



# **Development Officers Resource Document**

Designed and Produced by the Camogie Association

# Contents

1.Contacts	
2.Development Officer Role Description	
3.Coach Education and Development	
4. Referee Education and Development	
5.Officer Training	14
6.Camogie Club Set Up	15
7.Developing School Club Links	20
8.Go Games	23
9.Organising Your Blitz	25
10.Inter-County Development Squads and Blitz Days	29
11.Promotion	30
Notes	31

Appendix A – Player Pathway

Appendix B – Referee Pathway

Appendix C – Intercounty Underage Development Policy

Appendix D – Development Resources Booklet

Appendix E – National Development Plan

#### 1.Contacts

For a full list of contacts at National, Provincial and County Board levels you can visit http://www.camogie.ie/county-board-contacts.asp

This is updated on a yearly basis and is available in hardcopy booklet form from <a href="mailto:info@camogie.ie">info@camogie.ie</a> should you require.





# 2. Development Officer Role Description

The County Development Officer (CDO) role is an extension of the national development staff team. Ultimately, all development work is feeding back into the National Development Plan. This will have filtered down into provincial and county development plans ensuring that all our members are working towards common goals.

Camogie County Development Officer; post to be elected at Annual General Meeting.

<u>Position</u>: Camogie County Development Officer (CDO)

Role description: The overall role of the County Development Officer is to ensure

that Coaching & Games Development activities are coordinated within their county. The CDO is an Officer of the County Board

and a member of the County Board Executive.

<u>Please note</u>: <u>IF</u> the county has a County Coaching & Games Development Committee. the CDO should be its chairperson.

<u>Please note:</u> The Camogie Association strongly recommends that a county development committee be put in place, a committee ensures sharing of workload and that the whole county is being catered for.

<u>Works with:</u> County Board Executive/Camogie provincial development office and Provincial Growth and Participation co-ordinators.

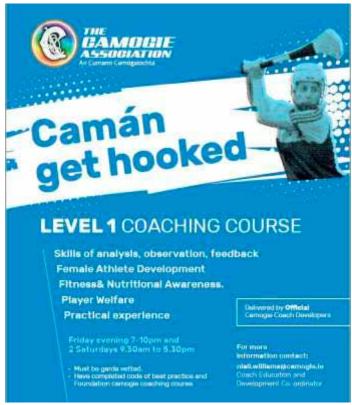
#### **Responsibilities:**

To liaise and work with the regional development officer on a development plan for your county under 5 points below.

- 1. To ensure the county is active under Coach & Referee education. To organise courses and workshops.
- 2. To plan and organise Go Games blitzes from Under 8 to Under 10 and ensure they are completed
- To facilitate best practice in Underage intercounty development of Under 14/Under 15 and Under 17 teams and ensure they are organised in accordance with national policy
- 4. To liaise with the county board to identify and bring to attention any potential or actual new club development area or any assistance clubs in the county require in a development context.
- 5. To report to the County Convention on Games Development Activities in the County.

# 3. Coach Education and Development





# **Coaching Course Booking Procedure**

#### What Courses Are There Available?

The Camogie Association has three coaching courses available to **registered** members of the Association.

- Foundation Camán Get a Grip (Max 24 coaches, €480 per course) (16 People Half Course €300 per course)
- Level 1 Camán Get Hooked (Max 20 coaches, €1,200 per course)
- Level 2 Solo to Success (Max 16 coaches, €120 per coach)

#### How do I organise/book a course?

- 1. <u>Secure a venue that includes a meeting room and an indoor hall</u> before contacting the Camogie Association.
- 2. <u>Identify two possible dates</u> (Saturday)that the course can be delivered at least three weeks prior to latest date request.
- 3. <u>Appoint a course co-ordinator</u>. The role of the coordinator is to liaise with the Camogie Association nominated tutor and to ensure the venue is appropriate and ready for the course delivery.
- 4. <u>Contact your Provincial Participation and Growth Co-ordinator</u> or administration manager with the venue, suggested dates and name and contact details of the course coordinator.
- 5. Once the <u>Camogie Association assign tutors to the course</u>, the course will be registered with coaching Ireland and an invoice will be issued.
- 6. <u>Notification that the course is being held should be sent out to all the clubs in your county through the club secretary</u>. You should also advertise to your social media pages and send notification to your contacts within the clubs who may be interested.

#### What do I need to do closer to the date?

- 7. The week of the course, the <u>Provincial Participation and Growth Officer will be in contact with the contact details of the tutor(s) delivering the course. You should send a reminder to the participants registered about the start time and the requirements (comfortable sportswear, hurl, pen, paper and course fee (€20))</u>
- 8. On the day of the course, the <u>co-ordinator should be there before the start time to ensure the room is set up and comfortable for participants.</u> The tutor will require a

- power source to plug into for their projector. The tutor will then perform all the other actions, profile forms completion etc.
- 9. On completion of the course, the tutor themselves will return the filled forms to Camogie and are sent to Coaching Ireland for certificates. Certificates can be sent to:
  - a) The organiser of the course for them to issue to the participants
  - b) Directly to the participant themselves to address provided
- 10. The <u>course fee must be paid in full 7 days after</u> the receipt of invoice. Payments can be sent to the Finance Dept, Camogie Association, Westward House, Jones Road, Dublin 3 or Electronic payments to: An Cumann Camógaíochta, AIB 140 Lower Drumcondra Rd, A/C: 04380056, Sort Code: 932108, IBAN: IE91 AIBK 9321 0804 3800 56, BIC: AIBKIE2D
- On completion of courses all certified coaches are stored on a secure Active Coach Database within Coaching Ireland.
- We would recommend that the County Development Officer would encourage new
  coaches to undertake the Foundation Level course with the view to progress them
  onto the Level 1 course as they continue their coaching careers and with
  involvement in the more progressive age groups also to ensure they are using the
  most up-to-date and informative coaching skills.

If you require any further information, please contact your Provincial Participation and Growth Co-ordinator or administration manager:

Connacht: John john.mullins@camogie.ie 086 7961856 Sabrina sabrina.larkin@camogie.ie 086 7961859 Leinster: Munster: Stuart stuart.reid@camogie.ie 086 7961858 Ulster: Julie administrator.ulster@camogie.ie 0044 78 25855718

The National Coach Education and Development Coordinator is Niall Williams, <a href="mailto:niall.williams@camogie.ie">niall.williams@camogie.ie</a> / 087 6235855.

# **The Spring Series**

The Spring Series is a targeted set of workshops that run from April to June, delivered nationally and available to all counties as requested. Dates will be provided to counties to uptake a workshop(s) of their choice and the Camogie Association assign the tutor to deliver, as above.

# **THE SPRING SERIES 2018**

# COACHING WOTEKSHOPS



Workshops are practical based, delivered over 2 hours, and suitable for all coaches regardless of the level of qualification.

These workshops will run from April to June and available to all counties as requested.

The 3 workshops available this series are outlined below.

# 1. CAMAN AND HAVE FUN COACHING 6-8-YEATZ-OLDS

This workshop is designed for coaches working with 6-8-year-olds girls or an older age starting Camogie for the first time. The workshop will demonstrate how to develop fundamental physical literacy skills with the Hurl and Ball through fun and innovative games and activities.

# 2. CAMAN AND EXPLORE COACHING 9-12-YEATZ-OLDS

This workshop is perfect for coaches working with 9-12-year-olds. It details the key techniques, coaching points, games and exercises to be used with this age group as outlined in our Camogie Player Pathway. We explore gameplay, including basic game understanding and look at considerations and challenges of early game awareness.

# 3. CAMAN AND PLAY COACHING 15-17-YEATZ-OLDS

Finding enjoyable training games and exercises to cover the core skills is often the most significant challenge for coaches working with this age range and. This workshop is designed to maximize the use of the Play-Practice-Play approach and to develop awareness of the core techniques and the context in which they will be used in gameplay.

If you require any further information, please contact your Provincial Participation and Growth Co-ordinator or administration manager:

Participation and Growth Co-ordinator of administration manager.				
Connacht:	John	john.mullins@camogie.ie	086 7961856	
Leinster:	Sabrina	sabrina.larkin@camogie.ie	086 7961859	
Munster:	Stuart	stuart.reid@camogie.ie	086 7961858	
Ulster:	Julie	Administrator.ulster@Camogie.ie	0044 78 25855718	

The National Coach Education and Development Coordinator is Niall Williams niall.williams@camogie.ie / 087 6235855.



## Workshops

Workshops are practical based sessions for coaches to gain new ideas, latest training methods and keep up to date with their training approach. These are delivered over 2 hours, and suitable for all coaches.

There are a number of additional practical workshops that clubs or counties can host themselves to keep up to date with training approaches. It is the responsibility of the Development Officer or the club itself to arrange and organize these workshops on a regular basis. As most workshops take place over the Autumn/Winter and Early Spring in most cases you will require an Indoor Hall or an astro type surface. Weather dependent a hall with access to a pitch is most ideal.

Some of the other Workshops that have been ran by Clubs or Counties include:

<u>Goalkeeping Workshop</u> – Does exactly as it says on the tin. An intercounty/ex-player/coach leads the session with Club & County goalkeepers invited, as well as the coaches of the players. Players actively get involved in the session, with activities, footwork, reaction exercises, positioning, communication etc all included.

<u>Fitness with the Sliotar</u> – We've all done the long runs in the training field, the ones that burn because it's you, your legs and your mind. This workshop aims to bring in the fitness work whilst using the ball – making it practical and specific to game situations.

<u>Ball Wall Workshop</u> - The Ball Wall is the ideal place to give places the maximum amount of touches of the sliotar, at speed and in close contact. The ball wall workshop gives ideas on activities you can do in the smaller space of a ball wall, from technical pieces to striking to reaction and fitness.

<u>Games Based Coaching</u> - Much of today's approach encourages our sessions to be game based and moving away from the complex drills to a more – play, coach, play method, where coaches allow players play the game, then fix the skill and get back to the game in an improved wall.

#### What do I need to know to run a workshop?

	ТҮРЕ	What workshop type do you require?		
The Whats:	AREA	What area do you feel the coaches of the		
Deciding what your		county could benefit from?		
needs are.	TARGET AGE	Age group of Camogie do you wish to target?		
	WHERE	The venue can be an indoor hall/ ball wall		
The Wheres:		area/ 3G pitch/ Outdoor Pitch?		
Best venue, place	WHEN	Generally, run on evenings over the quieter		
and time for		period of the season (e.g. Jan – March, Sept		
maximum		– Dec).		
attendance	TIME	These run over 1.5-2 hours.		
	WHO	Who will you get to deliver the workshop. Do		
The Delivery: Who		we need players to take part for the tutor to		
and Cost		demonstrate?		
	COST	Is there a cost to the tutor? Do we need to		
		have a charge (€5 per participant) to cover		
		costs of tutor/venue or is it free?		
Important to	ADVERTISE	Advertise the workshop in advance (approx.		
advertise to the		3 weeks). Post to social media pages, email		
coaches you are		out to clubs, mentioned at county board		
aiming towards for		meeting, follow up texts to club contacts.		
max participation,				
give notice.				

#### Please Note:

As and from March 11<sup>th</sup>, 2018 and in line with the Children First legislation every person involved with the coaching of underage players now MUST have all 3 of the following:

- 1) Coaching Course (Foundation Level minimum from GAA or Camogie)
- 2) Safeguarding 1 compliant The Camogie Association National Safeguarding Officer is Roberta Farrell Roberta.farrell@camogie.ie /01 8192934. You can find a list of GAA Safeguarding Tutors here ->http://www.gaa.ie/the-gaa/child-welfare-and-protection/child-welfare-trainers
- 3) **Garda vetting compliant** See more info and how on <a href="http://www.camogie.ie/garda-vetting-information.asp">http://www.camogie.ie/garda-vetting-information.asp</a>

# 4. Referee Education and Development

#### **Courses & Workshops:**

The Camogie Association currently have 4 types of courses available to assist counties and provinces to recruit, retain, to educate and refresh their referees.

#### First Whistle Course

- The course is aimed specifically at young referees or those starting out. The course is designed to equip those starting out to referee at Go Games only.
- Must be 15 years old to referee Under 8 & Under 10 Go Games.
- Minimum 12 participants, Max. 30 participants.

#### Foundation Course

- The course is aimed at those wishing to progress to referee at competitive club level (U14 +).
- Minimum 18 years old.
- Minimum 12 participants, Max. 30 participants.

#### • Refresher/In-service

- The course is aimed at those already refereeing and who wish to avail of further training to refresh on rules etc.
- Minimum 18 years old.
- Minimum 12 participants, Max. 30 participants.

#### • Conversion course

- The course is aimed at those who are currently refereeing GAA games and have no formal qualification to referee camogie games. The course goes through the key rule differences between codes and refreshes on current rules to help equip referees to referee according to the Camogie rules.
- Minimum 18 years old.
- Minimum 12 participants, Max. 30 participants.

## **Referee Course Booking Procedure**

#### Step 1:

A course must be requested with at least 2 possible dates via your Provincial Participation & Growth Co-ordinator or administration manager at least 3 weeks in advance by your County Referee Co-ordinator, Development Officer or Secretary.

#### Step 2:

On receipt of the request the Provincial Participation & Growth Co-Ordinator or administration manager will contact the, National Referee Education & Development Co-ordinator. A tutor in the area will be contacted regarding their availability. Once the course has been granted and a tutor available the tutor will liaise directly with the county course co-ordinator.

#### Step 3:

On completion of the course the referee tutor will forward the completion form to the within 7 days. Each participant will be invited via email to register/log in to the GAA elearning website to complete the referee exam (all details will be on the email and explained prior by the tutors). On completion and passing of the online exam referees will be issued with certification.

The course co-ordinator should take note of the following:

- Secure a venue that includes a meeting room before contacting the Camogie Association.
- Identify two possible dates that the course can be delivered on at least three weeks prior to latest date request.
- Contact your Provincial Participation and Growth Co-ordinator or Administration manager with the venue, suggested dates and name and contact details of the course coordinator.
- The role of the coordinator is to liaise with the Camogie Association nominated tutor and to ensure the venue is appropriate.
- It will be the responsibility of the county board to pay the tutor directly.
- Please note any courses organised outside of the set template i.e. not registered with the National Referee Education & Development Officer, will not be recognised as an official camogie referee course and will not be certified.

If you require any further information, please contact your Provincial Participation and Growth Co-Ordinator or administration manager:

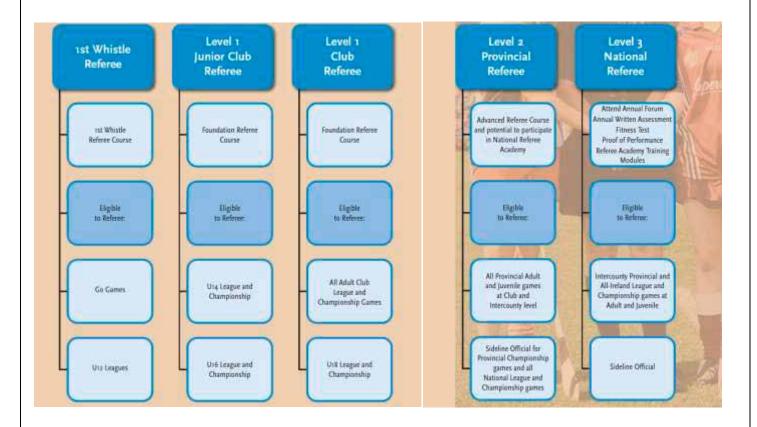
Connacht:	John	<u>john.mullins@camogie.ie</u>	086 7961856
Leinster:	Sabrina	sabrina.larkin@camogie.ie	086 7961859
Munster:	Stuart	stuart.reid@camogie.ie	086 7961858
Ulster:	Julie	administrator.ulster@camogie.ie	0044 78 25855718

The National Referee Education and Development Co-ordinator is Lizzie Flynn, lizzie.flynn@camogie.ie / 087 6436579.

