



Development Guidebook



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SECTION ONE

DEVELOPMENT IN GENERAL

- **Role of a County Development Committee**
- **Development Committee SAMPLE Terms of Reference**
- **Development Report Outline for County AGM Report**
- **Development Plan Template**

Role of a County Development Committee

So what exactly is involved in being on a County Development Committee?

Role Description

Development is a vital area for Ladies Gaelic Football, which requires dedicated time and work. The Executive of the County Board must appoint a County Development Committee composing of at least four people each with a responsibility for either Coach Education, Volunteer Development, Participation and Referee Development. It is recommended for the committee to contain between 4 and 8 members. The Chairperson of this committee will sit on the County Executive Committee and can be selected within the committee themselves or by the county executive. There are unlimited opportunities for County Development Committees and certain projects should be selected at the beginning of the year and these projects should be concentrated on across all four areas listed above to ensure all aspects of development progress. It is recommended that the Referee Support Coordinator could act as person responsible for Referee Development. All County Development Committees should be aiming to put a development plan in place, to aid progression over a number of years.

Reports/accountable to

County Committee/ Board

Responsibilities

1. General Duties

- Know the aims and objectives of the Association – have knowledge of the Association's Strategic Plan
- Work with other officers for the good of the County/Club
- Encourage fellow officers to get involved with development issues
- Assess the needs of the County/Club and plan for the future development
- Formulate and implement a development plan within the county
- Link with provincial and national development staff
- Ensure all clubs aware of development initiatives and opportunities

2. Increase Participation

- Work with existing clubs on initiatives like Gaelic4Girls, Gaelic4Mothers&Others and GAA Cúl Camps to increase membership
- Make contact with GAA clubs in which there are no LGFA section to offer support to start teams if required
- Link with GAA in county and Cumann na mBunscoil to ensure awareness of activity for girls and offer support
- Promote LGFA Club-School link Programme
- Encourage post-primary Schools in county to get involved in competitions and initiatives like Transition Year programmes in the province
- Create awareness of all avenues of participation within LGFA in your county as coach, player, officer, referee and more
- Communicate with teachers to ensure they are aware of TEACH Programmes being organised by province
- Organise Go Games and development blitzes

3. Coach Development and Education

- Ensure communication plan in place to liaise with all club coaching officers
- Coaching is a critical part of development and all coaches should be encouraged to take part in regular coaching courses with a minimum Introduction to Coaching Gaelic Games Qualification required
- Identify coach observers within the county and upskill with LGFA
- Recruit coaches and coordinator for the delivery of successful Player Development Programmes in the county
- Encourage clubs to apply and take part in Gaelic4Teens

4. Volunteer Development and Education

- Analyse the needs of volunteers at club and county level
- Ensure full awareness of role descriptions for volunteers within the county
- Develop and maintain structures within the county to support volunteering
- Promote and encourage attendance on the LGFA County and Club Leadership Series and training events
- Link with GAA representative within county for delivery of Club Leadership Series
- Encourage clubs to apply and take part in Club2Gether
- Offer support to participants from LGFA leadership initiatives within county
- Promote the National Volunteer Awards

5. Referee Development and Education

- Recommended to include Referee Support Coordinator on committee
- Recruit referees and referee assessors and organise education courses through LGFA for new and existing match officials
- Support newly trained referees and appoint new referee a buddy/mentor
- Liaise with referee co-ordinator/ fixtures committee to ensure new referees are appointed to age and competition appropriate games as quickly as possible and add them to the counties referee list
- Encourage further development of referees to progress within county and on to provincial and national programmes
- Identify key contact in each club in relation to referee recruitment/development

6. SWOT Analysis

- The County Development Committee should be aware of strengths, weaknesses, opportunities, and threats to development at County Board level and clubs therein
- The Development Committee should work with the county or club to identify the areas for improvement and potential opportunities to strengthen these areas
- Liaise early with National or Provincial development staff if assistance is required for any issues or potential problems that may arise to seek support
- Often issues may lead to re-structuring of Club/County policies/procedures and may not have a quick-fix answer. Time is key to development.

SKILLS	KNOWLEDGE
<ul style="list-style-type: none">• EXCELLENT ORAL AND WRITTEN COMMUNICATION SKILLS• GOOD ORGANISATIONAL SKILLS• ABILITY TO WORK WELL IN A TEAM	<ul style="list-style-type: none">• HAVE A VERY GOOD WORKING KNOWLEDGE OF DEVELOPMENT• HAVE SOUND KNOWLEDGE OF THE ASSOCIATION POLICIES AND PROCEDURES• KNOW THE AIMS AND OBJECTIVES OF THE ASSOCIATIONS STRATEGIC PLAN

ESSENTIAL REQUIREMENTS
<ul style="list-style-type: none">• HAVE A GENUINE INTEREST AND PASSION FOR DEVELOPMENT OF LGFA• MOTIVATION TO IMPROVE YOUR SELECTED AREA OF DEVELOPMENT• HAVE TIME TO DO THE JOB• BE OF GOOD STANDING IN THE COMMUNITY

Ladies Gaelic Football

Development Committee

SAMPLE Terms of Reference

Main Purpose of the Committee:

The Development Committee/Work group shall be responsible to the County Board for development activities within the County.

Actual Duties Include:

Chart a Development Plan for the County and set short and long term goals to focus on five key areas:

- 1. Coach Education and Support**
- 2. Match Officials Education and Support**
- 3. Club and Volunteer Development**
- 4. Growth and Participation**

Liaison with:

The County Executive, all clubs, primary schools, post primary schools, Third Level Colleges, GAA, National and Provincial Ladies Football Development Officers

Responsible to:

County Board Executive

Ladies Gaelic Football

Development Committee

SAMPLE Terms of Reference

Personnel on the Committee

The structure of the Committee represents knowledge and experience the County Board Executive have identified as being relevant to development. It must include the following:

- At least 1 member with responsibility for each of the following four areas – Coach Development, Match Official Development, Growth and Participation, and Volunteer Development
- The chairperson of the county development committee will be a member of the county executive
- Other.... GAA/ Camogie representative, referee co-ordinator, player development programme co-ordinator, schools co-ordinator...etc.

Life Span

- Committee to be in place for at least 1 year
- Selected Committee to be ratified at County Board meeting
- No limits exist to length of service on the Committee. However, it is desirable to have some level of turnover.

Meeting and Reporting

- Committee to appoint Chairperson and Secretary for Committee
- Committee to meet at least 6 times a year
- Preferably Chairperson to attend National, Provincial and GAA Coaching & Games Development meetings and report back to committee
- Chairperson to provide regular updates to County Executive
- Development report to be submitted at County AGM each year

Development Report Outline for County AGM

Coach Development Programme **i.e. RSC, Introduction to Coaching Gaelic Games, Level 1, Level 2**

- Number of courses County Board ran this year
- Location of courses
- Attendance at courses
- Going forward – aim for next year, are there any course dates for following year?

Foundations for Your County Team Workshop/ County Mentor Webinars

- Did your County Run or Attend a course/webinar this year?
- Location of courses
- Attendance at courses
- Going forward – aim for next year, are there any course dates for following year?

Club Mentor Rules Workshop

- Did your County encourage all club mentors to complete the online self-led workshop?
- Completed attendance
- Going forward – aim for next year, how can you ensure all club members improve knowledge of the playing rules?

Referee Development Programme

Grab Your Whistle Go Games, Youth, Adult Courses

- Number of courses County Board ran this year
- Location of courses
- Attendance at courses
- Details of Referee Support Co-ordinator and Aftercare Programme
- Going forward – aim for next year, are there any course dates for following year? Who is providing ongoing support to retain referees?

Referee Development Programme Grab your Whistle Annual Refresher

- Number of courses County Board ran this year for existing referees
- Location of courses
- Attendance at courses or online webinars
- Going forward – aim for next year, are there any course dates for following year?

Development Report Outline for County AGM

Development Initiatives

- Mini games at County Finals
- Player Development Programme – Number of Squads, Number of participants, location etc.
- Underage Club development blitzes within your County i.e. u-10/11/13/15 etc.
- Adult Development Blitzes organised within the County
- Clubs involved in initiatives such as Gaelic4Teens, Gaelic4Girls, Club2Gether, Gaelic4Mothers&Others etc.

Clubs

- Number of New Clubs/ Players
- Number of Clubs Lost – Explain steps taken by County Board to assist club before dissolving
- Strengthening of club/school links and merits attained by clubs through LGFA Club School Link Programme

Networking

- Cumann na mBunscol
- GAA/ Camogie
- Local Sports Partnership's

Other

- Volunteer Support Programme etc.

Development Plan Template

Priority Area:
Overall Aim: (What is the overall aim for the above area?)
Objectives: (Outline here how you are going to achieve this aim?) 1. 2. 3.

Ref	Action	Targets	Responsibility	Funding
This action is specific to the numbered objective	What are you going to do to achieve objective?	What are your targets to measure success of action?	Who will ensure that the action is achieved?	Cost associated with action

SECTION TWO

COACH EDUCATION

- **Coach Education Programme proposed Calendar of Events**
- **Coach Education Programmes available to Clubs and Counties**

LGFA COACH EDUCATION PROGRAMME **PROPOSED** CALENDAR OF EVENTS

Resource	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Ready, Steady Coach Programme												
Intro to Coaching GG Course												
Level 1 Coaching Course												
Level 2 Coaching Course												
** Coaching Workshops												
Club Mentor Rules Workshop												
Foundation for Your County Team Workshop												

** Coaching Workshops

Key2Coaching

Coach The Keeper

Coach The Teenage Player

LGFA COACH EDUCATION PROGRAMMES available to **Clubs** and **Counties**

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When Organise	Venue/Equipment
<p style="text-align: center;">Ready, Steady, Coach Programme</p>	<p>A volunteer recruitment coaching programme aimed at providing support and assistance to new volunteers interested in helping with coaching or running a team within the club.</p>	<p>Clubs with new volunteers who would like to assist with running or coaching a team within the club</p>	<p>2 ½ hours (face to face including practical)</p>	<p>€150 (venue and food are separate)</p> <p>€10 per person is normal charge.</p>	<p>Minimum numbers required is 10 NEW volunteers interested in helping with coaching or running a team within the club, and two existing coaches so 12 people minimum</p>	<p>Feb to Nov</p>	<p><i>Face to Face</i></p> <p>Indoor sports hall/area for the practical element which must be big enough to cater for demonstration of drills and warm up games.</p>
	<p>This is not an official step on the coaching ladder so coaches must still complete the Introduction to Coaching Gaelic Games.</p>	<p>Participants must be 16 years of age and over</p>	<p>1 ½ hour (webinar – no practical)</p>	<p>Fee must be paid in full 10 days prior to session taking place. If fee is not received within this timeframe then course will be removed from the schedule.</p> <p>If course is cancelled within 5 days of taking place or there were insufficient numbers on the day, the fee will not be refunded.</p>	<p>Club Coaches: A Coach from each of the teams in your club associated with the new volunteers <u>MUST attend</u> as they will act as buddies for the new volunteers</p> <p>Please note that a coach developer has the authority to cancel the programme on the day should they deem an insufficient number of people to show up</p>		<p>Meeting room for the theory element to include a table to hold a laptop/projector and sufficient sockets and chairs to seat participants comfortably</p> <p><i>Webinar</i></p> <p>All participants with access to a laptop/PC and strong Wi-Fi</p>

LGFA COACH EDUCATION PROGRAMMES available to Clubs and Counties

Course	Rationale	Target Group	Duration	Cost	No. of Participants	Organise when	Venue/ Equipment
<p>Introduction to Coaching Gaelic Games Course</p> <p>2 x Coach Developers</p>	<p>This course is an introductory coaching programme for all Gaelic Games Family.</p> <p>Coaches will look at:</p> <ul style="list-style-type: none"> Importance of creating a positive environment for our players Planning and implementing training programmes Introduction to the player pathway Create an awareness about making sessions more inclusive Importance of Fundamental Movement Skills & Injury Prevention 	<p>Any coach or anybody interested in getting involved in coaching – must be 16 years and over.</p> <p>Coaches must have safeguarding 1 workshop completed</p>	<p>7 ½ Hours, this is 9.30am-5pm including theory and practical sessions</p> <p>Important All participants are aware that the course is 7 ½ hours in duration.</p> <p>Recommend have registration at 9.45am to ensure course starts on time.</p> <p>Participants must complete the FULL course to get certification.</p>	<p>€450 (venue and food are separate)</p> <p>€25 per person is normal charge.</p> <p>Fee must be paid in full 10 days prior to session taking place. If fee is not received within this timeframe, then course will be removed from the schedule.</p> <p>If course is cancelled within 5 days of taking place or there were insufficient numbers on the day, the fee will not be refunded.</p>	<p>15 places min 24 places max</p> <p>Please note participants will need to register on GAA eLearning platform to enable enrolment on course.</p> <p>A coach developer has the authority to cancel a course should they deem an insufficient number of people have signed up for the course. In addition, they are under no obligation to deliver the course if the minimum number of participants is not present on the day as expected.</p>	<p>Feb to June</p> <p>Sept to Nov</p>	<p><i>Face to Face</i></p> <p>Indoor Sports hall/area for the practical element which must be big enough to cater for demonstration of drills and warm up games.</p>

