



Intercounty Adult Team Support 2023 Report

JULY 12 2023



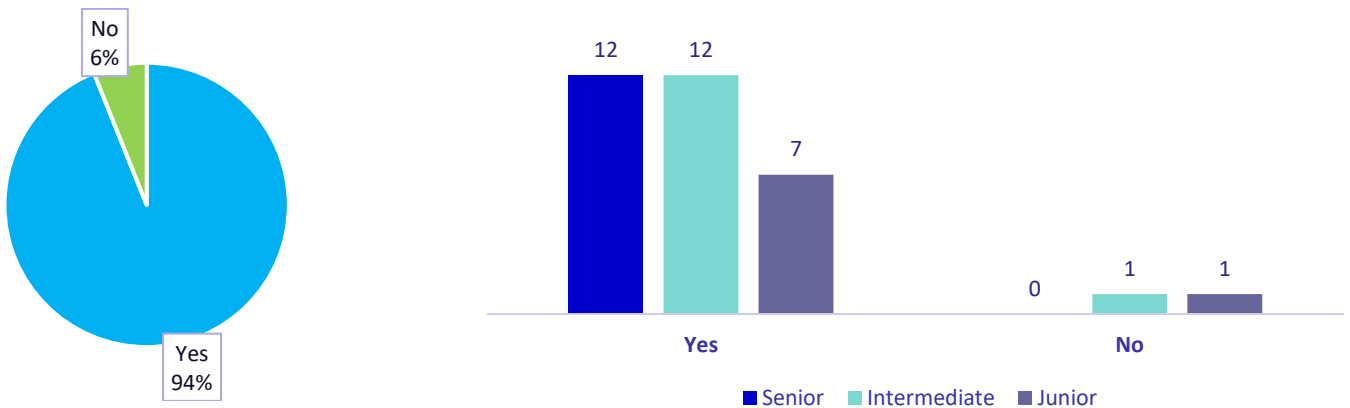
INTRODUCTION

This report was compiled from information requested from all LGFA County Boards between 7th and 10th July 2023. The survey was designed to gather baseline information from counties in relation to support provided to their adult intercounty team.

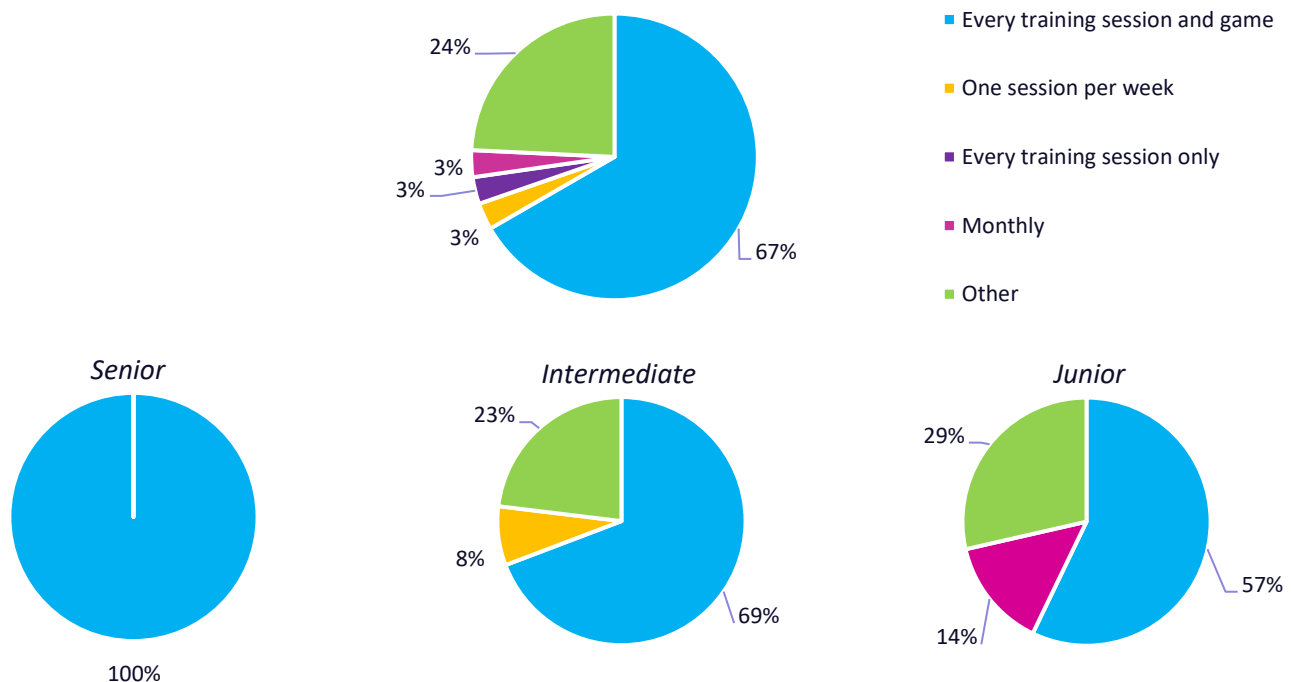
The questions asked were in line with the areas in the male GAA charter to enable review of each separate section. The baseline data information is below and was submitted by all 33 counties (12 senior, 13 intermediate, 8 junior).

SECTION 1: INTERCOUNTY MANAGEMENT AND BACKROOM TEAM

Question 1: Do you have a strength and conditioning coach?



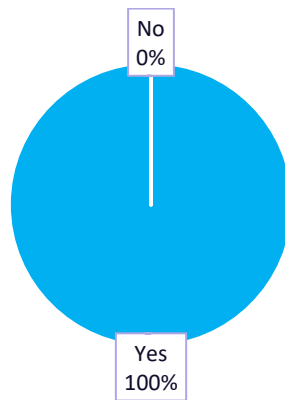
Question 2: How often are they available to the team?



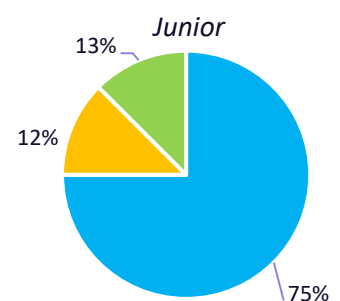
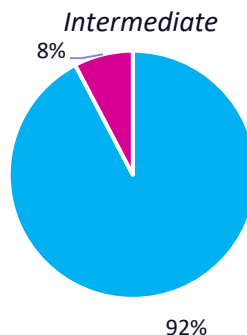
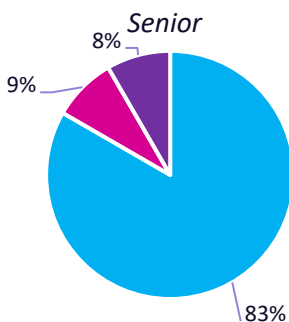
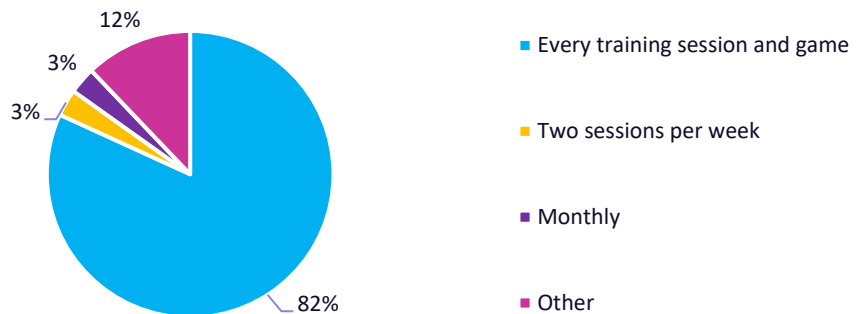
Other responses included:

- S&C utilised pre-season and then a programme provided to players
- The S&C coach attends training 2-4 times a month as well as matches but reviews plan for week and sessions. Provides programmes and testing at start of year, and provides regular check ins and is available at any time via phone when needed
- When deemed during league season by Manager
- There have been set S&C sessions through the year
- Every training session also gym sessions and can attend our s/c coach gym
- Most training sessions and all games

Question 3: Do you have a team physiotherapist?



