. Ard Mhacha
CLG Bhearna, Co. na Gaillimhe
CLG Eoin Bosco, lúr Cinn Trá, Co. an Dúin
CLG Thuar Mhic Éadaigh, Co. Mhaigh Eo
CLG Na Fianna, Glasnaíon, Áth Cliath

Bonn Cré-umha

CLCG Phailís na Gréine, Co. Luimnigh
CLG Áit Thí Chathail, Cill Chaoil, Co. an Dúin
CLG an tSráidbhaile, Co. Phort Láirge
Gormacha Bhaile Mhic Colla CLG, Co. Ard Mhacha
CLG Mhainistir na Corann, Co. Chorcaí
CLG Thigh Chon Connacht, Dún Phádraig, Co. an Dúin
CLG Na Piarasaigh Óga, Ard Mhacha
CLG na Fuachonbhála, Co. Dhoire
CLG Charn Domhnaigh, Co. Dhún na nGall
CLG Naomh Pádraig, Droim Dhá Thiar, Co. Liatroma
Na Tráchtálaithe, Ráth Chúil, Co. Bhaile Átha Cliath
Cill Mochuda na Crócaigh, Co. Bhaile Átha Cliath
Gaeil na Gaillimhe, Gaillimh
GLG Thaite Riabhach, An Ómaigh, Co. Thír Eoghain
CLG Dhoire Lochan, Dún Geanainn, Co. Thír Eoghain
CLG Bhaile an Phuill, Co. Chill Chainnigh
CLG Naomh Pádraig, Uisce Chaoin, Co. Dhún na nGall
CLG Eadarnaí, Co. Fhear Manach
CLG Naomh Maolmhaodhóg, Éadan na dTorc, Co. Thír Eoghain
CLG Naomh Raghnaigh, Beannchar, Co. Uíbh Fhailí

IN ÓMÓS



SHEAMUS HOWLIN RIP

John Horan, Uachtarán Chumann Lúthchleas Gael, has extended his deepest sympathies to the family of the late Sheamus Howlin who passed away recently after a brave battle with illness.

From the St Martin's GAA club in Wexford, Sheamus gave a life-long contribution to the GAA at club, county, provincial and national level and was Chair of the GAA's Insurance Committee.

Uachtarán Horan said: "The GAA has lost a great friend and a great leader in the passing of Sheamus Howlin.

"Over a distinguished lifetime of unselfish service, Sheamus epitomised everything good about the Association and about making a contribution that would always be for the betterment of the GAA and for the benefit of many.

"His energy, his work rate and above all his positive personality and ability to get on with people and bring them together made him a hugely popular figure throughout the GAA.

"He was fiercely proud of his club St Martin's and of his county of Wexford. A former Chairman of the Leinster Council, he was a key figure in developing and supporting the growth of the GAA overseas and served on several national committees where his experience was invaluable.

"He showed remarkable courage and grace throughout his battle with illness where he continued to attend meetings and matches as much as possible. His loss will be felt by many and we send our deepest condolences to his wife Vera and family and to his wide circle of friends at home and abroad.

"Go dtuga Dia suaimhneas síoraí da anam."

Uachtarán CLG John Horan has extended the sympathies of the Association to the families of the late Jerome O'Shea (pictured) and Liam Hegarty who passed away in recent days.

Jerome, from the St. Mary's club in Cahirciveen, was a three-time All-Ireland SFC winner with Kerry and part of an iconic Kingdom team renowned for its football mastery that won Sam Maguire in 1953, 1955 and 1959.

Originally from Donegal, Liam was an inspirational figure among the GAA community in North America, and at the heart of the GAA in Philadelphia, and was Chairman of the Continental Youth Championships.

Uachtarán Horan said: "Our Association is mourning the passing of two giants of Gaelic games in the last few days.

"Kerry's rich footballing history is full of players who were famous far beyond the borders of the Kingdom for their class and style, and Jerome O'Shea was one such hero of the green and gold.

"He made his mark on the field as a great player and was equally held in high regard off it where his contribution to the promotion of the game was immense.

"It was only last weekend that I had the pleasure of being in Liam Hegarty's company in Philadelphia on the PwC All-Star tour to the city, where his influence was obvious on the thriving GAA presence in the region.



JEROME O'SHEA AND LIAM HEGARTY RIP

"He was the ultimate volunteer; always looking for ways to make a positive impact and to help serve others and he worked tirelessly for the Irish community.

"The GAA benefitted hugely from the lifetime of friendship and loyalty that we enjoyed from Jerome O'Shea and Liam Hegarty and we are all the better for having had them in our sporting family.

"We owe them both a debt of gratitude and our deepest sympathies to their respective families and friends.

Ar dheis Dé go raibh siad."