LGFA COACH EDUCATION PROGRAMMES available to Clubs and Counties

Course	Rationale	Target Group	Duration	Cost	No. of Participants	Organise when	Venue/ Equipment
<p>Level 1 Coaching Course</p> <p>2 x Coach Developers</p> <p><i>Counties will be asked to provide a group of players (min 12) aged between 14-16 years of age for the practical assessment element on face to face day. Players are only required for time it takes to deliver this section.</i></p>	<p>This course is developed to challenge existing coaches to look more in depth at coaching principles and practices.</p> <p>Coaches will apply information to solve coaching scenarios in practical situations.</p>	<p>Must be over 18 yrs.</p> <p>Must have completed FUNdamentals/Introduction to Gaelic Games course and have at least 1 years coaching experience.</p>	<p>Course is maximum 22 hours in duration</p> <p>(12 hours course work and 10 hours practical coaching in club).</p> <p>Course consists of:</p> <ul style="list-style-type: none"> • 3 x 2 hour webinars • 1 x self-paced eLearning module • 1 x practical day • 10 hours coaching in club • Logging coaching sessions online between day 1 and 2 <p>Participants must complete the FULL course to get certification</p>	<p>€800 (venue and food are separate)</p> <p>€40 per person is normal charge with full numbers.</p> <p>Fee must be paid in full 10 days prior to session taking place. If fee is not received within this timeframe then course will be removed from the schedule.</p> <p>If course is cancelled within 5 days of taking place or there were insufficient numbers on the day, the fee will not be refunded.</p>	<p>15 places min</p> <p>20 places max</p> <p>Please note participants will need to complete a Sport Ireland registration form and then register on GAA eLearning platform to enable enrolment on course.</p> <p>A coach developer has the authority to cancel a course should they deem an insufficient number of people have signed up for the course. In addition, they are under no obligation to deliver the course if the minimum number of participants is not present on the day as expected.</p>	<p>Feb to May</p> <p>Sept to Oct</p> <p>NOTE:</p> <p>Coaches have to complete a log of their sessions online between webinars and practical day</p> <p>There must be at least 4 weeks between final webinar and practical day</p>	<p><i>Face to Face</i></p> <p>Indoor Sports hall/area for the practical element which must be big enough to cater for demonstration of drills and warm up games.</p> <p>A meeting room that can sit 20 people comfortably with a table to hold a laptop/projector – suitable clear wall/screen for projector</p> <p><i>Webinar</i></p> <p>All participants with access to a laptop/PC and strong Wi-Fi</p>

LGFA COACH EDUCATION PROGRAMMES available to Clubs and Counties

Course	Rationale	Target Group	Duration	Cost	No. of Participants	Organise when	Venue/Equipment
<p>Level 2 Coaching Course</p> <p>2 x Coach Developers</p> <p>Currently this programme is organised regionally by LGFA</p>	<p>This course is developed to challenge existing coaches around the use of patterns of play in their coaching sessions.</p> <p>Coaches are encouraged to use patterns to develop their players to be highly skilled and have the ability to make decisions regardless of their age or grade. The programme aims to bring focus back to football.</p>	<p>Must be over 18+ yrs.</p> <p>Have completed the LGFA Level 1 Coaching Course</p> <p>Be actively coaching or have minimum of 3 years coaching experience</p> <p>Be available to attend all 4 days of the programme</p> <p>Please note: All places will be subject to screening by the Ladies Gaelic Football Association.</p>	<p>Course consists of four 6 hour contact days. Course will be organised over two weekends (Sat + Sun)</p> <p>Minimum length of time between weekend 1 and weekend 2 must be at least six weeks.</p> <p>Participants must complete the FULL course to get certification</p>	<p>€120 per person is charge.</p> <p>For county specific course fees must be paid in full 10 days prior to session taking place. If fee is not received within this timeframe then course will be removed from the schedule.</p> <p>If course is cancelled within 5 days of taking place 25% of fees will not be refunded. If there were insufficient numbers on the day then 50% of the fee will not be refunded.</p>	<p>12 places min</p> <p>16 places max</p>	<p>Feb to Sept</p>	<p>A large indoor sports hall for indoor training session and a meeting room that can seat 16 people comfortably</p> <p>Table to hold a laptop/projector – suitable clear wall/screen for projector</p>

LGFA COACH EDUCATION PROGRAMMES available to Clubs and Counties

Workshop	Rationale	Target Group	Duration	Cost	No. of Participants	When to Organise	Venue/ Equipment
Key2Coaching Workshop	<p>Coaches gain better understanding of how to plan, organise, deliver and evaluate a typical training session for:</p> <p>Option 1: Players ranging from U8 to U12 age</p> <p>Option 2: Players ranging from U14 to adult level</p>	All Ladies Gaelic Football Coaches	2 hours	<p>€150 (venue and food are separate)</p> <p>€10 per person is normal charge.</p> <p>Fee must be paid one week after course has been booked. If fee is not received within this timeframe then course will be removed from the schedule.</p> <p>If course is cancelled within 5 days of taking place or there were insufficient numbers on the day, the fee will not be refunded.</p>	<p>15 places min/ 25 places max</p> <p>Option 1: Need 16 Players Underage up to 10/12s for practical element for option one</p> <p>Option 2: Need 16 Players U16 /Minor for practical element for option two</p> <p>Please note the coach developer will make contact with the course organiser 3 days in advance of the course to confirm numbers and names of personnel attending.</p> <p>A coach developer has the authority to cancel a course should they deem an insufficient number of people have signed up for the course.</p> <p>In addition, the coach developer is under no obligation to deliver the course if the minimum number of participants is not present on the day as expected.</p>	Feb to Aug	<p>An outdoor pitch or large indoor hall to cater for an indoor training session</p> <p>A meeting room that can seat 25 people for de-brief</p> <p>An area to provide refreshments (optional)</p> <p>Table to hold a laptop/projector – suitable clear wall/screen for projector</p>

LGFA COACH EDUCATION PROGRAMMES available to **Clubs** and **Counties**

Workshop	Rationale	Target Group	Duration	Cost	No. of Participants	When to Organise	Venue/ Equipment
<p>Coach The Keeper Workshop</p> <p>Currently organised regionally by LGFA</p>	Supply coaches with the necessary knowledge and coaching techniques in order to provide focused and beneficial training for Goalkeepers	All Ladies Gaelic Football Coaches	3.5 hrs.	<p>€25 per attendee</p> <p>Option available for county specific course also</p>	<p>15 places min</p> <p>25 places max</p> <p>A tutor has the authority to cancel a course should they deem an insufficient number of people have signed up for the course. In addition, the Tutor is under no obligation to deliver the course if the minimum number of participants is not present on the day as expected.</p>	<p>Feb to July</p> <p>Sept - Nov</p>	<p>An outdoor pitch for maximum effectiveness or an indoor sports hall</p> <p>A meeting room that can seat 25 people comfortably. Table to hold a laptop/projector – suitable clear wall/screen for projector</p>
<p>Coach The Teenager Workshop</p> <p>Currently organised regionally by LGFA</p>	Supply coaches with the necessary knowledge and coaching techniques in order to provide focused and beneficial training for specific for the teenage age grade	All Ladies Gaelic Football Coaches	3 hrs.	€20 per attendee	<p>15 places min</p> <p>25 places max</p> <p>A tutor has the authority to cancel a course should they deem an insufficient number of people have signed up for the course. In addition, the Tutor is under no obligation to deliver the course if the minimum number of participants is not present on the day as expected.</p>	<p>Feb to July</p> <p>Sept - Nov</p>	<p>A large indoor sports hall</p> <p>A meeting room that can seat 25 people comfortably. Table to hold a laptop/projector – suitable clear wall/screen for projector</p>

LGFA COACH EDUCATION PROGRAMMES available to **Clubs** and **Counties**

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When Organise	Venue/ Equipment
Club Mentor Rules Workshop	A workshop to support Club Mentors from underage up to senior level. Covers rules of the game as well as the injury fund	All underage and senior Club mentors.	Approximately 30-60 minutes self-led module on LGFA section of GAA eLearning platform	The self-paced module is free of charge for all coaches to complete	Unlimited numbers so encouraged for all club mentors to complete	All year	
Foundations for Your County Team Workshop <i>LGFA now organise alternate 4-part webinar series annually for all county mentors</i>	A workshop to support County Mentors from underage up to senior level. Topics such as individual management roles, rules, communication, planning and budgeting, player development and leadership are covered.	All underage and senior Inter County mentors.	Approximately 2.5 hours face to face or can be organized online The 4-part webinars series are 75 minutes in duration per session	€150 Fee for county specific/ Webinar series is free of charge Fee must be paid one week after course has been booked. If fee is not received within this timeframe then course will be removed from the schedule. If course is cancelled within 5 days of taking place or there were insufficient numbers on the day, the fee will not be refunded.	ALL County mentors must be in attendance from u-14 to senior level	Jan to April	<i>Face to Face</i> A meeting room that can seat large number of people comfortably. Table to hold a laptop/projector – suitable clear wall/screen for projector.

WHO TO CONTACT FOR ABOVE WORKSHOPS:

Development Support, Ph 01 8363156, Email: developmentsupport@lgfa.ie

SECTION THREE

REFEREE EDUCATION

- **Role of a Referee Support Co-ordinator**
- **Referee Education Programme proposed Calendar of Events**
- **Referee Education Programmes available to Clubs and Counties**

Role of Referee Support Co-Ordinator

What is a Referee Support Co-ordinator?

- Co-ordinates referee activities within the County but does not appoint to games

Skills of a Referee Support Co-ordinator:

- A person who is passionate about and committed to the development of Ladies Football Referees within the County
- Must have good communication skills and the ability to positively influence at all levels

Benefits of a Referee Support Co-ordinator:

- Ensure conveyor belt of qualified referees coming through the Ladies Gaelic Football System
- Attract more females into Ladies Football Refereeing
- Increase pool of Ladies Football Referees in the County
- Gain more knowledgeable referees
- Gain potential long term commitment
- Increase retention of referees in Ladies Football
- Increase quality of Ladies Football Referees
- Increase efficiency of Games Programme
- Identifies referees who first priority is to Ladies Gaelic Football and aim to reach the highest level

Roles and Responsibilities:

- Ensure that referees of suitable ability are available to ref all games
- Monitor activity levels of all Ladies Football Referees within the County
- Carry out regular appraisals of referees with referee assessors to identify their individual training needs and advise County Board
- Ensure match officials are appointed to appropriate fixtures e.g. inform appointing personnel when a referee is ready for the next age group
- Report any issues to County Board depending upon the nature of the issue
- Ensure that self-assessments are completed and reports are collected and acted upon
- Support and encourage referees
- Track which leagues/games the referees are being appointed to and have turned down
- Acknowledge and reward referees in the county for their work throughout the year
- Organise Grab your Whistle Courses on annual basis and referee assessor training when required
- Assign experienced referees or buddies to new referees
- Liaise with development officer to organise blitzes for new referees to gain experience
- Select referees to do annual refresher courses based on experience etc.
- Nominate suitable referees to progress onto Accelerate referee course at Provincial Level
- Record database of referees who complete programmes

REFEREE EDUCATION PROGRAMME **PROPOSED** CALENDAR OF EVENTS

Resource	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Grab your Whistle Go Games Referee Course												
Grab your Whistle Youth Course												
Grab your Whistle Adult Course												
Grab your Whistle Refresher Course												

LGFA REFEREE EDUCATION PROGRAMMES available to Clubs and Counties

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When to Organise	Venue/ Equipment
<p>Grab your Whistle</p> <p>Go-Games Course</p>	<p>Available to Counties running Go-Games and using the Go-Games model.</p> <p>To recruit and train new referees to officiate at Go-Games.</p> <p>On completion of the course the referee will be qualified to referee up to under 12 Go-Games</p>	<p>Course participants must be 15 years and over.</p>	<p><i>Face to Face</i></p> <p>Course is maximum 2 hours in duration which can be held during day or over an evening.</p> <p><i>Online</i></p> <p>Course is maximum 2 hours in duration which can be held during day or over an evening.</p>	<p>€100 Fee</p> <p>Fee must be paid in full 10 days prior to session taking place. If fee is not received within this timeframe then course will be removed from the schedule.</p> <p>If course is cancelled within 5 days of taking place or there were insufficient numbers on the day, the fee will not be refunded.</p>	<p>15 min/ 24 max</p> <p>Please note participants will need to complete a Sport Ireland registration form and then register on GAA eLearning platform to enable enrolment on the online course.</p> <p>A coach developer has the authority to cancel a course should they deem an insufficient number of people have signed up for the course. In addition, they are under no obligation to deliver the course if the minimum number of participants is not present on the day as expected.</p>	<p>Jan to June Sept- Oct</p>	<p><i>Face to Face</i></p> <p>A meeting room that can seat large number of people comfortably. Table to hold a laptop/projector – suitable clear wall/screen for projector</p> <p><i>Webinar</i></p> <p>All participants with access to a laptop/PC and strong Wi-Fi</p>

