

# ON THE BALL



WINTER 2014



- Limerick's Caoimhe Costelloe looks back on her incredible year

- Highlights of the 110th anniversary of Camogie

- 2014 Camogie All-Stars

*And much more*

THE OFFICIAL MAGAZINE OF



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógaíochta



# President's Address

Aileen Lawlor, President of the Camogie Association  
Eibhlín Uí Leathlóbhair, Uachtarán, An Cumann Camógaíochta

## Welcome to the 11th Edition of *On The Ball Magazine*

It is hard to believe we are at this stage of the year with another championship over and preparations already underway for 2015. This year was another great year for camogie as new champions emerged from a series of great games which kept us all entertained.

It was a great pleasure to once again, host Uachtarán na hÉireann, Michael D. Higgins, and his wife Sabina along with An Taoiseach, Enda Kenny, at our All-Ireland finals in Croke Park this September. We know they have very busy schedules and we are honoured they chose to attend our finals.

Congratulations to all six teams who entertained us on the day, and heartiest congratulations to All-Ireland winners, Cork, Limerick and Down.

## Our Camogie Stars

The 2014 All-Stars, Soaring Stars and Intermediate Soaring Stars sponsored by Liberty Insurance were selected from the League and Championship games this year. It is an extremely hard task for the selectors as they watched many superb games of camogie, with excellent personal displays evident in many.

Congratulations to all of our nominees and to our recipients. You are tremendous ambassadors for our sport. I want to thank you for entertaining us throughout the year and for showcasing camogie at the highest level.

'Our Game Your Game' was a new initiative to raise awareness of Camogie by profiling six of our top players and providing an insight into the dedication and commitment required to play camogie at the highest level.

It was a very successful campaign, serving to raise the profile of the game even further and making a positive impact. The important part is that we now build on this campaign, continue to raise the profile of the game, provide the recognition to our players that they deserve and most importantly come and watch them in action.

## Poc Fada

Congratulations to Waterford camogie player Patricia Jackman who won her 6th National Poc Fada title in-a-row. There is extremely stiff competition in the Cooley Mountains for this prestigious award with only one or two pucks separating the winners from the chasing pack. Patricia shows great skill and strength of character in securing titles back-to-back. Comhghairdeachas arís.

## Féile na nGael

Eight thousand children took part in a very successful Féile na nGael hosted across Ulster this year.

As usual, this was a fantastic weekend and a true festival of Camogie, Hurling and Handball. It was the experience of a lifetime for the boys and girls who played in this prestigious national tournament, and were hosted superbly by families throughout the province of Ulster.

This year saw a different format for Féile and an increase in participation from two and half thousand to eight thousand participants. As well as Ulster hosting the National Féile, we had provincial blitzes for the top tiered counties. This was run off in a one day event and saw the top teams playing more competitive games. It was a huge success and after trepidation regarding the new structure all were satisfied that Gaelic Games was the winner.

Féile na nGael was a resounding success thanks to the National Games Development Committee, National Féile Committee, Ulster GAA, Ulster Camogie and Handball, and all of the many volunteers and full-time teams in all codes for an exceptional job well done.

## International Camogie

Camogie continues to grow internationally. In recessionary times a number of our players have travelled abroad for job opportunities. It is heartening to know there are GAA clubs all over the world providing the opportunity for players to maintain their sporting interests while away from home.

I was fortunate to have attended the Continental Youth Championships in New York this year with 2500 children playing 680 games of Camogie, Hurling and Football, over four days in one venue. It was an amazing sight and hopefully if the correct structures are established these children will become the future adult players in North America.

The North American Championship was held in Boston where 1,500 adults played all four codes over three days. Adult camogie in North America has gone from strength to strength going from 5 teams in 2010 to 13 teams in 2014 competing in three competitions, Junior, Intermediate and Senior. The Junior competition was created for All-American players; players who have only taken up a hurley in their adult lives and have little or no Irish heritage. The standard is high and the game is flourishing.

In Australia, there is a very strong Irish presence and Gaelic Games are thriving down under. As a result of the huge

*Right: Queensland, Australasian  
Champions 2014*



*Bottom: A guard of honour formed  
at this year's Féile na nGael*

travelling distances, the Australasian Championship is played in a similar vein to our Inter-Provincial competition. This year there were four states taking part in the Camogie section. Spectators and organisers, agreed that the Camogie Cup final was the highlight of the four-day tournament. It was a great showcase to a very large audience. The final between Queensland and New South Wales was a draw at full-time. It was still a draw after extra-time and following an additional period of extra-time it looked like another draw, but in the dying seconds Queensland got a goal to finish the game. It was a highly exciting final, full of skill and excitement with great scores by both sides.

