



Gaelic4Teens (G4T)

Programme

Outline



IMPORTANT NOTICE!!

Clubs should read through this booklet in detail **prior** to **applying** for the G4T programme

- Gaelic4Teens is a **CLUB RUN** programme
- Training, support and advice will be provided to all clubs regarding roll out of the programme 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. Everyone must be aware of the aims of the programme, what it involves etc. prior to committing
- Important everyone involved are aware of commitment involved i.e. induction, training and festival **dates** associated, as attendance by the relevant club personnel at these days are **mandatory**
- As mentioned, engagement and consultation with key stakeholders in the club is critical to the successful implementation of the programme. Just participating to have your club name in and then being selected with no prior consultation with personnel internally **DOES NOT WORK!!**

WHAT IS Gaelic4Teens?



- **A club based coach education initiative** incorporating fun coaching sessions and National G4T Festival Day
- The programme is aimed at increasing the retention rate of **teenage girls aged between 13-17 years** of age which is usually subject to an increased level of dropout

AIMS of the Gaelic4Teens Programme



- Educate club coaches in relation to the needs and interests of teenage girls in sport
- Provide a unique programme of Ladies Gaelic Football activities to retain girls aged 13-17 years
- Develop athletic and social skills for girls in a safe and nurturing environment

BENEFITS of the Gaelic4Girls and Gaelic4Teens Programme



- 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
- Meet and learn from our Gaelic4Teens Ambassadors
- Club will be invited to participate in the National Gaelic4Teens Festival Day
- Unique Gaelic4Teens gear will be available to purchase for players and coaches

MINIMUM REQUIREMENTS for the Gaelic4Teens Programme



The Club **must**:

- **Appoint a co-ordinator** to oversee implementation of the Programme in the club
- Send a club representative (ideally G4T coordinator) to one of the Provincial Induction Evenings prior to commencement of the programme
- **Promote attendance of all coaches involved with coaching teenage girls in your club. Min 4** coaches should be in attendance. There must be representation of coaches involved in all teenage age groups in your club i.e. U14, U16 and U18
- **Attend** the induction evening, **two** regional based training days and the National G4T Festival Day. Regional venues will be as central as possible to clubs selected.
- The club must be open to improving their structures, altering their coaching styles and welcoming all new players

GENERAL STRUCTURE of the Programmes



- Attend relevant Induction, Training Days (2) and National G4T Festival Day
- Marketing materials e.g. flyers, posters will be provided to clubs to promote the Programme in the schools and elsewhere.
- The programme involves an induction evening, 2 training days for coordinator and coaches focusing on various topics and coaching styles that are required to retain teenage girls aged 13-17 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 G4T Festival Day

The Next Steps.....



Step 1:

- Have clear understanding of what programme entails from club perspective prior to applying

Step 2:

- Complete the G4T application form and forward by email or post to Shauna McNutt (LGFA) developmentsupport@lgfa.ie before **Friday 22nd November**

Step 3:

- Successful Clubs will be notified via email before **Friday 17th January 2020**

Step 4:

- Attend induction evening at your Provincial Venue

Step 5:

- All Club G4T Coordinators and Coaches must attend Mandatory G4T Training Dates and Festival Day. Dates outlined on Application Form.