LIAM McCONALOGUE – A TRUE GAEL REMEMBERED

At the end of another hectic and enjoyable GAA season it is a time for reflection and celebration. It is for many also a time to remember those who are no longer with us, but whose memory we honour and cherish for the contribution they made at club or county level.

One such valued GAA volunteer was Liam McConalogue from the St Mary's, Convoy club in Donegal. A poignant tribute from his club colleagues follows and we include it here, not just in memory of a great GAA club person, but also because there are or have been people like Liam in clubs all over the country and this is as good a time as any to pay tribute to them and the impact they made on our lives. Ar dheis De go raibh a anam...

Liam McConalogue – a true Gael remembered

Never was the phrase 'selfless clubman' more apt than when describing the late Liam McConalogue who passed away suddenly on the 23rd November 2018 leaving a great void at St. Mary's, GAA club and indeed the GAA community in Donegal. Liam was involved with almost every team that took the field for the club from underage right through to senior. He lined pitches, wrote out team sheets, took care of laundering the gear, umpired, sold tickets, organized lotto, collected at the gate for games and spent many years as a member of the club executive, selflessly helping the club and its members whilst never seeking anything in return – the consummate GAA man. Liam won club person of year award on a few occasions and an Ulster volunteer of the month award.

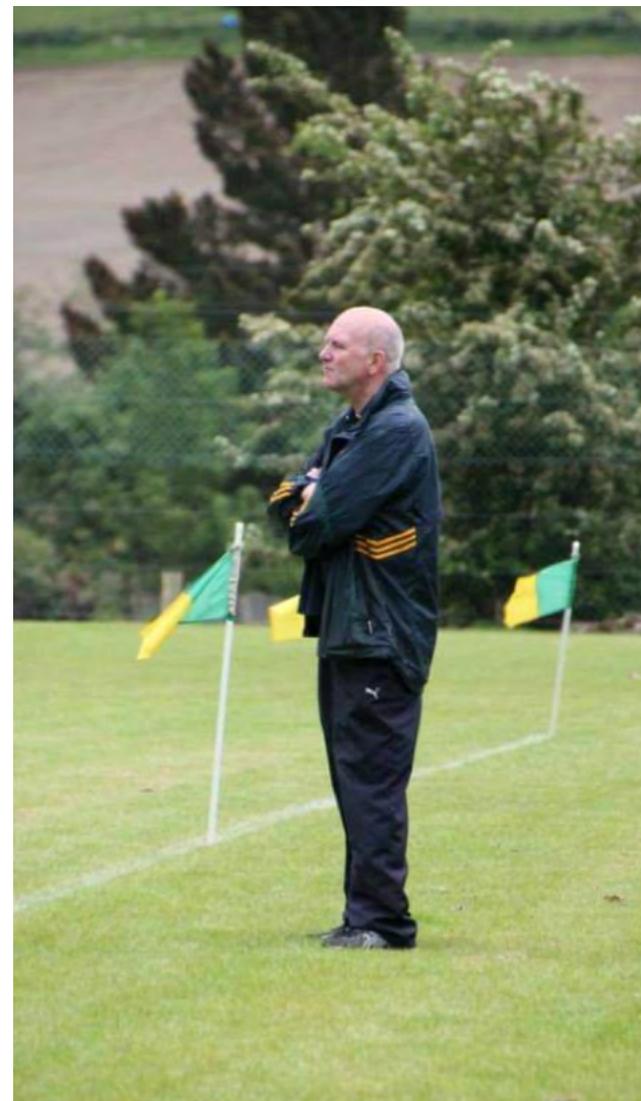
'Unassuming', 'caring', 'compassionate', 'kind', 'quiet', 'volunteer through and through', 'true friend' 'gentleman' and 'heart and soul of the club' are just some of the many kind words said about Liam since his sudden passing. Liam went about his business in a quietly efficient manner. He was enthusiastic and totally dedicated to the club always generous with his time and energies. All his contributions to club activities were marked by a wholehearted and total commitment. Liam had an infectious smile and willingness to help others.

Whilst he would be embarrassed to hear it, his legacy will live long in the region as he has been a hugely positive influence in the lives of many people and indeed an inspiration to club members young and old.

Liam was the foundation stone which every GAA club the length and breadth of the county wants and needs within their ranks. St Mary's Convoy fully appreciated how lucky they were to have such a man and the club and indeed wider community are numb and heartbroken by his sudden passing. He will be sadly missed at St. Mary's.

To his sisters Margaret and Bernadette and all his extended family we offer our sincere condolences. It is true to say that Liam devoted his life to the promotion of Gaelic games and has created and helped sustained a sound foundation for the GAA to continue to flourish in this corner of East Donegal.