### **Looking forward**

It won't be long before we are commencing another Irish Daily Star League campaign and Liberty Insurance Camogie

Championship. However, before all of that we have the AIB All-Ireland Club Championships to look forward to, with the AIB All-Ireland Junior Club Championship already underway (the final will take place in November) and the Senior and Intermediate grades scheduled for March 2015.

Whatever the results, we are sure that we will witness more great games and plenty of excitement. Thanks to everyone who contributed to a fantastic year and we look forward to another great season in 2015.

### **Eibhlín Uí Leathlóbhair**

Uachtarán

An Cumann Camógaíochta



# Caoimhe Costelloe

BY DARAGH Ó CONCHÚIR

*"...And when we get it there,  
keep it there, build and build,  
and please God over the next  
few years challenge for the O'Duffy.  
Well, it's a dream of mine anyway!"*

It was a year that yielded two All-Irelands and a good Leaving Certificate that earned a place in the national teachers' nursery that is Limerick's Mary Immaculate College. These will be clear standout events whenever Caoimhe Costelloe looks back on life but there was one more in the past 12 months, that might just top the lot.

Okay, nothing tops an All-Ireland but marking the 110th anniversary of the Camogie Association by joining a host of elite athletes from other culturally significant European traditional sports to take part in a 3D demonstration in a world-famous film studio was special. Or "really cool", as Costelloe describes it.

The 18-year-old was brought to Audiomotion Studios in Oxford to help out with EU-funded research project RePlay, by having the moves specific to camogie recorded by high-tech capture technology. She had to wear skin-tight clothing with infrared reflectors and every lift, turn and strike was recorded by up to 20 infrared cameras.

This type of technology could play a key role in the coaching of the game, in much the same manner as it does for golf in breaking down the swing. In addition to that though, it aims to preserve and promote camogie (as well as football, hurling, ladies football and a number of other European traditional sports from countries such as Greece and Switzerland), with the intended mapping of the moves of the past greats of the sport using archive videos.

The motion-capture cameras used on Costelloe and her fellow participants from the Gaelic games and Basque Pelota worlds, were similar to those deployed as Andy Serkis portrayed the swamp creature Gollum in 'The Hobbit'. The good news is that it is envisaged that scaled-down version of the technology will be available to club players in the future.

Being part of such ground-breaking research and also contributing to the preservation and promotion of more than 3000 European traditional sports left Costelloe a little awe-struck. "That was out of this world" she exclaims. "Mary O'Connor (Director of Camogie Development) contacted me and asked if I would mind representing Camogie so I was delighted and honoured to do so. It's something I'll take with me forever.

"You'd always wonder how you struck the ball, how you rise it, and to see it broken down, step by step, it was amazing. It's

just a different perspective. You're amazed. 'Is that how I do it?' Something like this would definitely help if you were having any issues with your technique... with the technology they have there. If Croke Park can get the 3D models of the players, it will really help the game on that basis. But it will help promote the game too if they can show it around."

These weren't the only reasons for her excitement though. She comes clean.

"Movies like 'Harry Potter and the Deathly Hollows', 'Angels & Demons' – they were all done out of this place. You're walking around thinking 'Jeez, Daniel Radcliffe has been here before me!'"

Getting to watch a film wasn't all that likely in the past 12 months mind you. Camogie and study complemented each other, though her mother might have preferred a bit more time being spent with the books rather than out the back having a puck around with her father.

With all the demands in mind, she only played "bits and bobs" as Limerick returned to Division 1 of the League. It wasn't so much the Leaving Cert that was taken into account mind you, rather than the minors' ambitions.

"I got some experience of playing Senior Camogie which should help me next year. I got a taste of playing Kilkenny and Clare.

"It helped us win the Minor too. Some of us got a taste of what it was like at Senior level and when you can bring that kind of experience into the Minor set-up, it's fantastic."

Costelloe scored 2-6 (2-2 from play) as Limerick defeated Cork in the replayed All-Ireland Final, while Karen O'Leary was named player of the match and Rebecca Delee and Deborah Murphy stood out too in a first win at this grade for the county. With a quartet of minors involved with the Intermediates, and more likely to follow suit at Senior next season, it is clear that a lot of work is being done at grassroots level.

There is a lesson that other counties would do well to heed however. Good structures and coaching are vital, but you need role models too. Proper ones.

