



FEATURE



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Patrick Kielty

As he counted down to what will be his first time to host the Late Late Toy Show in his debut season at the helm of tv’s longest running chat show, and Ireland’s cultural institution, we caught up with Patrick Kielty to talk about how the GAA influenced him. His father Jack was a highly regarded club and county administrator prior to his murder by Loyalists in the 1980s. The GAA pitch in Dundrum, Co Down bears his name and the club continues to have a huge role to play in Kielty family life.
By Cian Murphy

FOOTBALL



FIELD QUEENS: SISTERS ARE DOING IT FOR THEMSELVES

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HURLING



ARE YOU PLAYING WITH THE RIGHT HURLEY?

It is the essential tool of the trade – which is why picking the right hurley is a vital part of how you perform in hurling and camogie. Colm Foley, owner of 65 Hurls in Ballycoolin in Dublin, spoke on the most important things to remember when it comes to picking the hurl that will help you play to the best of your ability.

CLUB



CLUB FOCUS: NAAS GAA CLUB

In the last 20 years the town of Naas has experienced a massive surge in its population, growing by approximately 8,000 since 2002. One might think this exponential growth and new strain on resources would see Naas GAA club struggle. However, they have flourished. Five Kildare Senior Hurling Championships on the bounce, the first three-in-a-row in the Kildare Senior Football Championship in over 70 years, and an All-Ireland Intermediate Hurling title. The question is, how have they done this?

GENERAL



GREAT GAA READING THIS CHRISTMAS

The year 2024 is a massive one for Gaelic Games. The GAA hits the milestone of 140 years while our sister organisations in Camogie are 120 years old and Ladies Gaelic Football is 50 years old. Handball marks its centenary, and it is also 100 years since the revived Tailteann Games were staged at Croke Park.

GENERAL



LET’S GET WALKING! IRELAND LIGHTS UP RETURNS

The ever popular ‘Ireland Lights Up’ returns to GAA clubs in January 2024 in partnership with RTE’s Operation Transformation and Get Ireland Walking.

GENERAL



GAA YOUTH FORUM

On Saturday, Oct 7th approximately 150 young people attended the first GAA Youth Forum to be held since 2019. Young people aged 12 - 21 gathered in Croke Park to attend several workshops addressing themes that were identified over the past year.



WHERE WE ALL BELONG



By Cian Murphy

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As he counts down to what will be his first time to host the Late Late Toy Show in his debut season at the helm of tv’s longest running chat show, and Ireland’s cultural institution, we caught up with Patrick Kielty to talk about how the GAA influenced him.

His father Jack was a highly regarded club and county administrator prior to his murder by Loyalists in the 1980s. The GAA pitch in Dundrum, Co Down bears his name and the club continues to have a huge role to play in Kielty family life.

GAA: WHO WERE YOUR GAA INFLUENCES GROWING UP?

PATRICK KIELTY: I was taught by Jarlath Carey who was Headmaster in Sacred Heart Primary School in Dundrum and Jarlath won two All-Ireland medals with Down in ‘60 and ‘61. He marked the mighty Mick O’Connell (Kerry) in the 1960 final, and he looked after the teams and so he would have been a massive influence growing up.

Eddie McKay was the goalkeeper on the Down team in 60-61 and he was from Dundrum, and he was the guy who got me into being the goalkeeper. He gave me my senior start and I played senior football for Dundrum whenever I was 15, and then the late, great Pat O’Hare would have been my Games Teacher at St Pat’s Grammar School in Downpatrick. He coached and was the trainer alongside Pete McGrath for Down’s win in 1994. Looking back on it now, there were so many amazing people.



An Dún 1960. All-Ireland champions and the first team to bring Sam Maguire across the border

GAA: GOALKEEPING, IT IS OFTEN SAID, IS A THANKLESS TASK, HOW DID YOU END UP THERE?

PK: I had shin splints whenever I was 12 or 13 and I was told I needed to take six months off running, and so I went into goals and it became really apparent that while I was quite bad out the field, I was sort of average to middling at goals and weirdly, that’s how I got into it. I had my older brother John who was a



year older than me and he was centre-half forward, so it just sort of worked out then that he was going to the field to practice and if he wanted to practice his catching and kicking that if I was the goalkeeper it tied in, and so he was putting me to the test and I was putting him to the test and that's how it worked out.

Goalkeeping is very much like stand-up comedy: with stand-up you either get a laugh or you don't and with goalkeeping you either save it or you don't - there is no middle ground, so I think it suited the personality.

GAA: WHAT DOES IT SAY ABOUT THE COMEDIC VALUE OF THE GAA THAT TWO OF IRELAND'S BIGGEST EXPORTS IN YOURSELF AND CHRIS O'DOWD WERE BOTH COUNTY MINOR GOALKEEPERS?

PK: Ha! Well, all good goalkeepers are wired in a slightly different way I would say. Chris and I have spoken about this a few times, though I think Chris probably ended up playing in more games than I did, though I was lucky enough to win the All-Ireland. I would say that if you look at the state of football currently, and the way it is being played, that there is way more comedy in what is going on on the pitch than what Chris or I ever put forward on screen.

GAA: THE YELLOW AND BLACK DOWN JERSEY FROM THE 1987 MINOR FINAL WAS FANTASTIC. DID YOU GET TO KEEP YOURS?

PK: I did. It was around the time that Meath started wearing the crisscross jerseys and that was the big thing. In 1986 if you had a Down jersey it was just a straight colour red and then suddenly Meath had these amazing jerseys and then the Dubs did the same thing. Because we were playing Cork in the minor final and obviously Down are red and black and Cork are red and white, we went to provincial colours for the final so we played in yellow and black and Cork played in white that day. I still have it, still have the jersey in the house and the brother still has his jersey from that day too. Iconic is the word – the iconic yellow and black jerseys.



First left in the front row: Patrick Kielty with the All-Ireland winning Down squad of 1987

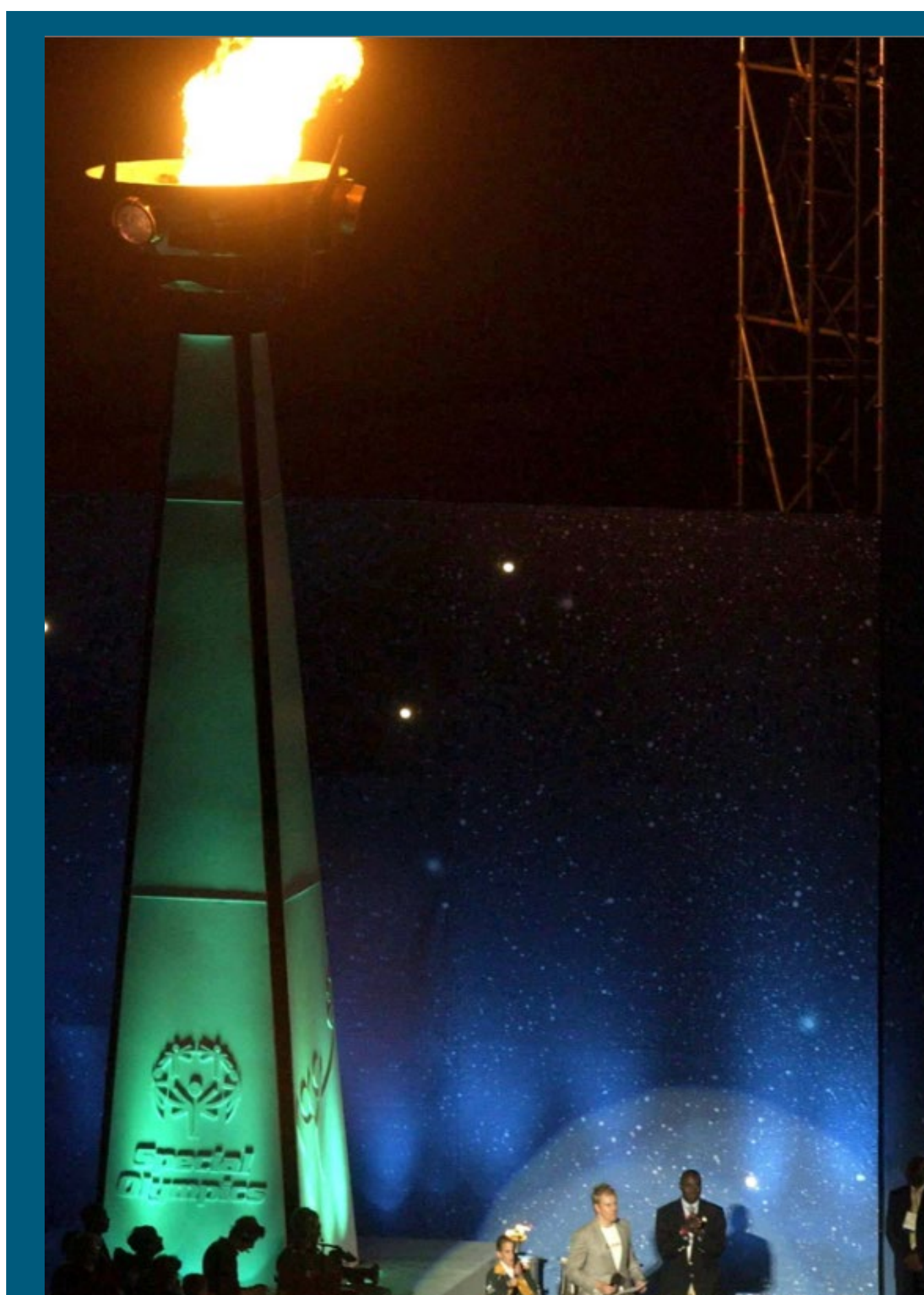
GAA: HOW LONG WERE YOU ON THE COUNTY PANEL FOR AND WHAT WERE YOUR STANDOUT MEMORIES? SHARING THE EXPERIENCE WITH YOUR BROTHER MUST HAVE BEEN SPECIAL?

PK: I was on the panel for three years. I was a sub the first year when we won the All-Ireland and played the next two years. The team didn't get out of Ulster, so make of that what you may in terms of a coincidence or not! Winning the All-Ireland was the absolute stand out. At the time you didn't realise how hard they were to win, and you maybe thought the following year when you were playing 'ah well, we are the All-Ireland champions, you know, we'll probably get as far again,' so winning was the stand out. Playing with the brother, the two of us on the team, the first round of the championship in '88 we played Derry, and we won that game and he scored four points and I didn't do too bad in nets that day so that was a proud day.

GAA: WHAT'S MORE NERVE SHREDDING – RUNNING OUT ONTO CROKE PARK OR THE LATE LATE STUDIO?

PK: It doesn't get more nerve wracking than running out onto Croke Park. When you are on tv, people think that is a lonely place to be but you've got so many people who are helping you look better and making things sound better and try to nurse you through the thing so, the support you get when you are hosting TV, even though it looks like it is just you out there, that's not the truth. Standing in Croke Park, with the game going on and a team on the break and it is only you between the goal there is no lonelier place. I hosted the Special Olympics in 2003 and even just standing on that stage walking out on that stage at Croke Park that night, that's probably the highlight of my career so far and definitely harder than hosting any TV show.