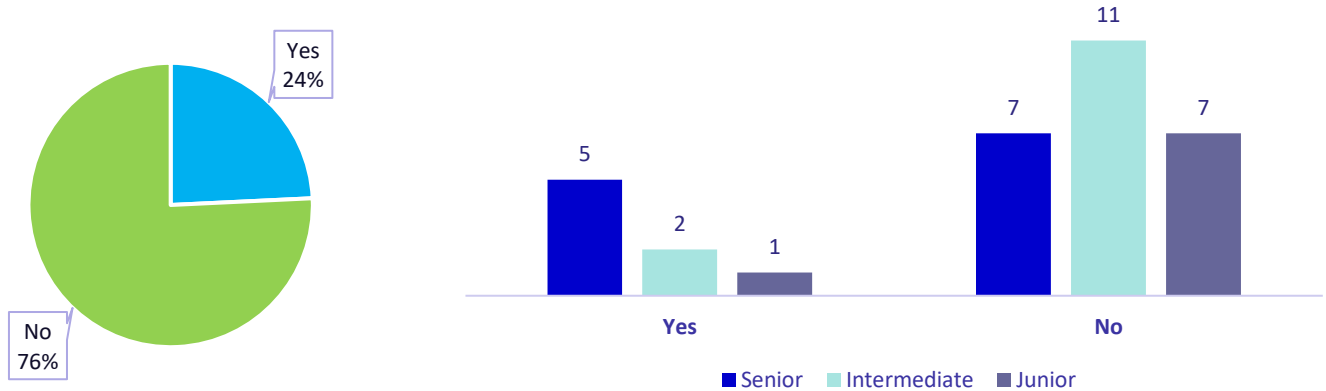
Question 4: How often are they available to the team?



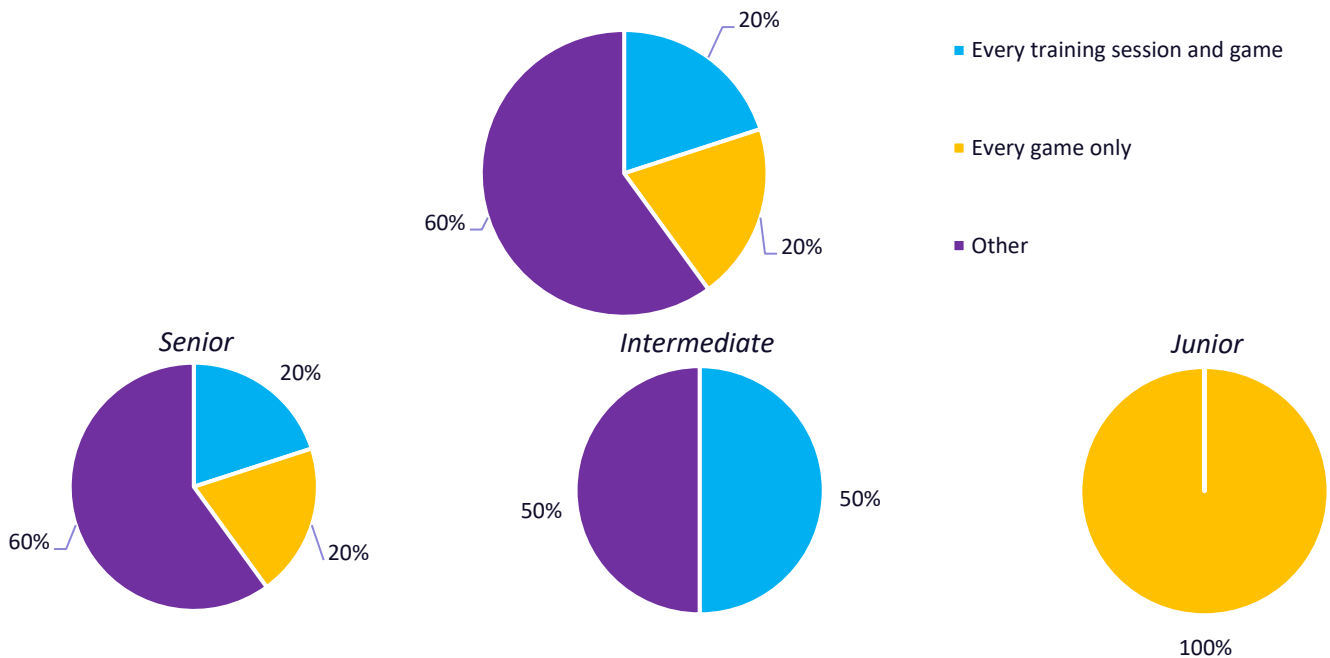
Other responses included:

- Physio attends every game and selected training. Then physio sessions are available for every player on an appointment basis.
- Every game, and occasional training
- Every match and when every time she available
- Every session also we have a Physio group they can attend for more extensive treatment

Question 5: Do you have a team doctor?



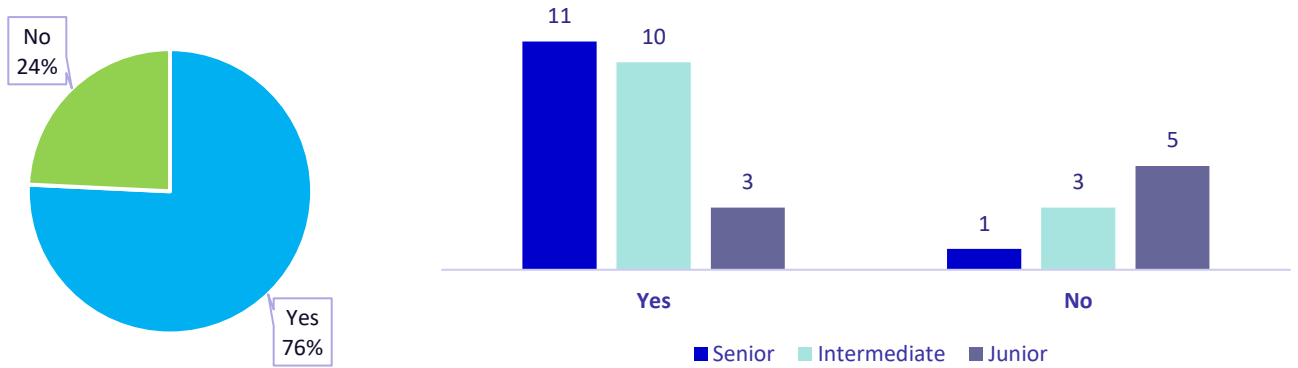
Question 6: How often are they available to the team?