"You look up to the likes of Vera Sheehan, still playing incredible stuff with the club. And then you've the likes of Síle (Moynihan). It's gas; when Síle was my age, she was training me at 11 years of age on the Limerick development squad. To finally get to play



## Daragh Ó Conchúir meets with young Limerick star Caoimhe Costelloe about her amazing year, which included two All-Ireland titles, sitting her Leaving Cert, getting a place in Teaching Training College and a trip of a lifetime, representing Camogie at 'European Level'...

with these people and train with them, it's amazing. For a girl to train you and then to line out beside her seven years later, it's unbelievable.

"Síle and Niamh Mulcahy were two of the ones I always looked up to and Vera's name... wherever Limerick camogie was mentioned, Vera Sheehan's name was beside it. You're only going to look up to these girls and you're going to want to emulate what they did for Limerick. To play with those girls, the girls who have been there through the bad times of Limerick camogie, and for them to get their reward and to be a part of it myself, is just brilliant."

Costelloe was introduced to the Intermediate fold by Joe Quaid at the beginning of 2013 and considers herself fortunate to have avoided the days of poor turnout. Quaid let the players know that there was a minimum level of commitment required but promised that a return to the top tier would result if they provided it.

The loss in last year's All-Ireland Final was a temporary setback but the lessons were taken on board.

"It was something we had to take the experience of. They say you have to lose one to win one although I'm not too sure I believe in that. It was a motivation all year. We knew we were good enough to win but it wasn't a case of deserving it or anything like that. We had to go and do it. There was one goal and nothing was going to stop us reaching that goal.

"I'd been relaxed all week about the match. We went up the night before so that was a huge help to us. We were able to relax in each other's company. I think that's where we went wrong last year, we were anxious going up on the bus in the morning.

"During the game you don't focus on the occasion or where you're playing. It's go out and win the next ball, do everything you can.

"Afterwards is just a blur. It's the relief, finally. The last two years you've given up... to see Fiona Hickey going up the steps and accepting the Jack McGrath was just fantastic. It was fantastic."

Quaid threw a curve ball at the Adare star in the build-up by telling her he had a plan for getting her on the ball more. And it involved playing at midfield – not something she was accustomed to at all.

"Joe had said to me that he expected more of me in the half-forward line, and probably because I wasn't playing in a central position, I wasn't getting on as much ball as I probably should have. So he took a leap of faith and stuck me out there. I can't say it's easy going out there! There were a few times I was trying to get my breath back."

She scored two points though, had plenty of possession and kept the sliotar moving into her forward line as Limerick proved too strong for Kilkenny. Now, she is looking forward to next year and getting stuck into the senior championship.

"It'll be great. This is what we play camogie for. I think considering

we got the League this year, we won't be lost up there. As a young girl, you want to play against the best. You want to play against the likes of Ursula Jacob, Niamh Kilkenny, Elaine Aylward and all of those type of players. You want to challenge yourself to see can you match them, try and emulate what they've done for their counties and at the same time, raise the profile of camogie in Limerick. And when we get it there, keep it there, build and build, and please God over the next few years challenge for the O'Duffy. Well, it's a dream of mine anyway."

And Caoimhe Costelloe tends to realise her dreams.

**You want to play against the likes of Ursula Jacob, Niamh Kilkenny, Elaine Aylward and all of those type of players. You want to challenge yourself to see can you match them, try and emulate what they've done for their counties and at the same time, raise the profile of camogie in Limerick.**



**Caoimhe Costelloe celebrates with Niamh Mulcahy at the final whistle in the Liberty Insurance All-Ireland Intermediate Championship Final at Croke Park**

# DEVELOPMENT UPDATES

To keep up with all the development news follow the Camogie Association on [Facebook.com/officialcamogieassociation](https://www.facebook.com/officialcamogieassociation) and [twitter.com/officialcamogie](https://twitter.com/officialcamogie)

# 2014

## Camán to Croker celebrates 110 years of Camogie

Camán to Croker in association with Torpey Hurleys took place on Saturday, October 18th with 64 clubs attending this year's event as part of the 110th anniversary celebrations of the Camogie Association.

This was the third year of the initiative which catered specifically for under-12 camogie teams. A series of regional blitzes took place earlier in the year in Pearse Stadium, Semple Stadium, O'Connor Park, Tullamore and Clones. Participating clubs in each province were entered into a draw to attend Camán to Croker while a further ten clubs who hosted a Hurl Smart event were also chosen.

## Provincial Blitzes

137 clubs took part in the provincial events in total. 'Camán to Connacht' took place on June 2nd in Pearse stadium with 26 teams taking part. 'Camán to Clones' took place on Saturday, August 9th in St.Tiernach's pitch in Clones with 27 clubs from all over Ulster taking part in the event. 'Camán to Thurles' took place in Semple Stadium on Friday, August 15th with 47 clubs taking part and 'Camán to Tullamore' took place in O'Connor Park, Tullamore on Saturday, August 16th for Leinster clubs with 37 clubs taking part.