GAA: WE ARE TOLD BY OUR FRIENDS IN DOWN THAT ONE OF YOUR EARLIEST PACKED AUDIENCES WAS IN FRONT OF THE CROWD OF THE BURLINGTON HOTEL ON THE MONDAY AFTER THE ALL-IRELAND WHERE YOU ENTERTAINED PEOPLE DOING



IMPERSONATIONS. TRUE?

PK: Very good research! In the Burlington on the Monday (after the All-Ireland final) there used to be the lunch for the four teams, and it was always tradition that someone from each team got up and said a bit of poetry or a song or did a turn which represented the county. We had to put in for a special dispensation for me to get up and tell a few jokes. Meath and Cork played in the senior final that year and I ended up getting up there and did Micheál O’Hehir and I think there was Billy Connolly, Barry McGuigan and Ian Paisley as a few impressions in a rerun of the game from the day before. That would be one of the very first performances that I ever did.



Goalkeeper Pat Donnan with the finalists in the U-16 Penalty Kick Competition. The winner Patrick Kielty is second from right, runner-up John Kielty second from left.

GAA: HOW BIG OF A ROLE DID FOOTBALL PLAY IN YOUR LIFE AND ARE YOU ABLE TO STAY IN TOUCH WITH DOWN AND THE GAA IN GENERAL THESE DAYS?

PK: It is massive for me. My brother is still the Chairman of our club in Dundrum, and my younger brother manages one of the teams and my nephew plays in one of the teams and is on the Down minor development panel this year, so we are all very proud of the progress he is making. For me, one of the best memories of 2023 would have been bringing my son Milo to the Tailteann Cup final, getting a Down jersey on him, bringing him to Croke Park for the first time. It’s been a long time since a Down man has had a day out there and the result didn’t go our way but once it is part of you, once the GAA is in your fibre and in your family, it doesn’t disappear, thank God.

GAA: PEOPLE SPEAK FONDLY OF YOUR LATE DAD JACK AND HE IS REMEMBERED AS A PROGRESSIVE ADMINISTRATOR WHO WAS AHEAD OF HIS TIME. THE GAA FIELD IN DUNDRUM IS NAMED AFTER HIM, IT MUST HAVE BEEN NICE TO HAVE HIM REMEMBERED IN THAT WAY?

PK: Having the field named after the aul fella is just the greatest thing. I suppose at the time when it was named after him you didn’t realise what a big deal it is, but then with the passing of time and new generations coming through, it starts to mean that wee bit more. They upgraded the floodlights at the pitch last year and I had my two boys over for a couple of weeks, we get over as often as we can, and they were running out on the pitch under the lights and the eldest fella turned around and said ‘dad, dad, these lights are amazing, it never gets dark at Kielty Park.’ For him to say it never gets dark at Kielty Park - that



Down — All-Ireland Minor Football Champions 1987

Back row from left: Brian McCartan, Larry Duggan, Ronan Fitzpatrick, Dermot Hawkins, Conor Degans, Pat Hannaway, Tom Fegan, James McCartan, Front row from left: Cathal Murray, Raphael Haughian, Niall Caulfield, Mark Quinn, (Capt.), Geoffrey Breen, Martin McGivern and Colm Mason.

just put me over the edge so for that pitch to be named after him, it puts a big smile on everybody’s face in the family.

GAA: LAST APRIL, THE GAA HOSTED A GROUP OF UNIONISTS AT CROKE PARK FOR AN AFTERNOON OF CONVERSATIONS AS PART A SHARED IRELAND INITIATIVE. HOW IMPORTANT IS IT THAT THERE ARE THOSE TYPES OF INITIATIVES LIKE THIS AND DEVELOPMENTS LIKE EAST BELFAST GAA AS PART OF WHAT A NEW IRELAND MIGHT BE?

PK: I think any initiative like this where people from different traditions come together and no one is trying to change anyone’s tradition, nobody is trying to dilute anyone’s tradition, but if people can actually get together and experience the other side and see how people live their lives...when you come from Dundrum what’s lovely about Dundrum is you’ve the Gaelic football pitch at one end of it named after my aul fella, there’s an Orange Hall at the other end of it, there’s a cricket pitch in the village as well. We are sharing the island and sharing the space and the more we can do to just build trust between the communities, and I think the GAA has been good at doing that, and I think under our new president Jarlath Burns I’m looking forward to more initiatives like that happening.

***** The Late Late Show airs on Fridays at 9.35pm on RTÉ One and the RTÉ Player.**



By Katie Downey

FIELD QUEENS: SISTERS ARE DOING IT FOR THEMSELVES

Field Queens was founded in 2021 by Clann Mhuire and Dublin LGFA player Oonagh Whyte and Dee Rangers and Meath LGFA player Orlaith Duff. It was while the friends and primary school teachers were both out through injury that they spotted a gap in the market for female sportswear. They were looking closely at the women they played with, and the little girls they taught, and noticed how they were buying kids sized men’s gloves.

“No one sets out to make gloves thinking that girls and women might go in and buy them. We do just as much training, put in just as much effort, there should be a choice for little girls and women to have gloves especially for them.”

Sports stores initially rejected their merchandise, stating they already had gloves, but Oonagh and Orlaith emphasised that those who have bought into it have seen the rewards, being able to direct young girls and women to a section for sportswear for them only. They are stocked in 10 independent retailers and the GAA Museum at Croke Park who they state are “highly supportive of them and have sold an awful lot.”

Their clubs and counties have been very supportive also. “Clann Mhuire have done picture days for us, they sell them in the club shop and Meath LGFA have bought gloves for underage teams.”

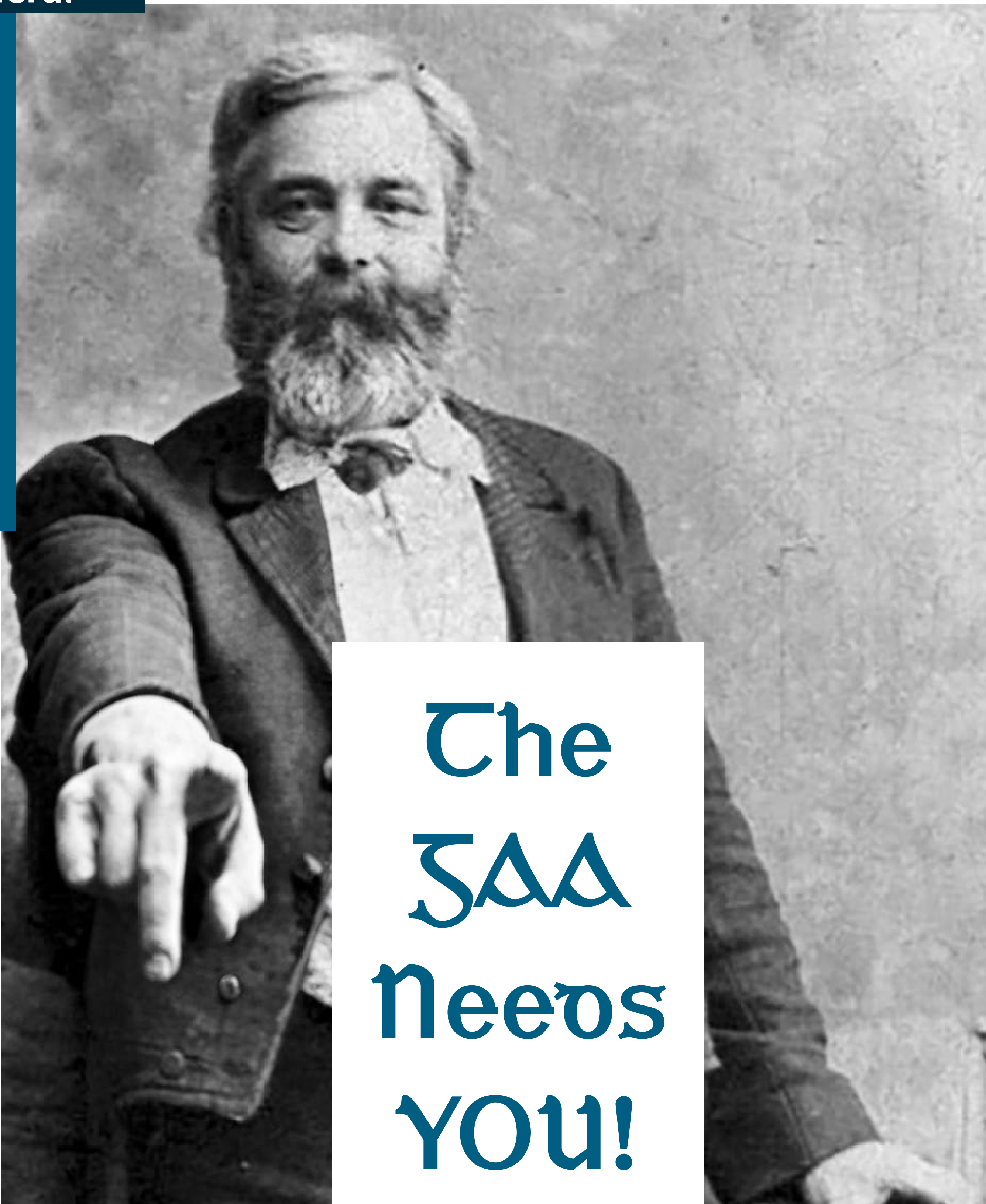
They are already thinking about their next steps, having already branched out into customising sportswear for clubs, with beanie hats and water bottles available. Socks and shorts with customisation will also be available soon.

Follow the Instagram page @fieldqueens for updates, and their website: <https://fieldqueens.ie/>

***You can win a pair of Field Queens gloves by answering this question. What counties do the creators of Field Queens play for?

Answers to clubnewsletter@gaa.ie mark it Field Queens entry





The GAA Needs YOU!

THE GAA NEEDS YOU IN 2024!

Early in the New Year the GAA intends to launch a process to invite club members and officers to volunteer for committee service at national level. This is in order to attract new thinking and perspectives at national level, to build a closer bond with clubs, and to better utilise the expertise and skills that we know are out there in our membership.

There are more than 1,600 GAA clubs throughout the 32 counties and more than 500 clubs that make up World GAA globally. We want to harness the expertise that exists in our Association to ensure that as we mark the 140th anniversary of our foundation we can look to the future with confidence. So, in the new year we will announce how people can apply to join the panel and the process that we will use to make appointments.

In the meantime, please have a think about how you or perhaps a club colleague you'd recommend can assist the GAA at national level and watch this space.

Nollaig Shona agus ath bhliain faoi mhaise daoibh go leir.



By Katie Downey

ARE YOU PLAYING WITH THE RIGHT HURLEY?

It is the essential tool of the trade – which is why picking the right hurley is a vital part of how you perform in hurling and camogie.