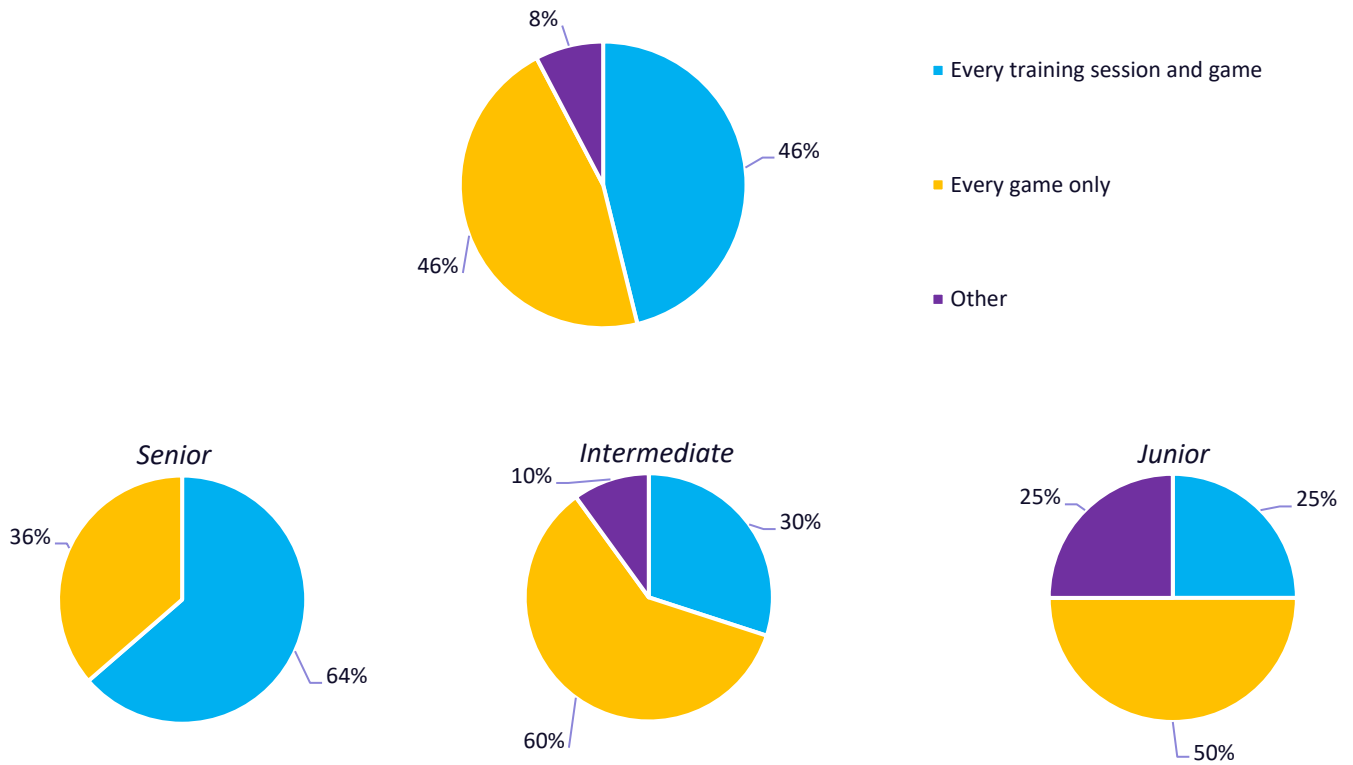
Other responses included:

- We have players that are doctors
- Every game and the girls can contact them and they will see them when required
- Every game plus available for consultation all the time
- Available as required
- On retainer and available when required

Question 7: Do you have a performance analyst?



Question 8: How often are they available to the team?

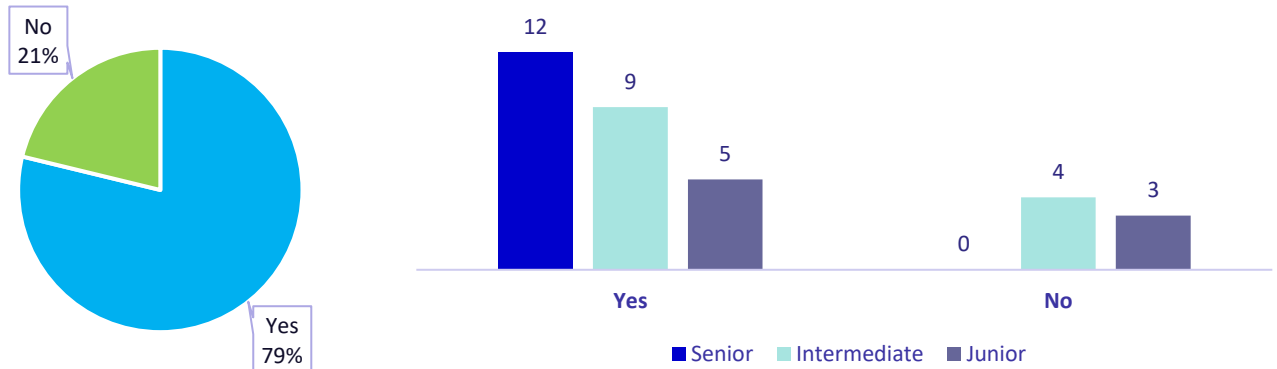


Other responses included:

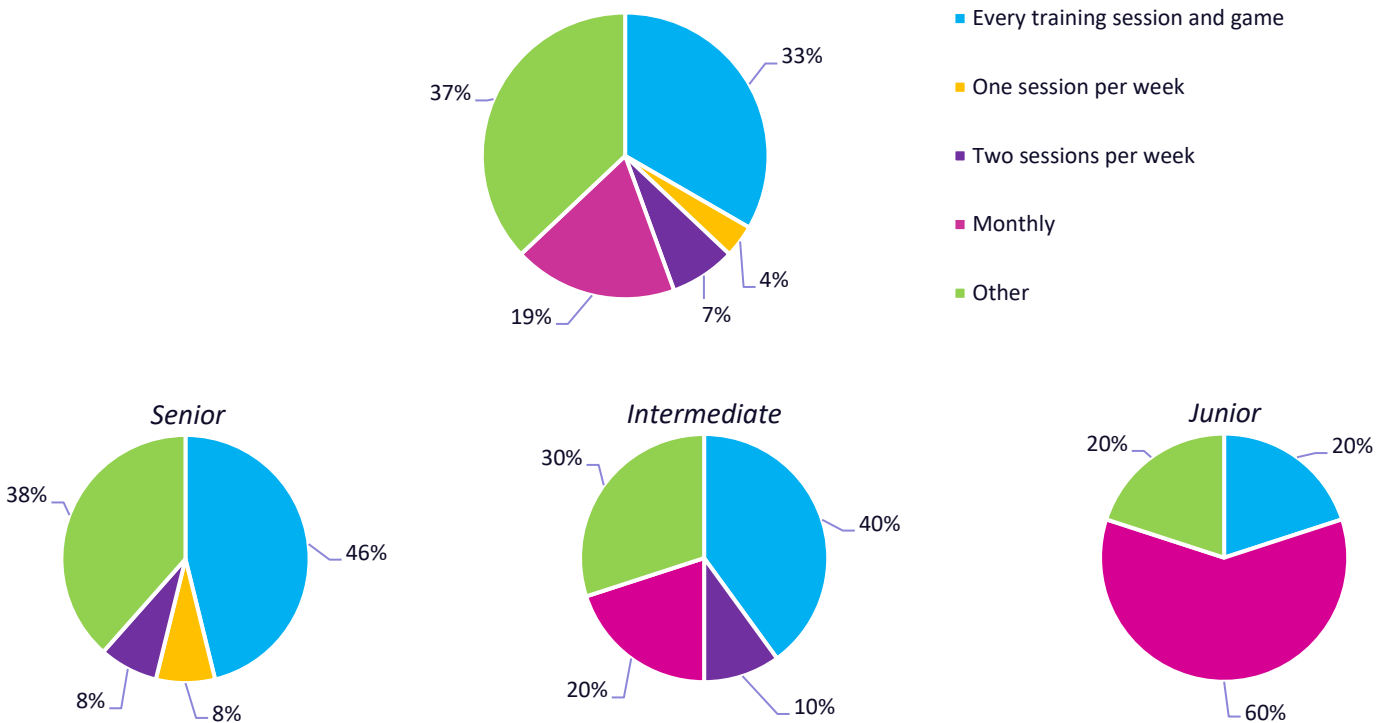
- If required by management post-game review they will use
- Performance analysis is done at various stages through the season

***Noted that free access pass to all Managers for 2023 has ensured analysis possible for all counties**

Question 9: Do you have a team nutritionist?



Question 10: How often are they available to the team?



Other responses included:

- Nutritionist advice provided on an ad hoc basis
- Nutritionist provides workshops at the start of the year and inputs into nutrition plan, checks in on the team and is available as and when needed by the team. Can be contacted at any point.
- 3 sessions in the opening league season
- Available on request
- She has met with the team a number of times and is available if the girls want to contact her
- Available as required
- Video sessions with nutritionist
- Available at all times

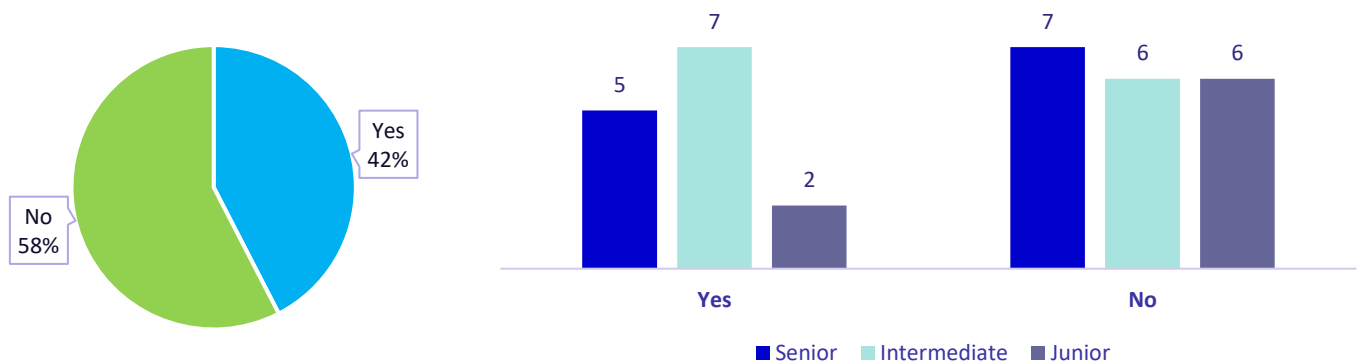
Details of any other backroom team involved

Responses included:

- All counties had manager, coaches, selectors and female liaison officers
- Logistics manager/support x 3
- Statistician x 4
- Psychologist x 5
- Goalkeeper coach x 11
- Sports Masseuse x 3
- Opposition analyst x 1
- Specialist coaches x 7
- Additional S&C coach x 3
- Sports therapist x 1
- Performance coach x 2
- Additional physio x 2
- Physiologist

SECTION 2: TRAVEL EXPENSES

Question 1: Do you pay any player expenses outside of the government support scheme?

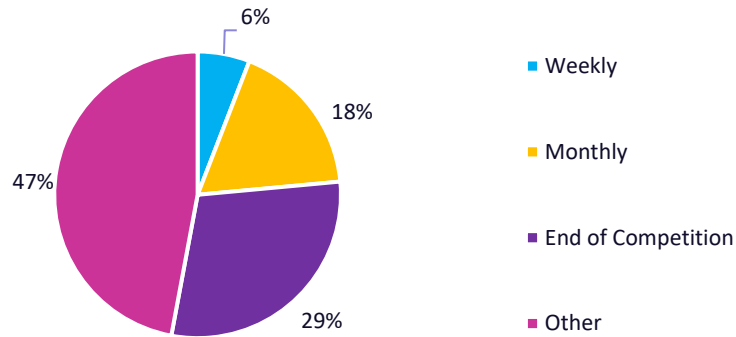


Question 2: If yes, please provide details of these expenses and agreed policy on them?

