



**THE
CAMOGIE
ASSOCIATION**
An Cumann Camógaíochta

DEVELOPING YOUTH WELL-BEING AND LEADERSHIP

Developing Youth Well-being and Leadership within a club is hugely important to support player welfare. The following are some initiatives that can be implemented as they are relevant to each individual club and its members.

WELL-BEING COMMITTEE

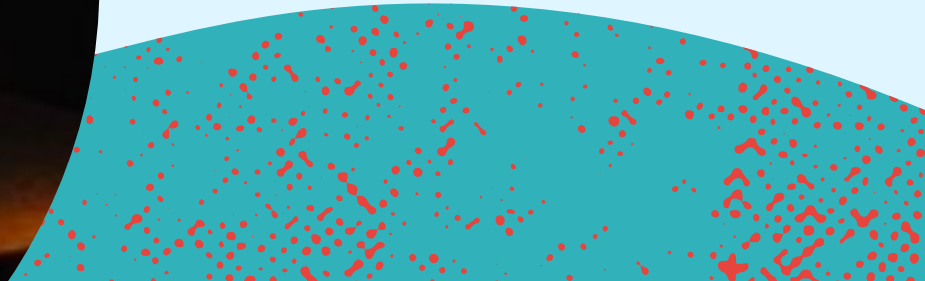
A committee to support and progress well-being in all areas of the club environment. Involving like-minded individuals from administration, coaching and the player base. It should oversee all aspects of well-being projects in the club in a phased and planned manner and/or work with the Club GAA Health and Wellbeing Committee or GAA Healthy Club Committee

YOUTH LEADERSHIP GROUP

A group of young people (16-25) who advises the club on all areas in ensuring the youth voice is heard. Involving reps from all teams and has official recognition within the club. The approach of the group should follow Lundy's model of Youth Participation involving, space, voice, audience, and influence. (See link to additional info on Lundy's model of Youth Participation in Immediate Resources below)

ENGAGEMENT FOURMS

Holding yearly forums with the aim of creating wider club awareness and buy in. This could be a focus of the Youth Leadership group with support from the club executive. It could include guest speakers, panel discussions and presentations involving all strands of the club. The overall aim to generate enthusiasm and support for future initiatives.





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AWARENESS OF IMMEDIATE SUPPORTS

The use of club posters advertising the immediate supports which are available to young people, both in person and remote supports. Posters should be easily accessible for young people and hung up both in dressing room and around the club. (See link to some relevant support services in Immediate Resources below)

INCLUSION APPROACH

A club for all where everyone regardless of age, gender, sex, or ability level can have a role and play a part. Roles should be created to match peoples skills such as IT, social media, administration etc., and interest level.

CLUB COACH EDUCATION POLICY

A Clubs own Coach Education Policy which promotes the consistent upskilling and support offered to coaches in ensuring best practice principles are utilised while working with and coaching young people.

“CHECK-INS” WITH YOUNG PEOPLE

Create space where coaches interact with young people about both their playing and non-playing lives. Can be done in a group context where young people will feel a sense of care towards their lives and further reinforce the idea of the club as a safe space.

IMMEDIATE SUPPORTS

1. <https://assets.gov.ie/24462/48a6f98a921446ad85829585389e57de.pdf>
2. <https://www.youth.ie/articles/community-supports/>