Colm Foley, owner of 65 Hurls in Ballycoolin in Dublin, spoke on the most important things to remember when it comes to picking the hurl that will help you play to the best of your ability.

“The most important thing to remember when it comes to picking the right hurl is the size. The best way to measure a hurl to make sure it is the best size, you should measure from the ground up to the top of your wrist, having your shoulders straight across and head looking forward not up or down. Where the hurl hits the top of your wrist is where your hurl should begin.”

After size, Colm emphasised the importance of choosing the correct weight – something often dependent on your position on the pitch. “A lighter hurl would be considered good for forwards trying to score from close in, whereas a heavier hurl would be considered better for a longer strike.”

“You’re looking for a hurl that has good grain, you don’t want to see any defects, something along the lines of a knot in the hurl, or if the grain was going sideways on the hurl, which are very natural parts of the wood, but not something you want to see when picking a hurl. You’re looking for good grain, that would go straight down the bás and turn at the toe.”

Colm recommends choosing a hurl with a thick heel: “this tends to be more beneficial for sideline cuts and striking in general.” The feel of a hurl is dependent on how you like it, if you like a flex or bend or not, and Colm stated that he recommends a stiff hurl because that means when you are striking it there will be no movement in the hurl, “even if there is only slight movement, it can affect the accuracy of the strike.”

At the end of the day, Colm explained, a lot of hurley choosing comes down to what feels the most natural when you’re hitting that sliotar, between the various types of bas, the flex you prefer or the power you want behind your strikes, picking a hurl that feels the most comfortable and will give you the chance to play your best game is vital.

CHOOSING THE CORRECT HURLEY SIZE

Choosing the correct size hurley will increase a player’s success at mastering the skills of the game. A shorter, lighter hurley is especially recommended for children and those new to the game.

HOW TO MEASURE THE CORRECT SIZE:

- Player stands nice and relaxed with their hands down by their sides.
- The distance from the ground to their wrist is the correct length.
- Player should be able to hold the hurley at the top and the hurley should be just touching the ground.
- If a player is between sizes it is still better to have the hurley too small rather than too big.

TOP TIP!

With the correct size, your finger should align with/touch the player’s wrist bone.

Place your finger horizontally just underneath the grip as shown.



SHOULD A POINT FROM A SIDELINE CUT BE WORTH TWO POINTS?

YES says Tom Stakelum

The sideline cut. It's a phenomenon in hurling that has developed and evolved over time and gone from being simply a means to get the sliotar back in play to being a feat of incredible skill and a scoring opportunity. The perfection of this skill and the ability to turn the concession of possession from a lineball into a score has revolutionised the art. It's something now synonymous with the games best players and a score from a sideline is guaranteed to bring supporters to their feet. For this, it is a skill that deserves to be worth two points.

When attending a hurling game, be it Junior B in the local clubs, or an All-Ireland Final in the amphitheatre that is Croke Park, we all long for a moment that takes our breath away and makes us realise how lucky we are to have and to own our game of hurling. That moment? The sideline cut. The collective exclamation of awe and amazement from the crowd as the sliotar is sliced off the ground and travels 10, 20, 30, 40 yards..... over the bar! Yet, still this unique, magical moment is only worth one point. This must change.

What about the players themselves, the ones that devote hours and hours of their days, to relentless practice and dedication in order to master the fine art that is the sideline cut; Who are these artists? They are 2017 GAA GPA Hurler of The Year, All-Ireland winner, and Galway hurling icon Joe Canning. They are seven-time All-Ireland winner, 2015 GAA GPA Hurler of The Year, and Kilkenny hurling legend TJ Reid. The greats of the game recognise the significance of this elusive craft, dedicating hours upon hours, honing it to impeccability. They should be rewarded.

Should two points be awarded for a sideline cut, this would inspire hurlers, young and old, to replicate their idols and devote their own hours to refining this art form, taking advantage of the enticing two-point reward. Therefore, this beautiful skill would grace our game on a much more frequent basis, creating more jaw dropping moments than ever.

From the wonder and astonishment, it creates, to the level of dedication and skill it demands. Should a sideline cut be worth two points? Yes, it should.

NO says Cian Murphy

Of all the many skills that you have to master in hurling – being able to cut a sideline ball over the bar is definitely one of the hardest. But that's not a good enough reason to single it out for its own scoring system.

Only a forward or a midfielder would argue it is.

Remember the split-second perfect timing of JJ Delaney hooking Seamie Callanan in the 2014 All-Ireland final replay when a goal looked a certainty? There's no one 'on you' hitting a line ball – the timing, technique and the bravery needed to be able to get a hook spot on and not barrel into the player and concede a free is a massive skill.

You'll get a 'skill point' for a hook in juvenile hurling where coaches try and encourage these specific skills to cajole youngsters to practice and hone them. You'll see more lofty sidelines than hooks in senior matches, but no one thinks it's worth making them a skill point for real.

Being able to convert a line ball over the bar is a serious weapon for any team – in recent times the likes of Joe Canning, TJ Reid, Austin Gleeson and Tony Kelly have done wonders to elevate this skill to an art form. But allowing a team to get two points for converting a line ball is an unfair punishment on a team that is not guilty of rough or foul play but merely knocking the sliotar out of bounds and over the sideline.

It is disproportionate to think that conceding a free could put you a point down – but the 'crime' of conceding possession through a line ball could result in being two points down.

The sideline cut is a phenomenal skill. It is a badge of honour for the players who are able to do it well. For those who are capable of having the distance and accuracy to turn that shot into a score – fair play to them. But deciding one skill is better than another and deserves more points is not the way to go.

WHAT DO YOU THINK? We'd love to hear from you. Email clubnewsletter@gaa.ie

Hurling



SKILL
ZONE –
THE
SIDELINE
CUT





By John Harrington

YELLOW SLIOTAR TO BE USED FOR ALL GAMES FROM MINOR UP IN 2024

The GAA has confirmed that from January 1st, 2024, all Hurling games at all levels from Minor (u-17) and above should use a Fluorescent Yellow/High-Vis Match Sliotar from a GAA Sliotar Licensee.

The decision to transition from white to Fluorescent Yellow/High-Vis sliotars began in 2020 with that year's Liam McCarthy Cup and was made for the benefit of both players and spectators alike and [based on clear scientific evidence](#).

To better inform the public on the specifications of Match Sliotars and SMART sliotars, the GAA has created a website link that includes sliotar information for all GAA members [HERE](#).

Information on GAA Sliotar Licensees that includes a list of all licensees can be accessed [HERE](#).

All GAA-approved Sliotars provided by Licensees undergo regular lab and field testing to ensure compliance with specifications as listed in the GAA Official Guide and to maintain the integrity of the game.



Referee John Keenan holds a smart sliotar before the 2023 Allianz Hurling League Division 1 Group A match between Wexford and Galway at Chadwicks Wexford Park in Wexford. Photo by Piaras Ó Mídheach/Sportsfile.

All Sliotar tests are carried out independently via Dublin City University.

Field tests have been carried out at the National Games Development Centre in Abbotstown and the University of Galway Connacht GAA Air Dome.

A 'Swatch Card' is used to establish the level of compliance with the Fluorescent Yellow/High-Vis colour.

Once again, in 2024 the GAA SMART sliotar will be used in Official Games at Senior, U-20, and Minor (U-17) inter-county level.

The SMART Sliotar project aims to ensure that approved Sliotar suppliers adhere to the Sliotar specification set out in the GAA Official Guide and that approved Sliotars perform on a consistent basis.

It seeks to address illegal use of the official GAA logo and to ensure that Sliotars meet ethical production and supply chain standards as determined by the World Federation of the Sports Goods Industry (WFSGI).

A tag or chip is embedded in the core of the SMART Sliotar which can be read by an app on a mobile phone and can be verified as being an official match ball. Furthermore, the Sliotar chip – which is the same

type of technology that is used in mobile phone payments – cannot be replicated with the result Sliotar counterfeiting is also addressed.

Two SMART Sliotar Licensees – Green Fields and O’Neills - will continue to provide SMART Sliotars for use in 2024 at Senior and U20 level. The SMART Sliotar will also be used in Minor (U17) Inter-County competitions in 2024.

Three additional SMART Sliotar Licensees have now passed the Sliotar specification tests and will also provide SMART Sliotars for use in the U-20 and minor championships. These are Bourke Sports, Cummins Sports, and O’Meara Sliotars.

These additional licenses will be approved for use in the Senior Inter-County competitions from 2025 should they continue to meet performance and specification standards in the interim.

All Sliotar Licensees will have to renew their WFSGI Pledge with the WFSGI annually, and all Sliotars produced by Licensees will include a new Sliotar Licensee logo.



Dan Morrissey of Limerick handpasses the sliotar during the GAA Hurling All-Ireland Senior Championship final match between Kilkenny and Limerick at Croke Park in Dublin. Photo by Brendan Moran/Sportsfile.

Match Sliotars are all other sliotars, other than Smart Sliotars, which are produced by GAA Licensees, meet GAA specifications and can be used in official games, outside of inter-county games. All Match Sliotar Licensees have begun the phasing-out process of the production of white-coloured sliotars and commenced the production of Fluorescent Yellow/High-Vis sliotars instead which feature the new logo. Official Match Sliotars should only be purchased from approved licensees.

This considerable body of work has been overseen by the Hurley & Sliotar Regulation Group which has met on 67 occasions since its inception in June 2021 having been appointed by Uachtarán Larry McCarthy.

Since then, the Work Group’s role has evolved and includes responsibility for a number of hurley-related matters.

10 members have contributed to the Work Group in that time period – Ned Quinn (Chairperson, Cill Chainnigh), Brendan Cummins (Tiobraid Árann), Eoin McDonagh (Gaillimh), Terry Reilly (Aontroim), Bob Ryan (Corcaigh), Louise Conlon, James Heffernan, Lizzy Broderick (Camogie), Pat Daly, and Eoghan Tuohey (GAA).

“The group set out to develop a ‘Mission’, ‘Vision’ and ‘Ambition’ in terms of delivering on its key remit,” says GAA Player Welfare Manager and Hurley & Sliotar Regulation Group member, Eoghan Tuohey.

“This involved the development of a regulatory framework, which would serve to maintain the integrity of the game of Hurling, the Association’s good name and ensure that fair play is the prevailing norm.

“This would involve the introduction of a Sliotar Licensing System based on compliance with the Sliotar specifications set out in rule, ethical production, supply chain standards and financial probity. It also sought to ensure that quality Smart and Match sliotars are available at a competitive price point.

“Finally, the Work Group also ensured, on foot of Congress Motions, that the relevant rules of the Association are fit for purpose and applied on a consistent basis.”

The Work Group are now setting their sights on regulating the Size 4 and Go Games (Size 1 & 2) Sliotars and will provide an update on this area in the coming months.