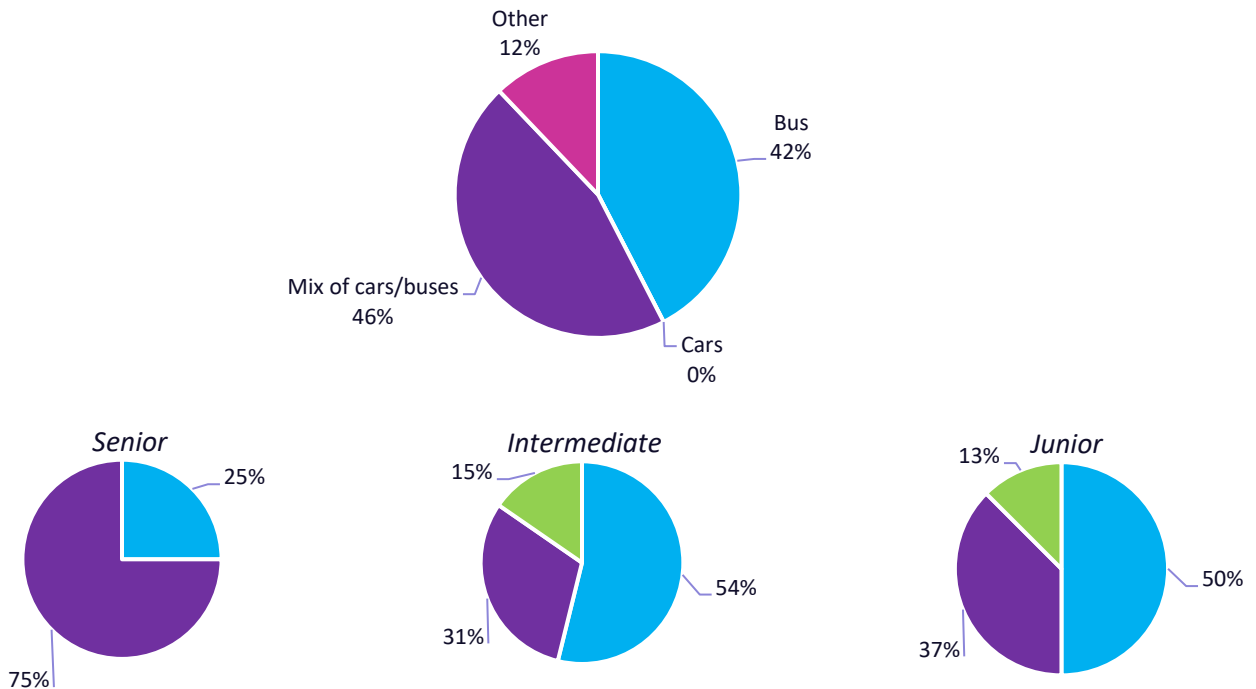
- Travel from outside county to training and travel to matches if for work reasons
- We only occasionally reimburse extraordinary expenses incurred by individual players
- For 2023 we are in discussion given the increased government support. Though previous years our claims were approx. 5-7K this year players have submitted claims totalling approx. 15K which the county wasn't expecting
- No settled terms, but when we as a board have surplus money or a donation we give to players
- If players drive to games instead of a bus, the cost of the bus is shared equally by those who drive
- 40c per mile to girls travelling from more than 50 kms away
- Their travel in KM multiplied by €0.30 less the government support scheme

- We are paying travelling expenses to league and challenge games. Bus provided for provincial competition and all Ireland series.
- Travel From X City £20 / session Travel from X City £30 / session flights from England
- Away days. Fuel expenses if required if travelling without a bus to hotels etc.
- 50 euros weekly by two players
- We pay travel for players for mid-week training, and challenge games. €30 per car
- We paid return flight costs for a player who was studying in UK, for all league games this year. A total of 7 return flights were reimbursed to this player
- Mileage to players travelling from Dublin to X for training and games
- We are currently in discussion with players about paying travel expenses - we agreed to discuss same when the player charter was signed at the start of the year
- We have paid €5,000 player expenses

Question 3: If you do pay expenses how often are these administered?

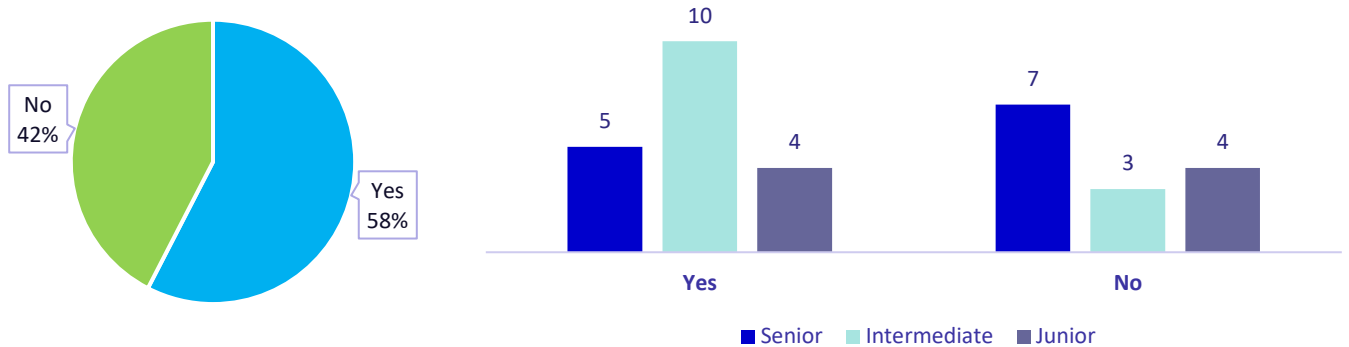


Question 4: How do you travel to your games?

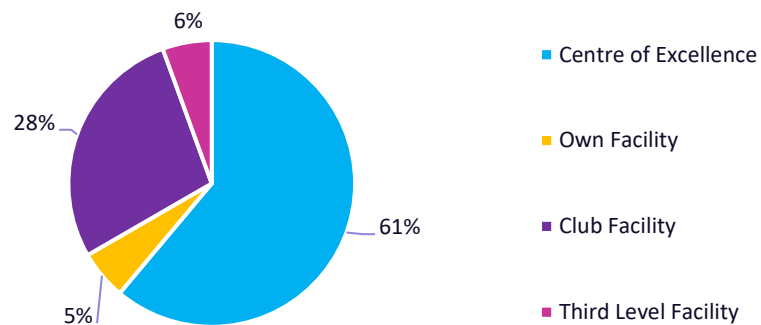


SECTION 3: FACILITIES

Question 5: Do you have a set venue for training?



Question 6: If yes, where is this venue?



Question 7: If no, how do you organise training venues?

- Depending on where we can get pitch availability
- We have agreed Feb - end of Summer with local university for use of pitch. However for Nov - Feb we are dependent on clubs providing facilities or rugby space at the university
- We have two clubs we rent their facilities from, this is reviewed annually, but on occasion we have to change. We will spend over 20K in 2023 hiring facilities for our county ladies teams to train and play games
- Team Management phone clubs if X not available which is first choice
- Book the centre of excellence first and when it's not available call clubs to see if their grounds are available. When neither are free, we have gone outside the county to Abbotstown
- On a weekly basis
- Ask clubs in county for a session slot - problem being our training on Tuesdays Thursday/ Fridays is popular slots in clubs too. Or use council 3G/4Gs floodlit pitches.
- We try and alternate venues to suit players that have to travel to make it closer
- Senior manager books venues
- During the winter months we have to book flood lit pitches from local GAA clubs, who are very supportive to us. We have a very good working relationship with them. From April onwards we have a set venue as we are currently leasing a pitch with the intention of purchasing it as a Home Ground

