

M A Y 2 0 1 6
NUAICHTLITIR
BEALTAINÉ 2016



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LÁ NA gCLUBANNA



THE GAA is staging the 2016 Lá na gClubanna event this Sunday, May 8 this year.

This is one of the most important dates in our calendar.

Everything in the Association starts and ends with the Club and the Club Member.

For many of us it begins with those tentative first steps as a juvenile learning the skills of our native games and progresses through a fulfilling playing career where, regards of whether we win

or lose, life-long friendships are formed in a healthy environment.

Playing aside, the Club offers us so much more too, as a rewarding volunteer experience, as a focal point in our community and locality that gives us a sense of place and a pride in who we are and where we are from.

One Life, One Club goes the advertising slogan and whether it's playing, or mentoring, volunteering or supporting in any way you can - this is an important opportunity for GAA Clubs everywhere to celebrate who they are and also to acknowledge the people that make them tick.

In 2016 the GAA plans to celebrate the importance of your club in your community.

Lá na gClubanna will take place on Sunday, 8th May, 2016.

Every member of the GAA should mark this special day of celebration by participating at events in their Club... the real driver and engine of the GAA.

For details on how to get involved and for ideas see [here](#)



LAOCHRA GAA PAGEANT A STUNNING SHOWPIECE TO COMMEMORATE 1916

On Sunday April 24th the GAA packed Croke Park to capacity for the Allianz Division 1 and 2 football league finals which were followed by the LAOCHRA show to commemorate 1916.

It was a day that will live long in the memory of those fortunate to have been present as the GAA came together, not only to remember and to commemorate the events of the Rising, but to also reflect and celebrate on the story of Ireland and of the part that Gaelic games and our Association have played in it.

The magnificent cast from Tyrone Productions, under the direction of Ruán Magan, were joined by thousands of GAA volunteers and Club representatives.

It was a celebration of our language, our dancing, our music and also our games. At the time of its launch it was considered an ambitious project to try and fill the stadium for the event. But from the moment that the rallying call to our Clubs was issued by Uachtarán Aogán Ó Fearghail, the response was phenomenal.

It crowned a great weekend at GAA HQ which also played host to the Allianz football league final heroics of Dublin, Tyrone, Clare and Louth.
Míle buíochas go léir!



DONEGAL AND LONDON GAA MAN SUPPORTS BEAT OVARIAN CANCER CAMPAIGN

Seamus and Bríd Carr are from Carrick and Glencolmille, Co Donegal. Bríd was diagnosed with Ovarian Cancer in 2010. After many different treatments she passed away in October 2014 at age 54.

Bríd's symptoms were misdiagnosed on a number of occasions. She worked as a Clinical Nurse Specialist in Great Ormond Hospital for Sick Children in London and after her diagnosis she became very involved with Ovacom in London who provide support for people affected by Ovarian Cancer. They aim to promote the diagnosis and education of ovarian cancer and the symptoms.

Ovarian Cancer affects over 400 women in Ireland each year. It is one of the poor prognosis cancers and difficult to treat because it is notoriously resistant to chemotherapy.

The facts are that the survival rates for Ovarian Cancer are poor, and the terrible thing is that this has not improved in the last 20 years.

Dr John Coulter of the Cork Cancer Research Centre stated that Researchers are working on very exciting new therapies right now and are close to breakthroughs that will revolutionise the way Ovarian Cancer is treated. Breakthroughs that will save the

lives of GAA players and their families, mothers with young children, grandmothers with doting families, and sometimes women as young as their early twenties all over the world. Funding is crucial to ensure that this research continues.

After losing his wife after a 4 year battle with ovarian cancer, Seamus wasted no time in honouring his pledge to Bríd to create awareness of the signs and symptoms.

He told the GAA Club Newsletter: "The symptoms of Ovarian Cancer can be very vague and they often appear at a late stage. For this reason it is important to know your body, know the symptoms."

Seamus and his twin brother Pádraig, along with Bríd's cousins Paddy and Noel Hegarty, played their Club football with Naomh Columba, in Glencolmille and played at County level for Donegal. When he moved to London in the early 80's Seamus became immersed in the Tir Chonaill Gaels Club in London. He is synonymous with the GAA in London and is their Central Council delegate at Croke Park.

It was Bríd's wish that her family and friends would create awareness and fundraise for Ovarian Cancer Research. After a number of successful fundraising events.

Bríd's sister Rosemary told the GAA Club

Newsletter: "We were delighted with the success of the fundraising events – a dinner in Harvey's Point Hotel which was sold out and then Rundonegal Women's 5k in Finn Valley Centre, Stranorlar - who nominated this Charity as their beneficiary for 2015 where approx. 500 ladies took part.

"There was also a four day Cycle Across Ulster from the most Easterly point, Newcastle, Co Down, to the most westerly point Glencolmille in Donegal. This was organised by Tir Chonaill Gaels GAA Club in London and was followed by an Auction and draw in Slieve League Bar in Carrick. All of the events were a huge success and we would like to thank most sincerely everyone who helped and contributed to their success.

"We had been in touch with the Cork Cancer Research Centre regarding research projects and we were delighted that Breakthrough Cancer Research agreed to match our funding of €50,000 to fully fund a 3 year PhD Scholarship in Ovarian Cancer Research. Interviews have taken place and a student has been selected for this Scholarship which commences in June 2016."

A further €10,000 was donated to Bríd's Consultant, Professor Jonathan Ledderman of University College Hospital in London, who is conducting clinical trials in Ovarian Cancer.



In response to this problem and ahead of World Ovarian Cancer Awareness day on May 8th, there has been a major new awareness campaign launched which the GAA's Health and Wellbeing section in Croke Park fully support.

Experts estimate that more than 270 women die in Ireland of ovarian cancer every year.

With their **BEAT** Ovarian Cancer Campaign – Breakthrough Cancer Research, Ovacom, the Emer Casey Foundation and SOCK are asking women across Ireland not to ignore the warning signs of ovarian cancer, a disease commonly known as a silent killer.

The **BEAT** Ovarian Cancer Campaign is telling women across Ireland that they can BEAT Ovarian Cancer by knowing their bodies, knowing the signs and getting help at an early stage if they have any of the following signs for 3 weeks or more:

Bloating that is persistent and doesn't come and go

Eating less and feeling full more quickly

Abdominal and pelvic pain you feel most days

Talk you GP about your symptoms

There is also an information video [here](#).