LGFA REFEREE EDUCATION PROGRAMMES available to Counties

Resource/ Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When to Organise	Venue/ Equipment
GYW Youth Referee Course	To recruit and train new referees with a specific emphasis on females. On completion of the course the referee will be qualified to referee competitive club football at juvenile level (U12-16) depending on the age of the referee.	Course participants must be 17 years and over.	<p>All participants are aware of the following:</p> <p><i>Face to Face Course</i> consists of:</p> <ul style="list-style-type: none"> - One x 6 hour contact day - Online rules test <p>Online Course consists of:</p> <ul style="list-style-type: none"> - Two x 2 hour webinars - Online rules test <p>Participants must complete the FULL course to get certification</p>	<p>€200 Fee</p> <p>Fee must be paid in full 10 days prior to session taking place. If fee is not received within this timeframe then course will be removed from the schedule.</p> <p>If course is cancelled within 5 days of taking place or there were insufficient numbers on the day, the fee will not be refunded.</p>	<p>12 min 24 max</p> <p>Please note participants will need to complete a Sport Ireland registration form and then register on GAA eLearning platform to enable enrolment on the online course.</p> <p>A tutor has the authority to cancel a course should they deem an insufficient number of people have signed up for the course. In addition, they are under no obligation to deliver the course if the minimum number of participants is not present on the day as expected</p>	<p>Feb to Oct</p> <p>The County must:</p> <ul style="list-style-type: none"> - sign up to the referee aftercare programme - as part of this commit to organise a blitz or assign the referee to games as soon as possible following the course <p>provide a county pack on to all participants to contain the following: county referee contact, competition rules, sample report card and any other information you feel important.</p>	<p><i>Face to Face</i></p> <p>A meeting room that can seat large number of people comfortably. Table to hold a laptop/projector – suitable clear wall/screen for projector</p> <p><i>Webinar</i></p> <p>All participants with access to a laptop/PC and strong Wi-Fi</p>

LGFA REFEREE EDUCATION PROGRAMMES available to Counties

Resource/ Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When to Organise	Venue/ Equipment
GYW Adult Referee Course	To recruit and train referees with a specific emphasis on females or referees progressing from the youth course. On completion of the course the referee will be qualified to referee competitive club football at adult and juvenile level.	Course participants must be 18 years and over.	<p>All participants are aware of the following:</p> <ul style="list-style-type: none"> • Course consists of: <ul style="list-style-type: none"> - One x 6 hour contact day - 5 x Online Self-Led Modules - Online rules test <p>Participants must complete the FULL course to get certification</p>	<p>€200 Fee</p> <p>Fee must be paid in full 10 days prior to session taking place. If fee is not received within this timeframe then course will be removed from the schedule.</p> <p>If course is cancelled within 5 days of taking place or there were insufficient numbers on the day, the fee will not be refunded.</p>	<p>12 min 25 max</p> <p>Please note the tutor will make contact with the course organiser 3 days in advance of the course to confirm numbers and names of personnel attending.</p> <p>A tutor has the authority to cancel a course should they deem an insufficient number of people have signed up for the course.</p> <p>In addition, the Tutor is under no obligation to deliver the course if the minimum number of participants is not present on the day as expected.</p>	<p>Feb to Oct</p> <p>The County must:</p> <ul style="list-style-type: none"> - sign up to the referee aftercare programme - as part of this commit to organise a blitz or assign the referee to games as soon as possible following the course <p>provide a county pack on to all participants to contain the following: county referee contact, competition rules, sample report card and any other information you feel important.</p>	<p><i>Face to Face</i></p> <p>A meeting room that can seat large number of people comfortably. Table to hold a laptop/projector – suitable clear wall/screen for projector</p> <p><i>Webinar</i></p> <p>All participants with access to a laptop/PC and strong Wi-Fi</p>

LGFA REFEREE EDUCATION PROGRAMMES available to Counties

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When to Organise	Venue/ Equipment
GYW Annual Referee Refresher Course	All participants must have COMPLETED the LGFA Grab Your Whistle Youth or Adult course or have refereed for a minimum of 5 years.	Course participants must be 18 years and over.	2 Hours and can be online or face to face Complete online rules assessment	€150 Fee Fee must be paid one week after course has been booked. If fee is not received within this timeframe then course will be removed from the schedule. If course is cancelled within 5 days of taking place or there were insufficient numbers on the day, the fee will not be refunded.	Minimum numbers required for course are 12. Maximum numbers for online course is 23 with maximum for face to face being 30 Please note participants will need to complete a Sport Ireland registration form and then register on GAA eLearning platform to complete rules assessment and safeguarding. A tutor has the authority to cancel a course should they deem an insufficient number of people have signed up for the course. In addition, they are under no obligation to deliver the course if the minimum number of participants is not present on the day as expected	Jan to May	<i>Face to Face</i> A meeting room that can seat large number of people comfortably. Table to hold a laptop/projector – suitable clear wall/screen for projector <i>Webinar</i> All participants with access to a laptop/PC and strong Wi-Fi

WHO TO CONTACT FOR ABOVE WORKSHOPS: **Development Support, Ph 01 8363156, Email: developmentssupport@lgfa.ie**

SECTION FOUR

**PROMOTION
OF
COACH AND REFEREE
EDUCATION PROGRAMMES**

- **Things to consider when organising courses**

THINGS TO CONSIDER WHEN ORGANISING COURSES

Picking a Date:

- When picking a date make sure to check that there are no other activities or events on that day that would stop possible coaches/referees from attending.

Promoting Courses:

- Contact your county secretary and get a list of all official club email addresses and/or telephone numbers.
- Announce at your county board meeting the date of the course giving plenty of notice and give details for booking places.
- Follow up county board meeting with an email to all clubs giving them at least 1 months' notice of the course. In the email state that places will be allocated on a first come first served basis and that places will only be confirmed on receipt of payment. When clubs pay for a course they are going to turn up for it!!
- Put information up on your Club/County / Provincial / National Websites and social media pages.
- If numbers are poor two weeks prior to the course email all clubs again to remind them. If this does not work try sending a text message. Feel free to contact neighbouring counties.
- Setting a date for a course and announcing it at your county board meeting is not sufficient to get the word out to the public as often information from county board meetings might not get back to the people who need to hear it. Do whatever you can to make sure people hear about the course in time.
- In the unlikely event that you cannot get the required number of participants for a course make sure to notify LGFA minimum 5 working days before the date of the course, otherwise you will lose your deposit.

After a Course:

- Counties should ensure they receive list of participants that completed every course and keep on file.

WHO TO CONTACT FOR ALL COACHING & REFEREE COURSES:

Katie O'Donoghue, Ph 01 8363156, Email:
developmentsupport@lgfa.ie

SECTION FIVE

OTHER LGFA

PROGRAMMES / INITIATIVES

- **Volunteer Recruitment & Retention Workshop**
- **TY/AS Programme**
- **TEACH**
- **Gaelic4Girls**
- **Gaelic4Mothers&Others**
- **Gaelic4Teens**
- **Club2Gether**
- **BUA**
- **Female Leadership Programmes**

OTHER PROGRAMMES

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When Organise	Venue/ Equipment
Volunteer Recruitment and Retention Workshop	<p>A workshop to assist clubs with techniques on how to recruit, retain and reward volunteers in their club</p> <p>This workshop is also recorded and available to watch at any time on the LGFA YouTube Channel under the 'LGFA Club Development' webinar series or click HERE</p>	All club executives	Approximately 2 hours and can be face to face or online	<p>€150 Fee</p> <p>Fee must be paid in full 10 days prior to session taking place. If fee is not received within this timeframe then course will be removed from the schedule.</p> <p>If course is cancelled within 5 days of taking place or there were insufficient numbers on the day, the fee will not be refunded.</p>	50% of clubs need to be in attendance	Feb to April	<p><i>Face to Face</i></p> <p>A meeting room that can seat large number of people comfortably. Table to hold a laptop/projector – suitable clear wall/screen for projector</p> <p><i>Webinar</i></p> <p>All participants with access to a laptop/PC and strong Wi-Fi</p>

WHO TO CONTACT FOR ABOVE WORKSHOP: **Development Support, Ph 01 8363156, Email: developmentsupport@lgfa.ie**

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When Organise	Venue/ Equipment
TY/AS Programme	<p>Upon completion of the LGFA TY/AS Programme students will have:</p> <ul style="list-style-type: none"> - Developed personal skills particularly in the areas of coaching and refereeing of Ladies football. - Created links with key partners in the community during the event planning module, therefore preparing them for their role as responsible members of society. 	TY Students interested in this area	<p>Two formats:</p> <p><i>Face to Face</i></p> <ul style="list-style-type: none"> - one full day incorporating GYW Go Games and Ready Steady Coach plus event mgt - one event day organized by students <p><i>Online</i></p> <ul style="list-style-type: none"> - Can organise a 2 hour GYW Go Games or 2 hour Ready Steady Coach 	The cost of this programme is €10/£10 per student.	<p>Minimum number of 12 students and the maximum of 20 apply for this programme, boys and girls.</p> <p>The Tutor is under no obligation to deliver the course unless the minimum number is in attendance.</p>	Any time during school term	<p><i>Face to Face</i></p> <p>A meeting room that can seat 20+ people comfortably and an area to provide refreshments. Access to indoor hall for practical element</p> <p><i>Webinar</i></p> <p>All participants with access to a laptop/PC and strong Wi-Fi</p>
TEACH Programme	This workshop provides training and support to teachers in relation to creating a positive environment for all players in a school setting, develop an understanding of the main rule differences between men's and ladies football and also develop an understanding on how to promote and develop technique or coach the main skills associated with Ladies Football	<p>All primary or post primary teachers who are:</p> <ul style="list-style-type: none"> - Interested or currently involved with helping, coaching or setting up a Gaelic Football team - Interested in coaching ladies football or using I activities for PE Classes <p>No previous background in Gaelic games required!</p>	<p>Approximately 2.5 hours face to face</p> <p><i>May also be delivered as webinar</i></p>	<p>€150 Fee</p> <p>10 Euro per person</p>	<p>Minimum of 12</p> <p>Maximum of 25</p>	<p>Jan June</p> <p>Sept - Nov</p>	<p>A meeting room that can seat 20+ people comfortably and sports hall for practical.</p>



What is Gaelic4Girls (G4G)?

G4G is an 10-week programme incorporating coaching sessions with fun non-competitive blitzes aimed at increasing participation in Ladies Gaelic Football. 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.

What are the aims of the Gaelic4Girls Programme?

- To increase the numbers of girls playing Ladies Gaelic football in a club
- To provide a fun, 10-week programme of Ladies Gaelic Football activities to attract girls aged 8-12 to the club
- To support a club in increasing their number of players, and integrate those new players into existing teams
- To develop athletic and social skills for girls in a safe and nurturing environment

What are the benefits of running Gaelic4Girls in a Club?

- Participation levels will be increased
- Free training will be provided to the Coaches and Co-ordinator in the club
- Resources will be provided to the club to market and advertise the programme
- Access to online webinar to provide information to parents
- There is the potential for your club to become a more vibrant, active part of the local community through enhanced participation

What clubs may apply for the G4G 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.

What does the G4G programme entail for a Club if their application is successful?

- The club must be able to provide a co-ordinator and a minimum of 1 coach per 8 participants to run the programme. Minimum of 2 coaches per programme.
- All the G4G coaches and co-ordinators must attend online training modules.
- The club must be willing to welcome ALL new members.
- The coordinators will be provided with marketing materials e.g. flyers, posters and the club must use this material to promote the programme in the schools and elsewhere.
- 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 club will then have integrated training sessions of all players with the above teams, as a means of integrating the G4G participants into the Club.
- Your club will have the option of attending a cluster blitz day in the weeks following the roll out of the 10-week programme.
- The 10-week Programme will cost €12/£12 per player to cover the cost of promotional material and a programme specific jersey for each G4G participant.
- Clubs are recommended to participate in a Ready Steady Coach workshop during the programme. This workshop is aimed at providing support and assistance to new volunteers interested in helping with coaching or running a team within the club. It is a 2 ½ hour course that can be watched online.
- The club must monitor the integration of the G4G participants and ensure all those who want to continue to play Ladies Gaelic Football are registered and looked after.