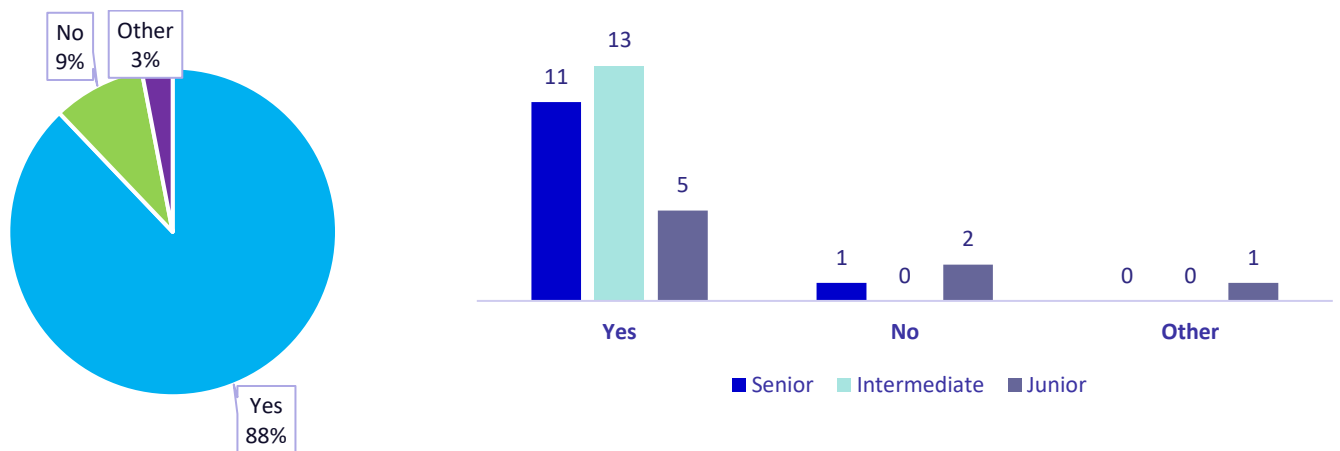
- Liaising with the GAA
- Have to secure pitch day before training and go with what is available
- The secretary books pitches for training

Question 8: How much on average do you pay for venues?



**Noted that costs can increase during winter months when floodlights are required*

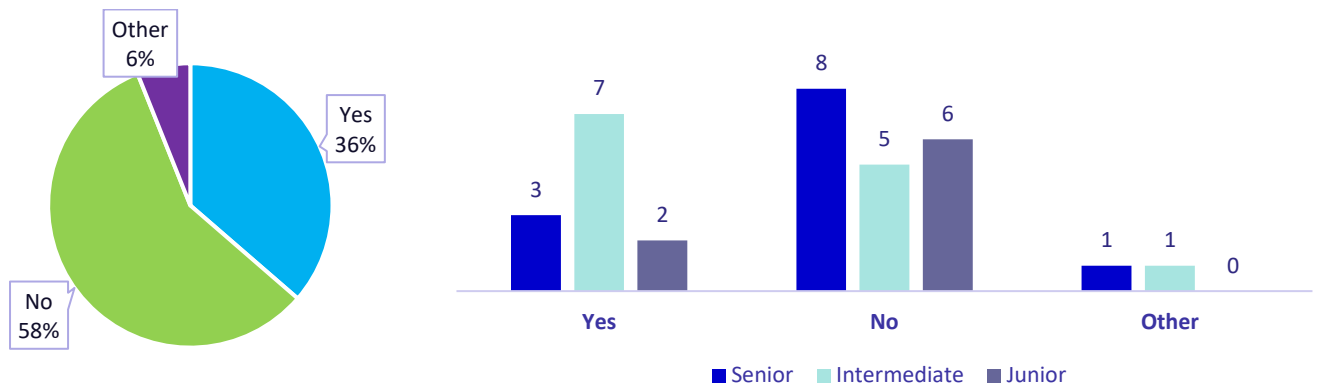
Question 9: Do the players have access to a gym?



Other responses included:

- A gym is available in COE and allocated to the team for their 3 training days per week, no access to a gym outside of the training slots
- No gym is available for group sessions but county board reimburse players up to a level on proof of payment
- They pay for them and we reimburse them

Question 10: Do your players have access to a pool/rehab?



Other responses included:

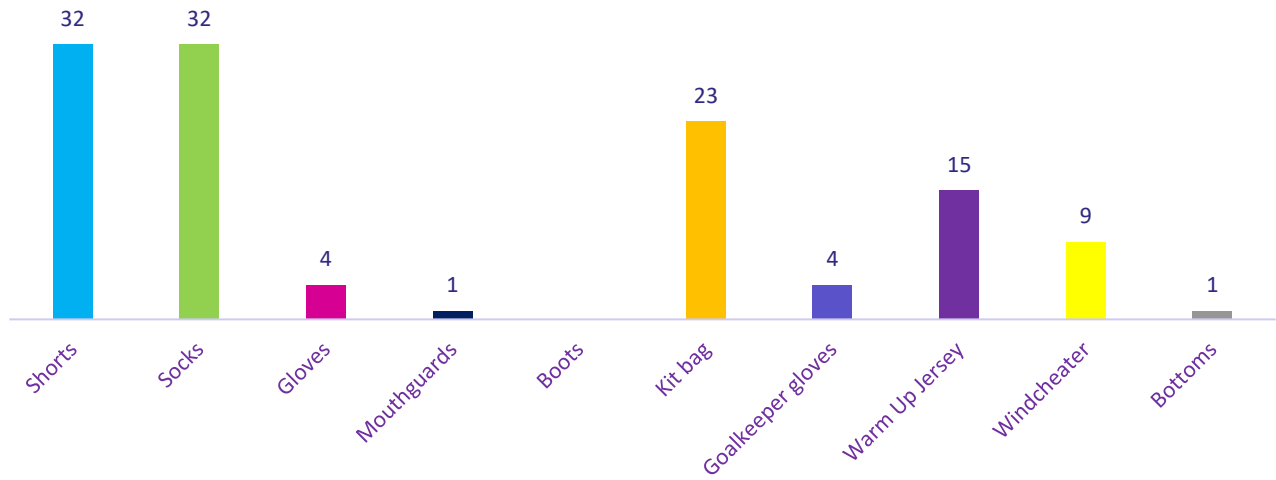
- Not after every session
- When players request it

Question 11: Are there any other facilities you use as part of services for the team?

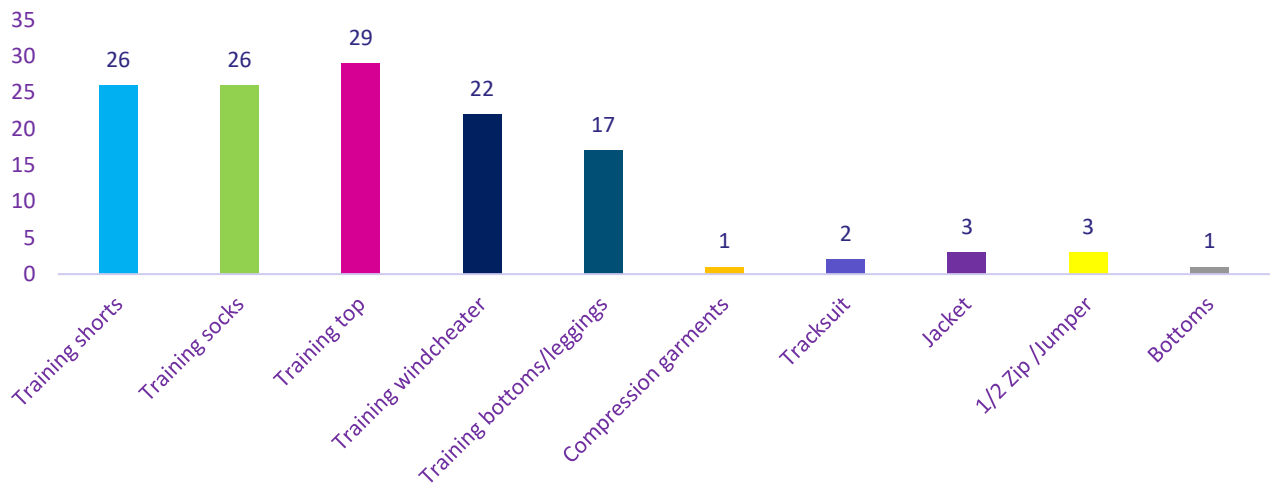
- Our main sponsor gives free access to all players to gym, pool etc. and any other requirements needed outside of that are paid for by ourselves in group sessions
- C11 recovery van. They travel to the training session and the girls use the services post training
- The s & c coach has a recovery suite that players can use
- 2022/23 season all players were specially assessed for core strength - 3 assessments over 8-month period
- College for gym and pool recovery plus indoor training

