



# 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 is a **CLUB RUN** programme
- 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 Gaelic4Girls. 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 Gaelic4Girls 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 is ?

- 12 week club participation based initiative **incorporating coaching sessions with fun non-competitive 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.**

## AIMS

- 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

## BENEFITS

- **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.

## What Clubs can **APPLY** for the Gaelic4Girls 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.

## 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
- All the G4G coaches and co-ordinators must attend Provincial training.
- The club must be willing to welcome ALL new members.

## GENERAL STRUCTURE

- 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 (Week 8)
- Your club will be invited to attend a fun non-competitive blitz after 12 week programme
- All participants will receive a G4G Specific Jersey

## COSTS

- **Minimum cost per participant is 10 Euro**

### **Girl who pays 10 Euro ONLY entitles a player to**

- Participate in the initial eight week programme
- Receive a G4G Jersey
- NOT PERMITTED to participate in games/blitzes

### **Girl who pays 10 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 games & blitzes
- Member of club and can participate in Competition

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

### Step 1:

Complete the application form and forward by email to provincial development officer before **Friday 30<sup>th</sup> November 2018** (See application form for contact details).

### Step 2:

The Provincial Development Officer will contact all applicants via e-mail to announce the successful clubs **before 11<sup>th</sup> January**.

### Step 3:

All G4G coordinators and club executive member **must** attend Provincial training

- **Connacht: TBC**
- **Leinster: 4<sup>th</sup> February**
- **Munster: TBC**
- **Ulster: 6<sup>th</sup> February**

### Step 4:

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

### Step 5:

All G4G club Coaches **must** attend Provincial training

- **Connacht: TBC**
- **Leinster: 18<sup>th</sup> February**
- **Munster: TBC**
- **Ulster: 20<sup>th</sup> February**

### Step 5

The 12 week programme **will begin the weekend beginning 1<sup>st</sup> March**. All Clubs must be in a position to start this week. 6 weeks to Easter, 6 weeks post Easter. The 4 week integrated sessions are weeks 8-12.

### Step 6:

The clubs will have an opportunity to participate in a cluster Blitz.