## Hurl Smart Week

Hurl Smart Week ran very successfully in 50 camogie clubs in 2014. This annual event in partnership with the Nutrition and Health Foundation ran from June 2nd to June 8th. Hurl Smart Week aims to increase activity levels of all ages in the community, for males and females by providing a programme of events in the local camogie club for the week.

Examples of activities that clubs ran over the week included fundamental sessions, obstacle courses, Poc Fada, Mum & Me events, family fun days, cross bar challenge and nutritional talks.

Ten of the clubs that ran successful Hurl Smart weeks played in the Camán to Croker event in Croke Park on October 18th. These clubs include Clonduff - Down, Ballygarvan - Cork, Murroe Boher - Limerick, Banríon Gaels - Laois, Killeavy - Armagh, Burren Rangers - Carlow, Edendork - Tyrone, Conahy - Kilkenny, Navan O'Mahonys - Meath and Glynn Barntown - Wexford.

Hurl Smart week will run from June 1st to 7th 2015.

## Féile na nGael 2014

The Féile na nGael competition took place from June 20th to 22nd with a new structure coming into effect in 2014. The National Féile competition took place in Ulster for the weekend with regional Féile blitzes in Tipperary, Kilkenny, Galway and Laois on Saturday, June 21st. There were 5 Divisions played in Ulster with cup and shield finals at each grade. 68 camogie teams took part in the National Féile blitz competition in Ulster.

In the regional blitzes 1st, 2nd 3rd and 4th placed teams from Galway, Tipperary, Kilkenny, Cork, Clare, Dublin, Limerick and Wexford took part in a blitz at one of the regional venues mentioned above. 32 club teams took part in the regional Féile blitzes this year.

## You & Me Play Camogie Initiative

The 'Thank You' fund from Coca Cola provided the funding for this initiative in early 2014. 74 camogie clubs applied to be part of the programme with 8 selected to take part. There were two clubs from each province included in the initiative. These clubs included Oran, Roscommon and Westport, Mayo from Connacht, St.Rita's, Fethard in Tipperary and St.Colum's, Cork from Munster, Lucan Sarsfields, Dublin and Donard-Glen in Wicklow for Leinster and Castlewellan, Down and Drumgoon, Cavan from Ulster. The project encouraged parents of girls (aged 12-14) to come and try out the sport of camogie with their daughters.

The Camogie Association provided a tutor to deliver a 6 week programme with the parents in the club. Over the 6 weeks they learned the basic skills of the game while also being physically active themselves. The programme also encouraged parents to practice the skills with their daughters at home and to continue the habit of regular physical activity. Each participating club in the programme received a module on healthy eating for sports participation. This module is important so that both the daughters and parents realise the importance of healthy nutrition for sports performance and for general well-being.





Galway Hurling star Joe Canning with a group of young fans at the Liberty Insurance All-Ireland Finals in Croke Park

## Underage Development Models for Under 14 and 15

### Under 14

The Cooper Under 14 All-Ireland Championship blitz competition was held in Dublin on Saturday, September 13th. This was the third year of the competition for this particular age group. 30 counties and 46 teams took part in total with over 1100 girls participating.

Kilkenny defeated Galway in the Division 1 Final. Waterford defeated Dublin in the Division 2 final, Westmeath defeated Carlow in the Division 3 decider while Cavan defeated Mayo in the Division 4 final and Longford defeated Sligo in the Division 5 final. Each Under 14 team who participated in the competition on Saturday paraded at the Liberty Insurance All-Ireland Camogie Finals in Croke Park on the 14th of September.

### Under 15

The National Blitz competition for Under 15 squads for Phase 1 counties took place in Rathleague, Portlaoise on Saturday, August 30th. This is the first year of a competitive tournament at this age group. 10 counties and 12 teams took part in the event.

The counties that took part in this competition include Dublin, Kilkenny, Cork, Limerick, Clare, Galway, Wexford, Antrim, Meath and Tipperary. Cork won the Cup competition on the day defeating Kilkenny in the final while Antrim won the shield defeating Dublin in the final.

The national blitz competition at Under 15 level for Phase 2 counties took place on Saturday, October 4th in Rathleague. Westmeath won the cup with Carlow winning the shield.