#### The Referee Pathway

The Referee Pathway is designed to guide referees from their first instance of officiating as a Young Whistler at underage Go Games, right through to National Level should they so wish. It is a progressive and development-based pathway that encourages referees from the age of 15 years. The National Camogie Referee Committee has the overall responsibility for implementing Association policy through the channels outlined in the Pathway structure. All training programmes, assessment procedures and monitoring of Referees progress through the Pathway will fall under its jurisdiction through cooperation and communications with all the parties involved.

Below is the Referee Pathway as devised for use when developing referees within your county and should be considered when progressing referees onto the next level of officiating.



# 5.Officer Training

The Camogie Association deliver Officer Training Workshops and opportunities annually on a provincial level for new/existing officers in each role within a club/county board committee. This ranges from:

- Chairperson and Secretary Training
- PRO Training
- Children's Officer Training
- Registrar Training
- Treasurer Training
- THDC Training

As Development Officers we should be encouraging our club officers and county officers to attend these training events.

They all provide information on specifics of each role, especially helpful to those new to the role within the club or county board.

#### All these events are free of charge.

Counties can also arrange their own delivery of these courses should they wish. If counties or clubs wish to organise their own Safeguarding 1/2/3 or any other officer training you can contact your national designated staff member.

#### **Please Note:**

As and from March 11<sup>th</sup>, 2018 and in line with the Children First legislation every person involved with the coaching of underage players now MUST have all 3 of the following:

- Coaching Course (Foundation Level minimum from GAA or Camogie)
- Safeguarding 1 compliant The Camogie Association National Safeguarding Officer is Roberta Farrell <u>roberta.farrell@camogie.ie</u> /01 8192934. You can find a list of GAA Safeguarding Tutors here -><u>http://www.gaa.ie/the-gaa/child-welfare-and-</u> protection/child-welfare-trainers
- Garda vetting compliant See more info and how on http://www.camogie.ie/garda-vetting-information.asp

The National Safeguarding Officer is Roberta Farrell roberta.farrell@camogie.ie /01 8192934

The National Learning and Development Coordinator is Joanne McGlanaghy <u>joanne.mcglanaghy@camogie.ie</u> / 087 1251269

# 6.Camogie Club Set Up

#### **Step 1: Establish what you have**

- Contact Camogie County Board Secretary and County Development Officer to inform them you wish to start/re-establish a club. Details of all county secretaries on <u>www.camogie.ie</u>
- 2. Identify the potential new club area
  - Urban
  - Rural
  - Non-traditional area (i.e. football tradition/non-national community)

If there is no camogie county board; approach provincial camogie council and provincial

development officer and identify the new club area.

Details of all provincial secretaries are available on www.camogie.ie

#### 3. Contact GAA Club

- Club Chairperson or Secretary.
- Introduce yourself and reasons for making contact.
- Would the hurling club support the setup of a camogie club?
- Set up a meeting with GAA Club and Camogie county development officer.
- Identification of personnel who would assist in set up and development of a club.
- Facilities at GAA Clubs disposal.

#### Topics to be discussed at the meeting.

- ✓ What is the hurling structure like within the club?
- ✓ Is there a separate juvenile hurling section?
- ✓ How many teams (hurling) juvenile to adult?
- ✓ Discuss using Clubs facilities; Equipment/ hall/ playing fields in the event of setting up a Camogie Club (goodwill etc).
- ✓ Explore idea of having unified go games/coaching from u12 down to u8 for the first two years (buddy system).
- ✓ How many schools in club's catchment area mixed/girls only?
- ✓ Get schools principals name/contact no/address.
- ✓ Is there hurling coaching in the schools?
- ✓ Do they participate in Cumann na mBunscol competitions?
- ✓ Do they have an active Club school link?
- ✓ Do they hold VHI Cul camps?

- ✓ If there is no Camogie Club in the target area find out are girls in the area playing with another local Cub.
- ✓ Set a time line for Club formation and recruiting of personnel.
- 4. Having identified schools within the catchment area:
  - Contact school principal re school visitations.
  - Get numbers of girls in each class junior infants to 6<sup>th</sup>.
  - Arrange taster Camogie coaching in the school(s).
  - Run Mum and Me or Come Hurl With Me programme for parents for 4 weeks.
- 5. Host a Club Information Night
  - Invite parents to an information night promoted through GAA Club personnel, newsletter through schools through personal approach.
  - Followed by the new clubs first meeting of its officers.
- 6. Host Club Open Day
- 7. Decide on Training details, programmes, coaches:
  - Set training times and nights for different age groups.
  - Run Mum and Me programme at same time.
  - GAA hurling coaches to shadow and assist new camogie coaches.

#### **First Club Meeting Guidelines**

- Confirm all officers' attendance and acceptance of the positions within the committee
- Find out about pitch contacts/ times of day it can be used by the girls.
- Source Team Coaches.
- Officers to keep record of expenses incurred like stamps/phone calls/printing/photocopying.
- Arrange courses to be completed over first year of club existence:
  - Administrator training- go through officer's positions where training may be required.
  - Camogie Foundation Level Coaching Course.
  - First Aid Course.
  - Code of Ethics Course.
  - Referees course- subject to demand.

Local sports partnerships provide excellent First Aid and Code of Ethics training. Check out your local LSP for further information.

For information on the Coaching Courses, Referees courses and Administrator training contact the Provincial Participation and Growth Coordinator in your area.

#### **Step 2: Set out your Club Committees, Insurance and Fees**

- 1. Get a copy of the Camogie Association's Official Guide.
  - It can be downloaded from www.camogie.ie
  - Section 4 deals with membership and Section 5 deals with the setup of the club.
- 2. Hold a meeting to discuss the formation of a committee.
  - Decide is it going to be part of GAA club committee/ stand-alone committee for Camogie.
  - Positions needed on a committee to be outlined.
- 3. Send a letter to the county secretary stating that a new club has formed and what grades they wish to take part in.
  - Give details of new committee members.
- 4. Set membership cost for players to cover registration of players and player insurance.
  - Have a playing membership cost and cost for non-playing members.
- 5. Registration form should be completed.
  - Send 2 copies to registrar in county board.
- 6. Registration form must be updated if new members join the club.
- 7. Details of insurance company.
  - Ensure that a copy of the registration form is sent to insurance company.
- 8. Don't forget to register and insure anyone involved on committee, coaching volunteering etc.

#### **Insurance**

All persons involved with a camogie club must be insured (See Rule 23 of the Official Guide).

#### Registration, Finances and PR

- Registrar must keep a record of all paid up playing and non-playing members
- Set up and remind committee members of meetings.
- Treasurer- set up an account with a bank that does not charge fees. Have two signatures on the cheque book- usually treasurer and Chairperson.
- Sort out start-up grant application tax exemption form needs to be completed in conjunction with this.
- Set up fund-raising committee and look for possible sponsorship. As example, have photographs of the new sponsor with the new team into local press and radio know. It is important to try and establish good PR for the club.
- PRO and executive members should visit schools and introduce themselves and the club.

- Aim to have regular spots on school notice boards.
- Distribute information about club activities to children in schools.
- Get paper and radio contacts.
- Try to have regular slots on papers like club activities, match reports or player profiles.

# Step 3: \*\*\*Become a Registered Club with the Camogie Association\*\*\*

This Step must be completed to be officially recognised within the Association.

Item A - Official Camogie e-mail address - How to set up a new e-mail address or <a href="mailto:secretary.club.county@camogie.ie">secretary.club.county@camogie.ie</a> :

- 1) Request an email to <a href="mail.support@camogie.ie">mail.support@camogie.ie</a> to be sent from Camogie, noting there is a new club and give them the address you want. This email will get sent from info@camogie.ie or finance@camogie.ie
- 2) The Staff member who gets the e-mail address and password back from Mail Support will pass this onto the club for use.
- 3) Clubs are asked to then use their official Camogie e-mail addresses for correspondence. (e.g. secretary.club.county@camogie.ie)

Item B - Officially register all members on Servasport.

Servasport is our online registration database where ALL players, mentors, coaches, administrators, referees and social members MUST be registered to be official recognised as members of the Camogie Association.

- 1) County Board needs to send name of clubs to <a href="mailto:finance@camogie.ie">finance@camogie.ie</a>
- 2) Email is then sent by the finance team to Servasport (Note this email is <a href="mailto:support@servasport.com">support@servasport.com</a>)
- 3) Servasport come back with Username and Password and this is sent onto the club or county board depending on email addresses provided to the finance team.
- 4) To set up a PayPal account please see <a href="http://www.camogie.ie/registration.asp">http://www.camogie.ie/registration.asp</a>
  This is up to the clubs to do this themselves. This would be a similar process to setting up a bank account for the club.
- 5) Please note the following
  - a. Rule 4.2.3 When a new club or a club being re-established after a lapse of at least five years registers for the first time with a County Board or Provincial Council, half of the individual membership fee must be paid to the County Board who will retain this fee in full for this first year only. Thereafter, membership must be registered in accordance with Rule 5.4 and 6.5.
  - b. Please note that the system does not allow for start-up club fees so clubs are will have to pay the full fee and when they have completed their full registrations they must email the finance team, emails noted above to inform them that they finished their registrations. At this point the finance team calculate their registrations and give a refund back for 50% of their fees. This refund is refunded back to the Paypal account that paid the fees in the first place.

c.	Please note a calculation is also completed to give a refund to the county board and then a refund is requested from the provincial council based on Rule 4.2.3. This refund to county boards/ request for a refund from the provincial council is incorporated in the transaction fees refund completed at the end of the year.
	19

# 7. Developing School Club Links

#### What is a school-club link?

A school-club link is an agreement between a school and a Camogie club to work together to help young girls to realise their ambitions in Camogie by providing pathways for them to follow:

Meet the needs of young girls, to engage and have the opportunity:

- to try Camogie as a new sport.
- to enjoy Camogie and develop their skills.
- for social or recreational reasons.
- to maintain or develop their fitness.
- to develop as an elite performer.

#### Why develop Club/school Link?

- 1. Personal contact is the best way to promote your club in additional to promotional tools such as posters, flyers and local notices.
- 2. Some schools especially in urban areas are not aware of what clubs are in their area.
- 3. Children get involved in clubs if they and their guardian are aware whom they are dealing with and with a link, club coaches are seen as familiar faces.
- 4. Informs the girls where opportunities exist to take part in Camogie.
- 5. Both parties can work together to promote opportunities to participate in Camogie

#### How will the school benefit from the Club/school link?

- Promotes healthy living & exercise to young girls.
- Increase in number of girls playing camogie.
- Fantastic social outlet for students.
- Creates a good atmosphere and sense of school pride.
- Can help school to achieve Department of Education Active School Flag.

#### How will the Club benefit from the Club/school link?

- Creates a partnership with school.
- Creates awareness of the club to a wider community base for increased membership.
- Helps in recruiting volunteers and parents.

#### What should the Club do?

- Provide information and promotional material about the club.
- Run a competition at the school or between local schools in the community.
- Run a club open/fun day at the club for the school.
- Provide coaches to assist with extracurricular activities if possible.
- Run a few coaching sessions on the school site during term time.
- Provide club facilities for sports day or events.

#### What can the school do?

- Promote club highlighting upcoming events and matches.
- Provide facilities for training sessions.
- Dedicate a notice board to the club.
- Provide letters of support for funding applications.

#### Club school link liaison officer

**Who** Family members of current players.

Retirees from Camogie Club. Stay at home mums or dads.

Why not ask a parent whose daughter is attending the school?

**Role** Build a relationship with the school and teachers on behalf of the club.

Service the school on an on-going basis with information on club.

Create a positive attitude among the parents and students towards the club.

To organise and control the development of camogie in school.

Co-ordinate and consult with members of the club and school.

On-going liaison with the school coaches / teachers throughout.

Consult school staff regarding sessions, games and blitzes.

Actively promote Camogie in the school and acknowledge staff goodwill.

#### The Need to Knows

- Number of girls attending the school?
- How many girls are currently playing camogie?
- How many are currently playing with clubs?
- Is there any teacher involved in a GAA Club? Or GAA coaching already taking place?
- Is there currently a school team in existence?
- What equipment is available to use?
- Does the club have monies available to promote this and/or is there a need for funding.

#### **Establishing a Structure**

Club itself must take ownership of this link by:

- 1. Identifying School(s) in the catchment area to the Camogie club.
- 2. Appoint club-school liaison person to approach school.
- 3. Recruit reliable and enthusiastic volunteer coaches/helpers.
- 4. Set rules the club and school will operate under and define roles and responsibilities.

#### Where to Next

- **Step 1** Write a letter and hand deliver to the school principal outlining the youth activities in the Club.
- **Step 2** Meet the principal and the PE co-ordinator to outline the clubs work and programmes. Decide in what capacity the school is open to supporting the link (coaching, talks, events, facilities etc and vice versa)
- **Step 3** Establish a Club notice board in the school that is updated regularly informing the children of events/training etc.
- **Step 4** Commence coaching at preferred time of school and explore the possibility of hosting school games and blitzes at club pitch.

#### What makes a School/Club Link Effective and Successful?

- Communicate and engage on a regularly bases.
- Respect each other.
- Have a shared vision and approach.
- Agree expectations and goals.
- Find ways of enabling young people to take part in activity.
- Share and develop teaching and coaching expertise.
- Share facilities, equipment and resources.
- Emphasis on fun and participation.
- All treated equally and given a fair chance to learn and develop.

For all new clubs setting up and for information on club/school links, school initiatives etc you can contact our Club and Education Support Co-ordinator, Kathleen Egan

kathleen.egan@camogie.ie /087 6415485





# 8.Go Games

In organising your Go Games programme for Under 8 -Under 12, whether your county chooses to use districts or whole county blitz days, the following guidelines are in place to maximise participation and involvement for ALL players and to adequately allow all players to develop in the game of camogie.







ITEM	UNDER 8	UNDER 10	UNDER 12
1. Team sizes/ Participation	Maximum 8-a-side.	Maximum 10-a-side.	Maximum 12-a-side. 13 a side if clubs have panels of 16 or more
	A club/school/community team with 10 or more players should make two or more teams to play in games, where possible.  Full camogie gear to be worn  for all matches (jersey/skorts or skirts /socks/helmet)  Coach/mentor encouraged to  rotate positions at half-time.	A club/school/community team with 14 players or more players should make two or more teams to play in games, where possible. Full camogie gear to be worn for all matches (jersey/skorts or skirts /socks/helmet) Coach/mentor encouraged to rotate positions at half-time.	Each sub should play a minimum of a full half in each game. Full camogie gear to be worn for all matches (jersey/skorts or skirts /socks/helmet) Coach/mentor encouraged to rotate positions at half- time.
2. Pitch	45m x 30m	65m x 40m	Pitch no longer than 105m long (20m line - 20m line).  Make pitch smaller, if appropriate.
Dimensions	Make pitch smaller, if appropriate.	Make pitch smaller, if appropriate.	(depending on grading)
	2 Zones - Pitch split with cones across at halfway or alternatively colour code the sidelines to reflect the zones. Players must remain within the zone to which they are assigned. Mid-fielders are permitted to roam the full pitch but must wear bibs so they can be identified by referee.	2 zones - Pitch split with cones across at halfway or alternatively colour code the sidelines to reflect the zones. Players must remain within the zone to which they are assigned. Midfielders are permitted to roam the full pitch but must wear bibs so they can be identified by referee.	None
	Minimum 6min to maximum 12min per half.	Minimum 8min to maximum 15min per half.	Minimum 10min to maximum (blit) 20 - 25min per half normal game
5. Goalposts		Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles are optional.	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft.
6. Sliotar	Size 1 First Touch	Size 2 Quick touch	Size 3 smart touch
Commence	throw in. After a score ball is thrown in from half way line (discretion of	With puck out from the hand or ground. or throw in. After a score ball is thrown in from half way line (digression of organising committee allowed here)	With thrown in at halfway mark. All other players must stand 10m away from player taking.

