



CONNACHT

GAA

NEWSLETTER FEB 2019

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STUDENT PLACEMENT PROGRAMME 2019 LAUNCHED

Connacht GAA have this month started our Student Placement Programme, which is now moving into it's fifth year. The initiative has been a huge success over the years, with 6 students each year gaining lots of valuable experience in various areas within the realm of Coaching and Sports Science. The students are stationed in each of the five counties in the Province and operate under the guidance of the county Games Managers and Connacht GAA staff.

Areas Students Gain Experience in:

- * Assist in the delivery of all conditioning programmes designed by Connacht GAA conditioning staff
- * Updating Smartabase monitoring system on a daily basis
- * Assisting in fitness testing of all academy players
- * Assisting in screening of all academy players
- * Performing video analysis for academy squads



2019 Students with Connacht GAA Games Managers, Coaching and Games Manager Cathal Cregg and Strength and Conditioning Co-Ordinator Seamus Burns

COACH EDUCATION PROGRAMMES

The Coach Education Programme focuses on continuing education, so that coaches can improve by means of a series of specifically designed courses, workshops and conferences incorporating internationally recognised principles of best practice. These opportunities include a combination of theoretical and practical inputs and allow for the use of digital and e-learning techniques.

FOUNDATION COURSE

So far in 2019 Connacht GAA counties have run 24 different Foundation Courses, with 679 participants altogether. The Foundation Award is the introductory award for coaches of Gaelic Games. The course is aimed at beginner coaches and will enable participants to assist a coach in the organisation of activities to develop hurling or football.



Foundation Course in Kinlough, Co Leitrim



Award 1 Course in Sligo

AWARD 1 COURSE

231 participants have attended 9 Award 1 Courses in Connacht in 2019. The Award 1 course has been designed to take account of the different playing capacities that exist between children, youths and Adults and the competencies that a coach is required to display when working with each of the playing populations. Therefore, coaches can specialise in coaching the particular players that they are involved with.

AWARD 2 COURSE

The Award 2 Coach Education course is the third award on the coaching pathway. The course is for coaches that have progressed through the Foundation Award and Award 1 programmes and have experience as a Coach. We have have 55 participants in our Award 2 Course in 2019 from all 5 counties across both hurling and football.



Award 2 Course, Connacht GAA Centre



Club Support Course, Mayo

CLUB SUPPORT PROGRAM

24 of the scheduled 36 Club Support Programmes have started within Connacht this year. The Club Support Program is designed to allow clubs to become self sustainable and to give them the tools to run their clubs as efficiently as possible. It helps clubs to put structures in place to correctly manage finances, committees and all other forms of administration relevant.

OVERSEAS FOCUS: CONNACHT GAA IN SINGAPORE



Connacht GAA is twinned with Asia. Over the past 12 months we have begun working closely with Asia to strengthen their coaching structures. In July 2018 six Singaporean PE teachers came to the Connacht centre to upskill in Gaelic Football coaching. This was followed up in November by a meeting between Pat Daly (Director of Games Development and Research), Cathal Cregg (Connacht Provincial Games Manager) and Hanif Bin Abdul Rahman, Principal Master PE Teacher in Singapore. Gaelic Football is now an elective subject on the PE curriculum in Singapore. Six schools are using Gaelic football over the next six months at least once per week in their PE curriculum. The schools

undertaking the coaching are UWCSEA East Campus International School, UWCSEA Dover Campus International School, Dulwich College International School, American Stanford International, St Patricks School (local secondary school) and Dover Court International School. Each week, approximately 2,000 kids are taking part in Gaelic Football coaching. In the near future we hope to have three more large local schools on board which will increase the participating kids to approximately 4,000.

We would like to sincerely thank Paraic McGrath, Peter O'Brien, Lee FitzGerald, Paul Carpenter, and Paul O'Brien, as well as the respective PE teachers, in the schools, for all their continued work in making this project happen.



CONNACHT SCHOOLS ROUNDUP

Spring has sprung and it's the time of the year where Colleges GAA takes centre stage. With all competitions either decided or coming to the business stage, here we take a look at each age group and grade in both codes to see the state of affairs.

FOOTBALL

Senior A Champ - Final 15/3
MacHale Park St Colmans,
Claremorris v St Gerald's, Castlebar

Senior B Champ St Muredachs,
Ballina v Roscommon CBS SF 5/3
Summerhill College Sligo v
Claregalway College SF 11/3

Senior C Champ FINAL St. Paul's
College Oughterard 5-16 Balla
Secondary School 2-8

Junior A Champ FINAL St Gerald's,
Castlebar 4-21 St Jarlaths College
Tuam 0-13

Junior B Champ QF Stage

Juvenile A – QF Stage

Juvenile B Championship – Yet to
start

HURLING

Senior A Champ FINAL St
Raphaels College Loughrea 1-21
Claregalway College 1-13

Senior B Champ FINAL St
Raphaels College Loughrea 1-21
Claregalway College 1-13

Senior C Champ FINAL Mercy
College Woodford 2-8 Coláiste na
Coiribe 3-15

Junior A Champ FINAL Pres
College Athenry 1-13 St Brigid's
College Loughrea 0-11

Junior C Champ FINAL St.
Killians 1-7 New Inn v St Cuans
Castleblakney 2-18



Action shot Colleges A Semi Colmans V Rice
College 1/3

To keep up to date with all
fixture changes and results,
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