What is Gaelic4Mothers&Others?

- Initiated by the Ladies Gaelic Football Association to introduce mothers and other women to playing Ladies Gaelic Football.
- Allows women to play Ladies Gaelic Football in a fun, non-competitive and social environment.
- Provides an opportunity for women to get their recommended weekly exercise in a fun way while meeting other women in the area.
- Being a Mother is not a necessity but participants must be 25+ and not currently playing competitively with a club team.

Structure of the Programme

- Following the sample session, 1 session every week for 1 hour
- Introduce women to the basic skills of Ladies Gaelic Football through fun games and drills
- At the end of the 6 weeks the site can hold a small blitz for the group and if possible, invite other Gaelic4Mothers&Others sites in for small sided non-competitive games
- Provincial and National Blitzes held throughout the year
- It's recommended to run a sample practice session to establish interest and hopefully continue to play/train after by registering as a G4M&O member of the association
- If after the sample session the participants want to continue with the training it is advisable that the club try to accommodate them in terms of a playing facility and access to equipment and provision of a coach
- Some of those who may not be interested in continuing may like to get involved in assisting to coach or become an administrator in the club and therefore the club should look at finding them a meaningful role. A 'Ready Steady Coach Programme' can be organised in the club through the LGFA Office to assist with this
- After the sample session, it is the club's responsibility to continue running the initiative. All players must register as official members of the Ladies Gaelic Football Association through their club registrar. They do not need to pay into the injury fund however all participants must have personal insurance cover. Cost to be a registered G4M&O member is €12.



What is Gaelic4Teens?

Gaelic4Teens is a participation-based initiative run over 8 weeks aimed at increasing the retention rate of teenage girls aged 13-17 years in clubs. It is essential to create a clear player pathway in every club and it is vital that all clubs invest time in recruiting and retaining teenage girls in their structures. Through the Gaelic4Teens initiative clubs are provided with a new and fun avenue to retain these players usually subject to an increased level of dropout.

What are the aims of the Gaelic4Teens Programme?

- To increase the retention rates of teenage girls playing Ladies Gaelic football in a club
- To provide a unique programme of Ladies Gaelic Football activities to attract girls aged 13-17 years
- To educate coaches in relation to the needs and interests of teenage girls in sport
- To develop athletic and social skills for girls in a safe and nurturing environment

What are the benefits of running Gaelic4Teens in a Club?

- **FREE** training will be provided to the Coaches and Co-ordinator of the Club
- Resources will be provided to the Club to market and advertise the Programme
- Coaching structures across the teams of this age group in the club will be improved
- Each club will receive a guest coaching session from a Gaelic4Teens Ambassador or County Player
- Clubs will be invited to attend National Gaelic4Teens Day

What clubs may apply for the programme?

Any club interested in putting emphasis on this age group, 13-17 years, and enthusiastic about ensuring the correct structures are in place in their club to recruit and retain these players.

What does the Gaelic4Teens programme entail for a Club if their application is successful?

- Each club must identify a minimum of 3 coaches and 1 co-ordinator. One of these coaches must be involved with the Under 16 club team for the coming year while another must be involved with the U14 and/or U18 team for the coming year
- These coaches and co-ordinator **must** attend the online 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
- The programme involves training webinars covering various topics that will assist the club coaches to ensure their coaching styles are the required styles to retain this 15-17 years age group and will also provide theory to ensure coaches can provide the adequate support
- The coaches will have to roll out specific Gaelic4Teens sessions, which will be provided, between training days
- The club will welcome a Gaelic4Teens ambassador or County Player for a guest coaching session to see the theory in action
- All clubs will have the opportunity to upskill coach observers for their club
- The programme is free but commitment is essential



What is Club2Gether?

Club2Gether is a LGFA club development initiative aimed at strengthening club structures. This initiative focuses on developing areas such as volunteer recruitment and retention, governance and officer training, sponsorship and fundraising, games development as well as planning for the future to ensure sustainable structures are in place going forward.

What are the aims of the Club2Gether Programme?

- To support a Club in developing their structures from playing to administration level
- To assist struggling or developing clubs to build solid foundations for the future
- To provide high quality role specific training for administrators and coaches in clubs
- To increase recruitment and retention rates of volunteers and players.

What are the benefits of running Club2Gether in a Club?

- **FREE** training will be provided to officers and coaches in the Club
- Resources will be provided to the Club to assist with building sustainable structures
- Clubs will have access to training to put a 2-year plan in place
- Increase in retention rates of volunteers in a club
- There is the potential for a club to become a more vibrant, active part of the local community.

What clubs may apply for the programme?

- a. A **Struggling** Club – an already registered LGFA Club who are struggling and can show evidence that want to improve their structures.
Or
- b. An **Established** Club – an already registered LGFA Club who wants to improve structures and can show evidence of this.
Or
- c. **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 can be put in place.

What does the Club2Gether programme entail for a Club if their application is successful?

- All officers of the club committee **must** be willing to commit to attend the online training dates provided
- All clubs **must** attend the training dates and this training is only provided to successful clubs
- The club must be open to improving their structures and welcoming all new members
- The programme involves training sessions covering various topics that will assist the club to improve and strengthen their structures.
- There will be a number of basic tasks to be completed by the club between sessions
- The club must monitor their progress through completion of a logbook
- The programme is free but commitment is essential

LGFA TY/AS Programme

The LGFA is committed to developing a TY/AS programme that will prepare students for “eventual roles as players, coaches, and administrators in the future”. The association is committed to “building leadership, teamwork and networking skills” into the TY/AS programme.

The LGFA TY/AS programme is reflective of many of the aims of the TY/AS Curriculum and through it the students will gain lifelong skills transferable to many aspects of academic and social situations both inside and outside the school.

Aims of the LGFA TY/AS programme:

Upon completion of the LGFA TY/AS Programme students will have:

- Developed personal skills particularly in the areas of coaching and refereeing of Ladies football.
- Created links with key partners in the community during the event planning module, therefore preparing them for their role as responsible members of society.

LGFA TY/AS Programme Content:

Day 1 Training Day Full School Day

- Basics of Coaching
- Basics of Refereeing
- Event Management training
- Event Planning – important the teacher is in attendance at this point

Day 2 Event Day (10am -1.00pm- event dependent)

- The students will utilise their skills developed in Day 1 to host an event in the school for one of the two groups listed below. Working in groups they will organise the event in all areas such as promotion- pre and post event, coaching and refereeing.

Day 2 can be organised in conjunction with the following group:

- Local Primary Schools in the catchment area (5th/6th Class Girls)
- 1st year female students in the school and/or surrounding schools

We also now have GYW Go Games or Ready Steady Coach available as two-hour online sessions for schools.

LGFA TY/AS Programme

Benefits of LGFA TY/AS Programme to the School:

- Provision of a TY programme that develops more than just sporting skills but also develops planning, teamwork and leadership qualities.
- This programme provides an opportunity for the school to forge strong sustainable links with the local Primary schools and LGFA clubs in the area.
- Through the programme the students will receive training in event management that can be utilised by the school for other programmes: e.g. Sports day, awards ceremonies, open days etc.

Benefits of LGFA/AS Programme to the Students:

- Each student who completes the 2-day programme will receive an LGFA TY/AS Certificate.
- The student will be provided with basic training in the areas of coaching, refereeing, and event management
- Students will be qualified to officiate at Go Games Level in LGFA, the first step in the LGFA refereeing pathway.
- Students completing just Grab Your Whistle Go Games or Ready Steady Coach will just be certified for that course

Cost of the Programme:

- The cost of this programme is €10/£10 per student.

Numbers per Programme:

- A minimum number of 12 students and the maximum of 20 apply for this programme, boys and girls.
- The Tutor is under no obligation to deliver Day 1 of the course unless the minimum number is in attendance.

For more information on the TY/AS programme contact your Provincial Development Officer

(Contact Details supplied at end of handbook)



What is the BUA Programme?

'BUA' is a self-development initiative aimed at supporting young people in the LGFA to develop leadership skills and qualities to benefit their local communities. Aimed at females aged 16-19 years of age, 'BUA' is conducted through expert-led workshops and self-reflection, before participants put their enhanced leadership skills into practice through a club action project.

Who can apply?

Young Females aged 16-19 years that want to improve their leadership skills and ensure there are strong foundations in place to build on for future years.

What will participants learn?

Selected participants will engage in learning covering topics essential for young people, including resilience, dealing with change, building trust and respect, conflict resolution, problem solving, project planning and delegation as well as some LGFA specific topics including introductions to coaching, officiating and administration.

What is the structure of the BUA Programme?

The participants will attend five leadership training sessions remotely and there will be two LGFA specific modules between each leadership session that participants can choose from depending on their area of interest.

How can participants apply?

Applications will open annually on the LGFA website and participants can complete the online application form. Participants must also include details of a mentor they can link with from their club throughout their journey.



What are the Female Leadership Programmes available?

The LGFA organised the first national female leadership programme 'Learn to Lead' in 2019 and this was followed by the introduction of four Leading Provincial Females programmes in 2021 across Connacht, Munster, Leinster and Ulster.

What is the Learn to Lead Programme?

The Learn to Lead Programme was devised to develop the next generation of female leaders within Ladies Gaelic Football. The course is delivered over 12 months by experts in the fields of coaching, officiating, administration/governance and PR/Media. 24 participants aged 18+ are chosen in to participate, 6 in each strand and they attend four core leadership days and six strand specific evenings. Participants have access to mentors throughout their journey and can meet and listen to special guests during the sessions. The interactive programme is designed to provide people with the skills and insights they need to develop a leadership style that will allow them to reach their potential.

What is the Leading Provincial Females Programme?

The Leading Provincial Females programme is designed for females aged 18+ interested in developing personally and also leading teams potentially through their role in LGFA or GAA. There are four programmes that run consecutively – one in Connacht, Leinster, Ulster and Munster. All participants will attend two days, one at start and one at end of programme, which will examine their leadership skills. They must also attend a mid-point evening session again focusing on their leadership skills. Finally, participants must complete at least two modules from themes across the four strands of coaching, officiating, administration and PR/Media between each of those dates, minimum four in total. Participants may attend more than four modules in total if they wish but it is a minimum of two between each date.

What are the benefits of these programmes?

There are many benefits of getting involved from getting a taste of all strands at provincial level through to specialising in a strand for the national programme. Participants can engage with like-minded future leaders in Gaelic Games, gain an insight and understanding of their own leadership style and will receive training and advice from experienced leadership trainers. These programmes are advertised every two years.

SECTION SIX

Player Development Programme

....Widening The Net



What is the LGFA Player Development Programme?

- An Inclusive programme for all players, focusing on a wide range of abilities
- An opportunity for players to develop individually, with different players, learn new skills, and develop the fundamental skills in a positive and safe environment
- An opportunity for all Counties to enhance their process of player development
- An opportunity for coach development and networking within a County
- Promotion of a non-competitive enjoyable environment prioritising the involvement of all players

Player Development Programme



- No trials or selection/de-selection process – Regional programme to encourage greater participation i.e. North, South etc.
- U13 & U15 Provincial/Regional Festival Days will be entirely non-competitive
- There will be trophy, plate, cup and shield finals for U17 National Festival Day

What are the benefits of the LGFA Player Development Programme?



Format of the LGFA Player Development Programme



What are the Key Considerations for a County?



What are the Structures Associated with Each Age Group?

U13 & U15 Player Development Programme

- **Regionalised** County Based programme
- **Number of Sessions**
 - Quality over Quantity
 - **Min. 6 / max 8** sessions in total over the calendar year – do not need to be concurrent
 - Need to be creative when planning content for same to ensure cater for all key areas of development every time come in contact with players
- **Time of year**
 - To be decided by County in order to
 - Not disrupt club fixtures, maximise club participation and not coincide with other development initiatives
 - Tie in with Provincial/Regional Player Development Programme Festival Day
- **Who can attend?**
 - Open invite / Inclusive based on County capacity for coach / player ratio (min 1:8/max 1:12)
 - The capacity should be set according to County resources, however should **not** involve a selection process i.e. trials. PDP should aim to have representation from all clubs i.e. clubs to nominate X number of player each according to number of coaches available.
 - Clubs should also be encouraged/requested to send in 1 mentor which will
 - Increase capacity
 - Be a mechanism for coach development and collaboration within the County!
- **Playing Opportunities**
 - At least one Provincial/Regional PDP Festival Day for each age grade will be organised by the Provincial Development Officer
 - The PDP Festival Day will be open to all players participating on the programme. No de-selecting of players permitted.
 - Festival Day will maximise number of teams on the day by utilising different game formats if required i.e. 9v9, 11v11. This will assist with player and coach development
 - The LGFA recommend a maximum of 3 other playing opportunities at U13/U15/U17 level outside what has been outlined.
A playing opportunity is defined as a non-competitive event involving 1 host County inviting no more than 3 additional Counties.
 - If a Province organises additional Festival Days on a regional basis for an age grade then this is deemed as one playing opportunity i.e. if County attends two regional festivals days organised by the Province then this means County can only host or attend a further two playing opportunities. Important how this is planned as Counties must keep within the max. 8 coaching sessions per calendar year.