## Level 2 Coaching Course Development

A pilot of the new Level 2 coaching course will take place in November 2014 in Clonmel, Tipperary. This course is the next step in terms of coach education for the Association following on from the Camán Get a Grip Foundation course and Camán Get Hooked Level 1 course. The course is aimed at coaches who coach inter-county development squads, under 16 and minor club and inter-county coaches and also club coaches at adult level. The course was developed in conjunction with Coaching Ireland. Please see [www.camogie.ie](http://www.camogie.ie) for details of Level 2 courses for 2015.

## Coming up in 2015

### Coaching Conference

Peter Casey and Mary O'Connor will present at the GAA National Coaching Conference on January 10th in Croke Park on the topic 'The need for speed'. This presentation will look at the different speed types needed in Camogie and how to develop speed among teenagers.

### 100 years of the Ashbourne Cup

The third level competition, the Ashbourne Cup is celebrating 100 years in existence making it the longest running competition in Camogie history. Ashbourne will take place from February 13th-15th, 2015 in DCU, Dublin.

### Pan Celtic

11th April (Derry)

For more information contact [lisa@camogie.ie](mailto:lisa@camogie.ie)

### Hurl Smart Week

1st - 7th June, 2015

### Féile na nGael 2015

National and Regional Competitions (Ulster)

20th/21st June



# ALL-STARS

1

AOIFE  
**MURRAY**  
CORK

2

JOANNE  
**O'CALLAGHAN**  
CORK

3

MÁIRE  
**McGRATH**  
CLARE

4

SARAH  
**DERVAN**  
GALWAY

Sponsored by



**Liberty**  
Insurance®

5

EIMEAR  
**O'SULLIVAN**  
CORK

6

GEMMA  
**O'CONNOR**  
CORK

7

COLLETTE  
**DORMER**  
KILKENNY

8

RENA  
**BUCKLEY**  
CORK

9

ANNE  
**DALTON**  
KILKENNY

10

JENNIFER  
**O'LEARY**  
CORK

11

ORLA  
**COTTER**  
CORK

12

BRIEGE  
**CORKERY**  
CORK

13

MICHELLE  
**QUILTY**  
KILKENNY

14

URSULA  
**JACOB**  
WEXFORD

15

KATRIONA  
**MACKEY**  
CORK

# MANAGER of the YEAR

JOE  
**QUAID**  
LIMERICK



# INTERMEDIATE SOARING STARS

NIAMH  
**MULCAHY**  
LIMERICK

CAOIMHE  
**COSTELLOE**  
LIMERICK

CATHERINE  
**FOLEY**  
KILKENNY

## SOARING STARS

1  
LAURA  
**DUNNE**  
LAOIS

2  
KAREN  
**TINNELLY**  
DOWN

3  
CIARA  
**McGOVERN**  
DOWN

4  
DEIRDRE  
**JOHNSTONE**  
DUBLIN

5  
EIMEAR  
**DELANEY**  
LAOIS

6  
LISA  
**McALISKEY**  
DOWN

7  
FIONNUALA  
**CARR**  
DOWN

8  
DINAH  
**LOUGHLIN**  
WESTMEATH

9  
KAREN  
**McMULLAN**  
DOWN

10  
ANNETTE  
**McGEENEY**  
ROSCOMMON

11  
SARAH-ANNE  
**FITZGERALD**  
LAOIS

12  
CATHERINE  
**McGOURTY**  
DOWN

13  
NIAMH  
**MALLON**  
DOWN

14  
NIAMH  
**DOLLARD**  
LAOIS

15  
KELLEY  
**HOPKINS**  
ROSCOMMON

# MAKE·A·WISH®

## Ireland

Charity Partner of the Camogie Association



**Annie, age 11**  
**living with Ewing's Sarcoma**  
**"I wish to be... a vet"**

Annie has a real passion for animals, especially kittens and puppies, so much so that she wants to be a vet when she grows up.

In August 2014, Make-A-Wish arranged for Annie to spend the day with the ISPCA in Longford where she helped the staff and volunteers look after the animals in their care.

Annie got plenty of hands-on experience, helping to wash puppies, feed tiny newborns, walk a dog, brush bunnies, give medicine to kittens, feed horses and give plenty of cuddles too. She looked at x-rays and equipment, filled in charts, observed an operation and listened for heartbeats.

The family stayed at Druids Glen and Make-A-Wish organised a box of goodies to be left on Annie's bed when she arrived to the hotel.

It is through the generosity of supporters, like the Camogie Association, that Make-A-Wish can grant wishes like Annie's. We are celebrating the third year of our partnership with the Camogie Association this year and we are so grateful for their ongoing support.