• Further information available regarding GAA Sliotar licensee queries from GAA Partnerships Manager, Dónal Marah – donal.marah@gaa.ie

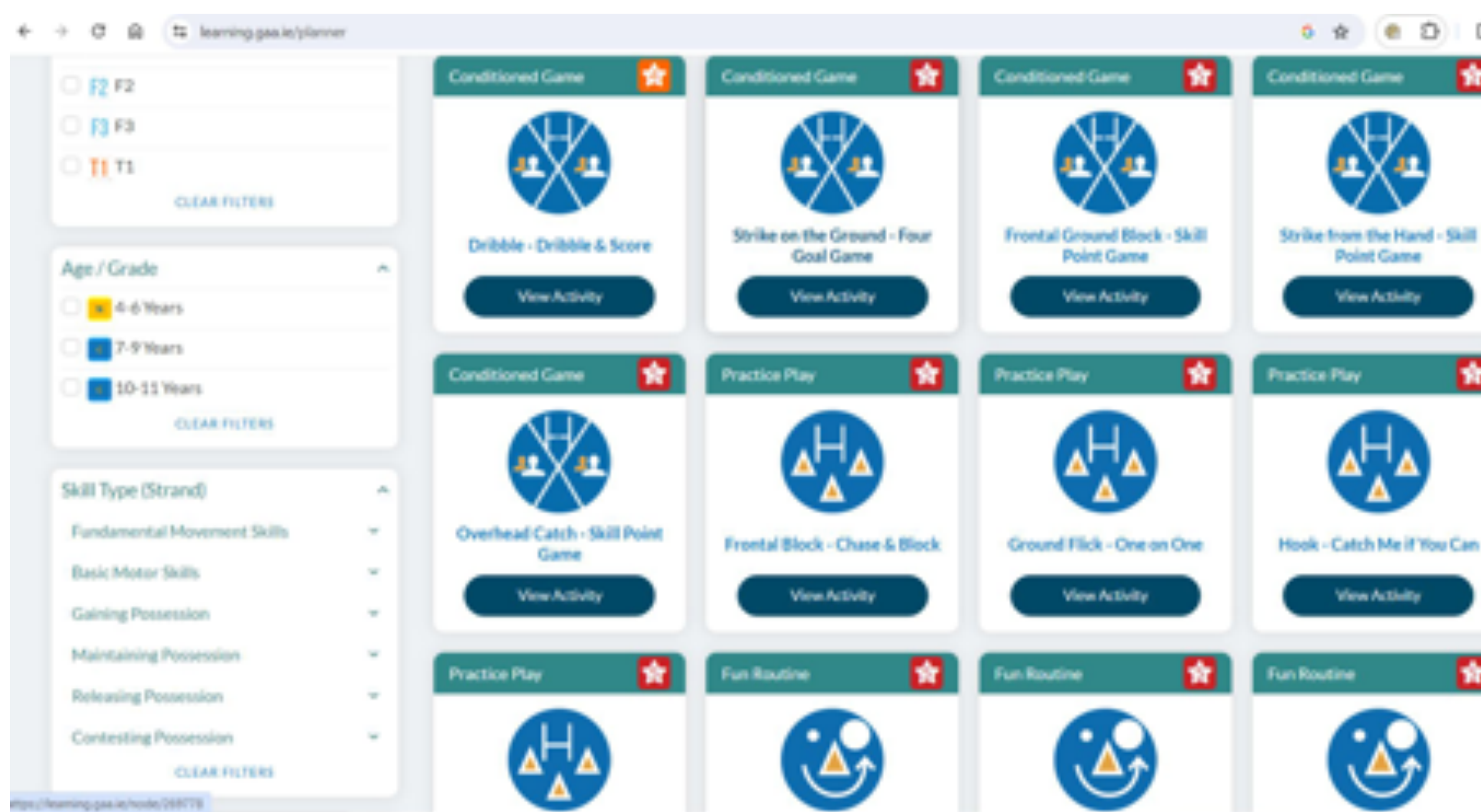
• Further information available regarding GAA Smart and Match Sliotars from GAA Player Welfare Manager, Eoghan Tuohey – eoghan.tuohey@gaa.ie



TOBAR

Gaelic Games Learning

TOBAR is the new source for learning for Gaelic Games.



It is a purpose-built hub for the GAA, LGFA and Camogie Association with information for every member whether they are interested in coach education, refereeing, playing, administration, community & health, club education, schools initiatives or safeguarding – there is a dedicated section with relevant information.

Inspired by the Gaeilge TOBAR meaning Well, this well of knowledge is there for all of us to draw from. Once you register and have an account, TOBAR is there to explore and enjoy.

The activity planner alone is a treasure trove of excellent content that is fully aligned with the Gaelic Games Player Pathway and TOBAR is integrated with Foireann, the GAA Membership System.

Check it out - <https://learning.gaa.ie/>





KICKING KING

Pictures like this of Kerry football All-Star David Clifford in action have developed a cult following of their own. Not only is the Fossa phenomenon and back-to-back player of the year synonymous with his deadly accuracy, but it is delivered by way of exceptional athletic movement and flexibility.

You'd have been excused for thinking this is a contortionist at work – but not so.

We spoke to experts in UPMC, official healthcare partners of the GAA and GPA, for advice in working on your hamstrings so that they can fire not fray.

5 Exercises to Increase Mobility for Kicking

Single Leg Rdl to Hip Lock:

Cues:

- Descend into single leg rdl position with outstretched rear avoiding lumbar extension (banana back)
- Loading through standing leg, drive opposite thigh through into high hip position
- Follow through landing opposite leg on bench

Benefits:

- Strengthening hamstrings in a single leg lengthened position followed by drive through which mimics kicking and sprinting positions



Frankenstein Walk

Cues:

- Controlling torso position bring straight leg up until heel in line with hips creating separation between thighs
- Switch thighs whilst maintaining lumbopelvic control and ensure free foot lands under body

Benefits:

- Great exercise to promote hamstring and hip mobility off a strong stable torso. Can be done pre-football sessions or pre gymwork.



Rack Pull

Cues:

- Unlock knees and bring hips back as if you're closing a door behind you
- Grasp bar at shoulder width, press through the whole foot and bring hips through to top position

Benefits:

- Romanian deadlift variations offer the opportunity to strengthen and stretch your hamstrings. Not only do we need flexible hamstrings for kicking, we also need strength in the positions.



Straight Leg Lower

Cues:

- Lower back flat to floor, band around midfoot, sole of foot pointing towards sky
- Lift and lower opposite leg focussing on full thigh separation with minimal movement bandwidth at lower back/trunk

Benefits:

- Core stability exercise which promotes thigh separation with lumbopelvic (torso) control. Having mobile hips and posterior chain on top of a strong stable torso will allow us to transmit more power into the ball when kicking.



Cable Hamstring Pulldowns

Cues:

- Lower back flat to floor, sole of foot pointing towards sky, strap wrapped just below ankle
- Lower leg whilst keeping lower back stuck to floor and opposite leg outstretched, increase speed as comfort and strength allows

Benefits:

- Fantastic exercise which isolates the hamstrings under load in a very specific kicking position. Speed and load can both be used to progress this exercise. Always maintaining a stable trunk with lower back glued to the ground!





By Tom Stakelum

Naas with the 2023 Kildare SFC trophy after victory over Celbridge

Club Focus: Naas GAA Club Foresight the Key, as Naas Reap the Rewards

In the last 20 years the town of Naas has experienced a massive surge in its population, growing by approximately 8,000 since 2002. One might think this exponential growth and new strain on resources would see Naas GAA club struggle. However, they have flourished. Five Kildare Senior Hurling Championships on the bounce, the first three-in-a-row in the Kildare Senior Football Championship in over 70 years, and an All-Ireland Intermediate Hurling title. The question is, how have they done this?



“Back 20 years ago, our old ground Fr. Brennan Park was bought, and we moved to a fabulous green field facility, with a bar, dressing rooms and great pitches,” says Naas GAA Club PRO Tom Noone. This relocation to their current grounds on Sallins Road has proven vital to their recent, unprecedented success, with it now being “a real hub for the community”.

The fact that this community hub, and state of the art facility was put in place 20 years ago, showcases the foresight of the club members, which meant that Naas GAA were well prepared for an influx in numbers. The foundations were laid, the people came.

Noone also highlighted how their impressive Sallins Road site has aided them down the years in competing with the plethora of sports that exist in the town of Naas such as Rugby and Soccer. “It was an attractive site when people came to Naas,” which resulted in parents of children wanting to bring their children to the club, and therefore, becoming ingrained in the heart of the community for years to come.



The victorious Naas team after their AIB All-Ireland intermediate club hurling championship final win of Feb 2022 at Croke Pk

“We have 92 teams and growing, nearly 3,000 members, and never have we turned away a team,” he explains. These numbers make Naas one of the largest clubs in the country, yet it is this community attitude that ensures they will always stay grounded and maintain that all-important community feel that drives them on to unheralded heights. Challenges remain. With this number of members and teams there is bound to be a strain on resources, particularly with pitches, a problem most large clubs in Ireland have. How do Naas cope? “We own four pitches, but make use of any facility we can, from astro turf pitches to halls and ball walls in local schools.” Due to the long-standing relationships Naas have built within the local community, they are able to access these kinds of facilities, albeit at a cost, but a cost they are willing to pay.

When asked if he had any advice for other GAA clubs who may find themselves in the position Naas were in, but are struggling to make the transition from a smaller club to a bigger one, Noone had this response:

“Get the parents involved in their children’s future. Give them the power they need to shape the club. They are the best asset you have.” This invaluable piece of advice illustrates exactly what Naas GAA Club are all about and how they have got to where they are today. They recognise the significance in incorporating, not only their new young playing members every year, but also their parents, into the club, who end up serving as coaches and volunteers for many, many years.

It is this constant foresight and planning that enable Naas GAA Club to not only cope with rising membership numbers, but to thrive.



KNOW THE RULES

Think you know the rules? Test yourself below. Remember, people who step up as referees at club and county level make as important a contribution to Gaelic Games as players, coaches and volunteers. Give Respect, Get Respect.

If you want to be a referee contact your county referee administrator.

Question 1: The ball accidentally strikes the Referee's foot which prevents it crossing the goal-line for a certain goal. The Referee awarded the goal. Was he correct?