The symptoms of ovarian cancer can be confused with other illnesses but the key difference is that these symptoms are persistent and do not come and go. The BEAT campaign is encouraging women to be aware of changes in their stomach, pelvis and abdomen and to speak to a GP where they are concerned.

Professor Seamus O'Reilly, consultant medical oncologist at the Cork Mercy, South Infirmity Victoria University and Cork University Hospitals states, "After extensive work by the NCCP Ovacare, Emer Casey Foundation and SOCK, new GP Referral Guidelines for Ovarian Cancer are currently being rolled out across the country. Making GPs better placed to help patients determine if their symptoms are of concern and warrant referral for further investigation. Early diagnosis is the key for successful ovarian cancer treatment."

The Bríd Carr Fund have more fundraising initiatives planned for the coming year.

For donation details contact:

rosemaryfoy@eircom.net

Bank account details are:

Name: Brid Carr Fund

Bank: AIB Killybegs, Co Donegal

IBAN: IE63 AIBK 937304 27314083

BIC: AIBKIE2D



Seamus Carr, seated second from left in front row, with representatives of the London County and British Provincial boards following British Convention January 2016.

MEATH LEGEND BOYLAN TALKS OF HIS PRESTIGIOUS FAMILY LINK TO 1916

by John Harrington

The centenary commemorations of the 1916 Rising have been a very special time for Seán Boylan and his family.

The legendary former Meath manager has a powerful link to that crucial period in Irish history because his father, also named Seán, was a pivotal player in the Rising and the continued struggle for independence that followed it.

It was no surprise that Seán Boylan Snr was a committed freedom fighter, because he came from a long line of them. A previous generation of the family had been involved in the Fenian rising of 1867 and deported to the penal colony in Van Diemen's Land.

By 1916 Seán Boylan Snr was a Captain in the Irish Volunteers and responsible for the Meath area and a member of the General Council. He met monthly with all the leaders of the subsequent Rebellion, and was a particularly close ally of Pádraig Pearse.

"Pearse said to him, 'you did more for me than any man since Parnell'," Boylan told GAA.ie.



In 2010 former Meath football manager, Seán Boylan, and his family presented the uniform and greatcoat of his father, Seán, to the community museum at Columb Barracks, Mullingar. Photo courtesy of the Meath Chronicle.

“They were hugely close, really.”

Before the Rising commenced, Boylan asked Pearse could he bring his men into Dublin to take a central part in it. But he was ordered not to go beyond Mulhaddart and instead given the task of keeping communications to and from the City open.

Boylan’s subsequent involvement in the Rising during Easter week summed up the confusion that was created by Eoin MacNeill’s countermanding order to cancel the Rebellion. Having dispersed his men, Boylan struggled to gather them all together again, but was determined to do all he could with what limited men and arms he could muster.

He gave the order to destroy the railway bridge at Clonsilla and made frustrating and time-consuming efforts to meet up with the Maynooth volunteers before proceeding with his men to Mulhaddart where they commandeered Tyrrellstown House. There he was ordered to await instructions, but none ever came until they were told that the surrender had taken place.

When Boylan and his three brothers, Ned, Joe, and Peter eventually made it back to Dunboyne, they were arrested and taken to Richmond Barracks where they were imprisoned with leaders of the Rising like Eamon Ceannt, Seán McDermott, and John McBride. Boylan was the last man to shake Eamon Ceannt’s hand before Ceannt was taken out and executed. From there, Boylan was taken by cattle-boat to Wandsworth Prison where he later

wrote the Irish prisoners were ‘treated as if we were wild animals’.

As the tide of publication opinion turned against the British back in Ireland in the aftermath of the executions, conditions in the Prison gradually improved and the Irish Parliamentary Party supplied extra food. But even though he was exhausted with hunger, Boylan refused to eat it on a point of principle because he believed the Irish Party would use it as propaganda against the Rebel prisoners.

“My father was a very principled man but he was not the type to force his principles or beliefs on other people,” says Boylan.

“He actually left school when he was nine years old because he refused to take the pledge. His attitude was that he didn’t want to make a promise he might break when he was older.

“So he felt his only option was to leave school rather than make the pledge. So he was clearly a principled sort of person from a young age. He was nine years of age. And the parish priest came up to his mother and she said you’ll find he won’t do too much wrong. And as it transpired, he would never drink a drop anyway.”

By a strange quirk of fate and history, Boylan would not be the last of his line to pay Wandsworth a visit.

His Grandson, another Seán, was there in a very different capacity thanks to his talent as an Opera singer.

“There’s a very big music school there

now in Wandsworth and our son Seán was over there doing an audition for an opera company,” says Boylan.

“When the audition was over they were interviewing him and they asked him were any of his people ever there before. And he said, ‘well, my Grandfather was in jail here!’

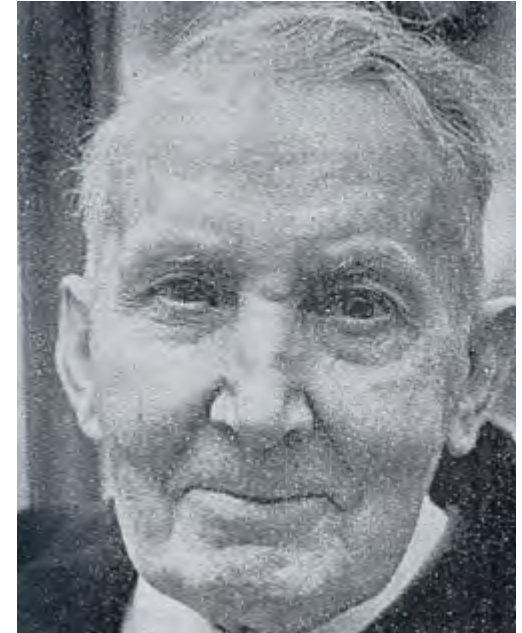
“The irony was that in May of last year Sean performed in Hillsborough Castle for Prince Charles, and it’s nice to see the way life has moved on, a bit like the Queen visiting Croke Park. He received a letter afterwards from Prince Charles, so it’s gas. The slugging was that it was going up on the wall alongside the picture of Pdraig Pearse!”

