**2016 Gaelic4Mothers & Others**

**ETHOS FORM**

**CLUB NAME**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COUNTY**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**G4M&O CONTACT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**G4M&O CONTACT PHONE NUMBER**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**G4M&O CONTACT EMAIL ADDRESS**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DATE G4M&O SITE COMMENCING IN 2015** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**G4M&O Programme Ethos:**

All Gaelic4Mothers&Others sites should familiarise themselves with the G4M&O programme ethos. All sites should read below and agree to abide by these terms at all times.

* G4M&O is a non-competitive recreational form of Ladies Gaelic Football
* G4M&O is all inclusive. It should always welcome women over the age of 18 and who currently **do not** play any form of competitive club football and would like to play. They cannot be a registered player with any LGFA club
* All G4M&O training sessions are fun orientated with the focus on learning the skills of our game, developing social skills and providing an opportunity for women to be physically active
* All G4M&O blitzes are about participation and **not** winning. There are no winners or losers at G4M&O Blitzes and no scores are recorded. Blitzes should aim to allow women to meet other G4M&O Sites while having fun playing small sided matches
* All G4M&O Clubs must seek prior approval from the National Development Officer prior to hosting G4M&O Blitzes

Does your club agree to abide by the LGFA G4M&O ethos as outlined above?

Yes No

Co-ordinator Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach 1 Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach 2 Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To be returned to:**

Paula Prunty,Ladies Gaelic Football Association, Croke Park, Dublin 3

Or [paula@ladiesgaelic.ie](mailto:paula@ladiesgaelic.ie)