- a. Yes
- b. No

Question 2: To throw the hurley in a manner which constitutes a danger to another player is:

- a. Free only
- b. Free and noting
- c. Free and yellow card
- d. Free and red card

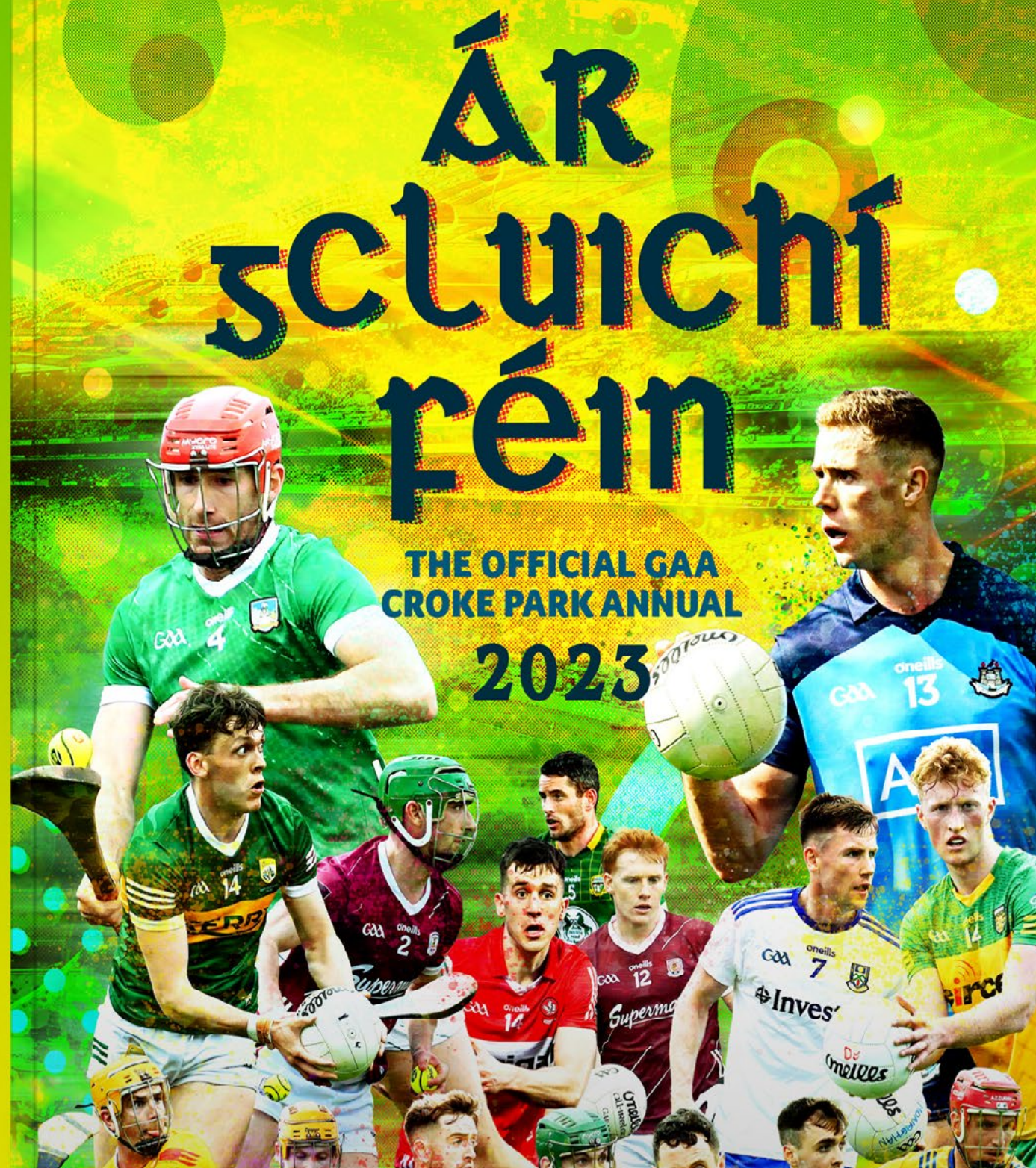
Question 3: If the ball is accidentally stopped from going over the goal line by an Umpire, should the Referee award the goal?

- a. Yes
- b. No
- c. Play on

Question: A 45m kick has been awarded to attacking team, a player from this team runs around the back of the goals to get away from defender, runs back on to the field the opposite side, what action if any should be taken.

- a. No Action.
- b. free kick awarded to defending team.
- c. yellow card to offender.

Referee quiz answers: 1: B; 2: C; 3: A; 4: B

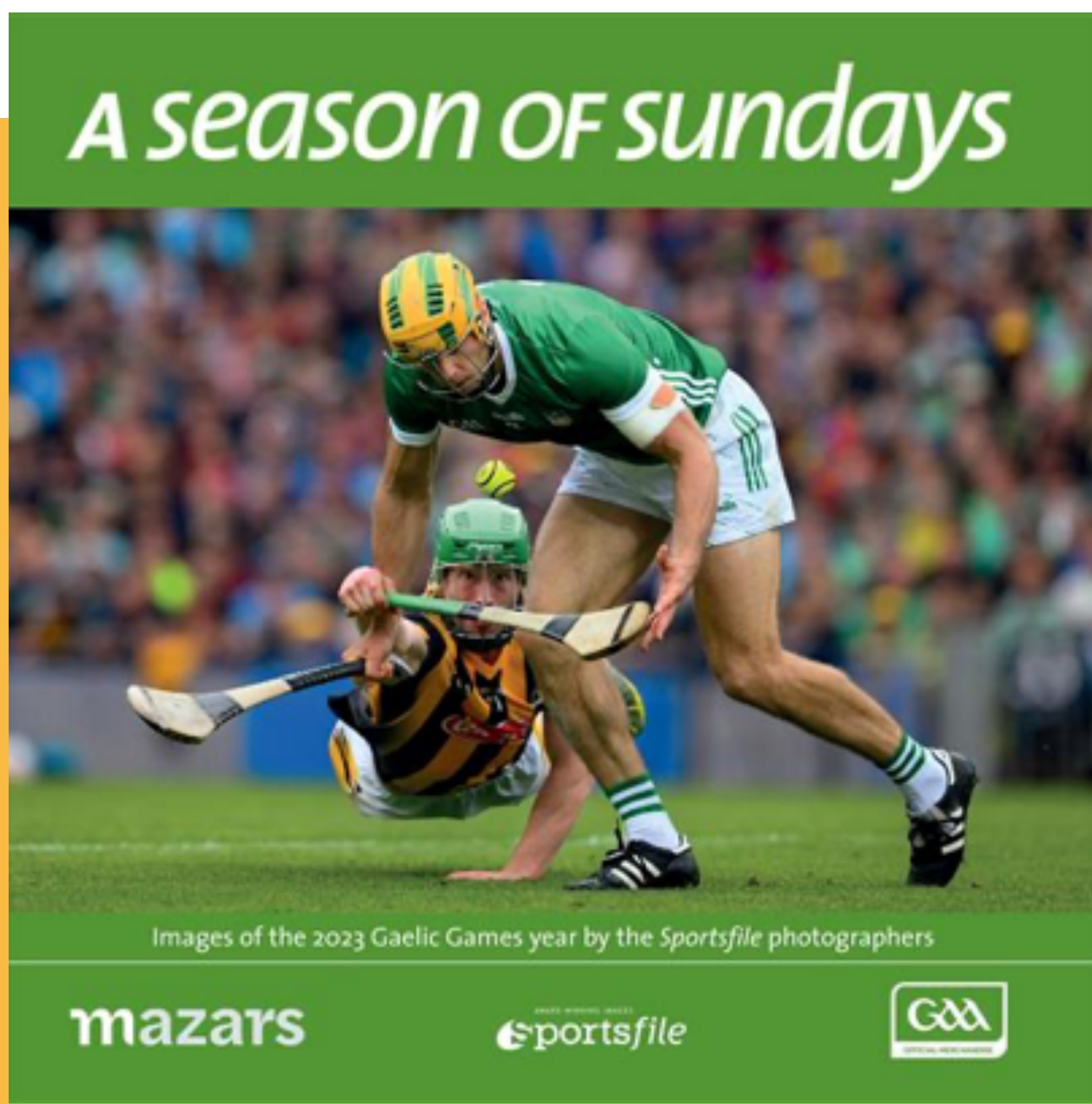


GREAT GAA READING THIS CHRISTMAS

The year 2024 is a massive one for Gaelic Games. The GAA hits the milestone of 140 years while our sister organisations in Camogie are 120 years old and Ladies Gaelic Football is 50 years old. Handball marks its centenary, and it is also 100 years since the revived Tailteann Games were staged at Croke Park.

All of these landmark events are captured in a bumper edition of the GAA Croke Park annual which also looks back on the incredible 2023 GAA year that was. Stories from some of Ireland’s best writers and photographers and includes exclusive interviews with Dublin football flier Lee Gannon on winning his first Sam Maguire and Limerick legends TJ Ryan and Seamus Hickey talk about the fabulous four-in-a-row achieved by the Treaty County hurlers.

The GAA Croke Park annual is produced by DBA and priced €15.95/Stg£13.50



A SEASON OF SUNDAYS

Over the past 27 years, the publication of Sportsfile’s A Season of Sundays has become an annual sporting tradition, marking the end of each GAA season with a stunning collection of images.

This year’s eagerly anticipated offering looks back at all the highlights of another year to remember and is sponsored by Mazars.

This is the first occasion that Mazars have supported the publication of the book.

The 2023 edition captures the highs and lows of an incredible GAA season with another insightful look back on a season that saw capacity crowds return to GAA stadia.

The high points of another busy calendar year in the life of the GAA are expertly captured by the lenses of the Sportsfile photographers – and enhanced by Alan Milton’s perceptive captions – and the year that was 2023 was not short on drama.

A Season of Sundays by Sportsfile Photographic Agency. Price €24.99

CHASING SAM MAGUIRE

Like all great adventures it started out simply and innocently enough. GAA enthusiast Dermot Reilly wondered if a list existed of the clubs of the players who had played in All-Ireland finals. He contacted renowned GAA Correspondent Colm Keys who confirmed that officially at least, no such list existed. And so began a rabbit hole of enlightenment for the duo that produced this and so much more.

The result is Chasing Sam Maguire a compilation of the All-Ireland football finals from its inaugural year in 1928 up until 50 years later in 1977. The list of the clubs of the players in those finals is there – but that’s only the tip of the iceberg. This stunning book, 10 years in the making, provides a fascinating overview of each championship season, comprehensively covers every All-Ireland final and also puts each decider in a historical context by referencing landmark national and international events in that year. The scale of the task and information limited them to the first 50 years. We can’t wait for the Vol 2 on the next 50 years already, but this book will be thumbed through by fans and historians for decades.

CHASING SAM MAGUIRE

THE ALL-IRELAND FOOTBALL CHAMPIONSHIP 1928–1977

O'BRIEN

DERMOT REILLY

COLM KEYS

FOREWORD BY
LARRY MCCARTHY
UACHTARÁN CHUMANN LÚTHCHLEAS GAEL



Chasing Sam Maguire by Dermot Reilly & Colm Keys is produced by O'Brien Press and priced €35.

A PLACE TO PLAY

Humphrey Kelleher is a man who needs no introduction in the GAA. The Waterford native and hurler has also been synonymous with the game in his adopted county of Dublin where he has given decades of service at club and county level.

He also has impeccable credentials as a chronicler of GAA history through his exceptional first book Family Silver which compiled the story of the Ali Baba's cave of precious trophies in Gaelic Games.