Before the 1916 Rising, Seán Boylan Snr won five Meath county hurling titles with his club Dunboyne. So he clearly passed on both a love of the GAA as well as his leadership skills to his son who famously led the Royal County to four All-Ireland Football titles as manager.

“He always believed in me more than I perhaps did in myself,” says Boylan.

“My father was a natural leader of men, whereas it was something I had to work at a bit more. I’m not saying that looking for someone to clap me on the back, that’s true.

“My parents made me what I am. My father was just a huge influence on me. Basically because of the trust he had in me. He had faith in me that I would be able to do what I did. He had far bigger faith in me than I had in myself.



General Seán Boylan was centrally involved in the 1916 Rising and The War of Independence

“It was a powerful lesson and when you’re dealing with people yourself then for the rest of your life you realise the importance of being positive, especially when things are going against you. How to sort things out and not let them overwhelm you. That’s desperately important. Don’t be afraid, that’s it.”

Perhaps the greatest example of Seán Boylan Snr’s leadership came during the Civil War. By then he was a General and commanded the First Eastern Division of the Free State Army. But even though many parts of the country were riven by bitter fighting between free-state and anti-treaty forces, he managed to keep his entire Division loyal and there were no executions or reprisals in his area.



Seán Boylan won four All-Ireland Senior Football titles and eight Leinster titles as Meath manager

So even though the 1916 commemorations have been such a positive experience for the country and a proud moment for his family, Boylan is dismayed by the fact that those old Civil war divisions can still cast a shadow over it in some ways.

“It’s a proud moment for the family, but the way in which the centenary has been marked has been great for the country as a whole,” says Boylan. “I just feel that it’s been far more open than the 50th anniversary commemorations were, which I remember well.

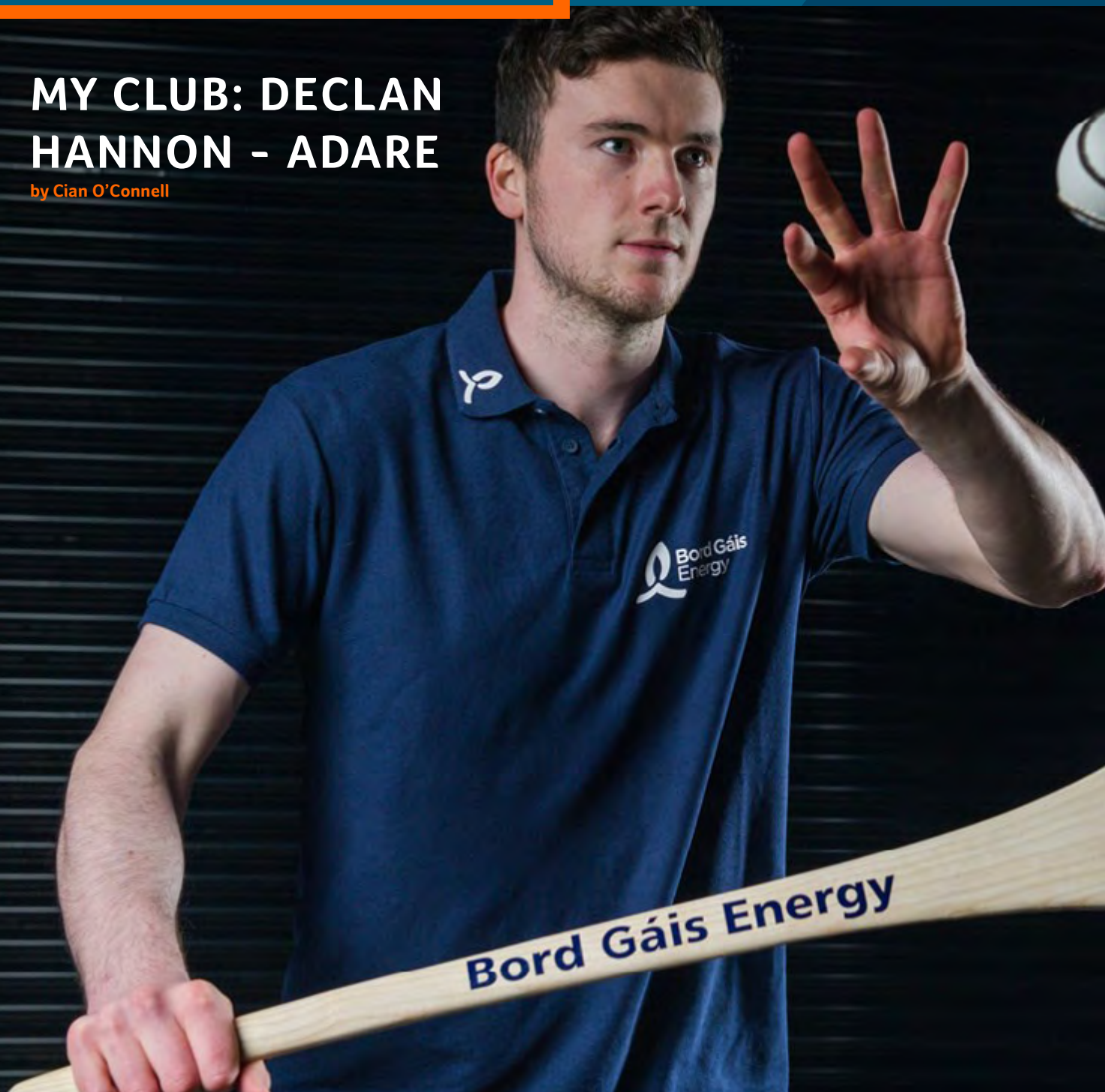
“The shadow of the Civil War was probably still causing some hurt back then, and it was almost as if people were reluctant to talk about certain things or celebrate them. This time, there’s been a far more open discussion and I think that’s been great.

“But it’s amazing that the divisions have come up again now with this inability to form a Government. Hopefully people will have the strength to resolve it. Don’t be afraid, if you’re good enough and you do what you say they’ll still vote for you!

“It’s time to bury all that cute hoorism. Just get on and do what has to be done. This whole thing of waiting for another election, waiting for another five years, don’t go into power yet, just get it sorted out. It’s like saying, ‘ah no, I won’t win the All-Ireland this year, I’ll wait another five years!’ Everything changes so much and when you get an opportunity in life it’s very important to take it.”