For the children and families we work with, normal life is something they can only dream of. Normal life is replaced

with tests, results, treatments, hospitals and missing out on fun activities such as parties, hobbies and friends. Our wish children are battling a variety of illnesses such as Leukaemia, Cystic Fibrosis, Duchenne Muscular Dystrophy, brain tumours, heart conditions and many more.

They have suffered more than any child should and deserve to be granted their special wish as a reward for battling their illness. Families tell us that the wish experience gave their child increased feelings of happiness, marked a turning point in their response to treatment and that there was an increase in their child's emotional health as a result of having their wish granted.

We do not receive any government funding and at the moment, we have over 200 children on our waiting list and we are receiving a large number of applications each month. Unfortunately we do not have the resources to reduce the waiting list at the moment, so ongoing support from our friends at the Camogie Association is vital for the charity.

A huge and heartfelt thanks to everyone who has fundraised for us over the past three years, your support means so much to the staff, volunteers and wish families of Make-A-Wish.



# Feeding performance

## for Camogie

Good performance can be affected by a number of factors one of which is what you eat. Good nutrition for camogie is important to provide you with enough energy (calories), fluid and all the other vitamins and minerals which are important to meet the demands of heavy training schedules and your usual day-to-day activities. Remember that everyone is different and everyone has different requirements. Exactly what that is can be difficult to pin-point but there are a couple of key points that you should keep in mind.

You need to run! Therefore it is essential that carbohydrate foods should form the basis of all meals and snacks. Potatoes, bread, pasta, rice, fruit and cereals are all good sources which will also be good sources of other things such as vitamins, minerals and fibre which are also important for good health. There are many different ideas circulating about cutting carbs in an attempt to lose weight. This might happen in the short term but in the longer term performance, consistency and health can be affected. If you do want to lay off the carbs then be smart about it and not on days where you have heavy training.

Protein is important and you will need slightly more than people who are inactive, but, intakes of protein do not have to be so high that they affect your carbohydrate intakes. Foods such as meat, chicken, fish, eggs, yoghurts (particularly Greek type) and milk are great sources of protein and are particularly important during parts of the season where you are doing weights sessions for building muscle in order to increase strength and power. By adding in dairy foods pre- and post-training you get the added benefit of carbohydrates and other nutrients such as calcium which is key for bone health.

Timing of food and fluid intake around training is especially important. This can often be difficult due to work and college or just the practical issue of what is suitable to eat just before training. Always come prepared, bring an extra snack or milkshake with you if you are going straight from work or college to training. Your ability to train well consistently will be affected if you don't fuel up well prior to training. That's why players often find that two training days within a week can be vastly different. One day you are flying and the next day you find training very tough. Your fitness has not changed in two days it is often preparation for and recovery from training that needs to be addressed.

Vitamins, minerals and fibre are essential for good health now and in the long term. They are essential for doing many small functions in the body like releasing energy from food and carrying oxygen in the blood. Fruit and vegetables are great sources of all of these. If you are a player who needs to lose body fat, fruit will be a great carbohydrate source rather than using sports drinks and biscuits or sweets.

Some players will need to gain weight as muscle. Remember that you need to look at what you do over the course of a week. Often players think they eat well but find that on one day they miss breakfast and on another they miss lunch or dinner. By simply missing one meal per week players will find it difficult to gain weight as your good days will just average out the bad ones.

If you need to lose body fat you will need to watch your overall food intake. This is especially important if you are injured or out of season where you are not training as much as usual. Watch fatty foods such as fried food, chips, pastry pies, sausage rolls, dressings, sauces and spreads. Alcohol is also a significant source of extra calories. Keep a food diary or use one of the online apps to monitor problem areas. For example if you have 2 sugars in a cup of tea once a day then it's not such a problem but if you have 4 cups per day, seven days a week then that's 56 spoons of sugar a week!

It should not be difficult, if it is there is something wrong. Remember that it will take a little time to achieve your aims so don't make the mistake of short term targets. Enjoy.



**SHARON  
MADIGAN  
NUTRITION**



@madigan\_sharon



LinkedIn



# 110 years of Camogie Highlights

with Mary Moran



The Camogie Association celebrated its 110th anniversary this year with a number of key initiatives such as the County Player of the Decade, which honoured 26 County Players of the Decade at Croke Park on All-Ireland Finals day.

It also saw the launch of the 'Our Game Your Game' campaign featuring six inter-county players whose stories emphasised the power, athleticism and dedication of these athletes and was disseminated across social media, online and in print publications.

Mary Moran, author of 'A Game of Our Own', recounts some of the historical highlights of one of Ireland's leading female sports, choosing key moments from the last number of decades which chart the evolution of the organisation.