	All other players must stand 10m away	All other players must stand 10m away	
	from player taking.	from player taking.	
		Full rules	Full rules
8. Outfield	All on the ground.	except:	except:
		One hop of ball only on hurley is	One hop of ball only on hurley
Play	No kicking the ball.	permitted <u>.</u>	permitted
		No kicking the ball. A free to opposing	Ball may be kicked once, but not in
		team should a player take more	succession.
		than 1 hop;	
9.	Catch, Lift into the hand and strike or	Catch, Lift into the hand and strike or	Catch, Lift into the hand and strike or
Goalkeeper	Ground Strike at all times.	ground strike at all times.	ground strike at all times.
	No kicking the ball.	No kicking the ball.	May use leg to block/save.
			Ball may be kicked once, but not in
	May use leg to block/save.	May use leg to block/save.	succession.
	No hop/solo.	One hop of ball on hurley is permitted.	
		Strike from the hand or lift and strike	Strike from the hand or lift and strike
10. Frees /	All taken off the ground.	(Frees & '65's').	(Frees & '65's').
	All opposing players should be at least		
'45's /	8m from player taking.	Sideline puck taken off the ground.	Sideline puck taken off the ground.
	Free pucks should be no closer than	All opposing players should be at least	All opposing players should be at least
Sideline –	10m from opposing end line.	8m from player taking.	10m from player taking.
<b>.</b>			Free pucks should be no closer than
'Nearest	Nearest Player	from opposing end line.	20m from opposing end line.
Player'	Frees: Player who is fouled or nearest fouled ball takes.	All opposing players should be at least 10m from player taking.	Nearest Player
Player	Sideline; Player nearest ball when	Nearest	Frees; Player who is fouled or nearest
	crosses line takes.	Player	fouled ball takes.
	'45's'; Player who last strikes the ball on		Sideline; Player nearest ball when
	attacking team takes from	fouled ball takes.	crosses line takes.
	halfway line, in line where ball crosses	Sideline; Player nearest ball when	'45's'; Player who last strikes the ball on
	end line.	crosses line takes.	attacking team takes from
	Referee chooses player nearest/last	'45's'; Player who last strikes the ball on	halfway line in line where ball crosses
	struck to take free.	attacking team takes from	end line.
	Struck to take free.	halfway line, in line where ball crosses	Referee chooses player nearest/last
		end line.	struck to take free.
		Referee chooses player nearest/last	struck to take free.
		struck to take free.	
44 Capita	1point for over crossbar and 1point for	3point for over crossbar and 1point for	1 points for over crossbar and 3points
11. Scoring	goal.	goal.	for goal as standard.
12. Other	Shoulder charge is not permitted but incidental contact is	Shoulder charge is not permitted but incidental contact is permitted.	Shoulder charge is not permitted but incidental contact is permitted
12. Other	permitted. No rectangle rules apply.	No rectangle rules apply	No rectangle rules apply.
	permitted. No rectangle rules apply.	ivo rectangle rules apply	ivo rectangle rules apply.

# 9. Organising Your Blitz

When organizing your blitzes, be it at club, county or inter-county planning should start early beginning your initial items 4-5 weeks priors to the actual event, leaving you with a much easier and achievable workload and ensure all is confirmed for the day.

#### Step 1:

#### Finding a suitable venue

Check for the following things when looking for a venue:

- ➤ No. of dressing rooms
- > Toilets & showers
- No. of pitches
- ➤ Good pitches for camogie i.e. grass length is important
- Parking/Bus parking
- Shop nearby
- Ease of access to the grounds
- Venue contact

#### Step 2:

#### Advertising your blitz

- 1. Select a date that is suitable for your county:
  - no clashes with club/school competitions.
- 2. Inform your County Board, Provincial Council or the Camogie Association, whichever is your higher unit.
- 3. Send email to all invited County Secretaries and County Development Officers.
- 4. State the age group and if you will cater for second and third teams should clubs / counties wish to have multiple entries.
- 5. Look for 2 contacts for each of the teams entering mobile numbers and email addresses.
- 6. Record county entries on a spreadsheet with relevant contacts for each.

#### Step 3:

#### Organisation in advance of Blitz day

- ✓ First Aid for the day.
- ✓ Volunteers TY Future Leader students, intern, college students, club members.
- ✓ Grounds man line pitches, flag, nets.
- ✓ Referees.
- ✓ Fixtures, Timetable & Rules of blitz www.fixturelist.com
- ✓ Send fixtures 4 days in advance of blitz to participating counties along with directions to venue and contact on arrival.
- ✓ Ask each player from your own club/county squad to bring 1 plate of sandwiches and 1 bottle of mineral/water/juice for travelling teams.

#### Step 4:

#### On the Blitz day

- ✓ Signage directing to grounds if required.
- ✓ Signs on allocated dressing rooms for teams.
- ✓ Appoint a Blitz day co ordinator to stay at assembly point (registration desk) central point at venue:
  - They should make sure teams are on their allocated pitches.
  - Results are being fed back.
  - o First aid on hand if needed and where.
  - Any other issues/disputes.
- ✓ Appoint a results administrator to record every result.
- ✓ The assembly point should display all fixtures for the day & results as they happen.
- ✓ Number every pitch.
- ✓ Have spare equipment on hand e.g. sliotars for games.
- ✓ Have pitch coordinators to keep games moving and stay in contact with results administrator.
- ✓ Fixtures list for all teams each team attending to appoint a liaison person for the purpose of contacting and keeping games running to schedule.
  - o This contact name & number to be left at assembly point.

- ✓ Include a map of the grounds and where everything is:
  - dressing rooms,
  - o pitch no's,
  - o first aid tent,
  - o assembly point,
- ✓ Walkie Talkies are a good idea especially for larger blitzes and several pitches.

#### Step 5:

#### **General Blitzes Rules/Format for Regional Blitzes**

(Rules will differ for provincial and All-Ireland Blitz day)

- No half time team talks.
  - [Ref will throw in the ball once players have switched ends]
- Unlimited substitution, roll on/roll off basis from the halfway line.
- Games usually 24 minutes duration, teams allocated food breaks.
- No player is allowed to play more than 120 mins of camogie on a blitz day.
- Each team may have to play some group games in succession.
- Teams must wear the allocated jersey number corresponding to the program.
- 3 points for a win, 2 points for a draw,1 point for a loss.
- No score difference will apply.
- If,2 teams finish on same points, the result of their game shall determine who qualifies.
  - If still tied, the result [NOT score] versus the other highest team shall determine who qualifies.
- A strict code of conduct must be observed by all players/team/mentors and parents.
   We follow the give respect, get respect initiative
- Referees will be encouraged to explain fouls, rule infringements etc. to players throughout the day
- Teams must be on the sideline ready to play 10 minutes before throw in.

#### Step 6:

#### **Evaluation of Blitz**

- De-brief with all organisers/helpers on the day afterwards in case of any immediate action required.
- Provide evaluation sheets for each of participating counties, coordinator's and referees in order to get constructive feedback.
- Were there any injuries? If so, follow up with clubs/counties concerned.
- Write down any improvements needed and file away for next year.

# 10.Inter-County Development Squads and Blitz Days

At intercounty level – <u>dates for all inter-county blitz days permission must be sought from the Camogie Association in writing</u> – once permission is granted Counties will be notified in writing that their Blitz is sanctioned. This is done via the Youth Development Co-ordinator.

Provincial Blitz days are organized by Provincial Council, while the All-Ireland Blitz days are via the Camogie Association.

<u>Included in this pack is the Inter-County Underage Camogie Development Academies Policy Document for reference re: eligibility and squads</u>. Please ensure that both you and the management teams over your intercounty squads are aware of and have this policy.

A good pathway at intercounty level involves:

- Under 13 School of Excellence inclusive to all coaching based
- Under 14 Academy/Development Squad
- Under 15 SOE/Development Squad
- Under 16 Competing age
- Under 17 Development Squad
- Under 18 Minor competing age

We encourage counties to put effort in ensuring that they have a structure in place to encourage and give opportunity to all girls to continue this pathway as inter-county players. This is hugely important in the retention of our players through the teenage years. Between 14-16years female sport in general loses many participants, so it is here we should focus on providing continued opportunity for your players to experience and develop as a player.

Often counties will have numerous squads at Under 14 and a single squad at Under 15/ Under 16 in the following years, therefore a large number of girls who played Under14 now, but not within the intercounty set up may be lost to the game in the near future if an active games programme is not in place with the county to address all levels and standards of players. In many instances we could continue to coach and improve those players through the u15 and u17 squads with quality coaching and personal development initiatives.

#### 11.Promotion

#### **Promoting Your Development Work**

With all the good work that you and your volunteers do within your county, it is important that you promote that and yourselves in every way you can. This will not only put your county in the spot light but will definitely build support, good will and appreciation towards your inter-county squads, clubs, county board and all your development initiatives that you run for your players.

#### You can do this through:

- Social Media Facebook, Twitter, Instagram and Snapchat
- Website County Website News Corner/Development Corner
- Paper Weekly update in local papers
- Monthly E-News Email a newsletter update on all thing's development monthly to registered coaches/secretaries etc.
- Promote your event with registration on Eventbrite online, quick and easy payment also.

**Please Note:** You can send your Provincial Participation and Growth Coordinator a quick paragraph on your development news (always include a picture), even if it just a few lines and we can include it in National Development News on our website which is updated on a weekly basis. We include items on the joint work we are carrying out with development officers across the country and we are happy to receive and include appropriate development items sent to us also.

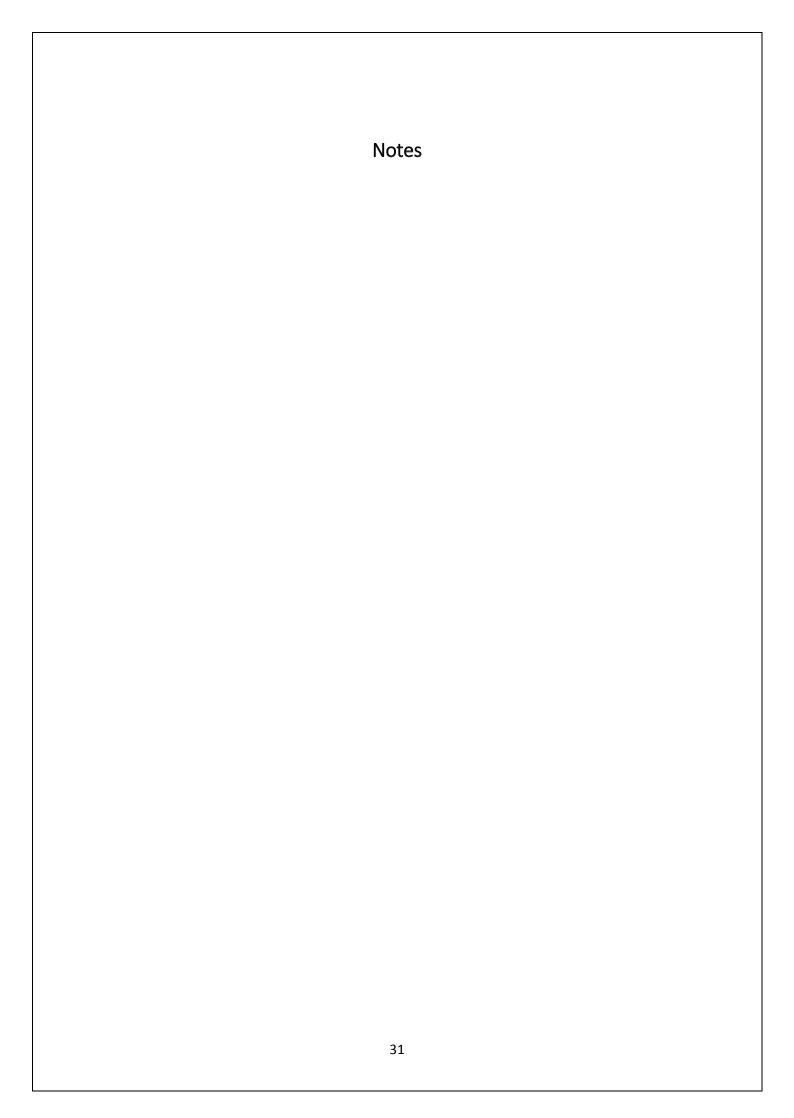
#### **Steps to submitting your PR news:**

- 1. Put promotion news in the subject bar in your email
- 2. All news items to be in a word document
- 3. Be concise, what happened, where, how many attended, who organised it, any special guests?
- 4. If you have a picture, include as an attachment in email not in the word doc
- 5. All news items should be submitted by Tuesday each week.

Connacht: Johnjohn.mullins@camogie.ie086 7961856Leinster: Sabrinasabrina.larkin@camogie.ie086 7961859Munster: Stuartstuart.reid@camogie.ie086 7961858Ulster: Julieadministrator.ulster@camogie.ie0044 78 25855718

We also now have an Official Camogie Development Twitter Account. So, find us @CamogieDevelop

Follow us and tweet your development work – we will help you promote the game in your county.







# **APPENDIX A**

Player Pathway

# Camogie Player Pathway

Phases of a camogie player's development





# A message from the Director of Camogie Development

The Camogie Player Pathway describes the opportunities to play Camogie from beginner to elite level. It is designed to give every person entering the game the chance to reach their personal potential within the sport. The pathway is divided into six stages:

Phase 1	-	Get a grip	6-8 yrs appr	ох
Phase 2	_	Clash of the ash	9-11 yrs app	rox
■ Phase 3	_	Get hooked	12-14 yrs ap	prox
■ Phase 4	_	Solo to success	15-17 yrs app	orox
Phase 5	_	Strike for glory	17+ yrs appı	rox
Retainment	_	Shifting the goalposts		

There are opportunities for everyone to play camogie, irrespective of age, ability, race, culture or background. The Camogie Association has adopted a logical approach to player development, so that every child and adult can reach their potential and enjoy Camogie throughout their lifetime.

There are six progressive steps in a Camogie Player Pathway. Individuals will spend varying amounts of time mastering the relevant skills and attaining the requisite fitness levels. All participants should reach their potential in the stage that matches their age and aspirations.

For the most talented players, the player pathway ensures that they are given the very best opportunities and support to reach their full potential. Dr Istvan Baly's Long-term Athlete Development model (LTAD) focuses on best practice in the development of players at every level. Camogie uses LTAD to develop the skills, coaches and competitions that are appropriate at each age and stage of player development.

It is vital that children learn the full range of basic movement skills that underpin sport-specific skills. The term physical literacy enables the child to pursue two different pathways: lifelong participation in a number of sports or achievement of a high performance standard in one.

LTAD is about giving everyone, at every age and stage, the opportunity to maximise their potential, whatever their level, and to stay involved in Camogie throughout their lifetime. Camogie encourages all our members to become familiar with the various stages of the player pathway and use it as a resource and support in the development of our players.

Mary O'Connor

Director of Camogie Development

The Camogie Association



# A message from Coaching Ireland

The Long Term Development Model for Camogie provides an integrated framework to facilitate the development of Camogie players at all levels of participation and experience. The model is player centred, coach driven and supported by administrators, officials and financial partners.

This will ensure that the experience of training and playing the game is always appropriate for the developmental stage of the player involved and will assist players, parents, coaches, officials and administrators to make informed decisions about player development so that every child and adult can reach their potential and enjoy Camogie throughout their lifetime.

On behalf of Coaching Ireland I wish to congratulate and thank Mary O'Connor, Director of Camogie, for spearheading this work; the volunteers who contributed to the development of the Long Term Development Model for Camogie and the inputs from Catherine Bird, Coaching Ireland.