MY CLUB: DECLAN HANNON - ADARE

by Cian O'Connell



A rich Adare investment in the underage grades was rewarded with five Limerick senior hurling titles between 2001 and 2009.

That was a glorious stint for Adare, who contributed heavily to Limerick's three in a row (2000-2002) winning All Ireland under 21 teams.

Adare GAA club was officially formed in 1929, but the parish was previously represented by Adare, Adare Faughs, and Adare Desmonds.

Declan Hannon won a Limerick Championship with Adare as a teenager in 2009 and speaks fondly about those who assisted him on his journey to becoming an inter-county hurler.

Can you tell us a bit about your recent history with Adare?

I came into the senior team when they were going for three in a row. They had won the two previous Championships and lucky enough we got a third. There was a group of guys who won five in the decade, I got in for the end of the three in a row so it was great.

The thing about the club is that it is great craic too. You're playing with all of the lads you grew up with. Then you are playing with your family on the same team. I've two brothers involved now which wouldn't happen in many other sports I suppose. Playing with Limerick it would be odd enough for that to happen. We were lucky because we won a lot at underage.

The senior win must have been huge even though you were very young?

It was brilliant, we beat Na Piarsaigh at the time. Na Piarsaigh have completely taken over now in the last couple of years in Limerick, themselves and Kilmallock. Adare is great, it is a small village. Everyone knows everyone in Adare.

The guys over the team this year were involved in the teams that won the county so they are only young lads themselves. The boys over us are all around 32 or 33 so it will be good. The craic is always good.

Adare had links the Limerick three-in-a-row U-21 team?

There was actually. Dave Keane, Paul Keane's father, was over Limerick at that time. Paul is actually training us with Adare now. Dave Keane was over Adare two or three years ago so now Paul is after taking over. It is gas really because you wouldn't get that in a county set-up. That is why the club scene is so unique I suppose.

How did it all start for you?

We all started playing when we were four or five in Scoil Naomh Iosaef, the primary school. Barry O'Riordan and Patsy Hall, lads like that were involved in the Primary School Hurling, Stephen Lavin after a few years was in there too. We started there playing with the school, then we played under 8s up along with the club until minor and then senior. It was great. To play with the lads you went to primary and secondary school with, you just know everyone so well. There is good banter.

You come across some characters. In the club set-up you come across some characters. When you compare the club set-up to the county set-up it is just hilarious because you could have club lads rocking down to training after being out the night before or stuff like that. It is great, though. It is very enjoyable.

Are the club working hard at underage level?

There has been huge work put in. The underage teams compete at the top level in all of the age groups. It is great for the senior team because you are looking out at them playing saying we will have these lads playing in a few years. Mickey Mackey and Mark Connolly are two lads already on the senior team, they were on the senior team

last year when they were still in secondary school doing their Leaving Certificate.

There is a good structure there in the Board na n-Og club in Adare. They try to get lads who are involved in the senior team to help out at under 16s and minor. Stuff like that is great.

Is this something you can do?

A: I'm doing a small bit with the minors at the minute. They've a great group of lads there. We played our first Championship match recently, you want to give back something to the club, that is where you started. It is more than likely where you're going to finish.

The majority of the young lads seem to be

going to Ardscoil Ris from Adare over the last 10 years. Donnacha Sheehan was in Ardscoil Ris, then a few more lads went in so it has built over the last few years. A lot of the lads will know each other anyway very well from the going and then going to school together. We try to give back something when we can. It is obviously tough going at times when you are training with Limerick, but any chance we get we try to go down to help.

Mark Foley and other guys playing for Adare were they an inspiration for you?

The first year I was with the seniors Mark Foley was there, he was unbelievable to me so he was. Even just pucking around with him you'd have thought this was something that was never going to happen. Then you go down to training and there is Mark Foley, Donnacha Sheehan, Stephen Lavin, all lads that played with Limerick before.

It was such a great learning experience, playing and talking to them. Mark Foley had 10 or 12 years experience playing with Limerick at the top, top level. He was an excellent player so learning from him and his brother Brian was brilliant.

Then you had the likes of Ger O'Loughlin, who was training us, Dave Keane, of course, and Shane Fitzgibbon was another who started with our underage teams in Adare. He eventually took over the seniors, so you learn a lot from them type of lads. The likes of John Fitzgibbon and myself, who have been with the senior team for a few years we are trying to guide the young lads now in the way the likes of Mark Foley did for us when we were young.



Declan Hannon won a Limerick county title with Adare in 2009.

WIN & PLAY IN PARNELL PARK

If it's hurling/camogie or Gelic football you are into, why don't you have a go at the Go Games Skill Challenges. You can attempt any or all of the 15 skills on the Swipe TV app and have a chance to play in Parnell Park with GAA inter-county stars!

To enter, it's as easy as 1,2,3...

1. Watch the skill video on SwipeTV app
2. Practice the skill and video your 30 second attempt
3. Upload your video directly to the app

The closing date for uploads to the Swipe TV app is **May 11**.
32 children will be named to play alongside inter-county stars on **May 18** at Parnell Park, Dublin.

The Swipe TV app is available on the [Apple Store](#) and [Google Play Store](#)

So what are you waiting for? Get downloading the Swipe TV app and upload your skills!



STARS AND THEIR SKILLS

TJ REID **BALLYHALE SHAMROCKS** **AND KILKENNY**

“My favourite drill is definitely not running anyway! We do a shooting drill that is my favourite.

“One player is behind the goal for a scoring drill. Two other players are out the field. Those players are 20 or 30 yards away from one another. You are drilling that ball to the other guy, who turns to shoot. You’re always moving at pace.

“Any player can do it strolling around, but we always try to do it at match pace. After two minutes we change roles then.”



DENIS BASTICK **TEMPLEOGUE SYNGE STREET** **AND DUBLIN**

“My favourite would have to be the three man weave going in on goal from 25 yards out.

“It gives you a great sense of spatial awareness, moving the ball at pace and then the finishing off of the move and the cool head to finish when you get one on one with the ‘keeper.

“I don’t get a chance to get a shot on goal too often so I really enjoy it and everyone enjoys having a crack at goal - but the real benefit is the mix of everything from speed, pace of the ball, timing, precision and accuracy.