Go mbeidh suaimhneas síoraí ag a anam uasal.



GAA MACNAMEE AWARDS / DUAISEANNA MACCON MÍDHE 2018

The GAA MacNamee Awards are held annually to honour excellence in the area of communications, public relations and journalism, specifically related to the activities of the Association.

These Awards are named after the late Pádraig MacNamee, former President of the GAA, Chairman of the GAA Commission (1969-1971) and member of RTÉ authority.

Applications for the 2018 MacNamee Awards are now being accepted. It should be noted that only work published or completed in the 2018 calendar year is eligible for consideration and entries will not be returned. The awards scheme will be judged under the following headings:

- **Best GAA Publication to cover general works focussing on the Association**
- **Best GAA Club Publication**
- **To cover GAA County Yearbooks and Club History**
- **Best GAA Website Covering the websites for Club and County**
- **Best Digital Campaign**

The best online promotional campaign across digital channels (web, social, video). This category looks at how online platforms were used to promote an event, competition or other campaign, delivering strong engagement and overall impact. Entries should include:

- **Examples of content created**
- **What channels were used**
- **How content was planned and posted**
- **Examples of engagement with online community**
- **Illustration of results achieved**
- **Best Photograph Focussing on the best GAA-themed image**
- **Best Programme to cater for all match day programmes produced for any level of the GAA.**
- **Best GAA related Radio Programme to cater for all GAA programming broadcast either nationally or locally**
- **Provincial Media Award to acknowledge high quality written journalism in a provincial publication.**
- **National Media Award to acknowledge high quality written journalism in national daily or**
- **Sunday publication**
- **Best TV Documentary**

To acknowledge the high quality of TV documentaries currently produced on the GAA.

- **Irish Language Award / Gradam na Gaeilge To recognise excellence in the field of Irish language GAA journalism across all media/Aitheantas do ard-chaighdeán iriseoireachta, bainteach le CLG, in aon bhrainte de mheáin na Gaeilge**
- **Please note: There is a limit of three photographs per entrant for the photographic award and one entry for all other categories.**

A Hall of Fame Award / Outstanding Service Award will also be made in recognition of a prolonged personal involvement in the coverage of GAA activities to the highest standards. This person is selected by the GAA President.

All entries should be marked “**GAA MacNamee Awards 2018**” and addressed for the Communications Department,

Croke Park, Dublin 3 or emailed to communications@gaa.ie. Entrants should also clearly state what category they are submitting their entry under.

Award winners will be contacted in due course with further details in relation to the awards banquet.

Closing date for entries is Friday, 04/01/19.



Level 1 Winter Pitches: Renovation

For football, rugby and GAA sports

Course description

The key subjects – assessment and aeration to mowing and line marking, plus more – are studied through a progressive one-day IOG Learning course, involving a mix of theoretical and practical learning. On completion you will have the knowledge you need in order to renovate a winter pitch and therefore create a suitable foundation for the upcoming season. In addition, receive a Certificate of Attendance. (Lunch provided)

Some of the subjects covered on this course

- ✓ How important are you the groundsman?
- ✓ Establishment of turf and sequence of tasks
- ✓ Reason for pitch repairs and renovation works
- ✓ Tasks such as reseeded, irrigation and decompaction
- ✓ Equipment and machinery for pitch preparation
- ✓ Materials application. Inc. settings and distributors
- ✓ Duty of care, plus storage and safe disposal

Euro prices subject to vary – exchange rate valid at time of printing.

Is this training day suitable for me?

Ideal for the volunteer, new employee or just as a refresher for the established employee, develop your knowledge with the latest best practices and explore the requirements you need in order to optimise your playing surface.

What can I do after this course?

Take your next step with Level 1 Winter Pitches: In Season (Maintenance), or Level 2 Winter Pitches: Applied Turf Culture. Or for a more formal route, take on the IOG Level 2 Technical Certificate in Turf Surface Maintenance. (No practical work is involved.)



Course details

Fee: Member price: £179 / €198
Non member price: £330 / €365

Venue: Church of Scientology & Community Centre

Location: Firhouse Road, Dublin, 24

Date: Wednesday, 27 March 2019

Contact an advisor

☎ +44 (0)1908 312 511
✉ learning@iog.org

You will become part of the growing network of sports turf experts and volunteers. You will gain valuable and applicable skills, as well as practical experience. You will enjoy a fun, informative and productive course – with delivery from an excellent and knowledgeable expert.



Football

Hurling

Club

General

MÍLE BUÍOCHAS

Thank you to all of those who have contributed to this month's edition of the GAA Club Newsletter. Your feedback is welcome and any comments, suggestions or queries should be directed to clubnewsletter@gaa.ie.

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