### Michael McGeehin Director

Coaching Ireland





# Long Term Player Development (LTPD) Model for Camogie



#### Get a grip

Phase 1

6-8 years

#### Clash of the ash

Phase 2

9-11 years

#### Get hooked

Phase 3

12-14 years

#### Solo to success

Phase 4

15-17 years

#### Strike for glory

Phase 5

17+ years

#### **Retainment**

Shifting the goalposts

Phase 6



# Long Term Player Development (LTPD) Model for Camogie

The Technical Advisory Group (TAG) of the National Coaching and Training Centre (now Coaching Ireland) has developed a draft model for Long-Term Player/Athlete Development. The main phases of the model are explained below. Please note that not all players will smoothly assimilate to all phases in a perfect manner. Many will develop different capacities at different rates. These phases have been adapted to Camogie for the development of a Camogie Player Pathway.

#### Phase 1 Get a grip

(6-8 yrs approx)

The main objective of this phase is to learn all the fundamental **movement skills** of Camogie such as correct running, jumping and throwing techniques.

These movement skills should be taught in a positive manner using an organised and fun approach. Speed, power, strength and endurance are also developed in this phase in accordance with the level and ability of the physical development of the Camogie player. It is important that the Camogie player participates in as many sports as possible during this phase to further develop the fundamental movement skills.

#### Phase 2 Clash of the ash

(9-11 yrs approx)

The Camogie player is learning how to play and practice the fundamental skills of the game of Camogie during this phase. Continued development of the fundamental movement skills from the 'Get a Grip Phase' should be encouraged. This is important because the ability of a Camogie Player to reach her full potential will be compromised if fundamental movement skill training is not developed between the ages of eight to eleven.

#### Phase 3 Get hooked

(12-14 yrs approx)

During this phase the Camogie player is learning how to train practice and play the game effectively. Accuracy of Camogie skill is being further developed. This phase addresses critical periods for strength and aerobic development. Both strength and aerobic trainability is dependent on maturation levels, not chronological age. In this phase players are also introduced into the competitive aspects of the game as part of a full team.

#### Phase 4 Solo to success

(15-17 yrs approx)

During this phase the Camogie player is training to compete. *Optimising* fitness preparation and performance is therefore necessary during this phase. To achieve this, high intensity individual- and match-specific training is provided to the players. Sport specific skills are performed under a variety of competitive conditions during training. Players will train to play in club / school practice matches as well as more competitive league/championship games.

#### Phase 5 Strike for glory (17+ yrs approx)

All of the Camogie player's capacities are now fully established and players are training to peak for major matches/ competitions. The aim is to maximise fitness preparation, individual and Camogie specific skills as well as performance. Training is high intensity and relatively high volume with appropriate rest and recovery breaks.

#### **Retainment Shifting the goalposts**

This phase refers to the activities performed after a Camogie player has retired from Camogie training and competitions permanently. Retainment can occur at any age. The aim of this phase is to retain Camogie players for coaching, sport administration, officiating or any other Camogie-related career

# Get a grip Phase 1

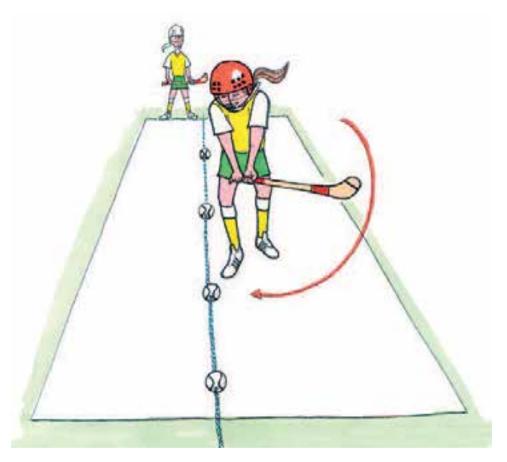
6-8 years

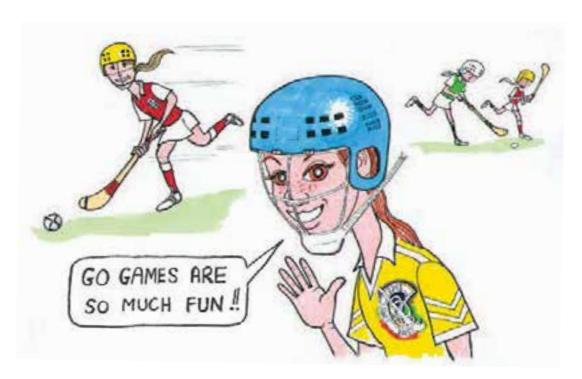




#### **Technical Capacities**

- Develop fundamental movement skills run, jump, throw, catch, strike and kick appropriate to levels of development
- Develop passing technique appropriate to level of development
- Identify dominant hand
- Identify Lock Grip/position
- Identify Ready Grip/position
- Identify Lift Grip/position
- Swing on dominant side using correct technique
- Strike on the ground on dominant side
- Block on the ground
- Tackle on the ground
- Clash on ground
- Dribble ball along ground
- Use correct equipment appropriate to age and level
- Use appropriate clothing and footwear
- Know the correct body position when executing a skill
- Hook a player who is striking ball on ground





#### **Tactical Capacities**

#### During this phase, the player will...

- Adhere to basic rules and ethics
- Play Go-Games to learn basic attack and defence skills



#### **Physical Capacities**

- Develop endurance through fun activities (e.g.) Bib tag
- Develop wrist strength through fun activities (e.g.) squeeze ball
- Display agility through fun games/activities (e.g) bull dog
- Develop balance through fun games (e.g.) Zig zag relay
- Develop hand/eye co-ordination through fun games (e.g.) skittles, piggy in the middle
- Develop arm/leg co-ordination through fun games (e.g.) ball to cone
- Develop linear, lateral and multi-directional speed through fun games (e.g.) Here there and everywhere
- Develop arm strength through fun activities (e.g.) bunny jumps, tug of war
- Develop movement skills in limited space through fun games



#### **Mental Capacities**

#### During this phase, the player will...

- Experience enjoyment/ fun from Camogie
- Show enthusiasm for Camogie as an activity
- Develop confidence in executing basic skills
- Exhibit a feeling of accomplishment when playing Camogie
- Imagine themselves as their role model to improve skills



#### **Lifestyle Capacities**

#### During this phase, the player will...

- Play a range of sports/activities
- Learn safe use of equipment (e.g.) wearing of a helmet and shin guards
- Learn safety in game/ training scenario (e.g.) when clashing/tackling
- Play at home



#### **Personal Capacities**

- Experience enjoyment/fun
- Demonstrate fair play/respect
- Demonstrate sportsmanship
- Develop self-confidence
- Develop social skills through interaction with others
- Be part of a team atmosphere
- Make friends through Camogie

# Clash of the ash Phase 2

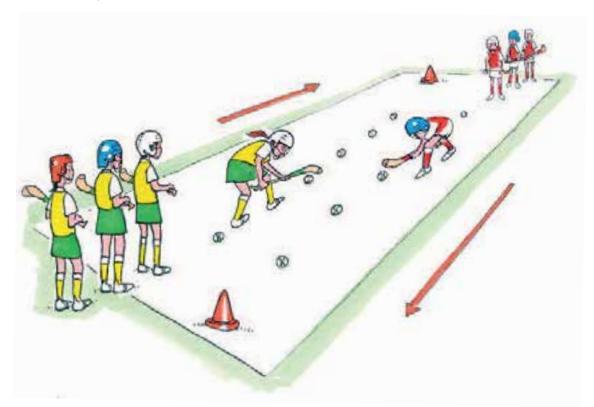
9-11 years





#### **Technical Capacities**

- Develop basic skill of: Strike ball on the ground
  - ☐ Demonstrate the skill of striking the ball on the ground in a fluid way
- Develop basic skill of: Strike ball on both left and right sides
  - ☐ Demonstrate the skill of striking the ball on both the left and right sides in a fluid way
- Develop basic skill of: Lifting sliotar while stationary
  - ☐ Demonstrate the skill of lifting the sliotar while stationary in a fluid way
- Develop basic skill of: Lifting sliotar while on the run
- Develop basic skill of: Striking sliotar in the air on dominant side
  - Demonstrate the skill of striking in the air on dominant side in a fluid way
- Develop basic skill of: Catching sliotar at chest level
  - ☐ Demonstrate the skill of catching sliotar at chest level in a fluid way.
- Develop basic skill of: Handpassing sliotar from the hand
  - ☐ Demonstrate the skill of handpassing sliotar from the hand in a fluid way.

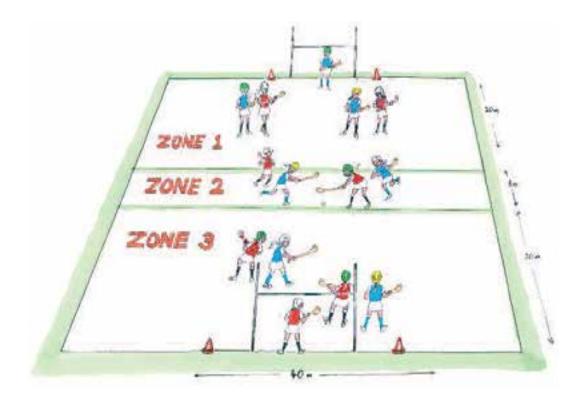


- Develop basic skill of: hooking
  - ☐ Demonstrate the skill of hooking in a fluid way
- Develop basic skill of blocking
  - ☐ Demonstrate the skill of blocking in a fluid way
- Develop the skill of Clashing
- Develop the skill of batting down a high ball
- Develop 1st touch control of sliotar
- Practice technical skills outside of controlled practice repetitive learning
   Against a wall
- Practice technical skills outside of controlled practice repetitive learning
   With a friend (1)
- Practice technical skills outside of controlled practice repetitive learning
   With a group of friends
- Practice technical skills outside of controlled practice repetitive learning -Everyday



#### **Tactical Capacities**

- Line out in different positions on pitch
- Name the different positions on pitch (e.g.) full back
- Experience playing in different positions on pitch
- Play modified games (e.g) ground hurling/ lift and strike
- Play small-sided games (e.g.) Go Games
- Use skills of striking, tackling, lifting in small sided games
- Use skills of striking, tackling, lifting in small sided games with conditioned game rules
- Identify and adhere to rules for frees
- Identify and adhere to rules for sidelines
- Identify and adhere to rules for wides
- Identify and adhere to rules for starting a Game





#### **Physical Capacities**

- Develop wrist and ankle stability
- Progress development of agility, balance and co ordination (abc's) to a level where movement is fluid
- Progress development of speed with control of body/hurley
- Identify the benefits of basic warm-up
- Identify when to warm up
- Follow instructions on how to warm up
- Identify the benefits of basic cool-down
- Identify when to cool down
- Follow instructions on how to cool down
- Demonstrate repetitive specific actions to develop leg and arm strength (e.g.) soloing task
- Perform basic mobility exercises (e.g.) side steps, skipping, zigzag
- Move and control body in limited space
- Develop power through fun games (e.g.) bunny jumps
- Perform basic flexibility exercises



#### **Mental Capacities**

#### During this phase, the player will...

- Develop confidence in using a variety of skills in a game situation
- Continue to show enthusiasm for Camogie through participation and commitment
- Develop concentration Skills (e.g.) keeping eye on the ball all of the time
- Learn how to control anxiety
- Develop decision making skills in small sided games (e.g.) when to pick up the ball or pull on the ground



#### **Lifestyle Capacities**

#### During this phase, the player will...

- Continue to play multiple sports and activities
- Incorporate regular Camogie training into everyday life
- Develop good practice habits to develop independence
- Develop commitment to regular training schedule
- Apply safe practices
- Play with peers at home



#### **Personal Capacities**

- Experience enjoyment/fun
- Develop social interaction with peers and mentors
- Develop teamwork and interaction skills
- Develop respect for officials and decisions
- Be aware that effort and time spent playing the game will result in improved and consistent performance
- Accept rules, regulations and structures

# Get hooked Phase 3

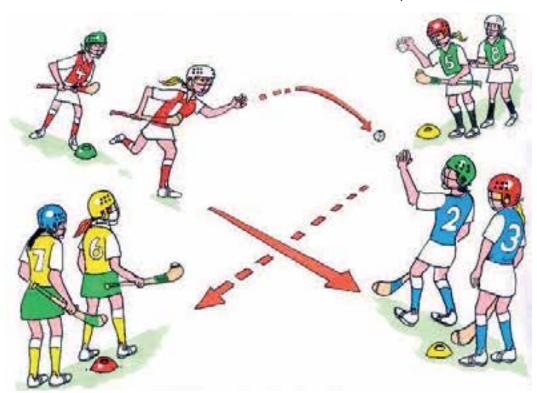
12-14 years





#### **Technical Capacities**

- Perform technical skills well from both left and right sides
- Demonstrate the skill of lifting sliotar on the run in a fluid way
- Execute skills at speed
- Execute skills in pressure situations (e.g.) while being tackled for possession
- $\blacksquare$  Perform the following skill proficiently:  $\square$  Strike sliotar in the air
- Perform the following skill proficiently:
  - ☐ Strike sliotar from left and right sides
- Perform the following skill proficiently:
  - ☐ Strike ball on dominant side in the air while on the run
- $\blacksquare$  Perform the following skill proficiently:  $\Box$  Handpass off the hurley
- Perform the following skill proficiently: ☐ Hooking
- Perform the following skill proficiently: ☐ Blocking
- lacktriangle Perform the following skill proficiently:  $\Box$  Clashing
- lacktriangle Perform the following skill proficiently:  $\Box$  Batting down high ball
- Perform first touch control of sliotar in a fluid way



#### 18 Camogie Player Pathway

- Perform the following skill: 
  Catch sliotar overhead

  Referential following skill: 
  Sole boll
- lacksquare Perform the following skill:  $\Box$  Solo ball
- $\blacksquare$  Perform the following skill:  $\square$  Shoot accurately
- Perform the following skill: ☐ Free taking
- Perform the following skill: ☐ Side line cuts
- Continue practicing technical skills outside controlled practice session
- Individualise skills training to address strengths and weaknesses
- Engage in specific target practice



#### **Tactical Capacities**

- Implement key game principles such as running off the ball
- Use peripheral vision
- Learn to create space
- Support players on the ball
- Use a game plan
- Identify the number worn by the person that plays in a particular position on pitch
- Identify and adhere to match rules
- lacktriangle Develop decision making:  $\Box$  on skill selection
- lacksquare Develop decision making:  $\Box$  on positioning
- Control and maintain possession of the ball under pressure
- Identify the different positional skill requirements
- Demonstrate different positional skills
- Play practice matches developing positional skills
- Play competitive games to apply positional skills
- Begin self-analysis in training and competition



#### **Physical Capacities**

#### During this phase, the player will...

- Develop aerobic and anaerobic endurance
- Undertake flexibility training given the rapid growth of bones, tendons, ligaments and muscles
- Continue to develop ankle, shoulder, elbow and wrist stability
- Develop core and spine stability
- Identify when to do dynamic stretching
- Perform dynamic stretching
- Identify when to do static stretching
- Demonstrate static stretching exercises for different muscle groups of the body (e.g.) quadriceps, hamstrings
- Continue to develop speed- linear, lateral and multi directional
- Continue to develop leg and arm strength using own body resistance
- Develop peripheral vision through small sided games and specific group activities (e.g) line soloing and passing



#### **Mental Capacities**

- Keep positive and accept that self-worth is not linked to performance
- Continue to develop confidence in using a variety of skills in a game situation
- Continue to develop concentration Skills in using self-talk, thought stopping
- Further develop decision making skills in small sided games (e.g.) what type of pass to use.
- Use structured goal-setting
- Practice and understand the importance of breathing for controlling anxiety
- Develop performance and pre-performance routines
- Display a motivation to succeed
- Learn to control emotions
- Learn to cope with success and set backs
- Develop the use of imagery particularly in the areas of set pieces.