“So you start with the ball in the middle and he passes to the guy on the left, then he passes to the guy on the right and the guy who started the move should get it back then around 14 yards out and go one on one with the ‘keeper.

“Low and hard usually does the trick and it’s an enjoyable drill.”



PROVINCIAL SENIOR CHAMPIONSHIPS

The month of May will see the starting gun fired in the battle for GAA Provincial Championship glory.

Leinster GAA held a very special launch for their 2016 senior football and hurling campaigns at the stunning Pearse Museum in Rathfarnham in Dublin on May 3rd.

The date coincided with the execution of Pádraig Pearse at Kilmainham Gaol exactly 100 years earlier, and with Pearse having been a member of the Leinster Council and Vice President of a Leinster Colleges' Committee, Cathaoirleach Comhairle Laighean John Horan said it was a fitting way for them to mark the occasion by launching at the site of Pearse's original Coláiste Éanna.

Jim Gavin's Dublin will be looking to make their own bit of history as they attempt to be the first team in Leinster since Kevin Heffernan's heroes of the 70s to win six Delaney Cups in a row as Leinster football champions.

In hurling, Kilkenny have won the Bob O'Keefe Cup a staggering 70 times. In 2016 they look to win it for the third year in a row and meet the winners of Wexford v Dublin in a semi-final.

The Ulster Championship was launched in a blaze of glory on May 4th in Newry. The Ulster

Championships are as difficult to predict as ever.

Monaghan are the holders of the Anglo Celt and seek a third title in four years. But they face a stiff opening test against Down and with Tyrone and Cavan having won promotion up to Division 1 of the league and with Donegal still full of talent and a tenacious chasing pack there are no certainties.

The Munster and Connacht Championship launches take place next week.

Cork and Kerry will be the standard bearers in Munster football but after their Division 3 final triumph, Colm Collins and Clare will not be without a hope.

In Munster hurling, there is massive excitement at the summer ahead. We have the classic pairing of Tipperary and Cork to look forward to, while league finalists Clare and Waterford will also be an opening round battle.

In Connacht, Mayo have been on top when it has come to claiming the Nestor Cup for five years in a row now and are boosted by their EirGrid U21 All-Ireland football final success.

But the rise in fortunes of Roscommon under Kevin McStay and with Galway in their second year under former midfield hero Kevin Walsh the expectation is that things will be keenly contested west of the Shannon.

Whether it's money off specials for students and senior citizens and, club groups, family specials or buy early and save offers all four provinces have incentives for fans to get out and support the Provincial Championships.

For details on all of our great Provincial Championships
www.leinstergaa.ie
www.munstergaa.ie
www.connachtgaa.ie
www.ulstergaa.ie



Above: Dublin's Kevin McManamon holds the Delaney Cup amidst his rivals from Leinster at the launch held in the Pearse Museum in Rathfarnham
 Below: Kilkenny's Walter Walsh with the Bob O'Keefe Cup and some of the challengers for the Leinster title at the launch.



GAA CLUB DRAW 2016

The GAA's National Club Draw has again been a massive success and an invaluable source of revenue for the units who took part.

In all, the National Club Draw was responsible for raising €1.67million for Clubs around the country, with all funds retained by the clubs.

In 2016 there was an important development through the introduction of

an additional Club Specific Draw with the top three overall prizes of €5,000 going to Clonmore (Carlow), Bailieborough (Monaghan) and Cloughbawn (Wexford).

Special credit is also due to the clubs who secured the highest ticket sales in their respective province - Davitts (Mayo), Shamrocks Loughiel (Antrim), Mungret St. Paul's (Limerick) and Na Fianna (Dublin) and each received €1,000 in recognition of this achievement.

The outstanding ticket seller was Mayo club, Davitts who recorded the highest ticket sales in the country and in doing so raised €17,360 for their club development.

Tickets for the 2017 National Club Draw will be made available during the Summer of 2016 and club's should notify their respective National Club Draw County Liaison Officer with the quantity of tickets required.



GAA Vice President and Leinster Chairman John Horan (third from left) presents a cheque to Shamrocks Loughiel at the National Club Award ceremony at Croke Park handing over a sellers' prize to club members Sean McNaughton, John Campbell, John McKeown and Francis Traynor



John Horan, 4th from left, makes a presentation to Mungret St Pauls GAA Club, Mungret, Limerick, members, left to right, Ramie Donnelly, Maurice Walsh, Kathleen Dowling, Kevin O'Hagan, Conor O'Brien and Dara O'Hagan, during the presentation of prizes to the winners of the GAA National Club Draw.

CROKE PARK SCORES A WORLD FIRST!

Croke Park is known to be a trailblazer when it comes to aspiring and achieving the highest levels of sustainability excellence in Ireland so a positive legacy can be left for future generations.

In 2012, Croke Park became the first stadium in Ireland and Britain to secure both ISO14001 and ISO 20121 standards.

Now we're delighted to announce that in recent weeks Croke Park has successfully been re-certified to the international standards for Sustainability Event Management and Health and Safety Management and become the very first stadium in the world to obtain certification to the newest international Environmental Standard ISO 14001:2015. An amazing achievement!

In other great green news – Croke Park were awarded the Excellence in Waste Management Award at the annual Green Awards, another great achievement!

Croke Park generated over 500 tonnes of waste in 2015 but the stadium's commitment to sustainability and the involvement of all staff and visitors ensured that the stadium achieved its waste management goals of zero percent of waste going to landfill.



COCA-COLA THANK YOU FUND TO GIVE €130K TO CHARITY

Do you know of a non-profit organisation that could deliver an impactful youth project with the right funding? The Thank You Fund is celebrating Coca-Cola's 130th anniversary by giving €130,000 to projects that inspire and support young people across the Republic of Ireland and Northern Ireland, and applications are now open.

What is the Thank You Fund?

Set up in 2011, the Coca-Cola Thank You Fund has so far given €625,000 to non-profit organisations that support young people and communities across the Republic of Ireland and Northern Ireland.

Which projects are eligible for funding?

The Thank You Fund is currently looking for projects from non-profit organisations aimed at inspiring and supporting young people aged 12-25. Specifically those that support:

Self-esteem & confidence building: such as helping young people develop the skills they need for life and work

Wellbeing: support with mental health issues and proving their potential – from creative activities, to mentorship
Leadership: helping young people develop their leadership skills

THE THANK YOU FUND HAS DONATED €625,000 TO NON-PROFIT ORGANISATIONS OVER THE PAST 6 YEARS

[Got a question? Find the answer in our Thank You Fund FAQs.](#)

What's happening in 2016?