Yet again the GAA is indebted to Humphrey for his latest passion project, A Place to Play which, after 10 years of research and development, has produced a record of 101 grounds throughout Ireland and also London and New York that staged inter-county games. Breffni Park in Cavan is 100 years old this year and was the first ground in Ulster vested in the GAA. Throughout the 1920s as the GAA grew, so did the desire for the Association to acquire

pitches and put down permanent roots at club level and the best of them became county grounds. Humphrey has the fascinating story of all of them, as well as stunning drone footage which he travelled to collect himself. It is a brilliant pick up and dip in and out compilation that will prove another rich source of information.

A Place to Play – the people and stories behind 101 GAA grounds by Humphrey Kelleher is produced by Merrion Press and priced €24.00.

A PLACE TO PLAY

The people and stories behind
101 GAA grounds

Humphrey Kelleher



WHERE WE ALL BELONG



STEP UP TOGETHER WITH AIB FOR THIS YEAR'S GOAL MILE AND WIN €1,000 FOR YOUR CLUB

AIB, PROUD PARTNER OF THE GAA FOR 33 YEARS, AND A PROUD SUPPORTER OF THE GOAL MILE, ARE ENCOURAGING GAA CLUBS TO STEP UP TOGETHER AND TAKE PART IN THE GOAL MILE WITH CLUBMATES, FAMILY AND FRIENDS THIS CHRISTMAS SEASON.

The GOAL Mile has seen tens of thousands of people run or walk a mile, which is just 2,000 steps or four laps of a pitch to raise funds for GOAL at Christmas enabling GOAL's work supporting vulnerable communities in 14 countries across the globe.

Clubs that register to take part in one of the hundreds of GOAL Mile events taking place across Ireland this festive season also have opportunity to win one of ten prizes of €1,000.

HOW TO ENTER:

Step 1:

Register to take part in the GOAL Mile by visiting www.goalmile.org

Step 2:

You then need to open

www.jotform.com/team/232784181278060/AIBGoalMileCompetition2023

to enter the GAA AIB Goal mile competition, confirm your registration and GAA Club details and be in with the chance to winning €1,000 for your club.

AIB is committed to supporting communities. Join us and let's Step Up Together for GOAL this Christmas!

Whether you are running or walking this year's AIB Goal Mile, we want you to show us!

If you post a selfie while out on your AIB Goal Mile use the hashtag #AIBSELFIEGOAL

Thank you for supporting the AIB GOAL Mile.



IRELAND LIGHTS UP LET'S GET WALKING! IRELAND LIGHTS UP RETURNS

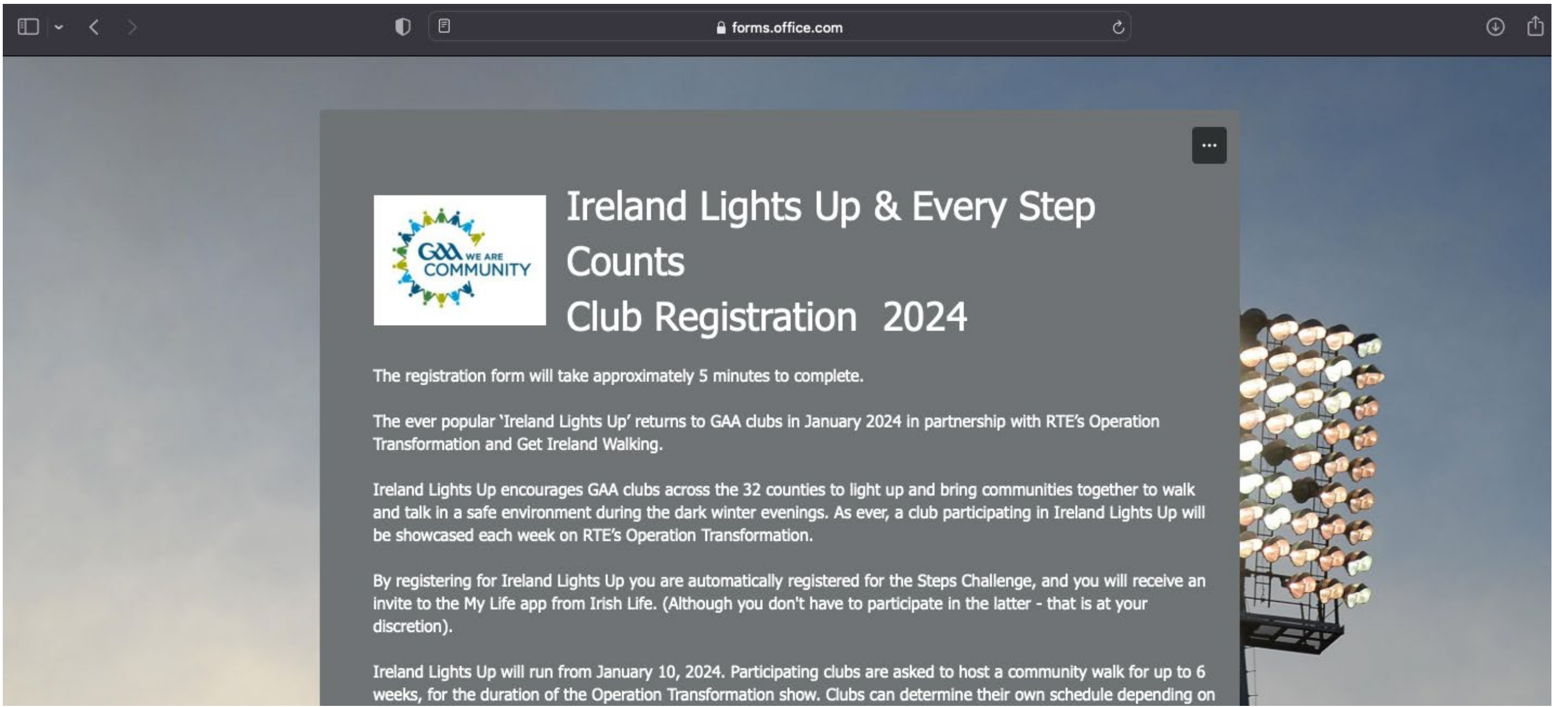
The ever popular 'Ireland Lights Up' returns to GAA clubs in January 2024 in partnership with RTE's Operation Transformation and Get Ireland Walking.

Ireland Lights Up encourages GAA clubs across the 32 counties to light up and bring communities together to walk and talk in a safe environment during the dark winter evenings. As ever, a club participating in Ireland Lights Up will be showcased each week on RTE's Operation Transformation.

In 2023, more than 1,000 GAA clubs signed up for Ireland Lights Up helping tens of thousands of participants improve their physical, mental, and social wellbeing. Clubs also recruited over 29,600 walkers to participate in the 'Every Steps Counts Challenge' delivered through the 'MyLife' app, in partnership with the Irish Life GAA Healthy Clubs programme. Participants walked over 5,500,000 kms during the five-week challenge.

Registrations for the 2024 'Ireland Lights Up' and 'Every Step Counts' MyLife Challenge opens today (click here to register: [Ireland Lights Up & Every Step Counts Registration 2024](#)). Ireland Lights Up commences on Wednesday, January 10th, to coincide with the broadcast of the second episode of Operation Transformation on RTE.

To register your club for Ireland Lights Up and the MyLife Healthy Clubs Steps Challenge, use the following link: [Ireland Lights Up & Every Step Counts Registration 2024](#)



To find out more about MyLife and download the App, use the following link: [Health & Wellbeing App – MyLife App by Irish Life](#)



A more rewarding way to embrace a healthier lifestyle





ACT NOW on DEFIBS

The GAA is keen to build on its commitment to safeguarding the lives of its members and wider communities through its defibrillator programmes, guidelines and resources.

The pivotal role of Automated External Defibrillators (AEDs) in addressing the sudden and often fatal condition of sudden cardiac arrest (SCA), which claims approximately 6,000 lives annually in Ireland, with around 70% of these incidents occurring outside of hospital settings.

AEDs are portable devices designed to check heart rhythms. If needed, it can deliver an electric shock to restore a normal rhythm. Recognising the profound impact of early defibrillation on survival rates from SCA, The GAA has rolled out several Defibrillator Schemes, ensuring that AEDs are available at all GAA county grounds, and has also facilitated clubs in acquiring these devices through various means.

A reminder to all clubs to ensure the best practices around Heart Safety at your club:

Accessibility:

Ensure your defibrillator is stored in an area where access is not restricted, considering the time-sensitive nature of Sudden Cardiac Arrest.

Charged:

Ensure your defibrillators are regularly inspected to ensure they are fully charged and that self-tests have been passed. This will include carrying out weekly inspections. Also, ensure your battery and pads have not reached their expiry date.

Trained:

Ensure that sufficient members are trained to respond effectively anytime the clubhouse or pitches are occupied.

The GAA, through its Medical, Scientific and Welfare Committee, oversees defibrillator programmes and encourages clubs to avail themselves of the schemes, or to purchase AEDs independently, thereby providing a valuable resource for members and the wider community.

For clubs seeking further information or guidance on AEDs, please see <https://learning.gaa.ie/defibrillatorscheme> or contact the GAA Player Welfare Manager, Eoghan Tuohey at: eoghan.tuohey@gaa.ie

The screenshot shows the GAA website interface. At the top, there are navigation links for 'Log in', 'Register', and a search bar. Below this are social media icons for Facebook, Twitter, and YouTube. The main header features the 'TOBAR Gaelic Games Learning' logo and navigation tabs for 'Planner' and 'ePortfolio'. On the right side of the header, there are buttons for 'GAA.ie', 'Camogie', and 'LGFA'. The main content area has a large banner image of a man holding a defibrillator, with the text 'DEFIBRILLATOR AWARENESS AND INFORMATION'. Below the banner is a navigation menu with links for 'Coach Ed', 'Referee', 'Administrator', 'Player Education', 'Schools', 'Community & Health', and 'Safeguarding'. The page content includes the title 'GAA Defibrillator Guidelines' and a sub-header 'The Medical, Scientific and Welfare Committee has produced guidelines (updated 2022) which gives GAA Clubs advice and recommendations in key areas such as acquisition, accessibility & storage, training and maintenance of AEDs.' At the bottom of the page, there is a 'TOBAR Gaelic Games Learning' logo.