SECTION 4: PROVISION OF PLAYING AND TRAINING GEAR

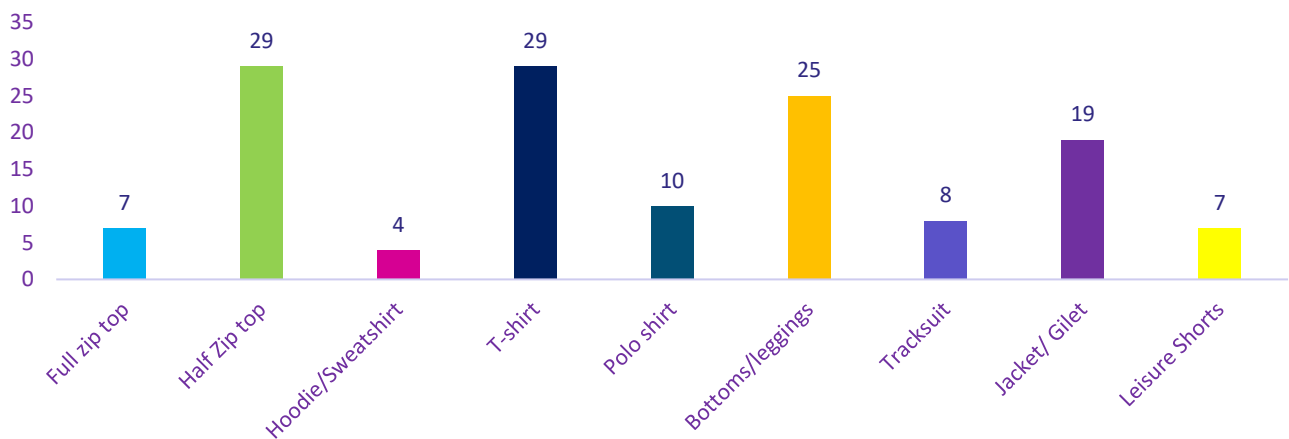
Question 1: What match day gear is provided to your players?



Question 2: What training gear is provided to your players?

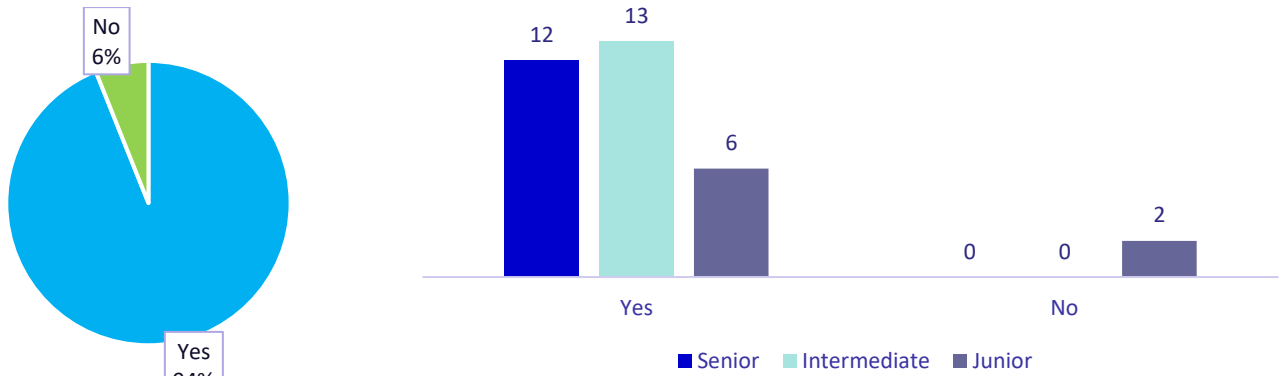


Question 3: What leisure gear is provided to your players?

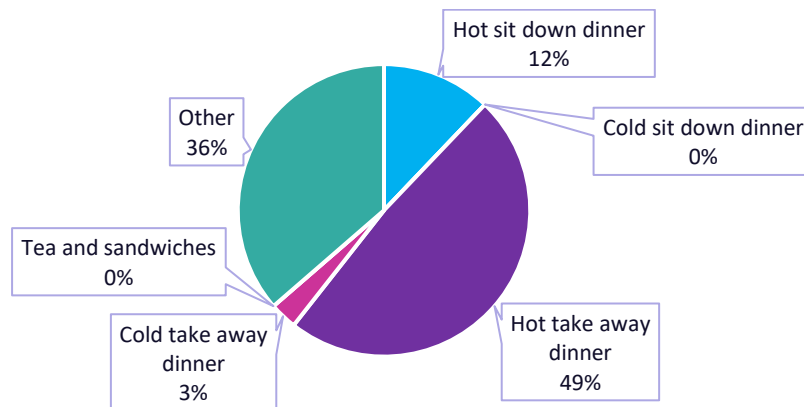


SECTION 5: MEALS AND NUTRITION

Question 1: Do you provide a meal after every training session?



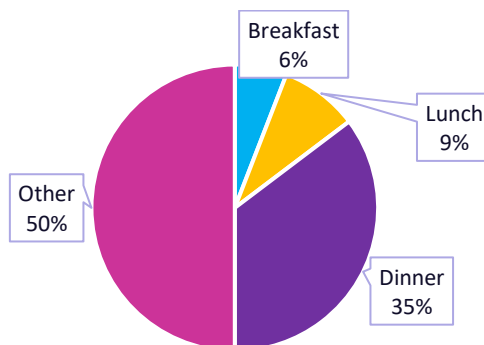
Question 2: If yes, what type of meal do you provide?



Other responses included:

- Hot takeaway meal provided 2 evenings per week; no meal provided for Sunday training
- Every 3rd week, players choose choice of food from Tea/Sandwiches, hot takeaway meal x 2 weeks
- Varies dependent on management but usually cold take away
- Either hot to sit down or hot to take away
- Hot takeaway meals midweek
- Can be either hot sit-down dinner or take away dinner depending on distance girl travels to training
- Hot dinner takeaway for 1 session and granola/yogurt/fruit on one night
- Mixture of all of the above
- Mixture of tea & sandwiches /wraps / hot dish/ salad bowl depending on weather
- Yoghurts, fresh fruit, granola, protein whey and protein bars, along with Tea and Coffee. This food is the players preference.

Question 3: What meals do you provide on match day?