To celebrate 130 years of Coca-Cola, the fund is giving away a total of €130,000 to worthy projects. These are split into 13 grants, including:

- 1 grant of €30K
- 8 grants of €10K
- 4 grants of €5K

How do I apply?

[Take a look at our guide that explains how to apply to the Thank You Fund.](#)

The Thank You Fund ambassadors

19-year-old Joanne O'Riordan was born without limbs. Her motto in life is: No limbs, no limits.

She has successfully campaigned for the rights of the disabled and epitomises the ability and potential of young people in Ireland.

Joanne joins TV presenter Eoghan McDermott and radio host Pete Snodden,

as ambassadors of the Thank You Fund to support and promote the fund.

Speaking at the launch of the Fund, Joanne said: "Our generation has a voice, and a role to play in our society and this funding offers a real opportunity for young people to avail of local investment in services and put our stamp on our communities."

[Find out more about the ambassadors](#)
What makes a winning project?

We are looking for innovative projects that will empower young people, increase their self-esteem and confidence, and give them skills in areas such as wellbeing and leadership. The Thank You Fund is now open for applications at thankyou.coca-cola.ie - very best of luck to all those applying for 2016 funding!

Apply for this year's Coca-Cola Thank You Fund which donates €125,000 annually to not-for-profit groups and voluntary organisations that have new ideas to get their communities moving.

www.coca-cola.ie



INJURY PREVENTION: GAA 15 INJURY PREVENTION PROGRAMME / WARM UP

The Medical, Scientific and Welfare Committee in conjunction with a working group comprising of experts including Dr. Catherine Blake, Prof. Niall Moyna and Dr. Kieran Moran have developed the GAA 15, a standardised warm-up programme aimed at reducing the number of injuries sustained by GAA players.

Oisín McConville speaks about how Ulster Club Champions Crossmaglen Rangers have benefited from using and adapting the GAA 15/Activate Warm-up as part of their training sessions.

The programme, including video tutorials on the exercises involved is available at the following link:

<http://learning.gaa.ie/GAA15>
and <http://activategaa.sini.co.uk/>



CARDIAC SCREENING

The GAA advise that the most effective way to identify risk of cardiac issues is for players over the age of 14 to undergo cardiac screening on one occasion.

It is also advised that this process be repeated before the age of 25. Players should consult their team or family doctor if they wish to get screened and screening should consist of completion of the GAA's Cardiac Screening Questionnaire, a Physical Examination and an ECG.

For further information, including the Cardiac Screening Questionnaire see:

<http://learning.gaa.ie/node/110300>

Is your GAA club ready to ACT?

<https://www.youtube.com/watch?v=ZATrKDxPRU4>

Further information on the GAA Defibrillator Scheme:

<http://learning.gaa.ie/Defibrillator%20Scheme>

For further information on Player Welfare issues including Concussion Management and Anti-Doping see:

<http://learning.gaa.ie/player>



Defibrillators are a vital piece of equipment for every GAA club

GAA OVERSEAS SANCTIONS – IMPORTANT INFORMATION

All players that will be seeking an Official GAA Sanction from Central Council to play in North America, New York or Canada for the summer are reminded that travel insurance must be arranged in Ireland before they commence their journeys.

Players should note the following:

Like the vast majority of travel insurance policies, the option offered by the GAA can only be purchased by individuals before they leave Ireland. Important points for players to note include:

- The GAA is willing to accept alternative insurance if it is appropriate; however a Sanction will not be granted to any player that does not have a valid Travel Insurance policy in force for the duration of his trip.
- Players must ensure that their Travel Insurance policies extend to cover the playing of Gaelic football and/or hurling as part of a team including the playing of matches. This is not automatically covered under the majority of standard Travel Insurance policies unless agreed in advance with Insurers. Proof of this must be explicitly stated in the copy of the insurance policy provided.
- The cost of insurance will depend on the

duration of a player's stay in a particular country.

- Players wishing to play in North America must purchase cover for a minimum of 90 days. It is the player's own responsibility to ensure they are covered for all dates of potential fixtures.
- Travel insurance is not a private health insurance. It only covers players if there is a sudden and unexpected accident or if a player becomes ill during his trip.
- Generally where doctors appointed by Insurers deem treatment in Ireland// Britain more appropriate, players will be repatriated home for treatment.
- Players playing overseas are not covered under the GAA Injury Benefit Fund.

The following are the steps which player's need to take to purchase the required insurance:

- Go to the following link - <http://www.acetravellerinsurance.ie/?afl=5781>
- Choose 'Worldwide' cover 'Up to 6 months'
- Members of Clubs in the 32 Counties of Ireland can purchase the insurance; please ignore the reference to the

Six Counties, which states 'excluding Northern Ireland'

- Choose the most accurate number of days that you will be staying in North America / New York / Canada

Minimum for North America is 90 days

- Please purchase the 'Standard' cover available. Budget cover is not acceptable
- Please read and accept the terms and conditions of the policy and apply for the cover

- Fill in all the required fields in order to obtain your documentation
- Once purchased, the confirmation letter should be submitted along with the Official Sanction Form to your County Secretary who will submit it to the relevant Department in Croke Park
- Once approved, all Sanctions will appear on the relevant lists on the Official GAA website



Gaelic Park, New York – a popular destination.

Important Notes

Only the 'Standard' cover will suffice. A Sanction will not be granted if a player purchases 'Budget' cover
 Holders of the J1 Work and Travel Programme Visa who have purchased insurance from their travel agency may not be required to purchase GAA Travel Sanction cover.

To verify that your cover is sufficient, please send a copy to sinead.leavy@gaa.ie

If you have further queries on the insurance, please contact ACE Travel Insurance on **1800 200 035** and use the GAA Travel Sanction cover as your reference

PLAYING IN NORTH AMERICA / AUSTRALASIA / CANADA / NEW YORK / EUROPE

Each year, approximately 3,000 players leave Ireland on a temporary basis and play Gaelic games whilst overseas. The rules pertaining to process for obtaining permission to play are listed below:

Authorisations

A Weekend Authorisation is required by any player intending to assist a Club in a game under the jurisdiction of the New York Board.

