



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., attendance at the induction, attendance at the coach educational webinars, club observation visits and festival **dates**.
- 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 sample fun coaching sessions, coach education webinars, club observation visits and Gaelic4Teens 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



- Resources will be provided to your Club to market and advertise the Programme
- Coach Education webinars will be provided to the coaches and coordinators in your club
- Club will be invited to participate in the Gaelic4Teens Festival Day
- Meet and learn from our Gaelic4Teens Ambassadors /Inter County Players via club observation visits
- Coaching structures across the teams of this age cohort in your club will be improved
- 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
- Club representatives attend on **ONLINE** Induction evening prior to commencement of the programme
- **Promote attendance of all coaches involved with coaching teenage girls in your club at coach education webinars and club observation visits.** There must be representation of coaches involved in all teenage age groups in your club i.e. U14, U16 and U18
- **Attend** G4T Festival Day.
- The club must be open to improving their club structures and altering their coaching approach

GENERAL STRUCTURE of the Programmes



- Attend relevant online induction, coach education webinars, club observation visits and G4T Festival Day
- Marketing materials e.g., social media banners will be provided to clubs to promote the Programme
- The programme involves an online induction evening, numerous coach education webinars 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 the coach education webinars
- Your club will be invited to attend the Gaelic4Teens 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 to developmentssupport@lgfa.ie before **Friday 18th November 2022**

Step 3:

- Clubs deemed suitable or otherwise will be notified via email on **Friday 16th December 2022**

Step 4:

- Attend online induction evening on **Monday 16th January 2023 at 9pm**

Step 5:

- All Club G4T Coordinators and Coaches must attend G4T coach education evenings, club observation visits and Festival Day. Dates are outlined in the Application Form.