



# Application Guidelines for Clubs



## IMPORTANT NOTICE!!

Please read through this booklet in detail prior to your club **committing** to and **applying** for the relevant programme of your choice

- **Gaelic4Girls** and **Gaelic4Teens** are **CLUB RUN** programmes
- Training, support and advice will be provided to all clubs selected regarding roll out of the programmes but the **responsibility is ultimately with the club** to ensure a quality and successful programme is implemented
- Important everyone that will be associated with and will be involved in the implementation of the programme are consulted prior to applying for the relevant programme. Everyone must be aware of the aims of the programme, what it involves etc. prior to committing to and applying for same
- Important everyone involved are aware of the various training **dates** associated with the programme prior to the completion and submission of the application form as attendance by the relevant club personnel at these dates are **mandatory**
- As mentioned, engagement and consultation with key stakeholders in the club prior to applying for the relevant programme is critical to the successful implementation of the programme if lucky enough to be selected. Just applying to have your club name in and then being selected with no prior consultation with personnel internally **DOES NOT WORK!!**

## WHAT ARE Gaelic4Girls and Gaelic4Teens?



- 12 week club participation based initiative **incorporating coaching sessions with fun non-competitive Provincial blitzes**
- **The programme targets** girls aged between 8 – 12 years **who are not currently registered with a Ladies Gaelic Football club.**
- **In essence, this is a tool to ATTRACT new players.**



- **8 week club participation based initiative** incorporating fun coaching sessions and fun non-competitive National Blitz
- **The programme is** aimed at increasing the retention rate of **teenage girls aged 15-17 years** in clubs.
- In essence, this is a tool to primarily **RETAIN** players usually subject to an increased level of dropout.

## AIMS of the Gaelic4Girls or Gaelic4Teens Programme



- Increase the numbers of girls playing Ladies Gaelic football in a club and integrate those new players successfully into existing teams
- Provide a fun, 12 week programme of Ladies Gaelic Football activities to attract girls aged 8 – 12 to the club.
- Develop athletic and social skills for girls in a safe and nurturing environment.
- Educate club coaches on coaching best practice techniques



- Retain number of teenage girls playing Ladies Gaelic football in a club
- Provide a unique programme of Ladies Gaelic Football activities to retain and potentially attract girls aged 15-17 years
- Develop athletic and social skills for girls in a safe and nurturing environment
- Educate club coaches in relation to the needs and interests of teenage girls in sport

## BENEFITS of the Gaelic4Girls and Gaelic4Teens Programme



- **FREE** training will be provided to the Coaches and Co-ordinator in your Club.
- Resources will be provided to your Club to market and advertise the Programme.
- Participation levels will be increased.
- There is the potential for your club to become a more vibrant, active part of the local community through enhanced participation.



- **FREE** training will be provided to the Coaches and Co-ordinator in your Club
- Resources will be provided to your Club to market and advertise the Programme
- Coaching structures across the teams of this age group in your club will be improved
- Club will be invited to attend National Gaelic4Teens Day

# What Clubs can **APPLY** for the Gaelic4Girls/Gaelic4Teens Programme



A Struggling Club – an already registered LGFA Club who are struggling for numbers and can show evidence that those numbers are in the Club Catchment Area.

**Or**

An Established Club – an already registered LGFA Club who wants to increase participation in this age bracket and can show evidence that those numbers exist in the Club Catchment Area.

**Or**

New club - potential for a new LGFA club to form. Clear evidence must be provided to show that potential for a new club exists and appropriate structures are in place.

Any club interested in putting emphasis on this age group, 15-17 years, and enthusiastic about ensuring the correct structures are in place in their club to recruit and retain these players.

## MINIMUM REQUIREMENTS from the Club if Application is Successful



The club **must** provide:

- A co-ordinator to oversee implementation of the Programme in the club
- Minimum of 2 Head Coaches per Programme
- All the G4G coaches and co-ordinators must attend Provincial training.
- The club must be willing to welcome ALL new members.



