

GAA  
Páirc an Chrócaigh  
Baile Átha Cliath 3  
Guthán + 353 1 865 8600  
Faics + 353 1 865 8650  
www.gaa.ie

GAA  
Croke Park  
Dublin 3  
Telephone + 353 1 865 8600  
Fax + 353 1 865 8650  
www.gaa.ie



## Send your Club Players to #GAAYouth Forum – Saturday 24<sup>th</sup> October 2015 'Your Voice, Your Lifestyle, Your GAA'

The National Youth Committee is inviting all Clubs to nominate players to attend the #GAAYouth Forum which will be held on Saturday 24<sup>th</sup> October in Croke Park (10.30 – 16.30). The Forum is open to male and female club players in two age groups: 12 – 16 and 17 – 21.

The theme for the 2015 #GAAYouth Forum is "Your Voice, Your Lifestyle, Your GAA" and the focus of the day will be on:

- Healthy Lifestyle – the do's and don'ts
- Practical tips to improve your Game – debunking the myths

Delegates attending the Forum will be provided with an opportunity to:

- Keep a 5 day 'Lifestyle Diary'
- Learn how to improve their lifestyle through proper Diet & Nutrition
- Practical tips to improve their game in the Croke Park Warm-Up Rooms
- Discuss how young people can influence changes in relation to Player Welfare in the GAA

Workshops on the day are being developed by experts in the field including Brendan Egan (Sport Scientist/Sligo Footballer), Cathal Cregg (Connacht GAA S&C Advisor/Roscommon Footballer) and Michael Fennelly (S&C Lecturer/Kilkenny Hurler).

The Forum is being run in conjunction with the Department of Children and Youth Affairs (DCYA) with the support of the Ladies Gaelic Football Association (LGFA) and An Cumann Camógaíochta.

200 delegate places are up for grabs for male and female players in two age groups: 12 – 16 and 17 – 21. The **online application forms will be available on [www.gaa.ie/youth-zone](http://www.gaa.ie/youth-zone)**. There are two ways to apply:

- Online Application by an Individual: A young player can complete an individual application form online and identify an adult in their Club who endorses their application.
- Online Application by a Club: A Club can complete an application form to nominate a young player/s from the Club to attend the Forum (max. 2 players, ages 12 - 21).

The Application Process will open on **Friday 7<sup>th</sup> August** and will close on **Friday 2<sup>nd</sup> October** and successful applicants will be informed by Friday 9<sup>th</sup> October.

We are asking you to circulate this information to coaches and young players in your Club and to advise them of this exciting opportunity to travel to Croke Park and participate in the #GAAYouth Forum 2015.

For further information please see [www.gaa.ie/youth-zone](http://www.gaa.ie/youth-zone) or contact Caoimhe Ní Néill ([caoimhe.nineill@gaa.ie](mailto:caoimhe.nineill@gaa.ie); 01 865 8622)