What are the Structures Associated with Each Age Group?

U17 Player Development Programme

- **Regionalised** County Based Programme
- **Sessions:**
 - **Min. 6 / max 8** sessions in total - do not need to be concurrent
- **Time of year**
 - To be decided by County in order to not disrupt club fixtures, maximise club participation and not coincide with other development initiatives
- **Who can attend?**
 - Open invite / Inclusive based on County capacity for coach / player ratio (min 1:8/max 1:12.)
 - The capacity should be set according to County resources, however should **not** involve a selection process i.e. trials and should aim to have representation from all clubs i.e. clubs to nominate X number of player each according to number of coaches available.
 - Clubs should also be encouraged/requested to send in 1 mentor which will
 - Increase capacity
 - Be a mechanism for coach development and collaboration within the County!
- **Playing Opportunities**
 - Competition element to remain in place. Competition is to act a 'yardstick to measure improvement' with focus on enhancing player development
 - National U17 Festival Day will be organised at the latter end of the Summer to include coach education element, educational talks for players and players experiencing different game formats.
 - Extra grades may be incorporated to ensure all teams play teams of their own level by end of the day
 - The LGFA recommend a maximum of 3 other playing opportunities at U13/U15/U17 level outside what has been outlined.
A playing opportunity is defined as a non-competitive event involving 1 host County inviting no more than 3 additional Counties.

What Coach Education Support will be provided to Counties?

- LGFA Player Development Programme Provincial planning and educational Workshops
 - Minimum 1 Coaching Workshop will be organised per Province
- Coaching Resources supplied
- Coach Education element to Festival Days
- Reflective coaching element to be included via **Coach Observation Programme**
 - **Training will be provided for max. 3 Coach Observers per County**

IMPORTANT TO NOTE:

- To avoid confusion – titles ‘LGFA Development Academy’ or ‘LGFA Academy Programme’ are now defunct and should not be utilised by Counties
- Counties are permitted to organise **alternative localised activities** to assist with their Inter County preparation at Under 14, 16 and 18 which must be separate to the LGFA Player Development Programme and named as Under 14, 16, 18.
- The LGFA recommend a maximum of 3 other playing opportunities at U13/U15/U17 level outside what has been outlined.
 - *A playing opportunity is defined as a non-competitive event involving 1 host County/Province inviting no more than 3 additional Counties*

FREQUENTLY ASKED QUESTIONS

Can we conduct more than 8 coaching sessions?

- The PDP should not supersede club activity hence maximum eight coaching sessions. Please note, these sessions do not need to run concurrently to ensure tie in with County games programme
- As well as the 8 coaching sessions, Counties can enter a regional/provincial Festival Day as well as opportunity to be involved in three other playing opportunities (a maximum of 12 contact days)

What is a 'Playing Opportunity' defined as?

- A playing opportunity is defined as a non-competitive event involving 1 host County inviting no more than 3 additional Counties

What if we are unable to plan our coaching sessions to tie in with the Regional / Provincial Festival Days arranged?

- Each County are permitted to participate in an additional three playing opportunities per age group. This will provide flexibility for games opportunities if unable to participate in the Regional/Provincial Festival Days

How will we cater for bigger numbers? What if we don't have enough numbers?

- Prior Planning is key. Where numbers are large, the programme should be regionalised within your County
- The County programme should aim to include players from every club in the County, and every club should provide a coach for the County PDP project in turn
- The PDP has the added dimension of Coach Education and it is important to utilise this opportunity to develop coaches within the process
- If numbers are very small, liaise with the Development Team to decide whether appropriate to enter the Festival Day. This should not impact on coaching sessions

What if we have very big numbers? Do we bring everyone to each Festival Day?

- The development team in your Province will monitor the numbers attending your sessions and will plan the regional or Provincial days accordingly to ensure everyone gets opportunity to be involved
- There should be no selection or de-selection of players unless players commitment to the programme is not what it should be i.e. players only attends 20% of total sessions
- The three playing opportunities will also allow Counties to be flexible in ensuring every player gets meaningful playing time

With the big numbers, will this mean reduced playing time at the Festival days?

- No we aim to provide at least 80 minutes football for each team involved. Providing players with as much playing time will be a priority when planning the festival days

Can we conduct any other U13/15/17 activity outside PDP Project?

- No, the only County activity permitted and sanctioned is the PDP for these age groups
- Development activities organised for age groups lower than U13 i.e. U11/U12 are no longer permitted and this time should be devoted to more club blitzes etc. to provide more football for all players

What sanctions are in place if a County breach the PDP Project guidelines? What is a breach?

- A sanction of €500 per breach will apply to each County e.g. a County conducts more than 8 coaching sessions at this age group for the PDP Project

If a County wants to organise additional playing opportunities, how do we go about this?

- A County may host a maximum of three Counties for a PDP Festival Day
- Email William Harmon – william.harmon@lgfa.ie in advance of the planned festival day to get permission

Are Provinces permitted to organise development leagues for U13, 15 and U17?

- No, the only game opportunities are what are outlined via the PDP.
- Provinces may organise more than one Provincial/Regional Festival Day but this would be deemed as a playing opportunity for the counties that participate i.e. if County attends two regional festivals days organised by the Province then this means County can only host or attend a further two playing opportunities. Important how this is planned as Counties must keep within the max. 8 coaching sessions per calendar year.

What if we want to commence preparation early for our U14/16/U18 County Teams?

- The PDP project does not impinge on County Team Preparation
- If Counties want to hold trials, select players, organise subsequent training activities and challenge games etc. for these county age grades (Under 14,16,18) then this is permitted once the promotion of same is separate to PDP Project and named at those age grades.
- The titles 'Academy' or 'Development Squad' are no longer permitted so important the above activity reflects the purpose of same i.e. when requesting permission for challenge games, it must be requested as U14/U16/U18 Inter County Preparation
- No alternative U13/15/U17 County activity is permitted outside PDP

What if a County does not want to participate in the PDP Project?

- It is a counties decision whether or not they organise a County PDP. Counties may run a PDP for selected age groups i.e. U13 only
- If Counties organise County Team Preparation and no Player Development Programme, then the title of the above must still be in keeping with the purpose of the exercise i.e. U14/U16/U18 County Team Preparation
- The title of the activity is important to ensure that all stakeholders (players, coaches, clubs etc) have full understanding of the objective of the activity

SECTION SEVEN

ADDITIONAL RESOURCES

- **Developing club/school links**
- **Setting up a new club**
- **Developing better club structures**
- **Club Development Questionnaire**
- **GO Games**
- **Mini Games**
- **Blitzes**
- **Cúl Camps**

Toolkit for Making Strong Club-School Links

Background

LGFA has developed a recognition programme for club-school links, enabling clubs and schools to formalise the excellent work they are already doing and supporting them to develop further opportunities.

Benefits

Each club-school link will be different; as a result each individual link will provide the schools, clubs and young people with numerous benefits. Listed below are some benefits:

For Schools	For Clubs	For Young People
<ul style="list-style-type: none">• More active, healthier students• Raised school profile in the community• Increased funding opportunities• Support for school & teachers- Training, Lesson plans, sports days, school teams, facilities and equipment	<ul style="list-style-type: none">• Raise club profile in community• Increase participation in the club• Increase the potential to recruit & develop young leaders and volunteers• Potential access to school facilities and equipment• Funding opportunities	<ul style="list-style-type: none">• Increase opportunity to play in local community• More active & Healthier• Personal development whether as a player or non-player• Increase number of positive experiences e.g Friends, Family, Fun, sense of identity• Lifelong learning skills

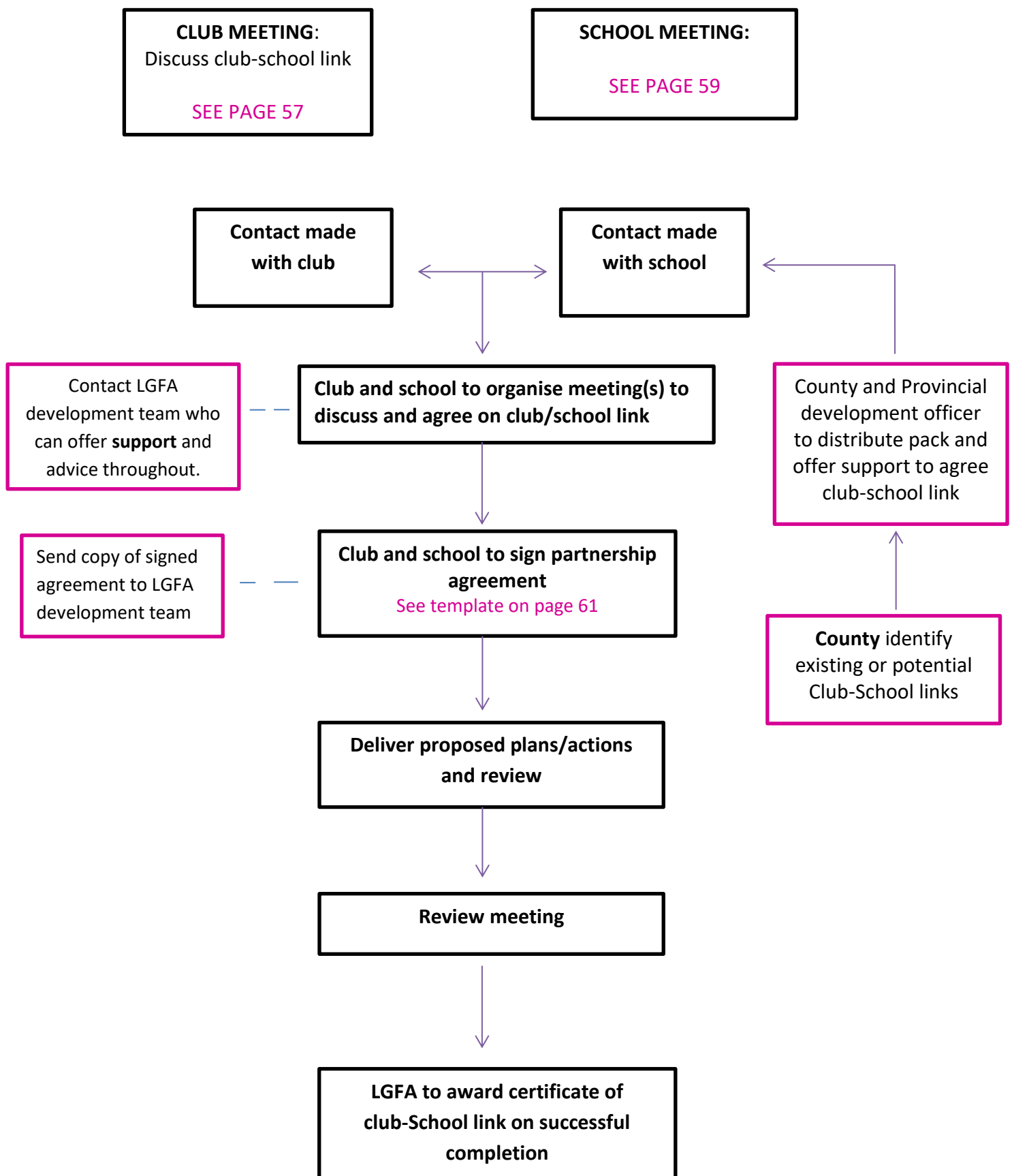
Minimum Standards:

At each level (Bronze/ Silver/ Gold) the school and club will be required to adhere to the minimum standards (basic requirements) to be awarded the LGFA development Club-school link certification.

At all levels, clubs and schools may wish to add additional elements from the examples listed below (this is not exhaustive list):

Club noticeboard in school with club information and promotional material, school use of club facilities, club use of school facilities, offer support to teachers, school teams and transport, develop interschool coaching and/or competition, club open/fun day.