The Club **must** provide:

- A **co-ordinator** to oversee implementation of the Programme in the club
- **Minimum of 3 coaches.** One of these coaches must be involved with the Under 16 club team for the coming year while another must be involved with the U18 team for the coming year
- The coaches and co-ordinator must attend the **three** National training dates and this training is only provided to successful clubs
- The club must be open to improving their structures, altering their coaching styles and welcoming all new players

## GENERAL STRUCTURE of the Programmes



- Attend Provincial Training Evening
- Marketing materials e.g. flyers, posters will be provided to clubs to promote the Programme in the schools and elsewhere.
- The first 8 weeks of the Programme will involve weekly coaching sessions separate to the regular U10/12 sessions in the Club, specifically designed for those who have not participated before.
- The last 4 weeks will involve integrated training sessions of all players with the above teams, as a means of integrating the G4G participants into the Club. Player must become a member of the club at this point
- Your club will be invited to attend a Provincial fun non-competitive blitz after 12 week programme
  - All participants will receive a G4G Specific Jersey



- Attend relevant Training Days
- Marketing materials e.g. flyers, posters will be provided to clubs to promote the Programme in the schools and elsewhere.
- The programme involves 3 training days for coordinator and coaches focusing on various topics and coaching styles that are required to retain teenage girls aged 15-17 years age
- The coaches will try out the specific Gaelic4Teens sessions, which will be provided, between training days
- Your club will be invited to attend the National Gaelic4Teens Day



## **COSTS** Associated with the Programme



- **Minimum cost per participant is 8 Euro**

**Girl who pays of 8 Euro ONLY entitles a player to**

- Participate in the initial eight week programme
- Receive a G4G T Shirt
- NOT PERMITTED to participate in Provincial Blitz

**Girl who pays 8 euro & appropriate LGFA registration fee after 8 week programme entitles her to**

- Participate in the eight week programme
- Receive a G4G T Shirt
- Participate in the four integrated coaching sessions
- PERMITTED to participate in Provincial Blitz
- Member of club and can participate in Competition

Programme is **FREE** but commitment from the club to training all required training days is essential!

## The Next Steps.....**IMPORTANT DATES**



### **Step 1:**

Complete the application form and forward by post or email to Paula Prunty before **Wednesday 17<sup>th</sup> January 2018** (See application form for contact details).

### **Step 2:**

Announcement of successful clubs will be circulated **on Monday 5<sup>th</sup> February.**

### **Step 3:**

All G4G coaches and coordinators **must** attend Provincial training

- **Connacht: 27<sup>th</sup> February**
- **Leinster: 26<sup>th</sup> February**
- **Munster: 1<sup>st</sup> March**
- **Ulster: 28<sup>th</sup> February**



### **Step 1:**

Complete the application form and forward by post or email to Paula Prunty before **Wednesday 17<sup>th</sup> January 2018** (See application form for contact details).

### **Step 2:**

Announcement of successful clubs **(20)** will be circulated **on Monday 5<sup>th</sup> February.**

## The Next Steps.....**IMPORTANT DATES** (Contd.)



### **Step 4:**

All clubs must promote the G4G programme in their local area.

### **Step 5**

**The 8 week programme will begin in the week beginning 8<sup>TH</sup> April.** All Clubs must be in a position to start this week. The 4 week integrated sessions will follow straight after.

### **Step 6:**

The clubs will have an opportunity to participate in a Provincial Blitz

- **Connacht: 16<sup>th</sup> June**
- **Leinster: 16<sup>th</sup> June**
- **Munster: 16<sup>th</sup> June**
- **Ulster: 23<sup>rd</sup> June**



### **Step 3:**

Your club coaches and co-ordinator must attend training dates below.

- **Day 1: Saturday 24<sup>th</sup> February**
- **Day 2: Saturday 7<sup>th</sup> April**
- **Day 3: Saturday 12<sup>th</sup> May (National Blitz Day)**

### **Step 4:**

All clubs must commit to working on improving their structures with teenage girls and running the specified sessions.