Other responses included:

- *Breakfast and lunch*
- *Hot takeaway meal provided after home matches, food provided by away team at away matches or if no food supplied then stop for a hot meal on the way home*
- *Depending on distance to venue, 2 meals a day. If home game, post-game meal*
- *Pre match food as per management (fruit, drinks, gels etc) after match hot meal sit down or takeaway*
- *All of above when required depending on match day times*
- *Pre match and post-match meals*
- *Breakfast if early game and dinner post every game*
- *Breakfast before lunch or dinner after match*
- *Breakfast if travelling a long distance*
- *Depends on the venue/travel time if there pre and post-match meals*
- *Breakfast/lunch and dinner*
- *Both breakfast and dinner*

Please provide more detail

- Breakfast at a venue prior to departure for game. Post-match refreshments after the game
- Depends upon length of travel. We always provide a meal after every game and will provide breakfast if appropriate
- Takeaway meal provided 2 evening per week and on match days. Not supplied for Sunday training session. Meal is usually hot but the team have input into meals so in summer may change to pasta salads, wraps etc as the team feel appropriate. Meal provided after every match.
- Example - Curry & Rice. Wraps & Sandwiches. for home games. For away games, stop for meal.
- We ensure after every game there is food, where we have to stay overnight players are getting evening dinner, breakfast and then the normal is provided
- We provide food on all match day events, and after each training session
- Dinner at restaurant on way home
- Home game post-match meal. Away game depends on time of game. Breakfast and post-match if early game. Late game all 3 meals are provided
- Depending on the match venue, if at home, post-match meal is provided by the company who supplies the meals for post training sessions. Away matches, depending on the throw in time, the players will have a pre match breakfast/lunch and a post-match meal
- Post training all the girls get a meal provided for them post-game either by our catering company or for away games feed in nearest restaurant enroute home

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- If the team has to travel all required food is provided
 - Dinner after match either by onsite catering if not near a hotel / restaurant. If it was a long journey or early start breakfast / granola pots available.
 - They would also receive juice and water fruit etc also before match they may receive a snack like bagels tea
 - Always a post-match but if venue a distance, then a pre match. Also may need an overnight and breakfast.
 - The majority of the girls like to have Chicken Curry with Chips and Rice after a game. Sometimes we engage outside caterers to look after the team. Other times they go to a local Restaurant to have the after-match meal
 - If travelling away breakfast is provided before the trip and a meal is paid for on their return journey. Home matches are a meal after the match and also food provided for travelling team
 - Curry, stir fry & noodles - whatever is recommended by the Nutritionist
 - Before matches we provide pasta/chicken or an alternative combination and also a full dinner after the game. After training our girls can either eat on site or bring with them to eat later.

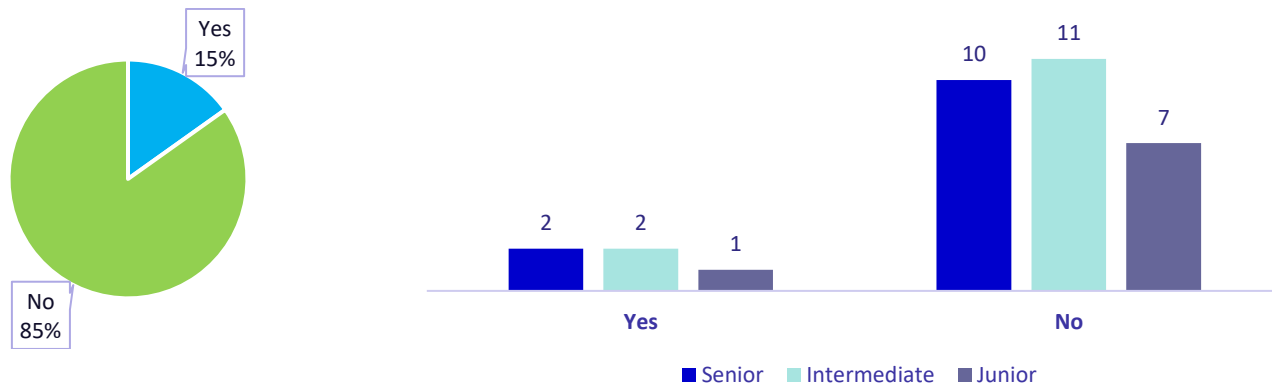
Question 4: Please provide details of any other nutritional items you provide including snacks, drinks etc.

All counties answered with combination of below:

- Snacks
- Fruit
- Energy bars
- Nutrition bars
- Energy drinks
- Cereal bars
- Water
- Protein Milk
- Protein bars
- Protein yoghurt
- Protein shakes
- Jellies/sugar snacks
- Gels and electrolyte tablets
- Supplements
- Overnight oats
- Rehydration packs
- Hydration/ protein powder

SECTION 6: MISCELLANEOUS

Question 1: Are players asked to contribute themselves financially for any aspects of services or provisions outlined in this survey?



Question 2: Please provide some detail on what players contribute to if they do.

- Additional gear paid for by players including boots, training gear, gloves. Travel expenses to training and games are at player's own cost outside of government support scheme (1 county)
- At the beginning of the season, the team management asked all players to contribute €50 towards the cost of food after training sessions. 24 of the panel contributed this year. The Executive did not ask the players to contribute. (1 county)
- A contribution of €200 is asked per player to pay for the high costs of running a county adult team (1 county)
- Players choose this year to acquire additional leisure gear that was not on the original budget agreed in November and subsequently contributed €50 each themselves for this gear. All agreed with the County FLO and County Executive. (1 county)

Question 3: Please provide details on any additional spend by your county not outlined above for your adult county team.

- Buses
- We provide and support team recognition and team building events. We support injured players who incur significant medical cost not met by injury fund.
- The players participate in fundraising each year and some of these funds go towards their leisure gear
- Psychologists, TRX for pre-season, bonding session, management fees
- Coach expenses. Travel.
- Hotel stays, due to distance to games and to support the team we have had to provide overnight accommodation, every stay requires us to pay for the bus driver as well but each stay with rooms, food etc costs approx. 6K - given our increase in costs we are looking at cutting squad and activities in 2024 due to funding challenge and county do not spend that much but raising sponsorship is very challenging
- Team Books, Maintenance of training ground, flood lights, basic expenditure for the upkeep of toilet facilities, housekeeping bills, Any specialist treatment, oxygen tanks etc for injury treatment.

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- Accommodation
 - Kit van tax, insurance and fuel and tolls, IT program Teambuilder, Statsports vests
 - Sports GPS & Wearable Technology
 - Game Ready machine to support rehab (monthly rental) and sports massage sessions as required
 - Management expenses and kit van expenses
 - Sports psychologist
 - Pitches gyms and conference rooms
 - Bonding days and team building weekends
 - Communication systems
 - Bus costs, food is biggest cost, pitch and gym hire kit van hire
 - Footballs, training equipment, top replacements, food for visiting teams on request
 - Recovery baths
 - Flights as was cheaper than buses and accommodation for four of fixtures

IN SUMMARY

There has been significant spend in relation to adult county teams and this report will give a baseline of the items in the proposed charter that are already covered. It should be noted that numerous counties noted the rising costs and perhaps future inability to meet these. This report was designed to give an overview of services and provisions to adult teams and players from all 33 counties involved in the LGFA Adult Championships. The responses provided are from across the 2023 season including the league and championship to date.