Developing Club-School Link- *Making it happen*



Minimum Standards for Club-School Link

Bronze	Silver	Gold
<p>OUTCOME of Club-School link</p> <ul style="list-style-type: none"> • Communication 2/3 times per year • A signed partnership agreement between club and school • Review at the end of agreed period of the activity including monitoring and evaluation 	<p>OUTCOME of Club-School link</p> <ul style="list-style-type: none"> • Communication 3/4 times per year • Irregular Coaching/taster sessions at school or club provided by club coaches • A signed partnership agreement between club and school • Review at the end of agreed period of the activity including monitoring and evaluation 	<p>OUTCOME of Club-School link</p> <ul style="list-style-type: none"> • Communication 4/5 times per year • A signed partnership agreement between club and school • Regular coaching opportunity on school site provided by club coaches • Review at the end of agreed period of the activity including monitoring and evaluation
<p>CLUB REQUIREMENTS</p> <p>The club should have:</p> <ul style="list-style-type: none"> • LGFA affiliation • A duty of care and child protection • Record kept of new young people joining club as a result of club-school link <p>All coaches and volunteers working with young people should:</p> <ul style="list-style-type: none"> • Have Safeguarding • Be Vetted • Be LGFA qualified 	<p>CLUB REQUIREMENTS</p> <p>The club should have:</p> <ul style="list-style-type: none"> • LGFA affiliation • A duty of care and child protection • Record kept of new young people joining club as a result of club-school link <p>All coaches and volunteers working with young people should:</p> <ul style="list-style-type: none"> • Have Safeguarding • Be Vetted • Be LGFA qualified 	<p>CLUB REQUIREMENTS</p> <p>The club should have:</p> <ul style="list-style-type: none"> • LGFA affiliation • A duty of care and child protection • Coaching plan • Record kept of new young people joining club as a result of club-school link <p>All coaches and volunteers working with young people should:</p> <ul style="list-style-type: none"> • Have Safeguarding • Be Vetted • Be LGFA qualified
<p>SCHOOL REQUIREMENTS</p> <ul style="list-style-type: none"> • Provide a named point of contact within the school • Display posters and promote the club as agreed • Inform club of any policies and procedures specific to their school 	<p>SCHOOL REQUIREMENTS</p> <ul style="list-style-type: none"> • Provide a named point of contact within the school • Display posters and promote the club as agreed • If a coach is coming into school during school time a teacher MUST be present at all times • If practical coaching sessions are taking place, keep attendance record • Inform club of any policies and procedures specific to their school 	<p>SCHOOL REQUIREMENTS</p> <ul style="list-style-type: none"> • At least one teacher should attend min level of coaching • Provide a named point of contact within the school • Display posters and promote the club as agreed • If a coach is coming into school during school time a teacher MUST be present at all times • If practical coaching sessions are taking place, keep attendance record • Inform club of any policies and procedures specific to their school

Additional Resources

1. Step by step guide for club
2. Step by step guide for school
3. Sample letter/email for contacting school
4. Club-School link agreement form
5. Monitor/ record form
6. Sample coaching programme

Step by Step Guide for Club

1. Propose the idea to the club committee

For the link to be effective and sustainable, the club must be committed.

2. Committee meeting

Address key questions-

- Is the club committee interested in setting up a club-school link?
- If the committee is interested, why do you want to develop a link?
- Are there any specific schools you wish to target? This could be for practical reasons e.g. distance between school and club or other reasons e.g. good existing relationships.
- Who from the club will be leading on developing the link? (club-school liaison officer). The effectiveness of the link will be down to the commitment of the people involved. It is suggested that at least 2 people are actively involved in establishing a link.
- What are you able to offer the school? You need to agree what resources, time and personnel if applicable is available to develop and sustain the link. This could be sharing of information so that the school, pupils and parents can easily see what the club has to offer (Noticeboard, posters, flyers, Assembly to talk to the pupils). Another level could be to offer a series of taster sessions or coaching programme at the school.

3. Contact your LGFA development team to inform your intention to set up a club-school link. They may be able to support

4. Contact your targeted schools

- Club can see if they have anyone who works in a school environment within their club (GPO/GDA), this can provide a way into the school.
- Contact the school and ask for the Principal and/or head of PE. It is unlikely that you will get through first time due to the nature of the school day. Leave a message and ask for their email address.
- The club can email or send a letter to school principal and PE/Sports coordinator ([Please see template on page 60](#))

Follow up on contact/email/letter

5. If school interested in setting up a link, arrange a time to meet up and discuss ([Please see school club link agreement template](#))

At least 2 people from school and club should be involved with establishing a link.

- Outline the club work in the community
- Highlight the club youth and coaching programme

There is an opportunity for local ladies football clubs to work with schools to provide quality sporting opportunities for girls in the community.

Discuss ways school and club could work together to meet the needs and provide new and varied opportunities for young people.

Agree contacts from both the school and club

6. Sign a Club-School link agreement

(Please see template)

Signing a formal agreement formalises the link and ensures both the club and school are clear on the expectations set.

7. Put your plan into action

8. Monitor the number of young people joining your club from different schools over the year (Please see template)

This will help to demonstrate the effectiveness of your club-school link

9. Review

Providing the right people:

It is essential to have experienced teachers, coaches, assistants and volunteers who are qualified to work with young people and are keen to improve their expertise. People involved in club-school link needs to be committed, enthusiastic and act as positive role models. They should nurture and value young people by listening to their views and celebrating their successes.

Step by Step Guide for School

1. Propose the idea to the PE coordinator/Principal

For the link to be effective and sustainable, the school must be committed

2. Address key questions at the team meeting:

- Is the team interested in setting up a school-club link?
- If the team is interested, why do we want to develop a link?
- Are there specific clubs you wish to target? This could be for practical reasons e.g. distance between school and club or other reasons e.g. good existing relationships.
- Who from the school will be lead on developing the link? The effectiveness of the link will be down to the commitment of the people involved. It is suggested that at least 2 people are actively involved in establishing a link.

3. Contact your Local LGFA development team

They may be able to offer support and give listing of clubs in your locality and contact details for the club(s).

4. Contact your local Ladies Gaelic Football Club

It is unlikely that you will get through first time as clubs are usually run by volunteers who work in the day. Leave a message and ask them to contact you.
Follow up on contact made.

5. If club is interested in setting up a link, arrange a time to meet up and discuss the plans for link

At least 2 people from school and club should be involved with establishing a link.

Discuss ways school and club could work together to meet the needs and provide new and varied opportunities for young people.

Agree contacts from both the school and club

6. Sign a Club-School link agreement

(Please see template)

Signing a formal agreement formalises the link and ensures both the club and school are clear on the expectations set.

7. Put your plan into action

8. Ask the club to monitor the number of young people joining the club from your school over the year (Please see template)

This will help to demonstrate the effectiveness of your club-school link

9. Review

(Sample E-mail/Letter to School)

A Chara,

I wish to follow up on the phone call I made to you earlier this week in relation to the club-school link and to organise a follow up meeting in relation to same.

Below is confirmation of the details of the meeting and I will make contact with you on the day prior just to make sure all is still ok.

Date:

Time:

Representatives who will visit:

Contact Number:

We look forward to working alongside the school to assist you in whatever way we can to continue the development of physical activity among girls in the area.

Kind Regards

Club – School Link Sample Agreement Form

A club- school link is an agreement between a Ladies Gaelic football club and a school, designed to help both parties further their aims and work together to meet the needs of young people, whether they want to get involved:

- As a player to enjoy and develop their skills
- For social or recreational reasons OR to maintain and develop their fitness
- As a young leader, Coach, Referee or as a club volunteer.

This form sets out commitments that the club and school agree to as part of a club-school link.

	Club	School
Name		
Name of contact & role		
Telephone		
Email		
Level Agreed (Bronze/Silver/ Gold)		
Signature (s)		
Date:	Agreed Review date:	

The school and club agree to contact each other regularly with updates. This agreement will be reviewed on the set date to ensure quality, continued planning and progression.

We recommend that a minimum of 3 ‘ticked’ boxes for both school and club to start a school-club link. Boxes or wording can be amended to meet the school and club needs.

The school agrees to...	Tick	The club agrees to...	Tick
Safeguard all young people (compulsory)	✓	Safeguard all young people, ensure coaches are qualified and vetted (compulsory)	✓
Ensure up to date club information is made available to pupil and promote club within the school (Noticeboard/hand-outs/newsletter)		Provide the school with up to date information and promotional material (e.g Posters, newsletters, flyers, training/activity details)	
Promote opportunities to participate at the club with in the school (see ‘list of ideas’)		Provide new opportunities for students to participate (see ‘list of ideas’)	
Offer Ladies football as a curricular activity to appropriate age groups		Provide Coaching support	
Offer Ladies football as an extra-curricular activity to appropriate age groups		Help to run after school sessions	
Ensure a member of staff is available on school site for extra-curricular activity		Provide CPD opportunities for both students and staff	
Promote opportunities to volunteer at the club within the school (see ‘list of ideas’)		Provide the school with information on volunteering roles and support opportunities in the club	

List of ideas

Please select from the below or any additional ideas you might have and agree actions to deliver.

Club could:

- ☐ Offer use of their facilities
- ☐ Establish a school noticeboard and have up to date information
- ☐ Do a talk in school/at assembly to encourage children to join
- ☐ Provide a fixture list/calendar of events for young people to participate or gain experience as young leaders/volunteers
- ☐ Provide coaches to assist with after school coaching and/or school team
- ☐ Run a club open/fun day at the club for the school
- ☐ Provide the school with equipment to support the delivery of Ladies football in school
- ☐ Provide training for teachers/assistants to deliver sessions confidently
- ☐ Help with the organisation of events, sports days if appropriate

School could

- ☐ Offer use of school facilities
- ☐ Provide space on the school noticeboard and/or website for club to promote itself and activities
- ☐ Advertise the clubs training and competitions
- ☐ Invite club coaches/players to speak at assemblies or PTA meetings
- ☐ Include the club in the planning of an 'open week', have a go activity
- ☐ Provide letters of support for funding applications

	The school will:	The Club Will:
Action 1		
Action 2		
Action 3		
Action 4		
Action 5		

Please send completed club-school link forms to:

vincent.whelan@lgfa.ie

Monitor and Evaluation Form

Record of young people joining club

[illegible]

As part of the monitoring and evaluation process for club school link, please keep a record of all young people joining your club and return to the school at an agreed date.

Useful Links:

Competency chart - Guide to what we should be focusing on and when for our players.

<http://ladiesgaelic.ie/lgfa-hub/coaches/club-player-competencies-chart/>

Sample coaching programmes

Nursery Programme: Under 7

<http://ladiesgaelic.ie/lgfa-hub/clubs/club-nursery-programme/>

Gaelic4Girls programme: Girls 8-12

<https://ladiesgaelic.ie/applications-now-open-for-2020-gaelic4girls-programme/>

Gaelic4Teens Programme: Girls 13-17

<https://ladiesgaelic.ie/lgfa-hub/games-development/gaelic4teens/>

Skill Videos

<http://ladiesgaelic.ie/lgfa-hub/coaches/lgfa-skills-videos/>

Underage Skills logbook:

<http://ladiesgaelic.ie/learn/lgfa-underage-skills-logbook/>

Developing a Better Club Structure!

Step by step guide:

- 1** Identify the club(s) in your County that require assistance regarding requiring 'better club structures'
- 2** Once there is a general agreement, set up a meeting with the club. All members must be in attendance to gain maximum benefit
- 3** Get the club to record where they are **NOW** regarding the following:
 - **Club Officials** List the current number of volunteers involved in the Committee and the role each volunteer plays
 - **Members** How many volunteers does the club have at present?
 - **Schools** Lis the number of schools in the area and identify the number of girls attending
 - **Club/School Link** Establish is there a club/school link at present
 - **Facility** What facilities does the club have at present
 - **Teams** List the number of teams involved in the club at present and numbers of girls/ladies involved in each team
 - **Coaches/helpers** List the number of coaches and helpers associated with each of the teams in the club
 - **Link with the GAA Club** Does the club have an established link with the GAA Section of the club in particular the Bord na nOg section
 - **Finances** What are the clubs finances like at present? Does the club have a sponsor?
- 4** Get club to discuss **WHERE** they want to be in 1 years' time regarding the following:
 - Club Officers (Discuss what key roles within the club are needed)
 - Members
 - School Links
 - Facilities
 - Teams
 - Coaches/Helpers
 - Links with the GAA Club
 - Finances
- 5** Club devises a plan on **HOW** they are going to achieve the above.

Developing a Better Club Structure!

Suggestions:

AGM

- Putting in place new officers
- Prior to AGM, it would be important to head hunt new volunteers as it is vitally important that the club have a good working committee
- All personnel should receive the LGFA Club Officer booklet prior to the AGM in order to understand roles and responsibilities before seeking election
- All officers will receive training at the club officer programme organised by the County Board
- Ensure all officers do the basic code of ethics course
- Ensure the Children's Officer does the required code of ethics training

Open Night

- Everyone welcome to attend
- Have forms available for all parents with info to include name, contact number, would you like to be a part of the club? Is yes, in what capacity would you like to get involved?
- Forms for players will be available also in order to build up a database
- Night should involve parents and players being informed of the aim of the club and where they hope to go and how they hope to achieve it
- In addition, the importance of volunteers and assistance for the club to run efficiently will be highlighted

Launch Club / Registration Night

- Invite distinguished guests and Inter County players to attend the night
- Identify role of the club in the community etc.
- Hold registration on the same night. Ensure all relevant forms are signed
- NO players can play unless registered

Developing a Better Club Structure!