- Use imagery for practicing and improving technique and tactics
- Use imagery for general motivation and improving self-confidence



#### Lifestyle capacities

#### During this phase, the player will...

- Apply correct nutrition before, during and after practice/match
- Apply correct hydration before, during and after practice/match
- Integrate the importance of rest and recovery in both practice and match sessions
- Learn how to manage time (e.g.) balance Camogie and school life
- Develop skills to deal with peer pressure
- Participate in complementary sports
- Identify the signs of fatigue
- Follow planned and periodised training programmes
- Begin to use self-monitoring e.g. Keep a diary of training



#### **Personal Capacities**

- Develop and progress social interaction skills
- Learn to work in a team environment
- Develop positive communication skills
- Display personal discipline
- Display commitment to team ethos
- Show dedication to both the team and the sport of Camogie
- Begin to include the concept of deliberate practice into everyday play
- Display personal responsibility in relation to personal organisation of (e.g.) playing gear and getting to matches
- Display commitment to improve/achieve goals
- Continue to display respect for officials and competitors in the game
- Understand the changes that puberty will bring and its implications for training

# Solo to success Phase 4

15-17 years





#### Technical Capacities

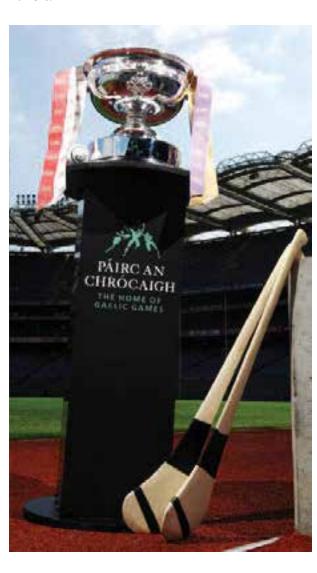
#### During this phase, the player will...

- Display confidence in performing Camogie skills including goal keeping skills
- Display consistency in performing Camogie skills including goal keeping skills
- Display control in performing Camogie skills
- Practice skills under competitive conditions
- Undertake an intensity of training relevant to competition and opposition.
- Display individual style of play
- Perform the following skill: ☐ Flick ball on ground
- Perform the following skill: ☐ Flick ball in the air



#### **Tactical Capacities**

- Undertake advanced team play when in possession e.g use of long ball/diagonal ball
- Take sidelines
- Adopt a specific role within the team, when taking opposing teams' strengths/weaknesses into account.
- Adapt to opponents game plan
- Read the game and move on and off the ball accordingly
- Adapt game plan to climate wet/wind/heat
- Continue self-analysis in training and competition
- Apply decision making in relation to skill selection



- Apply decision making in relation to positioning
- Implement principles of attack and defence
- Undertake competition simulation training
- Practice position-specific tactical preparation
- Adhere to competitive strategies



#### **Physical Capacities**

#### During this phase, the player will...

- Undertake intense physical conditioning as part of a team
- Undertake physical conditioning as an individual
- Undertake physical conditioning appropriate to your field position
- Emphasise individual preparation that addresses individual strengths and weaknesses
- Maintain core strength/stability
- Undertake Speed Agility and Quickness Sessions (SAQ)
- Prepare optimally taking into account the concept of Tapering/peaking
- Take appropriate rest and recovery breaks between training sessions and matches



#### **Mental Capacities**

- Develop confidence through improved technique, tactical understanding and competitive performance
- Use self talk/trigger words/thought stopping to focus attention and deal with distractions
- Develop personal responsibility undertake independent mistake detection and correction
- Develop decision making skills
- Set goals for technical, tactical, physical, mental, lifestyle and personal areas
- Use pre performance and performance routines constantly
- Develop personal routines and refine

#### 24 Camogie Player Pathway

- Adhere to team routines
- Display patience
- Use imagery for practicing strategies and dealing with different situations/problems
- Explore relaxation techniques (e.g) Deep breathing and incorporate into performance and pre performance preparation
- Identify the importance of practicing mental skills
- Develop skills to cope with social pressures



#### **Lifestyle Capacities**

- Engage in planning and periodisation of training
- Monitor the signs of fatigue and develop appropriate recovery strategies
- Continue to develop time management skills
- Develop a support network
- Develop responsibility for personal preparation before training/games
- Acquire increased knowledge on hydration/nutrition
- Develop a deeper understanding of rest/recovery so to avoid burnout and prevent injuries.
- Manage college/career/intercounty aspirations
- Apply for GAA/Camogie bursaries
- Monitor oneself using a training log/diary
- Prepare for different environments e.g. heat/cold/rain
- Apply injury prevention measures



#### **Personal Capacities**

- Continue getting to know oneself: physically, socially, mentally, emotionally etc
- Display a balanced lifestyle
- Display personal responsibility and involvement in decision making
- Learn to combine playing Camogie with family, school and life goals
- Address economic and independence issues
- Train and compete ethically and fairly



# Strike for glory Phase 5

17+ years





#### **Technical Capacities**

#### During this phase, the player will...

- Refine all Camogie skills including goalkeeping skills
- Ensure competition specific training skills are automatic
- Improvise skills, if necessary
- Undertake high quality technical training
- Display control in performances
- Display consistency in performances



#### **Tactical Capacities**

#### During this phase, the player will...

- Develop effective competition strategies
- Identify team strengths
- Identify opposition weaknesses
- Adapt strategies to game situations
- Practice tactics and strategies in training for matches
- Identify importance of organisation in matches
- Comply with the team organisation
- Identify importance of communication in matches
- Communicate effectively to team-mates
- Communicate effectively to others, i.e. coach
- Use Match analysis techniques
- Continue to apply self-analysis in training and competition
- Take Penalties



#### **Physical Capacities**

- Maximise physical fitness training to allow you to compete effectively for the complete duration of a Camogie match
- Maintain core body strength

- Continue to use stretching to prevent injury
- Implement a personal flexibility programme
- Undertake individual fitness programmes to address strengths and
- Apply appropriate recovery strategies to prevent injuries e.g. rest, ice, stretching.
- Train to peak for major competitions.
- Use Tapering/peaking for optimal performance
- Engage in physical testing pre and post training programme to gauge effectiveness (e.g.) flexibility testing, endurance testing



#### **Mental Capacities**

#### During this phase, the player will...

- Display independent decision making
- Conform to team ethos
- Use imagery incorporating tactics, problem-solving, pre-performance and performance routines
- Take positive corrective advice from mentors
- Possess well developed and refined mental skills
- Display a will to win
- Continue to set goals for all aspects training and performance
- Individualise and refine relaxation techniques.
- Use refocusing plans/coping strategies
- Continue to undertake competition simulation training to practice mental capacities
- Refine strategies to cope with pressure



#### Lifestyle Capacities

- Continue to integrate rest/relaxation into everyday training
- Take frequent breaks between intensive training sessions
- Refine self monitoring

- Maximise an integrated support network/structure (e.g.) family/friends/team mates/coach
- Continue to monitor the signs of fatigue and optimise recovery strategies
- Continue career/sports planning
- Balance work and sporting life
- Critically assess performance

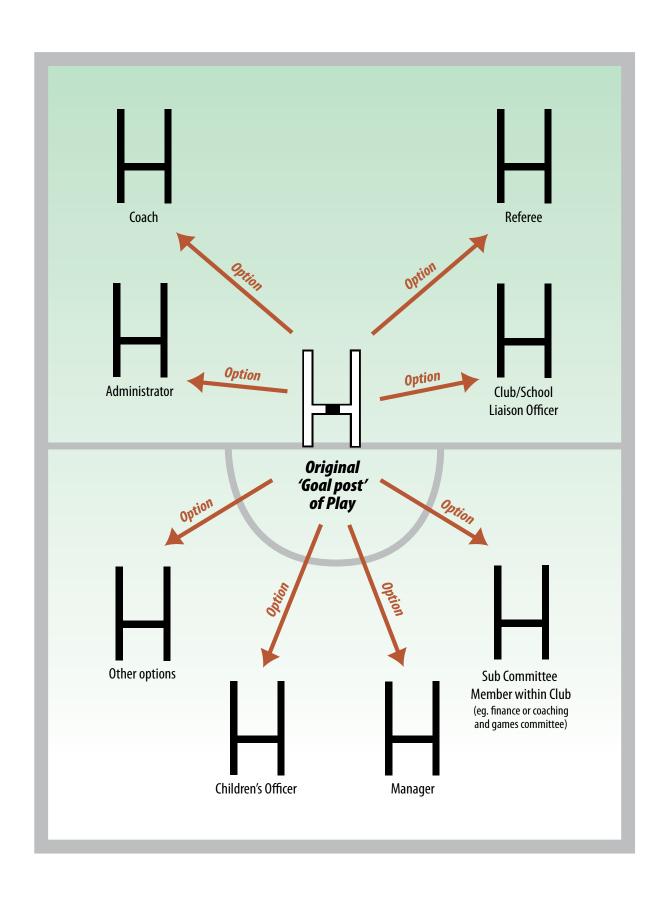


#### **Personal Capacities**

- Show ability to combine family life/Camogie/friends/college/career
- Display discipline and personal responsibility
- Compete ethically and fairly
- Demonstrate Fair Play and sportsmanship
- Be a positive role model

# Retainment Shifting the goalposts

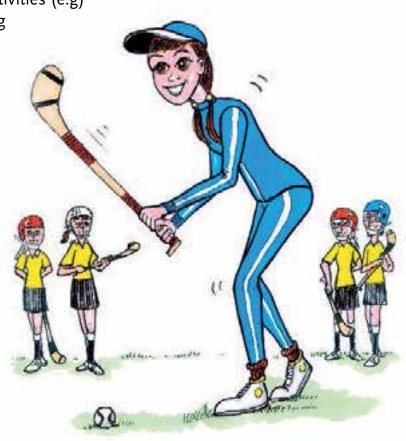




## **Shifting the Goalpost Phase General Capacities**

### During this phase, the player will change from being a player and display the following capacities

- Retain skills and can apply in recreational context e.g puck around using hurling wall
- Retain recreational involvement
- Use knowledge of the game to enjoy it
- Keep physically active (e.g.) aerobic training
- Maintain flexibility
- Use different relaxation methods
- Undergo a smooth transition from player to non player
- Adjust to non competitive environment
- Pursue other interests (e.g.) night courses
- Pursue personal and family life more strongly
- Enjoy a healthy lifestyle
- Reset goals
- Engage in some club activities (e.g) administration/coaching
- Develop other skills to apply to the game of Camogie
- Maximise skills already attained and apply to Camogie



## Shifting the Goalpost Phase Option – Coach

- Display dedication to the job and sport
- Implement knowledge and rules of the game
- Apply coaching qualification
- Maintain physical fitness
- Demonstrate good organisational skills
- Demonstrate Planning skills
- Display approachability
- Apply analysis and observatory skills
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness
- Display fairness
- Display enthusiasm for coaching
- Develop players skills
- Provide feedback to players
- Provide fun and enjoyment for players
- Improve player performance

## **Shifting the Goalpost Phase Option – Administrator**

- Display dedication to the job and sport
- Apply knowledge of the game
- Display leadership and management skills
- Display integrity
- Demonstrate good organisational skills
- Practice being computer literate
- Demonstrate planning skills
- Apply vision in relation to the club
- Display knowledge of the rules

- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability

### **Shifting the Goalpost Phase Option – Referee**

- Display dedication to the job and sport
- Implement knowledge and rules of the game
- Apply referee qualification
- Maintain physical fitness
- Demonstrate good organisational skills
- Demonstrate planning skills
- Apply fairness during a game
- Apply analysis and observatory skills
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness

## **Shifting the Goalpost Phase Option – Manager**

- Display dedication to the job and sport
- Demonstrate knowledge and rules of the game
- Display leadership and management skills
- Display firmness in running the team
- Demonstrate good organisational skills
- Demonstrate planning skills
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness
- Exhibit enthusiasm

### Shifting the Goalpost Phase Option – Children's Officer

- Promote awareness of the code of ethics and good practice for young players within the club and particularly among the players and their parents/guardians and mentors
- Demonstrate knowledge of CCG code of ethics and good practice for children in sport
- Ensure all mentors are aware of practices within the code
- Act as an advisory resource on best practice for all in club
- Report regularly to club executive committee
- Display dedication to the job of children's officer
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness

### Shifting the Goalpost Phase Option – Club/School Liaison Officer

- Liaise with local school principals
- Promote increased participation
- Display dedication to the job of club/school liaison officer
- Monitor development of club players at primary and secondary school levels
- Introduce new students at schools level to the local Camogie club
- Promote inclusiveness to all from the school into the club
- Demonstrate good organisational skills
- Demonstrate planning skills
- Display approachability
- Liaise with coaches in the schools and the clubs in relation to player development
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability

- Demonstrate trustworthiness
- Display fairness
- Display enthusiasm for the sport and increasing participation
- Promote fun and enjoyment of the sport to the young players

## **Shifting the Goalpost Phase Option – Sub Committee Member**

## (e.g.) Finance or Coaching & Games committee

- Display dedication to the committees work
- Apply vision in relation to the club
- Demonstrate good organisational skills
- Demonstrate planning skills in relation to the aims of the sub committee
- Display approachability
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness
- Display enthusiasm for the work of the sub committee
- Demonstrate excellent administrative skills
- Report to the executive of the club on a regular basis



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# **APPENDIX B**

Referee Pathway

# Referee Pathway





Published: March 2015

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## Contents

Introduction2
Overview of Referee Pathway4
1 <sup>st</sup> Whistle Referee 6
Level 1 Junior Referee 8
Level 1 Senior Club Referee9
Level 2 Provincial Referee 11
Level 3 National Referee 13
County and Provincial Co-ordinator15
Note

## Introduction

THE AIM of this document is to outline a clear pathway for all members of the Camogie Association on refereeing.

Referees are a key component to ensure that our games are played in safe and enjoyable environment. A coherent system must be in place where recruitment, training and assessment are concerned. Referees must exercise their duties, one of which is "to control the game in accordance with the playing rules".

For any individual who wishes to "take up the whistle" the Camogie Association now offers a clear pathway to a refereeing career.

As a referee develops, if s/he demonstrates the necessary potential and competencies, a referee can progress from club refereeing to be invited to the provincial panel and then to the national panel. Informational material, training aids and support mechanisms must filter down through all levels of the Pathway to support common refereeing standards.

The ultimate goal is to provide a pool of dedicated and proficient referees to administer games at all levels ensuring fair play so that all can gain enjoyment from Camogie.

Under the 2010-2015 National Development Plan *Our Game Our Passion*, the National Camogie Referee Committee was tasked with devising a clear and progressive Pathway for Referees at all levels of the Association. This document is the outcome of the Committee's work.

The Camogie Association acknowledges and thanks the National Camogie Referee Committee 2012-2015 for its work: Peter Downey (Chairman), Rosemary Hughes Merry, Frank McDonald, John Dolan, Walter Cole, Karl O'Brien and Pat McGivern. The Camogie Association would also like to acknowledge the work carried out on this project by a former National Referee Committee under Chairperson Una Kearney.