CROKE PARK IS A CHAMPION OF SUSTAINABILITY

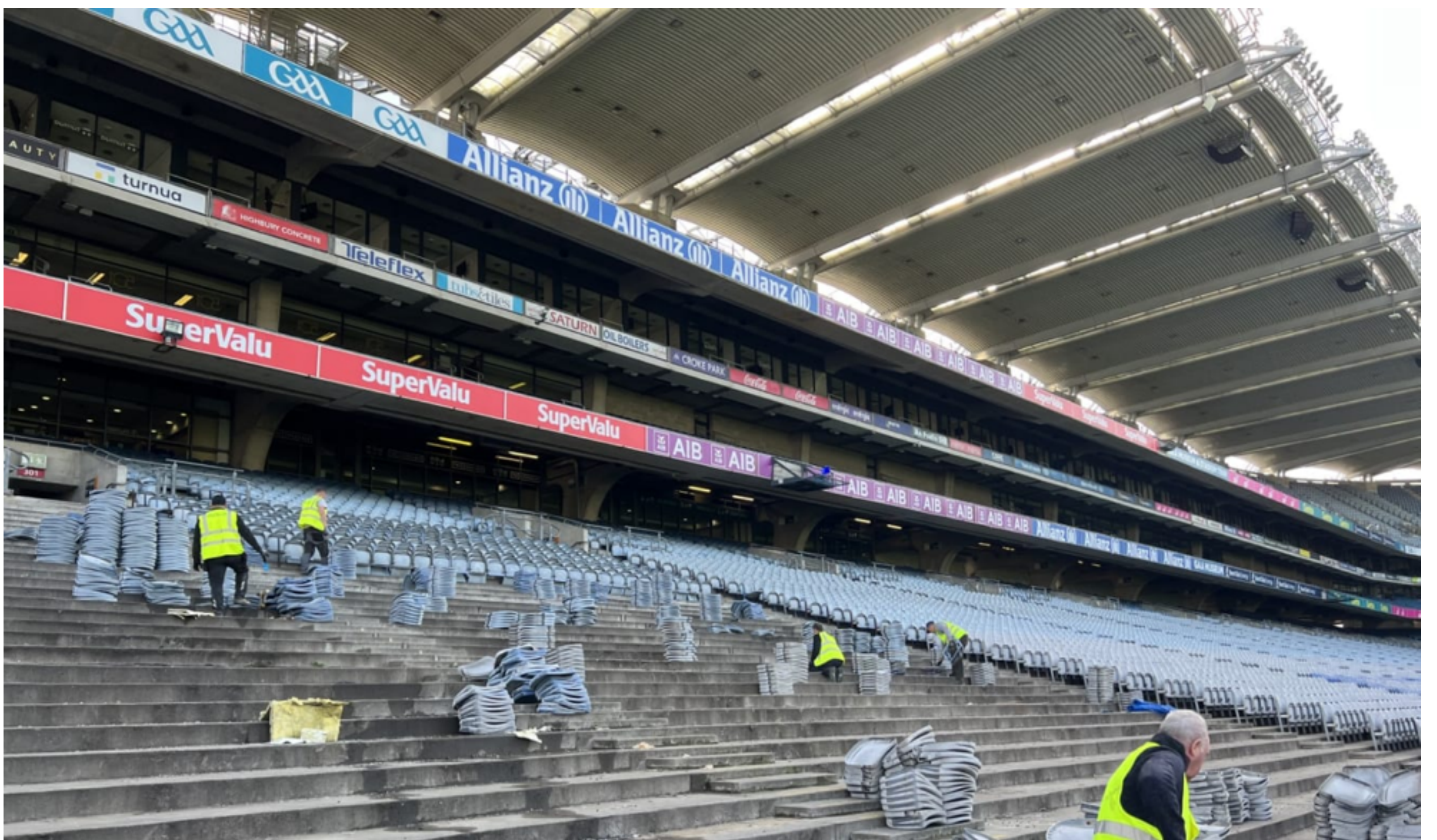
Croke Park is not just a world-class stadium, it is also recognised as a world class leader in sustainability.

Did you know...

The pitch team replaced their diesel pitch mowers with the latest state of the art range of battery powered mowers from the Dennis E-Series - ultra-low noise and their super low CO2 footprint will enhance our stadium sustainability and environmental actions and help us on our way to reducing our carbon footprint.

We're proud to say that 85% of all ingredients on our new menus are sourced from the island of Ireland. Better again, 70% are actually sourced from within just 50 miles of the stadium, including from Croke Park's own farm.

The lower-tier seats are being taken out of the Cusack stand. This project involves all 36,000 lower-tier seats being removed and replaced with new ones. From a sustainability perspective, the old seats are all being recycled sustainably with full environmental certification provided.





Fáilte chuig gaa.ie - suíomh oifigiúil CLG Type in your search and press enter

GAA [Fixtures & Results](#) [GAA NOW](#) [Tickets](#) [News](#) [Features](#) [The GAA](#) [My GAA](#)

POPULAR [CLUB DASH](#) [LIVE: GAA CHAMPION 15 AWARDS](#) [LATEST NEWS](#)

FOOTBALL

Preview: Sunday's AIB Senior Provincial Club Championship Finals

HURLING

Séamus Hickey: 'There has to be new blood every year'

GAA clubs encouraged to alleviate loneliness this Christmas



Enter a County or Competition Q

[SAT 21 Oct](#)
[DEC 2023](#)
[SAT 16 Dec](#)
[SUN 17 Dec](#)
[JAN 2024](#)
[SAT 6 Jan](#)
[SAT 13 Jan](#)
[SUN 14 Jan](#)
[SUN 21 Jan](#)

TO BE CONFIRMED

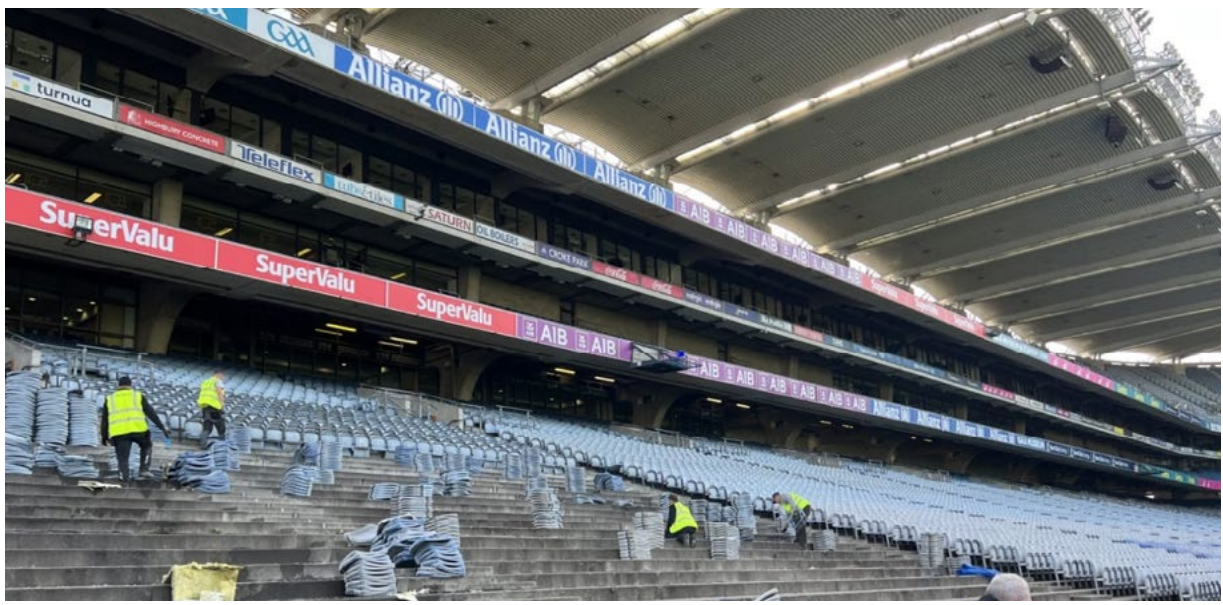
GREAT SPORTS WRITING ON GAA.IE

In case you missed it – we recommend you catch up on these great reads on www.gaa.ie



L'Orient's young leader Ewan Duval

[Read about the GAA's youngest club President, aged just 18 and doing incredible work in Lorient in France.](#)



Cusack Stand redevelopment work under way

[A €12m upgrade of spectator and dressing room facilities in the Cusack Stand has commenced on the 30th anniversary of the demolition of the old Cusack Stand.](#)



CHICAGO GAA RAFFLE A HOUSE TO AID REDEVELOPMENT WORK

[Gaelic Park in Chicago has been a second home to generations of Irish migrants, their children, and grandchildren, so it seems fitting they're raffling a house in order to pay for the redevelopment of their facilities.](#)



GAA YOUTH FORUM

On Saturday, Oct 7th approximately 150 young people attended the first GAA Youth Forum to be held since 2019.

Young people aged 12 - 21 gathered in Croke Park to attend several workshops addressing themes that were identified over the past year. Those themes included:

- Decision Making Structures
- Communications
- Coach Behaviour & Education
- Addressing Discrimination & Accessibility
- Development & Volunteering Opportunities

The forum concluded with a commitment by the GAA to establish structures to improve the capacity of the organisation to hear the voice of young people and to support young people to influence decision making within the organisation.

GAA Youth Leadership & Sustainability Manager Jimmy D'Arcy outlined a number of next steps for delegates as well as other young people interested in contributing to the promotion of gaelic games. Included among these is an opportunity to be nominated as a youth representative. Every year 5 GAA Youth Reps are selected to report to GAA Congress on issues of concern to young people in Gaelic games. An opportunity to join a Youth Council was also outlined. The Youth Council will convene regularly and be tasked with reviewing information and making proposals on behalf of young people to the broader organisation.

Click here to apply to be a Youth Representative or join the Youth Council. <https://forms.office.com/e/UMaHajGKvk>

More info is available at <https://www.gaa.ie/my-gaa/community-and-health/youth-leadership/>



Youth Leadership

DELYI Future Leaders Youth Forum Senior Cycle Junior Cycle Primary GAA Generations

My GAA > Community & Health > Youth Leadership

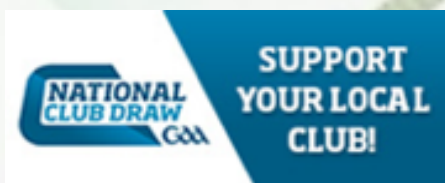
Youth Leadership



Youth Leadership

Youth Leadership in the GAA is about many things but ultimately boils down to the following:





Bigger and better than ever Win Big for Your Club: Enter the National Club Draw

Now in its 11th year the GAA's National Club Draw has been a game-changer, boosting revenue for clubs and supporting exciting new developments, essential gear purchases, and top-notch equipment for all teams. And in 2024 the maximum that can be made by a club has been increased to €30,000.

Each ticket costs just €10/£10, and every cent raised stays within your club, powering your growth and success. Clubs can sell a maximum of 3,000 tickets.

Amazing Prizes Await: The perks don't end there – participants have a shot at winning fantastic prizes! Imagine driving away in a brand-new car, landing bigger cash prizes than ever before, or enjoying weekend packages to the thrilling All-Ireland Finals.

Clubs can collect NCD tickets from the County Board offices or your County Liaison Officer. For inquiries, nationalclubdraw@gaa.ie For the first time ever, Clubs will be able to sell Tickets for their club online through the GAA Foireann system (Launching before Christmas).