Coaches / Helpers

- Approach personnel to assist with helping out the various teams
- Organise the LGFA Ready, Steady, Coach Programme for persons who will be assisting with coaches for the year ahead
- Coaches who would like more in depth training should attend the LGFA Fundamentals or Level One Coaching courses that will be organised by the County Board during the year

Finances

- Budget the costs for club for the year
- Identify ways of fundraising and approach potential sponsors or identify

Club/School Link

- Could the club appoint a school liaison officer to create a link with the schools in the area?
- Has the club a notice board in the school?
- Does the school participate in Cuman na mBunscoil and could club assist with coaching the teams?

Promotion

- Appoint quality PRO with appropriate skills
- Get information out about the club via posters, newsletters, local media etc.

Initiatives

- Use initiatives such as 'Come and Try it' days or Gaelic4Mothers&Others to try and get people into the club thus creating an interest in same

LADIES GAELIC FOOTBALL CLUB DEVELOPMENT QUESTIONNAIRE

*The (insert county) Ladies Gaelic Football Development Committee are currently
compiling a development plan for (Insert County) Ladies Gaelic Football.*

NAME OF CLUB: _____

	U-10		U-12		U-14		U-16		U-18		ADULT		Non Playing Members	
	Last Yr.	This Yr.	Last Yr.	This Yr.	Last Yr.	This Yr.	Last Yr.	This Yr.	Last Yr.	This Yr.	Last Yr.	This Yr.	Last Yr.	This Yr.
	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
Total Registered Players/Members														
Total ACTIVE Registered Players													n/a	
Total number of mentors involved with each grade (Please highlight where duplication of roles occur)													n/a	

	Chairperson	Secretary	Treasurer	Registrar	PRO	Child Officer
Please tick which Officers are filled in your club at present (Please highlight where duplication of roles occur)						

LADIES GAELIC FOOTBALL CLUB DEVELOPMENT QUESTIONNAIRE

Please number 1 to 5 (5 being the least priority) areas you feel your Club requires immediate assistance with:

Lack of Volunteers involved at an administration level with club	
Club Committee members not understanding roles and responsibilities	
Lack of Volunteers assisting with Coaching teams within club	
Attracting new people into club	
Lack of players at underage level in club	
Lack of players at Adult level in club	
Not enough games provided for underage club teams	
Not enough games provided for Adult club teams	
Fundraising	
Sourcing Sponsorship	
General Club Finance	
Lack of referees within the club	
Standard of Refereeing within the County	
Club Mentors not understanding the Rules of Ladies Football	
Gaining access to facilities for club games/training	
Poor Club/School links	
Not enough Coaching Courses being made available to clubs	
Not enough Referee Courses being made available to clubs	
Promoting club locally and beyond	
Equipment	
Club training and education Opportunities	

Other (Please specify):

Thank you for Co-operation

Go Games



What are Go Games?

'Go Games are specifically modified small-sided versions of Hurling, Camogie, Gaelic Football & Ladies Gaelic Football which have been devised to cater for the development needs of children inclusive in age grades Under 7 to Under 11. Go Games can be played by a club and school. They allow children to have fun, grow, and learn, physically, socially, and psychologically through the medium of Gaelic Games. Go Games are structured to cater for the needs and abilities of all participants.'

- Team under 7 age group shall be a maximum of 7 a side.
- Teams at under 8/9 age groups shall be a maximum of 9 a side.
- Teams under 10/11 age group shall be a maximum of 11 a side.
- At under 12 level, competition may be organised on a league format on the basis that teams should be a maximum of 13 a side. Games should be organised over four quarters and provision shall be made for all members of the team panel to participate in a minimum of one quarter.

Checklist for Go Games

To constitute a Go Game all of the following must be present:

- There is full participation for all players
- Games are organised in a non-competitive way i.e. results are not recorded
- Games are small-sided
- Playing rules are modified to suit the developmental stages of the children
- Playing area is modified
- Playing equipment is modified
- Games are invasion games based on the playing rules of hurling and football

A summary of the Go Games recommended playing rules can be viewed on our website www.ladiesgaelic.ie and any county or club operating in breach of these rules will be subject to disciplinary action under CODA rules.

Central philosophy of Go Games is - to promote full participation and fair play while catering for the developmental needs of the participants.



Go Games Rules Matrix

Go Games forms stage F2 of the Gaelic Games Player Pathway

	Under-7 Go Games 1	Under-8 & 9 Go Games 2	Under-10 & 11 Go Games 3
Team Sizes	Min. 5 v 5 - Max. 7 v 7	Min. 7 v 7 - Max. 9 v 9	Max. 11 v 11
Substitutions	Unlimited – Equal Game Time for All	Unlimited – Equal Game Time for All	Unlimited – Equal Game Time for All
Max. pitch length x width	45 m. x 30 m.	70 m. x 40 m.	100 m. x 50 m.
Max. Goal size	Training Poles: 3m Apart	Training poles or Portable goals: Where available	Portable goals
Ball Size*Suggested	**First Play Ball	Second Play Ball	Third Play Ball
Gaelic Football – In play Rules	Only 1 v 1 Tackling; Allowed carry ball with bounce for 8 steps or 8 seconds. Additional rules can be modified to meet local needs.	One hop & one solo allowed Standard: As per existing rules. Additional rules can be modified to meet local needs.	One hop & one solo allowed Standard: As per existing rules. Additional rules can be modified to meet local needs.
Hurling / Camogie – In play Rules	Only 1 v 1 Tackling / Allowed to crowd on a loose Sliotar; 6 seconds to strike before referee intervenes. Ground Hurling with goalkeeper allowed to lift, catch and strike from hand. No deliberate kicking of Sliotar. Additional rules can be modified to meet local needs.	One touch of ball on hurl permitted. Standard. As per existing rules. Additional rules can be modified to meet local needs.	One touch of ball on hurl permitted. Standard. As per existing rules. Additional rules can be modified to meet local needs.
Game Duration (during training session, blitz, festival)	10-minute blocks up to 40 Minutes	10-minute blocks up to 50 Minutes	20-minute Blocks up to 60 Minutes
Restarts	Side-line free from halfway to team that concedes score. Puck/Kick outs from the hand	Side-line free from halfway to team that concedes score. Puck/Kick outs from the hand	Puck/Kick outs from the hand
Frees & Side-lines Hurling & Camogie	All taken off ground. Players 10m away. Player fouled or nearest player to take	Frees/65's - Strike from the hand or lift and strike. Side-lines taken off the ground. Player fouled or nearest player to take all. Players must be 10m away from player taking.	Frees/65's/ Side-lines – Normal rules. Players must be 10m away from player taking.
Frees and Side-lines Football	All taken from the hands. Players 10m away. Player fouled or nearest player to take	All taken from the hands. Players 10m away. Player fouled or nearest player to take	Frees/65's/ Side-lines – Normal rules. Players must be 10m away from player taking.
Festivals per year (One or both codes)	(Not blitz weeks): Max. 4 (Hosting or travelling)	(Not blitz weeks): Max. 4 (Hosting or travelling)	(Not blitz weeks): Max. (Hosting or travelling)
Blitz / Festival Referee	*Certified Coach or Go Games Referee	*Certified Coach or Go Games Referee	*Certified Go Games Referee only
All blitzes and festivals need to be approved in advanced of being played. Where a festival takes place the week of a blitz (i.e., the co. Go Games programmes), the club is only permitted to participate in the blitz. For festivals (one-off events), an officer from the host club with a @lgfa.ie email address can apply to county board.			
<ul style="list-style-type: none"> A blitz or a festival must include a minimum of three teams Where teams numbers are uneven, players from opposing teams can be mixed, play "fly-goalie", change at half-time, etc. No scores recorded as there is no seeding, grading, promotion, relegation etc. Where team sizes are smaller to the max. stated, pitch sizes can be reduced relative to this. There are no knock-out rounds (e.g., semi-finals, finals) in any type of Go Games. There are no cups or trophies to be presented to any teams playing Go Games. Where prizes (e.g., medals, certificates etc.) are being given out, every child participating should receive the same. 			

Mini Games

What are mini games?

Mini games are organised at half time in matches to allow juveniles perform an exhibition of their skills and provide an opportunity for them to perform in front of a crowd. It is recommended to have mini games at under 10 to under 12 level.

Why organise mini games?

- Provide half time entertainment
- Opportunity to showcase juveniles of the county
- More clubs involved in your finals
- To demonstrate small-sided games
- To increase crowds at finals
- Opportunity for young girls in club to see seniors play

When should you organise mini games?

- Mini games should be organised during your adult county finals
- Can also be organised at quarter final or semi-final stages

How do you choose who plays?

☐ There are various ways to select your players

- Juveniles from participating teams in finals
- All club teams provide 1 or 2 players to participate
- Assisted by Cumann na mBunscoil to select girls from schools
- Have competition in local press to win opportunity to play at half time

What do you need on the day?

Volunteers	<ul style="list-style-type: none">- People to assist with the teams- People to assist with setting up posts at half time
Referees	<ul style="list-style-type: none">- you can utilise some of your young referees for mini games
Jerseys	<ul style="list-style-type: none">- competing teams or borrow from clubs/ underage county teams

Blitzes

Blitzes can be organised as an addition to the current fixtures programme in your county. They provide an opportunity for small sided, fun games and allow all players an opportunity to participate. Blitzes also provide you with an opportunity to utilise and observe your new and current referees. The below blitz format will apply to any age level from juvenile to senior.

Benefits:

- Small sided games promote development
- Fun environment and player focused
- More touches of ball by all players
- Emphasis on player development rather than winning or losing
- Opportunity for new clubs to become involved with small number of players

Sample Format for the Day:

The below are some sample formats for blitzes depending on the number of teams per group. There is also a section included if you wish to provide some coaching for the players during the blitz or an opportunity to meet the county players etc. Depending on the age group and size of the teams, the pitch size can be modified accordingly. (E.g.) 7-a-side, 9-a-side, smaller goals, shorten pitch etc.

Blitzes

4 Team Group

Games will be 40 minutes in full (18 mins half)

Time	Fixtures		Coaching Session	
10.00am	Team A	v	Team B	Team D
10.45am	Team C	v	Team D	Team A
11.30am	Team A	v	Team C	Team B
12.15pm	LUNCH			
1.00am	Team B	v	Team D	Team C
1.30pm	Team A	v	Team D	
2.15pm	Team B	v	Team C	
3.00pm	End of Blitz Day			

5 Team Group

Games will be 20 minutes in full (No half time)

Time	Fixtures		Coaching Session	
10.00am	Team A	v	Team B	Team D
10.25am	Team C	v	Team E	
10.50am	Team D	v	Team B	Team E
11.15am	Team A	v	Team C	
11.40am	Team D	v	Team ETeam A	
12.05pm	Team B	v	Team C	
12.30am	LUNCH			
1.00pm	Team A	v	Team ETeam B	
1.25pm	Team C	v	Team D	
1.50pm	Team B	v	Team ETeam C	
2.35pm	Team A	v	Team D	
3.00pm	End of Blitz Day			

Blitzes

6 Team Group

Games will be 15 minutes in full (No half time)

Time	Fixtures		Coaching Session	
10.00am	Team A	v	Team D	Team B
10.20am	Team C	v	Team E	
10.40am	Team B	v	Team F	Team D
11.00am	Team A	v	Team C	
11.20am	Team D	v	Team B	Team A
12.40pm	Team E	v	Team F	
1.00pm	Team C	v	Team B	Team E
1.20pm	Team A	v	Team F	
1.40pm	Team E	v	Team D	Team C
2.00pm	Team B	v	Team F	
2.20pm	Team C	v	Team D	Team F
2.40pm	Team E	v	Team A	
3.00pm	End of Blitz Day			

Blitzes should aim for all players to:

- Play at least two/three games
- Have fun
- Get maximum touches of the ball
- Learn and improve skill in own time

Cúl Camps

What are Cúl Camps?

Cúl Camps provide boys and girls – between the ages of 7 and 12 – with an action-packed and fun-filled week of activity during the summer holidays which revolves around maximising enjoyment and sustaining participant involvement in Gaelic Games. A girls only camp would need to be approved by LGFA and the GAA County Games Manager especially in relation to insurance cover. Please ensure to contact LGFA prior to advertising any camps.

What activities are there?