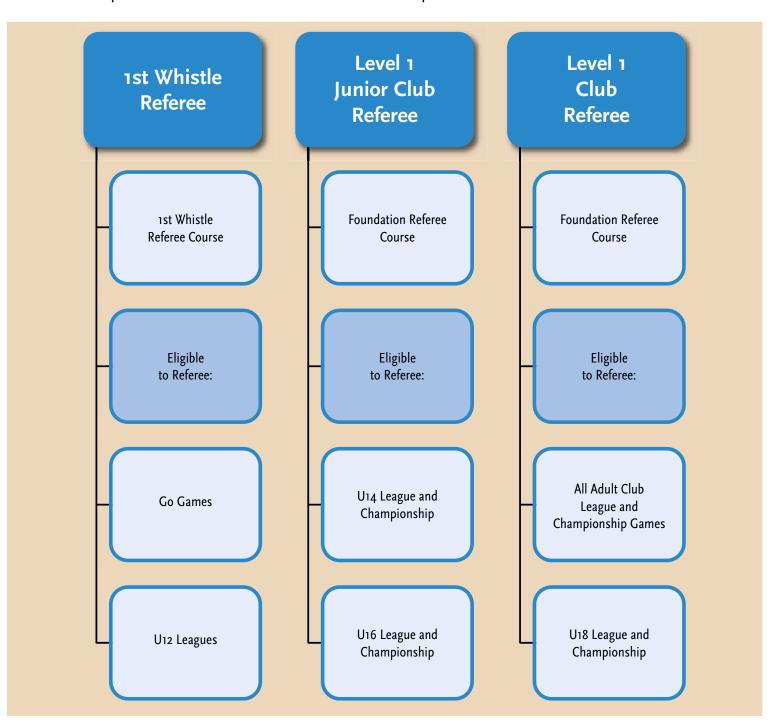
Clearly, elements of the the pathway as outlined in this document, are not yet in place. The Association will now work with this framework for referee development to put in place a stronger and more structured and developmental approach to recruitment, training and supporting referees. This model of development will be implemented over an agreed timeline with all key stakeholders over the next number of years.

#### March 2015



## The Referee's Pathway

The National Camogie Referee Committee will have overall responsibility for implementing Association policy through the channels outlined in the Pathway structure. All Training Programs, assessment procedures and monitoring of Referees progress through the Pathway will fall under its jurisdiction through cooperation and communication with all the parties involved.



#### THE CAMOGIE ASSOCIATION REFEREE PATHWAY



## Level 2 Provincial Referee

Advanced Referee Course and potential to participate in National Referee Academy

Eligible to Referee:

All Provincial Adult and Juvenile games at Club and Intercounty level

Sideline Official for Provincial Championship games and all National League and Championship games

## Level 3 National Referee

Attend Annual Forum
Annual Written Assessment
Fitness Test
Proof of Performance
Referee Academy Training
Modules

Eligible to Referee:

Intercounty Provincial and All-Ireland League and Championship games at Adult and Juvenile

Sideline Official

## First Whistle Referee

This is the entry point on the Pathway, The Camogie First Whistle referee is equipped to referee Go Games only. This is the individual's first engagement in Camogie as a qualified referee and it is an opportunity for the individual to learn and gain confidence as a referee in a safe and positive environment.<sup>1</sup>

Eligible to referee u8/u10 and u12 Go Games and u12 Go Games Leagues

#### **REQUIREMENTS**

- Must be a member of the Camogie Association or the GAA
- ★ Must be 15 years old to referee u8 and u10 Go Games
- ★ Must be 16 years old when they are refereeing u12 Go Games. Referees who reach their 16th birthday must be Garda vetted and have a recognised child protection course completed
- ★ Attend First Whistle Whistle Course (2½ hr)
- ★ Officiate in two Go Games Blitzes and two u12 League matches
- ★ Officiate in two u8/u10 Go Games Blitzes
- ★ Fill in referee report diary
- ★ Assessed by Club official and/or senior referee.

<sup>&</sup>lt;sup>1</sup> First Whistle: This is an area where many young Referees are lost to us through bad experiences or other outside forces. Local Referees can play a vital role in assisting/mentoring new Referees who will be operating at Go-Games level.

## **Competencies of a First Whistle Referee**

- Appropriately attired in First Whistle top and bottoms
- > Communicates with all players and mentors in a friendly manner
- > Displays confidence with hand signals, blowing whistle
- Good time keeping skills
- Display basic rule knowledge
- Move around the pitch.



## Level 1 Junior Club Referee

A Junior Club referee having met the requirements of the first whistle stage on the pathway will be encouraged to progress to the next stage in the referee pathway.

Eligible to referee Age Grade u14-u16 league and championship games.

#### **REQUIREMENTS**

- Must be a member of the Camogie Association or the GAA
- ★ Complete First Whistle course and Recommendation from Club official
- ★ Minimum 18 years old. Must be Garda vetted and have a recognised child protection course completed
- ★ Attend and complete Level 1 Junior Referees Course
- ★ Attain at least 80% or above in written rules assessment
- ★ Physical fitness assessment
- ★ Referee a minimum of 10 challenge and league games between u14-u16 and complete Referee Reports before he/she can referee u14 or u16 championship games.

### Competencies of a Level 1 Junior Referee

- Awareness of movement and positioning
- Keep accurate score keeping, time keeping and recording of match detail
- Identify basic technical and aggressive fouls
- Player and coaching management
- Basic report writing
- Uniform
- Fair Play

## Level 1 Senior Club Referee

At the beginning of each playing season; interested persons will be invited to apply to take part in a Foundation Level Training Course, administered by one of the Camogie Associations national Tutors. On successful completion of the course, it is imperative that county Boards would appoint these new referees to baseline competitions. Progress through the grades<sup>2</sup> will be performance based, to this end it is recommend that Boards would appoint a referees coordinator<sup>3</sup>

## Level 1 Club Referee

Eligible to referee u18 and Adult club league and championship games.

Required qualifications prior to attending level 1 senior course: Completion of 1<sup>st</sup> whistle, level 1 Jnr phase (course and match requirements)

#### **REQUIREMENTS**

- ★ Must be a member of the Camogie Association or the GAA
- ★ Must be 18 years of age or older. Must be Garda vetted and have a recognised child protection course completed
- ★ Completion of Level 1 Junior course (for all new referees)
- ★ Must be refereeing at least 2 years
- ★ Attend and complete Level 1 senior course
- ★ Attain minimum 80% in written rules assessment
- ★ Physical Fitness assessment
- ★ Referee at least 12 adult games and fill in referees' diary.

<sup>&</sup>lt;sup>2</sup> Constructive Assessment provides Referees with the feedback needed to improve and progress. The national Tutors can provide Assessor training to Boards to allow them operate at local level.

<sup>&</sup>lt;sup>3</sup> Details of the role of a referee co-ordinator can be found on page 15.

### Competencies of a Level 1 Senior Club Referee

- Apply the rules and control the game
- Apply fair-play in all games
- Correctly wear the referees uniform
- Develop effective communication skills through use of the voice, whistle and hand signals
- Demonstrate engagement with other match officials when required.
- Demonstrate good match book recording
- Good player management skills
- Develop conflict management skills.



## THE PROVINCIAL REFEREE

Referees who have a proven ability to perform at the highest level in their County (Senior) may be proposed by the County Referee Co-ordinator to be considered for promotion to provincial Level. Progress here will also depend on performance.<sup>4</sup> It is very important that Referees gain access to games at higher levels, in order to be fairly assessed.<sup>5</sup>

## Level 2 Provincial Referee

Eligible to referee all club and inter county juvenile and adult games at provincial level.

### **REQUIREMENTS**

- Must be a member of the Camogie Association or the GAA
- At least 18 years old. Must be Garda vetted and have a recognised child protection course completed
- ★ Successfully completed Level 1 Senior Referees Course
- ★ Attend one Provincial Course
- ★ Refereeing at least three years
- ★ Recommendation from County Board
- ★ Attain minimum 90% in written rules assessment
- ★ Positive assessment to graduate.

<sup>&</sup>lt;sup>4</sup> Grading: once the referee has met the required standard set at each level in the pathway, grading will apply to maintain the highest standards

<sup>&</sup>lt;sup>5</sup> A good starting point would be Inter County Development Squad competitions and similar fixtures.

## **Competencies of a Provincial Referee**

- Apply fair-play in all games
- Demonstrate good match control
- Demonstrate good awareness of positioning
- > Display a developed knowledge of rules of the game
- Consistency in application of rules
- Managing players and coaches
- > Demonstrate leadership qualities with match officials
- Demonstrate good evaluative and analysis skills
- Report writing: serious foul play incidents
- Awareness of lifestyle choices (to include fitness test participation, provision of guidelines on diet and nutrition) by attending national referee forum.



## THE NATIONAL REFEREE

Referees who have demonstrated high levels of performance on a consistent basis may be proposed for or invited to join the National Referee Academy. A certain level of competition for appointments to the Camogie Associations premier competitions will ensure high performance levels from our Referees. While positive performances will ensure a Referees progression, negative performances will have to have consequences. A system of Grading will be essential to ensure that Camogie Referees are suitably motivated to perform to the best of their ability.

## Level 3 – National Referee

The Camogie Association National Referee is the highest grade for referees in Camogie. Referees at this level will have completed all other stages in the pathway and have demonstrated a high level of consistency in their refereeing performances.

Eligible to referee: Inter-county provincial and All Ireland League and Championship Games at adult and juvenile level (to include All Ireland Club competitions).



#### **REQUIREMENTS**

- ★ Must be a member of the Camogie Association or the GAA
- ★ Successful completion of Level 1 Adult course. Must be Garda vetted and have a recognised child protection course completed
- ★ Refereeing at least three years in adult games
- ★ Refereed in Senior County Championship within the last year and Provincial level
- ★ Attain minimum 94% in written rules assessment
- ★ Attain practical fitness level
- \* Attendance at least two seminars each year
- \* Assessment required.

### **Competencies of a Provincial Referee**

- In-depth knowledge and application of rules
- Apply fairness in all games
- > High level of communicational skills through voice, whistle and hand signals
- High consistency in application of rules
- Lifestyle management
- Displays a high level of player and coach management
- Displays good leadership qualities with match officials
- Demonstrate excellent analysis and evaluation skills
- Excellent report writing
- Good safety awareness.

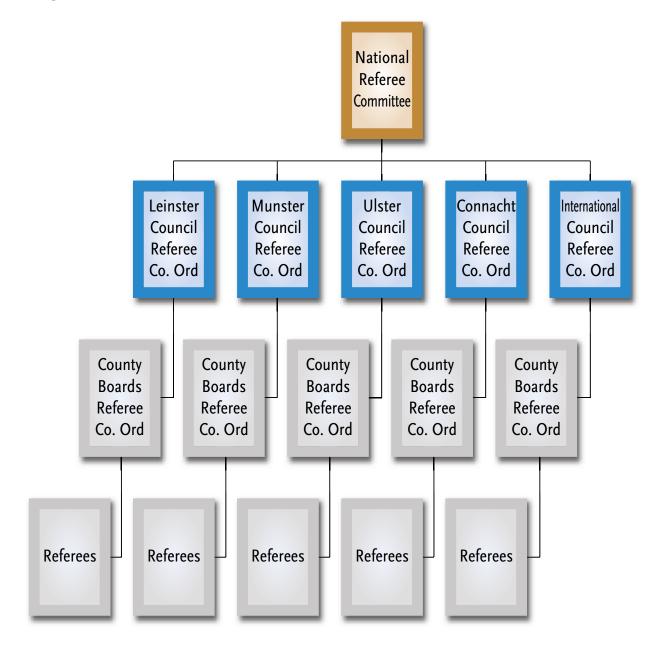
# County and Provincial Camogie Referee Co-ordinator

The success of any project depends entirely on all parties working together. County Boards and provincial councils are key to the success of the Referee pathway by appointing a suitable and capable person to the position of referee co-ordinator.

Progress through the referee Grades will be performance based, to this end the referees coordinator at county and or Provincial level will assist the board/provincial council with Training, monitoring and also advise on appointments to games. She/he would also act as a liaison to the national referee committee keeping Counties up to date on developments. This Person would ideally be a former Referee with suitable knowledge and experience to carry out the role successfully.



## Referee Co-ordinator Structure



#### **NOTE**

**Hurling Referees:** The increase in the use of existing GAA referees is welcome, provided that they are suitably qualified to officiate at Camogie games. It is imperative that these Officials are properly trained before participating at any level. The minimum standard should be completion of the Foundation level Referee course and achieving at least 90% on the Playing Rules Test. We should insist on a genuine commitment to the sport rather than playing second fiddle to Hurling if these Officials wish to progress upwards.



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## **APPENDIX C**

Intercounty Underage Development Policy

#### THE CAMOGIE ASSOCIATION

## **Intercounty Underage Camogie Development Academies**

## **Policy Document**



#### **Policy Statement**

The Camogie Association is committed to providing an intercounty pathway for its U/14, U/15 and U/17 players based on fair selection, appropriate technical training for both player and coach, whilst providing an annual programme of developmental games opportunities.

### **Contents**

											Page
Introduction											2
Purpose of the	policy										2
Scope											2
Roles and Resp	onsibili	ties									2
Breaches											4
Definitions											3
Player eligibilit	y for un	derage	developi	ment ac	ademies	U/14					3
Player eligibilit	y for un	derage	developi	ment ac	ademies	U/15					4
Player eligibilit	y for un	derage	developi	ment ac	ademies	U/17					4
Appendix 1: Cri	teria ou	ıtlining ı	what sch	ools of	excellen	ce and D	Developi	ment squ	uad aca	demies	
for U/14 and U,	/15 pla	yers									5
Appendix 2: Cri	teria or	u14 de	velopme	nt acad	emies						7
Appendix 3: Elig	gibility	to Partic	ipate in	Intercou	ınty Blit	zes and	Play Ch	allenge (	Games		8
Appendix 4: Gu	idance	on how	to organ	ise and	host a b	litz					9

#### Introduction

Camogie intercounty underage development refers to a development pathway of coaching and games opportunities for U/14, U/15 and U/17 players. These development competitions are separate to All Ireland and provincially recognised championship competitions for U/16 and U/18 intercounty players.

#### Purpose of this policy

The purpose of this policy is to ensure a structured, standardised and unified approach to the development of the intercounty U/14, U/15 and U/17 academy player. The long term aim of this structure is the exposure of talented players to a development pathway of appropriate games, high level coaching and a positive learning environment.

#### Scope

This policy applies to each County Board unit responsible for the appointment of management teams to each U/14, U/15 and U/17 academy squad. Each County Board must be aware of and comply with the provisions of this policy.

Each Provincial Council must be aware and comply with the provision of this policy when organising underage Provincial Championship Blitzes.

All units and members of the Camogie Association are bound by the rules of the Camogie Association, please see rule 3.1 of the Official Guide.

Ard Chomhairle are the supreme governing body of the Camogie Association from congress to congress and their decision is binding for all members and units.

#### **Roles and Responsibilities**

- A. Each county executive is responsible for the appointment of suitably qualified persons to the management team of each underage development academy squad.
- B. At least 1 adult appointed must have a recognised coaching qualification as well as having Garda vetting clearance and have attended a Child Protection in Sport Awareness Workshop.
- C. All persons involved in underage development academy squads must have Garda vetting/PSNI clearance and have attended a code of ethics training course.
- D. Each county executive must sanction all challenge games and attendance at Blitzes by each underage development academy squad.
- E. A female must be present at all trainings and matches.

#### **Breaches**

Any county executive or management team member that does not comply with Camogie Association policy on underage intercounty development academy squads will be subject to sanction. The sanction will be at the discretion of the National Coaching and Games Development Committee.

#### **Definitions**

School of Excellence is participation in minimum 4 (max 7) x 1.5hr training sessions held by a county (Schools of Excellence) over 4 (7) weeks. Each club is invited to send players, if clubs feel they have no player to represent them that is their prerogative. But clubs have a duty to inform all eligible players in their club of the opportunity to attend the School of Excellence.

Development Academy squads are picked after Schools of Excellence have taken place and are exclusive for participation and competition basis.