## 1904

It was a decade of "firsts". The Camogie Association was founded by the Keating Branch of the Gaelic League. The first set of playing rules was drawn up during this time and the first game was held at Páirc Tailteann, Navan between Dublin clubs, Keatings and Cuchulainns. The Dominican College, Muckross was the first school to take up Camogie while clubs were formed in UCD and UCC during this decade.



Action from a club match at O'Neill Crowley grounds in Cork in 1912

oldest and one of the most prestigious camogie competitions. UCD claimed the first Ashbourne Cup title. Camogie was curtailed due to the political situation during this decade but resumed again following the truce in 1921. Dublin County Board acquired the first camogie pitch in the Phoenix Park.



The UCC team playing in 1916

## 1924

This decade marked the publication of the first rule book while it also saw the introduction of the "points bar", a bar which joined the two uprights of the posts. Most significantly was the introduction of the All-Ireland Camogie Championship with Sean O'Duffy donating a cup in his name. Ten teams entered the inaugural All-Ireland championship which operated on an open draw basis and Dublin won the first All-Ireland title.

## 1934

Provincial Camogie Councils were established during this decade while Queen's University joined the three National Universities in the Ashbourne Cup. The number of affiliated counties grew to 28 while the first broadcast of the All-Ireland final took place during this decade. Delegates at the 1935 Congress listened to impressive figures which highlighted the growth of the game with 423 teams and 10,000 players.

Joan and Kitty Cotter of Cork were the first sisters to win All-Ireland medals while the first twins to win honours were also from Cork, Patti and Maureen Hegarty. Dublin and Cork were the Camogie super-powers splitting major honours between them.

## 1914

The game continued to evolve and grow. The most significant development during this period of time was the establishment of the Ashbourne Cup competition which came about following an approach by Agnes O'Farrelly, to her good friend, Edwin Gibson, Lord Ashbourne, a Trinity graduate. Lord Ashbourne donated a cup, bearing his name and so began the



Edwin Gibson, Lord Ashbourne, who gifted the cup bearing his name.



*Mollie Gill (President of the Camogie Association) watches Professor Agnes O'Farrelly cut the tape at the opening of the Phoenix Park Camogie pitch in October, 1933. Dublin captain, Mary Walsh, and Seán O'Duffy are behind Mollie Gill.*

## 1944

This decade was regarded as one of the darkest for the Association marked by disputes, withdrawals and suspensions which left only a handful of counties competing for All-Ireland honours. Antrim won a hat-trick of All-Ireland titles (1945, 1946, and 1947). Numerous overtures were made to bring counties back into the fold during a tumultuous period and by 1951 all counties were under the one organisation.

## 1954

The first inter-provincial tournament was held to mark the Golden Jubilee of the Association. Dublin claimed the title of camogie "super-power" going on a remarkable run in the All-Ireland series, losing only one game in 19 years with Sophie Brack captaining the Metropolitans to six All-Ireland titles. Kay Mills, one of the most decorated GAA team players won an incredible 15 All-Ireland senior titles while the game of camogie was reported to have spread as far as New Zealand.

## 1964

Celtic (Dublin) won the first All-Ireland Club Championship and Down won the first All-Ireland Junior Championship. The



*Seán O'Duffy, National Organiser, Sheila McAnulty, Ard Rúnaí, Crios O'Connell, President and Seán Ó Siocháin, GAA, pictured at the Camogie Association's Diamond Jubilee Celebrations in 1964.*

inaugural All-Ireland Post-Primary Senior Championship was won by Presentation, Kilkenny. The first National Coaching Course was organised for club and county coaches at Gormanston College. Other notables included a restyling of the Camogie uniform while Camogie congress took place in Galway.

## 1974

The controversial "Points Bar" rule was deleted from the Rule Book. During this decade, numerous counties burst onto the scene, with Down winning their first All-Ireland Minor title, Tipperary secured their first National League crown. Camogie was included in the Féile na nGael competition and other events included Jo McClements (Antrim) winning the inaugural Gradam Tailte, a 'superstars' competition.

## 1984

Another decade marked by developments on and off the field, with the playing time extended to sixty minutes while a sponsor's name was permitted on the playing jersey.

32 counties participated in the All-Ireland competition for the first time while Cork and Kilkenny played an exhibition camogie game in Gaelic Park, New York. The All-Ireland Intermediate championship was added while a new Association flag and referee uniforms were introduced.