The Official Authorisation must be submitted by the relevant County Secretary to Croke Park on the Wednesday before the game.

An Authorisation is valid for one weekend only other than where there is a replay of the game for which the Authorisation was granted

Official Sanctions

A player intending to play on a longer term basis in the area governed by one of the following Boards - the New York Board, the Canadian Board must obtain an Official Sanction from Central Council.

A player intending to play on a longer term basis in the area governed by the North American County Board must obtain an Official Sanction or an Official J1 Sanction from Central Council.

Note - A player who has been included on an Inter-County Senior Championship list submitted to the Referee, in accordance with Rules of Specification 2.5 (ii)(a) for a game in the current year's Championship shall not be eligible to be accepted for Registration as a member of any Club in the North American County Board Jurisdiction.

Exception

A player who has been included on an Inter-County Senior Championship list submitted to the Referee, in accordance with Rules of Specification 2.5 (ii)(a), for a game in the current year's Championship, who holds a valid current J1 Visa or meets the eligibility requirements to obtain a J1 Visa, and who obtains an Official J1 Sanction may be accepted for registration.

The J1 Visa concerned with this Exception is the J1 Work and Travel Programme Visa only - i.e. the four month Visa for 3rd Level Students.

General Rules

- A Sanction entitles a player to play with a Club from March 1 until the end of October
- Sanctions to Canada will not be granted after July 1
- Sanctions to North America or New York will not be granted after July 20
- A player who has received a Sanction will not be able to play again with his Club in Ireland for 30 days after the date of approval of his Sanction in Croke Park
- Sanctions are only available to current members of Clubs in Ireland
- For more information, go to Rule 6.11 of the Official Guide.

Application Forms

The relevant Application Forms are attached for inclusion in the newsletter

- Official Canadian Sanction Form
- Official NACB Sanction Form
- Official J1 Sanction Form
- Official New York Sanction Form
- New York Weekend Authorisation Form



New York team lines up before their titanic struggle with Roscommon on may 1 in the Connacht SFC

DUBLIN'S NEWEST GAA CLUB TALKING THE TALK TRÍ GHAELIGE

s cumann CLG lán-Ghaeilge iad Na Gaeil Óga atá lonnaithe i Leamhcán, Baile Átha Cliath. Anois tá cúig fhoireann do bhaill fásta anois acu, ina measc, iomáint, peil agus camógaíocht agus foirne faoi aois.

Na Gaeil Óga CLG is an all Irish language GAA club situated in Lucan, County Dublin with one adult hurling team, three adult football teams for men and women, one adult camogie team and two juvenile hurling and football teams.

Maidir leis na foirne faoi aois, freastalaíonn an cumann ar dhaltaí ó Ghaelscoil Naomh Pádraig, Ghaelscoil Eiscir Riada, Scoil Chearbhaill Uí Dhálaigh chomh maith le páistí ó Ghaelscoileanna eile timpeall Bhaile Átha Cliath is páistí atá á dtógáil le Gaeilge.

Na Gaeil Óga CLG are located in Lucan and their youth players come from Gaelscoil Naomh Pádraig, Gaelscoil Eiscir Riada, Scoil Chearbhaill Uí Dhálaigh as well as children from other Gaelscoileanna in Dublin and children who are being raised through Irish.

Tá Na Gaeil Óga ar na cumainn CLG is mó fás sa tír. Bunaíodh Na Gaeil Óga CLG sa bhliain 2011 le deiseanna a thabhairt do chainteoirí óga Gaeilge a úsáid taobh amuigh de gheataí na scoile agus ar na páirceanna imeartha. Tá breis is 300 ball gníomhach acu anois.

Na Gaeil Óga are one of the fastest growing GAA clubs in the country. They were founded in 2011 to provide opportunities for young

Irish speakers to use the language outside of 'the school gates' and instead in a sporting setting. At present, Na Gaeil Óga has over 300 active members.

Cuireann Na Gaeil Óga CLG béim mhór ar rannpháirtíocht ó thuismitheoirí agus cuirtear cúrsaí oiliúna de chuid CLG agus tacaíocht maidir le foghlaim na Gaeilge ar fáil do thuistí ar mhian leo cabhrú.

They place a strong emphasis on parental participation by providing GAA coaching courses and Irish language tuition for parents who wish to get involved.

Le déanaí, sheol Na Gaeil Óga plean oifigiúil chun Páirc Bhuan a fháil i dTeach an Ardmhéara le hArdmhéar na Cathrach Críona Ní Dhálaigh i láthair – an aidhm atá ag Na Gaeil Óga ná áiseanna a cur ar fáil do na baill fásta agus na foirne faoi aois, ach chomh maith leis sin, áiseanna a fháil chun cabhrú le mórpopal Leamhcáin ar fad.

Most recently, Na Gaeil Óga have plans for their own home grounds with a launch in the Mansion House with the Lord Mayor of Dublin present, Críona Ní Dhálaigh – the aim for Na Gaeil Óga is not only to have facilities which benefit their adult to juvenile members, but also to have facilities which will help the wider community.

Learn more about Na Gaeil Óga CLG by visiting www.nagaeiloga.ie



Na Gaeil Óga CLG - Buaiteoirí do Duais Náisiúnta Chomórtas na nGael 2015



Ardmhéar na Cathrach, BÁC Críona Ní Dhálaigh (ar dheis) ag tacú le feachtas 'Páirc Bhuan do Na Gaeil Óga' i dTeach an Ardmhéara le Comhordaitheoir Forbartha NGÓ, Ciarán Ó Feinneadhá (ar chlé)

WHITHER SCÓR?

In recent years much of the conversation surrounding Scór has been of the doom and gloom variety. Scór it would appear is on its last legs.

The All-Ireland Finals in Scór Sinsir and Scór na nÓg are of a tremendously high standard but anecdotally the competition is declining at club and county level. An fíor an méid seo agus cad iad na céimeanna atá leagtha amach chun an scéal a athrú más fíor é.

Scór is a competition that combines all the colour and rivalry of Gaelic Games with the social/fun element of Ireland's traditional past-times. It was established in 1969 with the aim of promoting Ireland's traditional past-times and culture while offering club members the chance to meet up, have fun and represent their clubs during the winter months when football and hurling competitions had ceased.