Suitably qualified persons; means at least one member of each management team has a minimum Level 1 Camogie or Hurling Coaching Certificate. If a County has more than 1 Academy Squad then each Academy Squad must have a person involved with a minimum Level 1 Camogie or Hurling Coaching Certificate

#### Player eligibility for underage development academies - U/14

- A. All Counties participating in the U/14 development academy model cannot select players who are eligible to play U12 camogie club competition (with the exception of any county with less than 7 registered clubs)
- B. All Counties are allowed enter 3 squads only (with a maximum number of 24 per squad) at the annual All Ireland Championship Blitz.
- C. No squad can be made up exclusively of 13 year olds. Exclusive means not more than 12 players.
- D. A county with only one squad are allowed a maximum of 26 players.

#### Player eligibility for underage development academies - U/15

- A. Player's who are on an intercounty U16 panel in the current playing year, are ineligible to partake in the U/15 All Ireland Blitz.
- B. Counties with more than 14 clubs cannot select players who are eligible to or who are playing on the county U/14 Academy Squad.
- C. All Counties participating in the U/15 development Academy model cannot select players who are eligible to play U/13 in camogie club competition (with the exception of any county with less than 7 registered clubs)
- D. A County with less than 14 registered clubs may select players over 13 (over meaning they are ineligible for U/13 competition in the current playing year.
- E. A county with more than 14 clubs can only select players in the final year of U/15 (meaning they are ineligible to play U/14 competition in the current playing year)
- F. All Counties are allowed a maximum of 2 squads with a maximum number of 24 per squad
- G. A county with only one squad are allowed a maximum of 26 players.

#### U/17

Please note this competition is to allow Counties the opportunity to plan and prepare a squad for the following years minor competition.

- A. Counties with more than 14 clubs must select players who are ineligible to play in U/16 intercounty competition in the current playing year.
- B. Counties with less than 14 clubs must select players who are over 15 (over meaning ineligible to play in U/15 competition in the current playing year.
- C. Max 26 players in a squad, no limit to no. of squads per County

Agreed	by April Ar	d Chomh	airle 2	2017
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#### Appendix 1

School of Excellence is participation in minimum 4 (max 7) x 1.5hr training sessions held by a county (Schools of Excellence) over 4 (7) weeks. Each club is invited to send players, if clubs feel they have no player to represent them that is their prerogative. But clubs have a duty to inform all eligible players in their club of the opportunity to attend the School of Excellence.

#### **School of Excellence Notes**

0

- The reason these squads are inclusive is to maximise the number of girls exposed to top quality coaching and also to phase in a players participation in a county team environment.
- Players will participate in 4 (7) training sessions and a games day blitz in their county after which development squads are chosen, they can continue to train weekly for a max of 1 day a week.
- ✓ The Schools of Excellence (training sessions) must be led by a coach with a minimum of a Level 1 coaching qualification from Camogie or GAA and must attend the workshop for underage management that will be held on an annual basis provincially.
- ✓ At least one member of each counties management team must attend the intercounty upskilling and information day.
- ✓ All counties must adhere to Garda vetting procedures.
- U/14 Development Academy Squads are picked after schools of excellence have taken place and are exclusive for participation and competition basis
- o Inclusive and Exclusive: (inclusive open; exclusive selected players)
- U/14 School of Excellence Squads to remain inclusive on a training basis and county development squads exclusive for participation and competition basis
- On week 5 (7) a county games day takes place where a county squad(s) is/are selected. (This is
  replacing trial games feedback from our Player Lifestyle Camps suggest "players feel trial games
  are an unfair system"). Counties may determine themselves how this games based day is run.

#### Differences between Schools of Excellence & Development Academy Squads

School of Excellence	Development Academy Squads			
Participation based hence more inclusive     All clubs are given the opportunity to send	Selected players for purpose of competi- tion bence more evaluative.			
<ul> <li>All clubs are given the opportunity to send players</li> </ul>	<ul><li>tion, hence more exclusive</li><li>Players selected after School of Excellence</li></ul>			
<ul><li>Minimum of 4 sessions Max 7 sessions</li></ul>	sessions are complete			
<ul><li>1.5 hours per session</li></ul>	<ul> <li>County games day run to select county de-</li> </ul>			
4 week structure minimum, 7 weeks max-	velopment squad(s) from School of Excel-			
imum	lence participants			

#### Appendix 2 - Development Academy Squads

#### Development Academy Squad <u>U/14 only</u>

Please note the following;

All units and members of the Camogie Association are bound by the rules of the Camogie Association, please see rule 3.1. The Camogie Association national policy on underage intercounty development has been ratified by Ard Chomhairle.

All clubs in all Counties are provided with a clear opportunity to send players to participate in their county U/14 programme.

The management in the clubs are contacted and given the responsibility to nominate players from their club

#### **Timeline for Schools of Excellence**

Schools of Excellence may begin from Jan 7th annually. But U/14 teams cannot play any Intercounty Games or Blitzes until after April 1<sup>st</sup> annually. All Blitzes must be completed by September 2<sup>nd</sup> annually. The second Saturday in September annually is All Ireland Final Blitz day, the venue is Dublin for all grades (winners paraded to crowd at All Ireland Camogie Finals Sunday annually).

- After Development Squads are picked, training is on a weekly basis maximum 1 day a week
   and must not interfere with club fixtures.
- U/14 Development Squad players must be available to play with their club team up to 24 hrs in advance of any U/14 Intercounty Competition.

#### Counties with more than 1 squad

- Counties may have less than 24 players on their 2<sup>nd</sup> or 3<sup>rd</sup> panel if they so wish, minimum numbers on these panels is 20 players.
- Counties with more than 1 panel must name a full complement of players (24) on their top graded teams and are permitted to have less than 24 on their lowest graded team
- Throughout the year there is flexibility to move girls up and down between squads. It is only fair to move a girl from C to B or B to A if she improves sufficiently. Girls must be encouraged to excel.
- Counties must name their panels 7 days in advance of each Blitz they attend and submit panel to organising committee of that Blitz day. Players are graded that grade for the duration of that Blitz day only and cannot play at a lower or higher grade on that given Blitz day. For example; U/14A must name their 24 players & these cannot be part of their U/14B or U/14C squad for that Blitz day only.
- Counties graded U/14B must name their 24 players & these cannot be part of their U/14C squad for that given Blitz day only. Counties graded U/14C must name their 24 players & these cannot be part of their U/14D squad for that given Blitz day only

#### Appendix 3

#### Eligibility to Participate in Intercounty Blitzes and Play Challenge Games

- Counties with only **one squad** can play in 6 Blitzes (excluding the provincial final Blitz day and All Ireland finals Blitz day) and participate in 4 challenge games
- Counties with **two/three squads** are permitted to participate in 5 Blitzes (excluding the provincial final Blitz day and All Ireland finals Blitz day) and participate in 4 challenge games
- The Provincial Blitz day will be organised by the Provincial Council and grading will be decided by the Provincial Council.

- The Camogie Association ask all Provinces to liaise with Ladies Football to work as best as possible to avoid fixture clashes.
- The All Ireland Blitz competition will be organised by the National Coaching and Games Development Committee and graded by the results of Blitzes in particular the provincial Blitz results.
- The Provincial and All Ireland Blitz days are two separate competitions, however, in order for a County to be graded accurately for the All Ireland U/14 Blitz day, they must participate in their Provincial Blitz day.
- If a county has three U/14 squads then they may enter 3 teams in the All Ireland competition and will be graded accordingly.
- Galway's first two Development squads will play in Munster. Galway's third Development squad will play in Connacht with Roscommon and Mayo.
- For insurance purposes, Counties organising challenge games must inform The Camogie Association of such fixtures along with date, venue, time and referee's name. See rule 23.3 of the Official Guide
- Permission to organise a Blitz must be sought from The Camogie Association in writing, once permission has been granted Counties will be notified in writing that their Blitz has been sanctioned. See rule 23.3 of the Official Guide
  - o Email: james.heffernan@camogie.ie
- Counties organising their own sanctioned Blitz may charge a nominal fee to cover referee
  costs.
- Counties will be asked to inform The Camogie Association of their Blitz day date by Feb 6<sup>th</sup> annually in order for Blitz dates to be disseminated to all Counties in February. Counties can then decide and plan which Blitzes they want to attend. Host Counties can invite whatever Counties they wish for their own Blitz day.
- Only qualified and experienced Camogie referees should be used to officiate at all U/14 Blitzes.

#### Appendix 4

#### **Intercounty Underage Blitzes**

Counties have been continuing to organise excellent Blitzes over the last few years. The Camogie Association supports any County that wishes to organise and hold a Blitz. In order for organising Counties to comply with the Official Guide, The Camogie Association must be notified of such Blitzes for Insurance reasons.

Counties who wish to hold a Blitz for the first time will be provided with a template for organising such a Blitz. Counties who have in the past ran Blitzes and require any assistance or advice from the development team can contact their Regional Development Officer. Counties may organise to host their own U/14 Development Blitz; however they <u>must</u> follow The Camogie Association Policy on the holding of such Blitzes.

#### For example:

- Consistent rules and organisation
- Timetable and program for Blitz to be issued four days in advance
- Have dedicated organisers available on day of Blitz,
- Adhere to a timetable
- Provide qualified and experienced referee's
- Organise the Blitz in a suitable venue, at least two pitches, facilities/changing rooms.
- Liaison people and phone contact numbers available on the day.
- Definite start and finish times for Blitzes and strict adherence to timetable so that all attending can plan their day.

#### General Blitzes Rules/Format for Regional Blitzes

#### (Rules will differ for provincial and All Ireland Blitz day)

- No half time team talks [Ref will throw in the ball once players have switched ends]
- Unlimited substitution roll on/roll off basis from the halfway line
- A minimum of three substitutions must be made during the first half of all games or before
  the commencement of the second half. These substitutions must play the remainder of the
  game unless replaced due to injury. A player being replaced due to injury should be done
  within the ethos of the sport.
- Each squad should be guaranteed a minimum of 3 Blitz games
- Games to be sufficiently long to allow for meaningful game time for players.
- No player is allowed to play more than 120 mins of camogie on a Blitz day
  - Provision to be made to ensure adequate break time between games for all teams and that each team cannot be active for more than 60 consecutive minutes.
- Referees, where possible, to explain fouls to players
- Teams allocated food breaks during the event.
- Each team may have to play some group games in succession
- Schedule will be distributed to all Counties 5 days in advance of Blitz.
- Schedule will be displayed at the event.

- Teams must wear the allocated jersey number corresponding to the program.
- 3 points for a win, 2 points for a draw. 1 point for a loss.
- No score difference will apply.
- If 2 teams finish on same points, the result of their game shall determine who qualifies. If still tied, the result [NOT score] versus the other highest team shall determine who qualifies.
- A strict code of conduct must be observed by all players/team/mentors and parents. We will follow the give respect, get respect initiative
- Referees will be encouraged to explain fouls, rule infringements etc to players throughout the day
- Teams must be on the sideline ready to play 10 minutes before throw in.









# **APPENDIX D**

**Camogie Development Resources** 

# Camogie Development Resources



# The Camogie Development resources booklet was produced by the Camogie Association

# TABLE OF CONTENTS

Hurl with Me Programme	5
Come and Try It Day	7
Puc Around Town	10
Go Games	12
Skills Camps	16
Player Lifestyle Development Programme	18
Workshops	21
Speed Leagues	23
Social Inclusion	27
Camogie for Teens	28
Club School Link	31
Referee Education & Development	33





Camogie for Teens

**Speed Leagues** 



Hurl with Me

Puck around Town



#### INDEDACE DI AVED DECDI ILTMENT

Club School Link

**Skills Camps** 

Come Try It Day



#### COMMUNITY ENGAGEMENT

Club School Link

Puc around Town



Hurl with Me

Workshops



#### PLAYER PATHWAY/SKILL ACQUISITION

Go Games

Workshops

Player Lifestyle programme

The above "keys" are assigned to each resource in this booklet and indicate the main areas the project will have an impact on within your club.

Please note that some projects will have impact on multiple areas within in the club, a project will be assigned a maximum of 3 "keys"

# **HURL WITH ME**

**Target audience:** Available to all clubs and family members

**Target numbers:** 10 to 20 Parents and Guardians

**Suitable for:** New clubs (rural and urban) and existing clubs

The aim of the course is to increase the involvement of parents/guardians helping out with underage coaching and to provide each participant with the proper coaching information and technique to coach the basic skills required to play the game.

#### COACH EDUCATION AND SKILL DEVELOPMENT PROGRAMME

This course has been designed with a view to aiding camogie clubs with 2 key aspects involved in the running of a successful club; (1) Coach Recruitment and (2) Coach Training.

#### THE FOCUS OF THIS PROGRAMME IS SKILL DEVELOPMENT AND COACHING

This course will run one night a week for four weeks and each session will last 45 minutes. We see the Hurl With Me Programme as preparation for a parent/guardian to attend a foundation Camogie coach education course. Each parent/guardian will be encouraged to coach each skill to the child at home between each session; this will ensure consistent feedback to the child and reinforce the idea of practice at home



### THE COURSE SHOULD RUN AS FOLLOWS

- The course will be held on the same night as underage training in the club Each session will be made up of two halves with each lasting 20 minutes. (Parent/Guardian) The first 20 minutes will be in the meeting room with their tutor. The 20 minutes will be spent learning the teaching points of a new skill every week. The tutor will then give the group a simple unopposed and a simple semi opposed drill to work on with their child.
- (Daughters) The first 20 minutes for the children will be spent with their regular club coach. In this 20-minute training session the players will be working on simple drills revising and advancing the previous weeks skill.
- (Parent/Guardian and Daughters) For the final 20 minutes of the course each parent/guardian will get a chance to coach the new skill to their child while the tutor monitors the coaching technique. Once the technique is perfected both parent/guardian and daughter advance to the unopposed drill and in turn to the semi opposed exercise.
- At the end of each session the tutor will give each Parent/Guardian and daughter drills to work on between sessions. To ensure that the coaching technique is consistent a coaching booklet with the key coaching points on it will be handed to each Parent/Guardian to refer to.

	Skills to be	covered each week	
Week I	Week 2	Week 3	Week 4
Grip & Swing	Dribbling	Roll Lift &Jab Lift	Striking from the hand
Ground Strike	Shoulder Clash	Hand pass & Catch	



# **COME TRY IT DAY**

**Target audience:** Girls of primary school age (7 to 12)

**Target numbers:** 50 girls depending on number of schools in club

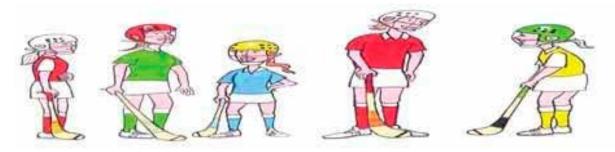
catchment area

**Suitable for:** New clubs (rural and urban) and existing Clubs and also schools who do not play Camogie

#### AIM:

This initiative can be rolled out to primary schools in an area where a camogie club already exists or where there is a newly established club. It is important if clubs are to maximise resources that the schools in their catchment area participate in Cumann na mBunscol competition.

A good club school link programme (see page 31) will promote and ensure playing of the game in the school yard but, also, that these players play and attend training in their local club field.



# COME TRY IT DAY EVENT PERPERATION AND TIMETABLE



I month before	Camogie Club to hold a meeting and recruit volunteers and coaches for the event
	Plan for a follow up after the event takes place
	Contact GAA Club, meet with executive to inform and garner support
	Contact GAA Club, book facilities
3 weeks	Contact all target schools in designated area by email and letter
2 weeks	Phone school contacts
	Get estimate of number of kids going to attend
	Arrange coaches for the event
	Contact local media to arrange attendance
I week	Equipment – what's needed Contact media, posters for various locations in area
	Confirm attending schools, visit schools bring posters Ensure promotional material organised and available

	Coaches for the event – confirm layout of day and coaching skills to be utilised.
	Ensure grass in pitch will be cut
	Contact media and photographer about event
I day Event Day	Arrange required gear + equipment Arrive I hr prior to registration.
	Set up changing rooms, coach's areas
	Meet and greet teams: take numbers participating.
	Divide into coaching groups.
	Arrange snacks table for break.
I 0am	Event Day  Registration and team arrival
10.15am coaches every 20-25 m	Team goes to coaching stations – progress between nins
10.25am to 12.15pm	Teachers brought to Coaching station for 5 basic skills
11.40pm	Break
11.55am	Teams divided in to teams for games
12pm to 12.40pm	Each coach takes control of a group.
12.40 to 1pm	All teams gathered for talk and presentation of certificates
Ipm	Clear and tidy up

# **PUC AROUND TOWN**

**Target audience:** 9 to 12 or 13 to 16-year-old girls

**Target numbers:** 6 clubs 60 girls

**Suitable for:** Urban clubs and existing clubs

#### AIM:

All clubs in an urban area along with Camogie in general are promoted through the running of Come and Try it days at the same time, on a chosen date at all GAA club venues in the city.