## 1994

A notable decade with increased coverage of the games, the introduction of Player of the Match awards for All-Ireland finals and a live broadcast of the All-Ireland Senior Final in addition to sponsorship of the All-Ireland series by Bord na Gaeilge. The game also evolved from 12-a-side to 15-a-side while the Centenary of the Association was celebrated in 2004 with a team of the century chosen by the Association.

## 2004

A period of continued growth with increasing standards at all levels across the Association from playing, coaching and administration. There was increased recognition of the roles of volunteers, players and the media.

The launch of the National Development Plan "Our Game, Our Passion" took place in 2010 outlining a strategic approach for the Association up to 2015.

Other developments included the introduction of an affiliations fee, use of social media, increased PR and commercial partnerships.



*County Player of the Decade recipient Claire Grogan of Tipperary.*

# Camogie through the ages

The game has progressed enormously and the camogie playing days of the Dunlea family reflect this writes Mary Moran

Over the last 110 years, the Camogie Association has grown, developed and spread throughout the country and beyond. The game itself has undergone many changes, adapting to the style and strategy of the day. Looking at three generations of a family, the variations in the game and alterations in routine are obvious.

Two weeks before Cork's first match in the 1934 championship, Kate Dunlea was summoned to a trial match. She cycled 22 miles from her home in Cloughduv to the game and back again happy in the knowledge that she had made the panel. Cork progressed to the final. Kate, wearing a gymfrock to mid-calf, long black stockings, long sleeved blouse and black beret, led her team behind the Fintan Lawlor Pipe band in Croke Park. A crowd of three thousand occupied the old Hogan Stand and overlooked the running track that surrounded the pitch and the empty bank on the far side.

Those present had no programme to refer to and those at home no radio coverage. The match was played almost exclusively on the ground and ended with Cork 4-3 to 1-4 ahead of their Louth opponents. After the match, Kate and her teammates were presented with the O'Duffy Cup and their All-Ireland medals on the steps of the stand. With no post-match function organised, they headed home and back to work on the following morning.

Club matches presented numerous hurdles. Lack of transport and means of communication, not to mention the number of players available, were difficult obstacles to overcome. Girls walked or cycled to local matches. Horses and long carts would be required for fixtures further afield. Frequently, a farmer's field was the venue which lacked facilities of any description.

The skills of the game had heightened and the pace quickened when Nuala Dunlea had her day in the sun in 1968. Camogie was still a twelve-a-side game with small posts placed in front of the hurling set on a shortened and narrowed pitch. Five and a quarter thousand supporters turned up to cheer the Wexford and Cork teams. The gym frocks were shorter and the headgear dispensed with. A very basic programme revealed only the surnames of the players. A lady referee and umpires controlled proceedings. Cork

underestimated Wexford whose long striking and clever use of the hand pass won the day. Both teams were invited to a post-match meal in the Hollybrook Hotel at which no alcoholic drink was to be seen.

League, championship and tournament games were regular fare at club level. However, conditions fell short of today's standards. Pitches with long grass, bare patches and no dressing rooms were common. With nowhere to change or hot shower to enjoy after the game, heavy rain caused fixtures to be cancelled.

The torch was passed to the next generation and shone brightly in the hands of Lynn and Stephanie Dunlea. Few players made such an immediate impact as Lynn did when introduced as a last minute substitute in Nowlan Park in 1993. Her first touch dispatched the ball to the Kilkenny net and propelled Cork to the All-Ireland final.

During their long and distinguished careers, the Dunlea sisters witnessed many changes to the game. Players ran out on manicured pitches wearing light-weight outfits suitable for participation in sport. Protective helmets became compulsory. An emphasis on winning became the norm. Players picked and ran with the ball. Shooting on-the-run grew with an increased number of points scored. A game plan designed to outwit the opposition was devised. Consequently, the preparation of teams for the championship intensified.

Nutrition, gym-work, hurling wall, skill drills and tactical talks became part of a player's routine. The frequent use of male referees and coaches brought the game closer to hurling.

The 15-a-side game on the full-size hurling pitch allowed the skills of the game to be displayed while live television of the All-Ireland final delivered camogie to a larger audience.

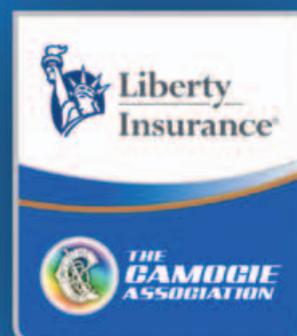
Camogie publications, 'Camogie Abú', 'On the Ball' and colourful All-Ireland programmes raised the profile of the game. All-Star selections added glamour and recognition while mobile phones and social media eliminate the communication problems of former years. Camogie continues to evolve and will, no doubt, witness many more changes in the coming years.

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