While the aims of Scór haven't changed the world and the nature of our clubs have. In 1969 there were few outlets socially for club members.

Today, that is not the case and Scór has to compete with a variety of other activities and organisations that are catering for the social needs of our club members. Music, dance, singing and drama classes are accessible in almost every parish in the

country and there are ample opportunities and competitions for those who wish to compete. Our population too, has become more diverse and the GAA needs to respond by being open to those whose games and traditions are different to our indigenous ones.

The GAA believes that Gaelic culture is part of what we, as a nation are. If we lose our culture we will be less than what we can be. But the fostering of that culture is not solely our preserve. The various bodies that promote Irish dance, music, singing etc are doing a great job and we don't need to compete with them or replicate what they do. Our clubs should be partners with these bodies and co-operate in fostering and enjoying out native talent.

Ní neart go cur le chéile! . Mar sin ba chóir go mbéadh ár nOifigigh Cultúir & Teanga agus ár gCoistí Scór Áitiúla i gconal ag sár-iarraidh ceangailt a dhéanamh le groupaí cultúrtha áitiúla.

We should be encouraging our members to join these groups and opening our doors to their members who have not joined us through a lack of interest in our games.

Tá Coiste Náisiúnta Scór faoi dhúlgais ag Uachtarán CLG, Aogán Ó Fearghail, méadú a dhéanamh ar an líon daoine atá páirteach in imeachtaí Scóir. To this end meeting

have been held with the officers of the four Provincial councils to rally the GAA in general behind this campaign. Meeting have been held with some counties and more are in the offing.

Four of the five Connacht counties (where the campaign was started) have registered increases in participation at both levels of Scór.

Contae Aontroma has seen renewed interest by a number of clubs on the back of this campaign. Plean simplí atá ann. Clubs are asked to support and promote Scór from Scór na bPáistí, through Scór na nÓg to Scór Sinsir level and to encourage their neighbouring clubs to do likewise.

A steady progression by adding extra competitors within our own clubs and by helping neighbouring clubs to establish, re-establish or strengthen their participation will yield dividends. While we are at it, we should keep in mind that the object of the exercise is to have fun while engaging with elements of our culture.

Divisional, county, provincial and national titles are great to win but shouldn't detract from the sheer joy of participating.

Likewise, differences about rules, adjudication, venues etc can be debated and resolved but should not deter us from



Catherine McGrath, member of the The Saul team, representing Down and Ulster that won the Bailéad Ghrúpa competition, celebrates after the presentation. All-Ireland Scór Sinsir Championship Finals. INEC, Gleneagle Hotel, Killarney, Co. Kerry.

the task of connecting our culture and our members.

Tá bealach nua siúlta, i mbliana, ag Scór chun dul i dteangmháil lenár deagóirí. In an effort to mark the centenary of the 1916 Rising, Coiste Náisiúnta Scór promoted a “Ballad for 1916” competition at Transition Year (or equivalent) at secondary School level throughout the island.

The response was magnificent. The participating schools were invited to attend the prize-giving ceremony in Páirc

an Chrocaigh where the winning three entries received prizes for their schools. All participants received a free tour of the Museum and Skyline.

All the songs will be compiled in a book and forwarded to the schools, and Coistí Scór, before the end of the school year. A CD of the top ten songs as chosen by the independent adjudicators will be included with the book. Plans are already in place for a scriptwriting competition for Léiriú and Aithriseoireacht pieces for next year.

Bhí dhá deireadh seachtaine den scoth ag Clann Scór i gCill Áirne níos lúaithe sa bhlian le haghaidh na Craobhanna Uile –Éireann.

The venue and the welcome were of the highest order. The competitions were keenly contested and congratulations are extended to all who competed and especially to those who won.

More importantly, new friendships were made and old acquaintances were renewed as the post competition

sing-songs and seisiúin ceoil sprung up and continued late into the night in every nook and cranny of the Gleneagle Hotel.

Next year we will swing north to another splendid venue- The Waterfront in Belfast - and look forward to seeing old and new club names among those listed to participate.

Scór may not be as healthy as it was in former years but it is showing the early signs of recovery.



The Bunbrosna team, representing Westmeath and Leinster that won the Rince Seit competition celebrate after the presentation. All-Ireland Scór Sinsir Championship Finals. INEC, Gleneagle Hotel, Killarney, Co. Kerry.

LUXEMBOURG HOST EUROPEAN CAMOGIE CHAMPIONSHIPS

Luxembourg hosted the opening round of the 2016 European Camogie Championship with 10 different clubs represented between hurling and camogie.

Clubs included Amsterdam GAC, Berlin GAA, Cologne Celtic, Craobh Rua Belgium,

Darmstadt GAA, Dresden Hurling, Hamburg GAA, Gaelic Sports Club Luxembourg and Stockholm Gaels

The next round takes place in Darmstadt, Germany on May 7th where the first ever team from Germany will compete in the Camogie competition.



Holland ladies who were victorious in Luxembourg



Above: Craobh Rua, Belgium
Below: Luxembourg team who finished third



NEW EXHIBITION TO HONOUR IRELAND'S OLYMPIANS

The GAA Museum is delighted to introduce details of its latest exhibition.

Opening on 16th May, Ireland's Olympians will celebrate the success of our most iconic Olympic athletes.

The exhibition will feature footage, imagery and memorabilia from Olympians including Katie Taylor, Ronnie Delany, Michael Carruth, Sonia O'Sullivan, Cian O'Connor and many, many more.

The exhibition will run from May 2016 until Spring 2017. Admission to the GAA Museum is included with every stadium tour or Etihad Skyline Tour ticket. On match days, patrons attending a game in Croke Park can enjoy free admission to the GAA Museum."



Football

Hurling

Club

General

MÍLE BUÍOCHAS

Our thanks to all of those who have helped in the production of the May edition of the GAA Club Newsletter.

The winner of the competition for a stadium tour with the GAA Museum at Croke Park is

CS Ó Conghaile
Dún Thoir, Ros Cathail,
Co. na Gaillimhe

The correct answer as to when the first shots of the 1916 were fired in Dublin was April 24.

Produced by the GAA Communications Department at Croke Park and edited by Cian Ó Murchadha, and designed by DBA, Blackrock Co Dublin.

Feedback welcome to clubnewsletter@gaa.ie