Activities are GAME - BASED – a strong emphasis is placed on **skill acquisition** - and are organised in an age appropriate manner with a view to:

- optimising **learning**
- enhancing **friendships**
- improving physical & psychological **well being**
- promoting **school and club** links

Key Features about Cúl Camps

The camps are structured so that a different aspect of the game is worked on each day.

The programme involves coaching specific skills of the game and the opportunity for children to put into practice what they have learned through small sided games.

On the last day of the camp a "blitz" will be organised to provide each child with an introduction to competitive games.

When do the camps take place?

Cúl Camps - are run throughout the summer from Monday to Friday, 10.00am to 2.30pm, in all 32 Counties and overseas. Contact County GAA Games Managers for venues and dates.

Attendance is open to primary school children aged 7 years to 12 years.

SECTION EIGHT

USEFUL CONTACTS

- **Network of County Development Officers**
- **Network of National and Provincial Development Officers**
- **GAA Games Managers Contact List**
- **Local Sports Partnerships Contact List**
- **Useful Websites**

NETWORK OF COUNTY DEVELOPMENT OFFICERS

You can contact all county development officers using the official email for that county development.county@lgfa.ie

NETWORK OF NATIONAL DEVELOPMENT OFFICERS

Contact: Lyn Savage Remit: Development Manager Tel: 087 1316944 Email: lyn.savage@lgfa.ie	Contact: Vinny Whelan Remit: Growth & Participation Tel: 087 1821668 Email: vincent.whelan@lgfa.ie	Contact: William Harmon Remit: Coach Education Tel: 087 9794955 Email: william.harmon@lgfa.ie	Contact: Niall Mulrine Remit: Volunteer Development Tel: 087 1631112 Email: Niall.Mulrine@lgfa.ie	Contact: Clare Dowdall Remit: Referee and Player Development Tel: 0877886505 Email: clare.dowdall@lgfa.ie
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NETWORK OF PROVINCIAL DEVELOPMENT OFFICERS

MUNSTER	CONNACHT	LEINSTER	ULSTER
Contact: Gearóid Balfry Tel: 083 33534875 Email: gdo.munster@lgfa.ie	Contact: TBC Tel: Email: gdo.connacht@lgfa.ie	Contact: TBC Tel: Email: gdo.leinster@lgfa.ie	Contact: Ciaran Murtagh Tel: 0044 7795160979 Email: ciaran.murtagh.ulster@gaa.ie
Contact: Dan O'Mahony Tel: (087) 663 5242 Email: development.munster@lgfa.ie	Contact: Brendan Cregg Tel: (086) 804 0063 Email: development.connacht@lgfa.ie	Contact: TBC Tel: Email:	Contact: Philip O Hare Tel: (048) 302 648 02 Email: development.ulster@lgfa.ie

GAA GAMES DEVELOPMENT MANAGERS

Name	County	Province	Email Address	Contact Phone Number
Tom McManus	Galway	Connacht	Tom.mcmanus.gm.galway@gaa.ie	087-2612089
Thomas Keenan	Leitrim	Connacht	thomas.keenan.gm.leitrim@gaa.ie	087-6591049
Billy McNicholas	Mayo	Connacht	Billy.mcnicholas.gda.mayo@gaa.ie	087-2497407
Willie Hegarty	Roscommon	Connacht	willie.hegarty.gm.roscommon@gaa.ie	086-8356227
Liam Og Gormley	Sligo	Connacht	liamog.gormley.gm.sligo@gaa.ie	086-8254420

Name	County	Province	Email Address	Contact Phone Number
Ronan Dempsey	Carlow	Leinster	ronan.dempsey.gdm.carlow@gaa.ie	087-4137642
Ger O'Connor	Dublin	Leinster	ger@dublingaa.ie	086 2752511
Eimear Dignam	Dublin North	Leinster	eimear@dublingaa.ie	086-8147701
Donal Doyle	Dublin South	Leinster	donal@dublingaa.ie	085-7709709
Niall Cooper	Dublin West	Leinster	niall@dublingaa.ie	085-2788507
Noel Mooney	Kildare	Leinster	noel.mooney.gamesmanager.kildare@gaa.ie	086-8932317
Brian Ryan	Kilkenny	Leinster	brian.ryan.gamesmanager.kilkenny@gaa.ie	087-2492343
Mike Henchy	Laois	Leinster	mike.henchy.gamesmanager.laois@gaa.ie	085-8779855
Damien Sheridan	Longford	Leinster	damien.sheridan.gda.longford@gaa.ie	087-9126556
Francie McMullen	Louth	Leinster	francis.mcmullen.gamesmanager.louth@gaa.ie	087 3741984
Jamie Queeney	Meath	Leinster	jamie.queeney.gda.meath@gaa.ie	083 1256961
Liam O'Reilly	Offaly	Leinster	liam.oreilly.gda.offaly@gaa.ie	087-7407212
Darren Magee	Westmeath	Leinster	darren.magee.gdm.westmeath@gaa.ie	086-8055354
Ray Harris	Wexford	Leinster	ray.harris.gdm.wexford@gaa.ie	087-1712556
Hugh Kenny	Wicklow	Leinster	hugh.kenny.gamesmanager.wicklow@gaa.ie	087-2718537

GAA GAMES DEVELOPMENT MANAGERS

Name	County	Province	Email Address	Contact Phone Number
Seán Chaplin	Clare	Munster	sean.chaplin.gpo.clare@gaa.ie	086-3613779
Kevin O'Callaghan	Cork	Munster	kevin.ocallaghan.gm.cork@gaa.ie	086-8532375
Donal Daly	Kerry	Munster	donal.daly.gda.kerry@gaa.ie	087-2260621
Noel Hartigan	Limerick	Munster	noel.hartigan.gda.limerick@gaa.ie	087-9581568
Dinny Maher	Tipperary	Munster	dinny.maher.gda.tipperary@gaa.ie	086-3551830
Eoin Breathnach	Waterford	Munster	eoin.breathnach.gda.waterford@gaa.ie	087-9219345

Name	County	Province	Email Address	Contact Phone Number
Kieran Megraw	Antrim Rural	Ulster	kieran.megraw.gm.antrim@gaa.ie	0044 79 1871979
Antoin McCaffery	Antrim Urban	Ulster	antoin.mccaffery.ulster@gaa.ie	0044 77 31522096
Denis Hollywood	Armagh	Ulster	denis.hollywood.gm.armagh@gaa.ie	0044-7787534630
Dermot McCabe	Cavan	Ulster	gdm.cavan@gaa.ie	087-2778653
Chris Collins	Derry	Ulster	chris.collins.gm.derry@gaa.ie	0044-7843232208
Aaron Kyles	Donegal	Ulster	aaron.kyles.gdm.donegal@gaa.ie	
Conor O'Toole	Down	Ulster	developmentmanager.down@gaa.ie	0044-7718991314
Teresa McNabb	Fermanagh	Ulster	gdm.fermanagh@gaa.ie	0044-7714892209
Paul O'Connor	Monaghan	Ulster	developmentmanager.monaghan@gaa.ie	086-8374827
Brian Laverty	Tyrone	Ulster	brian.laverty.gpo.tyrone@gaa.ie	028 82249060

Local Sports Partnership Contact List

LSP Location	Name	Organisation	Work telephone	Email address	Website
Cavan	Nadine McCormilla	Cavan County Council	049 4378582	ncrotty@cavancoco.ie	www.cavansportspartnership.ie
Carlow	Martha Jane Duggan	Carlow Sports Partnership	059 9172451	miduggan@carlowcoco.ie or info@carlowsports.ie	www.carlowsports.ie
Clare	John Sweeney	Clare Sports Partnership	065-6865434 or 087 9106613	john@claresportspartnership.ie or info@claresportspartnership.ie	www.claresportspartnership.ie
Cork	Kristine Meenaghan	Cork Sports Partnership	021 4347096 / 086 1409224	kmeenaghan@corksports.ie	www.corksports.ie
Donegal	Myles Sweeney	Active Donegal	074 9116078/9116079	myles@activedonegal.com	www.activedonegal.com
Dublin City	Aideen O'Connor	Dublin City Sports Network	01 2227598 / 087 9176989	aideen.oconnor@dublincity.ie	www.dublincity.ie
Dun Laoghaire / Rathdown	Shane McArdle	Dun Laoghaire-Rathdown Sports Partnership	01-2719507 / 086 0492255	smcardle@dlrcoco.ie	www.dlrsportspartnership.ie
Fingal	Marion Browne	Fingal Sports Partnership	01-890 5107	marion.brown@fingal.ie	www.fingal.ie/sports-landing-page
Galway	Jason Craughwell	Galway City Sports Active	091 509 572	jason.Craughwell@galwaycity.ie or galwayactive@galwaycoco.ie	www.galwayactive.ie

Local Sports Partnership Contact List

LSP Location	Name	Organisation	Work telephone	Email address	Website
Kerry	Cora Carigg	Kerry Recreation and Sports Partnership	066 7184776	info@kerryrecreationandsports.ie cora.carrigg@kerrycoco.ie	www.kerryrecreationandsports.ie
Kildare	Syl Merrins	Kildare Sports Partnership	045 980547	smerrins@kildarecoco.ie	www.kildaresp.ie
Kilkenny	Nicola Keeshan	Kilkenny Recreation and Sports Partnership	056 7794991 / 087 0516033	Nicola@krsp.ie	www.krsp.ie
Laois	Caroline Myers	Laois Sports Partnership	057 8671248	info@laoissports.ie	www.laoissports.ie
Leitrim	Declan Boyle	Leitrim Sports Partnership	071 9650498 or 0863828616	dboyle@leitrimcoco.ie	www.leitrimsports.ie
Limerick	Phelim Macken	Limerick Sports Partnership	061 333600 or 087 2079172	pmacken@limericksports.ie info@limericksports.ie	www.limericksports.ie
Longford	Sarah Mulligan	Longford Sports Partnership	043 3349402 or 086 0446693	smulligan@longfordcoco.ie or info@longfordsports.ie	www.longfordsports.ie
Louth	Graham Russell	Louth Local Sports Partnership	042-9324368	graham.russell@louthcoco.ie or louthlsp@louthcoco.ie	https://louthlsp.com/
Mayo	Charlie Lambert	Mayo Sports Partnership	094 906 4359	clambert@mayococo.ie or mzp@mayococo.ie	www.mayosports.ie
Meath	Mary Murphy	Meath Local Sports Partnership	046-9067337	marymurphy@meathcoco.ie or mlsp@meathcoco.ie	www.meathsports.ie
Monaghan	Michelle Murphy	Monaghan Sports Partnership	042 9755126	mmurphy@monaghancoco.ie or info@monaghansports.ie	www.monaghansports.ie

Local Sports Partnership Contact List

LSP Location	Name	Organisation	Work telephone	Email address	Website
Offaly	Eamonn Henry	Offaly Sports Partnership	057 935 7462 or 057 934 6843	ehenry@offalycoco.ie or sports@offalycoco.ie	www.offalysports.ie
Roscommon	Noel Feeley	Roscommon Sports Partnership	090-6630853	noel@rosactive.org or info@rosactive.org	www.rosactive.org
Sligo	Deirdre Lavin	Sligo Sport and Recreation Partnership	071-9161511	deirdre@sligosportandrecreation.ie info@sligosportandrecreation.ie	www.sligosportandrecreation.ie
South County Dublin	Thos McDermott	South Dublin County Sports Partnership	01 4149000 ext 3361 or 086 0441071	thomasmcdermott@sdublincoco.ie or info@sdcsp.ie	www.sdcsp.ie
Tipperary	Valerie Connolly	Tipperary Sports	076 1066226 Or 087 755 1176	vconnolly@tipperarysports.ie or info@tipperarysports.ie	www.tipperarysports.ie
Waterford	Rosarie Kealy	Waterford Sports Partnership	0761 102190 or 087 757 6579	rkealy@waterfordsportspartnership.ie	www.waterfordsportspartnership.ie
Westmeath	Tony Wheat	Westmeath Sports Partnership	044-9390208	info@westmeathsports.ie	www.westmeathsports.ie
Wexford	Fran Ronan	Sports Active Wexford Sports Partnership	053 9196557	fran.ronan@wexfordcoco.ie or sports.active@wexfordcoco.ie	www.sportsactivewexford.ie
Wicklow	Aisling Hubbard	Wicklow Sports Partnership	0404 20100	ahubbard@wicklowcoco.ie or wicklowlsp@wicklowcoco.ie	www.wicklowlsp.ie

USEFUL WEBSITES

<https://ladiesgaelic.ie/>

www.munsterlgfa.com

www.connachtladiesgaelic.com

www.leinsterladiesgaelic.ie

www.ulsterladiesgaelic.com

learning.gaa.ie

<https://www.youtube.com/LadiesFootballTV>