NATIONAL CLUB DRAW GAA PRIZES

- All-new Dacia Sandero Car**
- €10,000 Cash Prize**
- All Ireland Hurling & Football Final Package 2024**
The complete package for 2 includes premium tickets for the All-Ireland Hurling & Football Final, overnight accommodation in the Croke Park Hotel on both weekends and dinner for two included.
- All Ireland Hurling & Football Final Package 2024**
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- All Ireland Football Final Package 2024**
The complete package for two includes premium tickets for the All-Ireland Football Final including overnight accommodation for two nights (Saturday and Sunday) in the Croke Park Hotel and dinner for two on the Saturday evening.
- All Ireland Hurling Final Package 2024**
The complete package for two includes premium tickets for the All-Ireland Hurling Final including overnight accommodation for two nights (Saturday and Sunday) in the Croke Park Hotel and dinner for two on the Saturday evening.
- All Ireland Football Final Package 2024**
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- All Ireland Hurling Final Package 2024**
The complete package for two includes premium tickets for the All-Ireland Hurling Final including overnight accommodation for two nights (Saturday and Sunday) in the Croke Park Hotel and dinner for two on the Saturday evening.



TICKETS
€10

Maximum of 3,000 tickets per GAA Club

Opportunity for your GAA Club to raise up to €30,000

Draw takes place on 27th March 2024

For further details, terms and conditions see www.gaa.ie/nationalclubdraw

FOR TICKETS CONTACT:



DACIA

SUPPORT YOUR LOCAL CLUB
Opportunity for your GAA Club to raise up to €30,000



WHERE WE ALL BELONG

The Gaelic Athletic Association

NHSC Event Safety

Nov 2023



PLAY IT SAFE FOR SUCCESS

The GAA National Health & Safety Committee (NHSC) organised a conference on November 11 at Croke Park which brought together a multitude of stakeholders and experts along with GAA officers and event managers to discuss and examine crucial issues relating to event safety management.

The event was organised as part of the NHSC vision to ensure that health and safety is an integral consideration for all activities and events undertaken under the auspices of the GAA.

The distinguished lineup of speakers included experts such as Dr. Patrick Leahy, Dr. May Tan, Martin Girvan and Ciaran Whelan. Their insightful presentations provided invaluable perspectives on health and safety that offered a wealth of knowledge to the engaged audience.

With a dedicated delegate from every county in attendance, this diverse gathering fostered an environment of collaboration and shared commitment to enhancing safety standards across the board.

Patrick O'Brien, GAA National Health and Safety Manager outlined upcoming NHSC projects and training initiatives. His presentation highlighted and outlined the proactive approach being adopted by the NHSC to continually improve health and safety measures and standards within the GAA.

The conference not only served as a platform for learning from experts but also provided an opportunity for networking and exchanging ideas among attendees. The collaborative spirit displayed throughout the day emphasised the collective responsibility in maintaining a safe and secure environment for all involved in GAA events. For more information, contact: patrick.obrien@gaa.ie



WHERE WE ALL BELONG



UPDATED GAA OFFICIAL GUIDE IS AVAILABLE

The updated Official Guide Part 1 and Disciplinary Handbook are available on the GAA website - <https://www.gaa.ie/the-gaa/rules-regulations/>



MACNAMEE AWARDS / GRADAIM MHIC CON MÍDHE

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.

Applications for the 2023 GAA MacNamee Awards are now being accepted.

- **Best Digital Impact Award**
- **Best GAA Publication**
- **Best GAA Club Publication (including yearbooks and club histories).**
- **Best Photograph (max of 3 pictures per entrant)**
- **Best Match Programme**
- **Best GAA related Radio Programme**
- **Provincial Media Award**
- **National Media Award**
- **Best TV Documentary**
- **Gradam na Gaeilge** - Aitheantas ar ardchaighdeán iriseoireachta Gaeilge bainteach le cúrsaí CLG, ina chuimsítear gach cineál meán cumarsáide.

All entries should be marked “GAA MacNamee Awards 2023” and addressed for the attention of Alan Milton, Director of Communications, Croke Park, Dublin 3 or emailed to awards@gaa.ie.

Entrants should also clearly state what category they are submitting their entry under.

Closing date for entries is Friday, 22nd December 2023.
For further information please contact awards@gaa.ie



The GAA Museum celebrates 25 years in style

The GAA Museum celebrated 25 years in September and continues to be a top visitor attraction, picking up a host of new awards from TripAdvisor, including 2023 Travellers' Choice Winner and the prestigious 2023 Experts' Choice Award.

The award recognises Croke Park Stadium Tour & GAA Museum as one of the highest rated attractions in Dublin. Fewer than 2% of businesses receive the award.

As part of the anniversary celebrations, the much-loved Club Wall in front of the museum in the Cusack Stand will also be recreated in the coming months.



CONNACHT HEALTH AND WELLBEING AND GAMES FOR ALL DAY 2023

The Connacht GAA Health and Wellbeing and Games for ALL Committee, in collaboration with the Irish Special Schools Sports Council (ISSSC), were delighted to host a Coaching and Games with Fun Event in the University of Galway Connacht GAA Air Dome, at the Connacht GAA Centre of Excellence, Began, Co.Mayo.

Thanks to all the participants, their parents/guardians, teachers, organisers and coaches for making this a wonderful event enjoyed thoroughly by all.

The schools who attended were as follows:

- St Anthony's School, Castlebar.
- St Bernadette's, Letterkenny.
- St Josephs, Ballytivnan, Sligo.
- Lakeview School, Galway.

Following the success of this event it was suggested that a Sensory Tent might be purchased for future events such as these.



SPORTS CAPITAL AND EQUIPMENT PROGRAMME MASTERCLASSES

In a recent series of webinars, the spotlight shone on the Sports Capital and Equipment Programme (SCEP), which offered invaluable insights and guidance to Clubs and Counties within the GAA, LGFA and Camogie Association.

The GAA's Officer Development, Financial Management and Infrastructure Committees came together in partnership with the GAA Provincial Councils, LGFA, Camogie Association and grants specialists company '2into3' to deliver a wealth of knowledge to attendees on how to optimise their grant applications.

The events attracted over 500 participants.

More information: <https://www.gaa.ie/news/sports-capital-and-equipment-programme-masterclasses/>

PODCAST SERIES

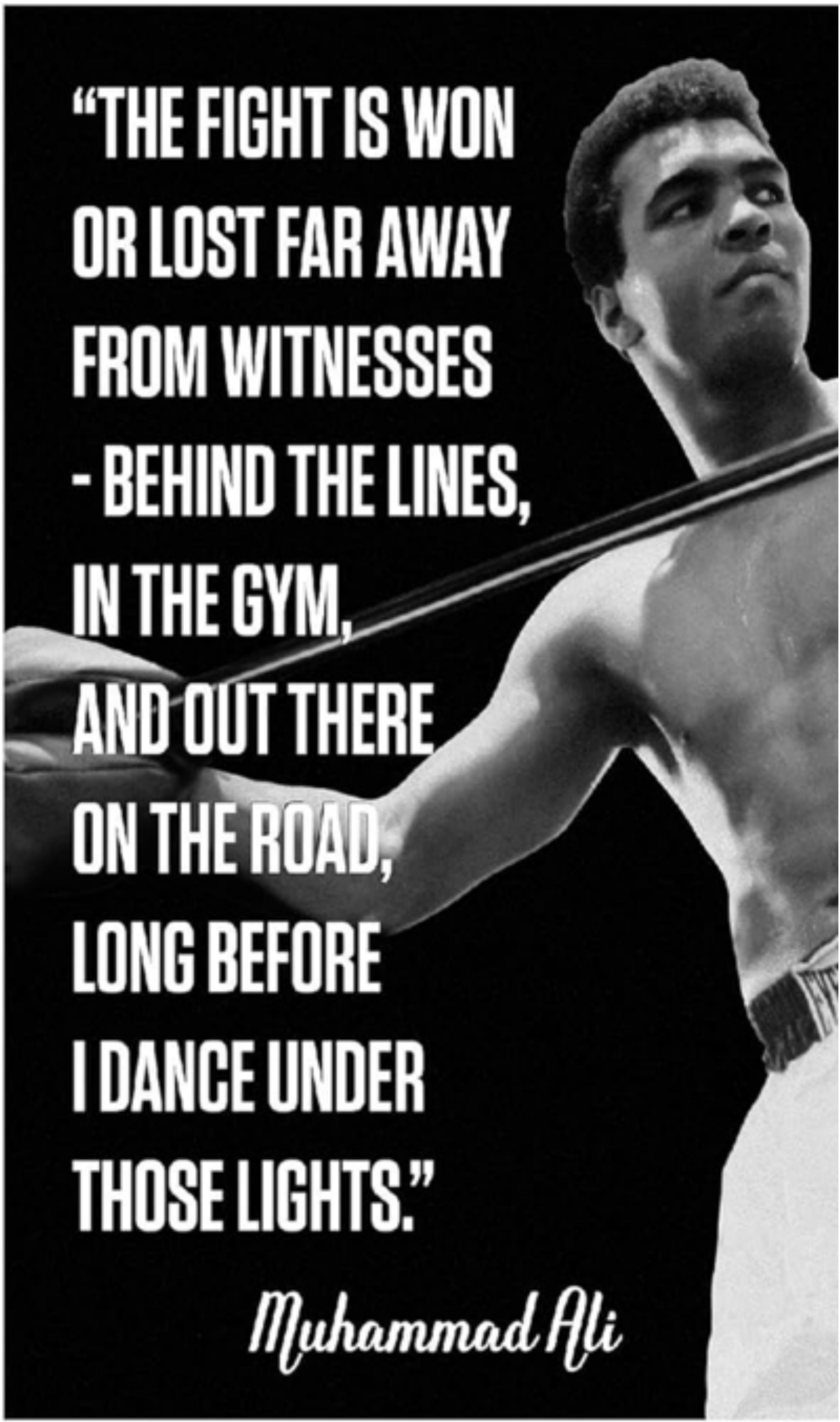
Paddy Flood, Chairperson of the GAA Officer Development Committee, recently hosted the third instalment of the podcast series showcasing the brilliant work being done by Club and County Officers.

This episode featured the legendary Lauri McCusker from the Belnaleck Art McMurrughs GAC Club in West Fermanagh. Lauri is Club Treasurer and Director at The Fermanagh Trust.

He shared his insights and philosophy on community development and volunteerism, which have been key to the remarkable success of the Belnaleck Club.

The Club's innovative approach to involving the community and engaging volunteers has valuable lessons for all Clubs.

More information: <https://www.gaa.ie/news/the-belnaleck-art-mcmurrughs-gac-success-story/>



**“THE FIGHT IS WON
OR LOST FAR AWAY
FROM WITNESSES
- BEHIND THE LINES,
IN THE GYM,
AND OUT THERE
ON THE ROAD,
LONG BEFORE
I DANCE UNDER
THOSE LIGHTS.”**

Muhammad Ali

Inspirational quotes...this from Muhammad Ali who in 1972 defeated Al ‘Blue’ Lewis in a fight staged at Croke Park. His ring entrance through the tunnel between the Cusack and Davin Stands is still called ‘The Ali Tunnel’ by Croke Park staff to this day in recognition of ‘The Greatest!’ Capital and Equipment Programme Masterclasses