This means all clubs in an urban area are promoted equally and all schools in this area are visited and all girls get a chance to join a club after the fun day. For example, 6 clubs in the city would host a 'Come & Try It' day at the same time and cater for national school girls in that area.

Depending on the success of the 'Come & Try It' day players are encouraged to attend a 'Puc Around Town' training session at the same time each week for 4-5 weeks with the aim of integrating the new players into the club and encouraging them to continue to play the sport and join the camogie team. If there is no camogie team in that GAA club area, the aim would be to set up a club if the programme was successful and there was enough interest to do so.

# PUC AROUND TOWN EVENT PREPARATION

# **PREPARE** - Contact councils/city councillors, clubs sports dept, LSP's

- Make proposal for joint initiative but with some pilot basis or annual event
- Meet or make presentation to local sports officers
- Confirm which area(s) to take place in –
  - Agree timing of project:
     I day/6 weeks programme when?

#### **PROMOTE** - Contact clubs about initiative

- Meet with each club official and sports officers
- Hold a launch invite officials from councils/city councillors/clubs/GPO's/GAA/county board
- Press release to all media

- Encourage individual venues to seek sponsorship
- Posters/flyers for every venue
- Standard 6 week session plan for each venue

#### **ORGANISE** - Time slot/day in venues

- Charge for Venues Programme T-shirts
- Equipment/Gear beginner gear clubs Coaches

# FOLLOW-UP - Follow on Blitzes between clubs that took a part in

- programmeClub liaison officer for new girls
- Proposal to run on annual basis
- Potential to make this a country wide event All brought to one venue at end

- New recruits – sports officers

# **GO GAMES**



**Target audience:** Girls age 6 to 12

Target numbers: 200+

**Suitable for:** New clubs (rural and urban) existing clubs, new

primary schools who do not currently play camogie

# AIM:

The aim of this day is to allow girls play and learn the game of Camogie in a fun, safe and enjoyable environment. Go Games allows for girls to experience different playing positions and the structure of Go Games allows for the players to maximise the amount of touches of the ball plus play in multiple games.



#### STRUCTURE OF THE DAY

- I. Gather volunteers to help organise Go Games Blitz, pick one to be a coordinator (this person should have a good knowledge of what abilities each team will have).
- 2. Decide the most suitable date and venue and book it. Venue should have mini goals available and grass cut short. PA system would assist with running but not essential
- 3. Decide what age the Go Game blitz will be aimed at U8, U10, U12 or all ages. (This will decide team numbers U8 7 a-side, U10 9 a-side and U12 I1 a-side). See Page 15
- 4. Invite clubs to enter teams and ask how many teams they will enter. Teams entered as team A, B and C. (For U8 blitz if a club has 21 players they enter 3 teams). Send out invitations with blitz rules attached and player registration form attached. Players to take a packed lunch also.
- 5. Have teams split into different sections according to ability stronger teams in section A, weakest teams in section C. Be flexible in case teams drop out or more turn up.
- 6. Prepare fixture plans and handouts explaining rules for the blitz no solo running, no kicking the sliotar, players rotate positions throughout the games etc. Rules can also be modified to develop different skills e.g. scores given for catching the ball, score given for jab lift etc. See Page 15
- 7. Make sure pitch is organised for mini-games for designated start time. Sample pitch layout is below. See Page 14
- 8. Have host club organise Umpires for the mini matches. (U14/U16's can be used for this).
- 9. Encourage the host club to have refreshments for the mentors.
- 10. Organise referees for the mini matches (Go Games referees can be used here also it's a good opportunity to allow U18's to referee). All that is needed is 1 or 2 fully qualified referees to mentor the young referees.
- 11. Assign a pitch co-ordinator to each pitch. Their job is to ensure the next 2 teams and referees are ready to go as soon as the previous match is finished. The blitz co-ordinator ensures each pitch co-ordinator has a timetable of the matches and assigns 2/3 referees for each pitch.
- 12. A short meeting with team mentors before the blitz is helpful to just explain the running order, rules and that the day is to be run in a child friendly environment.

- 13. Ideally each team in each section will play each other with all teams getting equal games and roughly all finishing at the same time. There are no winners of the sections all games are participation based.
- 14. Invite local press to come and take photos of the blitz and the different teams.
- 15. Thank all teams for participating, mentors, referees, umpires and co-coordinators' group photo at the end with everyone in it always looks good.
- 16. Write a report for the local papers and websites with photos included
- 17. A feedback form can be used to gather information on what went well and what could be improved
- 18. Leave the venue in the condition it was received in



ITEM	UNDER 8	UNDER 10	UNDER 12
I. Team	Maximum 8-a-side.	Maximum 10-a-side.	Maximum 12-a-side. 13 a
Participation	A club/school/community team with 10 or	A club/school/community team with 14	16 or more
•	more players should make two or more	players or more players should make two	
	teams to play in games, where possible.	or more teams to play in games, where	Each sub should play a
	<ul> <li>Full camogie gear to be worn for all</li> </ul>	possible.	minimum of a full half in
	matches (jersey/skorts or skirts	<ul> <li>Full camogie gear to be worn for all</li> </ul>	each game.
	/socks/helmet)	matches (jersey/skorts or skirts	<ul> <li>Full camogie gear to</li> </ul>
		/socks/helmet)	be worn for all
	Coach/mentor encouraged to rotate	<ul> <li>Coach/mentor encouraged to rotate</li> </ul>	matches
	positions at halftime.	positions at half-time.	<ul> <li>(jersey/skorts or</li> </ul>
			skirts /socks/helmet)
			Coach/mentor
			encouraged to rotate
			positions at half-time.
2. Pitch	45m x 30m	65m × 40m	Pitch no longer than
Dimensions	Make pitch smaller, if appropriate.	Make pitch smaller, if appropriate.	105m long (20m line - 20m
			line).
			Make pitch smaller, if
			appropriate. (depending on
			grading)

remain within the zone to which they are assigned. Mid-fielders are permitted to roam the full pitch but must wear bibs so they can be identified by referee.  Minimum 8min to maximum 15min per half.  Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles are optional.  Size 2 Quick touch  With puck out from the hand or ground. or throw in.  After a score ball is thrown in from half way line (digression of organising committee allowed here)  All other players must stand 10m away from player taking.  Eull rules except:  One hop of ball only on hurley is permitted. No kicking the ball. A free to opposing team should a player take more than 1 hop:	3. Zones	2 Zones - Pitch split with cones across at halfway or alternatively colour code the	2 zones - Pitch split with cones across at halfway or alternatively colour code the	None
they can be identified by referee.  In Minimum 6min to maximum 12min per half.  Minimum 6min to maximum 12min per half.  Minimum 6min to maximum 12min per half.  In maximum 15th x 7 ft. Training Poles or cones are optional.  Otar  Size 1 First Touch  With Puck Out from hand or ground or throw in.  After a score ball is thrown in from half way line (discretion of organising committee allowed here)  All other players must stand 10m away from player taking.  In Mo kicking the ball.  In Mo kicking the ball.  Minimum 8min to maximum 15min per half.  Winimum 8min to maximum 15min per half.  Will maximum 15th x 7 ft. Training Poles are optional.  With puck Out from hand or ground or throw in.  After a score ball is thrown in from half way line (discretion of organising committee allowed here)  All other players must stand 10m away from player taking.  Eull rules except:  One hop of ball only on hurley is permitted.  No kicking the ball.  No kicking the ball.  No kicking the ball.  All other players must stand 10m away from player taking.  Eull rules except:  One hop of ball only on hurley is permitted.  No kicking the ball.  No kicking the ball.  No kicking the ball.  All other players taken one than 1 hop.		remain within the zone to which they are assigned. Mid-fielders are permitted to roam the full pitch but must wear bibs so	remain within the zone to which they are assigned. Mid-fielders are permitted to roam the full pitch but must wear bibs so	
tration       Minimum 6min to maximum 12min per half.       Minimum 8min to maximum 15min per half.         vallosts       Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles or cones are optional.       Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles are optional.         otar       Size I First Touch       Size I First Touch       Size 2 Quick touch         With Puck Out from hand or ground or throw in.       With puck out from the hand or ground.       After a score ball is thrown in from half way line (discretion of organising committee allowed here)       After a score ball is thrown in from half way line (discretion of organising committee allowed here)       After a score ball is thrown in from half way line (discretion of organising committee allowed here)       All other players must stand 10m away from player taking.       All other players must stand 10m away from player taking.       Eull rules except:		they can be identified by referee.	they can be identified by referee.	
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Itom player taking.       from player taking.         Interest and the player takement tak		All other players must stand 10m away	All other players must stand 10m away	
All on the ground.  No kicking the ball.  Team should a player take more than I hop:		from player taking.	from player taking.	
No kicking the ball.  No kicking the ball.  No kicking the ball. A free to opposing team should a player take more than I hop:	8. Outfield	All on the ground.	Full rules except:	Full rules except:
	Play	No kicking the ball.	One hop of ball only on hurley is permitted.	One hop of ball <u>only</u> on
team should a player take more than I hop:			No kicking the ball. A free to opposing	hurley permitted.
١٠٠٠ - ١٠٠ - ١٠٠ - ١٠٠ - ١٠٠ - ١٠٠٠ -			team should a player take more than I hop;	

			Ball may be kicked once,
			but not in succession.
9.	Catch, Lift into the hand and strike or	Catch, Lift into the hand and strike or	Catch, Lift into the hand
Goalkeeper	Ground Strike at all times.	ground strike at all times.	and strike or ground strike
	No kicking the ball.	No kicking the ball.	at all times.
	May use leg to block/save.	May use leg to block/save.	May use leg to block/save.
	No hop/solo.	One hop of ball on hurley is permitted.	Ball may be kicked once,
			but not in succession.
10. Frees /	All taken off the ground.	Strike from the hand or lift and strike	Strike from the hand or lift
,42,s/	All opposing players should be at least 8m	(Frees & '65's').	and strike (Frees & '65's').
Sideline –	from player taking.	Sideline puck taken off the ground.	Sideline puck taken off the
'Nearest	Free pucks should be no closer than 10m	All opposing players should be at least 8m	ground.
Player'	from opposing end line.	from player taking.	All opposing players should
	Nearest Player	Free pucks should be no closer than 20m	be at least 10m from
	Frees: Player who is fouled or nearest	from opposing end line. All opposing	player taking.
	fouled ball takes.	players should be at least 10m from player	Free pucks should be no
	Sideline; Player nearest ball when crosses	taking.	closer than 20m from
	line takes.	Nearest Player	opposing end line.
	'45's'; Player who last strikes the ball on	Frees; Player who is fouled or nearest	Nearest Player
	attacking team takes from halfway line, in	fouled ball takes.	<b>Frees;</b> Player who is
	line where ball crosses end line.	Sideline; Player nearest ball when crosses	fouled or nearest fouled
	Referee chooses player nearest/last struck	line takes.	ball takes.
	to take free.		

		'45's'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line. Referee chooses player nearest/last struck to take free.	Sideline; Player nearest ball when crosses line takes.  '45's'; Player who last strikes the ball on attacking team takes from halfway line in line where ball crosses end line.  Referee chooses player nearest/last struck to take free.
11. Scoring	Ipoint for over crossbar and Ipoint for goal.	3point for over crossbar and I point for goal.	I points for over crossbar and 3points for goal as standard.
12. Other	Shoulder charge is not permitted but incidental contact is permitted. No rectangle rules apply.	Shoulder charge is not permitted but incidental contact is permitted. No rectangle rules apply	Shoulder charge is not permitted but incidental contact is permitted No rectangle rules apply.

# **SKILLS CAMP**

**Target audience:** Girls age 7 to 13

**Target numbers:** 50 girls (in each camp area)

**Suitable for:** Existing clubs (Rural and urban)

#### AIM:

To promote Camogie to girls over the summer months. This is a specific girl only camp and is a fantastic way of recruiting new members and also a good way of raising the profile of the Camogie Club in the community. Qualified coaches follow a camp template to ensure girls learn, improve and have fun in a safe and positive environment.



# STRUCTURE OF THE DAY

- 1. Gather volunteers to help with promotion and organization of the camp.
- 2. Decide on date and time of the camp and also the duration of the camp.
- 3. Book suitable venue and decide what numbers can be catered for at the camp. When booking venue ensure that the field is maintained to a standard suitable for Camogie.
- 4. Prepare a camp budget include all income and expenses posters, venue, coaches, special guests, gear, sponsors, local sport partnership etc. Set camp price to cover all costs.

- 5. Book any special guests that may be making appearances.
- 6. Organise the coaches that are needed and assign a co-ordinator to the camp.
- 7. Design a flyer/poster to promote the camp and have the clubs place them in clubhouses and schools.
- 8. Design application forms that should be returned to the co-ordinator, set a date to have the forms returned by.
- 9. Organise school visits where flyers/posters and application forms are handed out, suitable people would be local inter county players and well-known club personalities.
- 10. Promote the camp in the local papers, radio and appropriate websites
- 11. Prepare a schedule for each day of the camp starting time, breaks, lunch and ending time.
- 12. Prepare a coaching and game plan for each day (Each day should be different also a different plan for different age groups may be needed).
- 13. Organise a short workshop to run through schedule, coaching plan and safety aspects of the camp with the coaches.
- 14. Prepare a contact list of all coaches and special guests.
- 15. Ensure enough coaches and equipment is booked to cover participants, allow for numbers that will turn up on the day.
- **16.** Register all children as they arrive on first day of the camp, take attendance each day of camp.
- 17. Ensure the camp is run in a fun and child friendly environment by setting camp rules about safety and discipline.
- 18. Divide participants into manageable groups according to age and assign 2 coaches to each group.
- 19. Organise local press and sponsors to come on last day for photos etc.
- 20. Thank all who helped especially the co-ordinator, coaches, sponsors etc. Thank the participants and let them know where nearest club is. Maybe have handout with club contacts ready. Ensure venue is left in the condition it was received in each day.
- 21. Ensure photographs and report of the camp are put in the local press and put up on appropriate websites.

# PLAYER LIFESTYLE DEVELOPMENT PROGRAMME

**Target audience:** Girls aged 14 to 17

**Target numbers:** 50 girls (in each programme area)

\_\_\_\_\_

**Suitable for:** Existing clubs (rural and urban)

# AIM

This programme is open to all club camogie players within the 14 to 17 year-old age group. It is aimed at improving player development, identifying how sport can enhance a player's lifestyle and influence career advancement. It, also, includes a discussion forum for the players that allows an opportunity for them to have their views heard and to find out how to retain these players within the camogie in the long term.

This is a more mature programme of player development for this age group and is more than just coaching at a camp.

It can be run over a weekend or during the week.

95% OF PARTICIPANTS RATED THE CAMP AS EXCELLENT.

FITNESS TESTING, ELITE COACHING AND NUTRITION WERE SOME OF THE FAVOURITE MODULES FROM THE WEEKEND

# Content/Modules Lifestyle Player Development Programme

**Friday Evening** 

6.30pm-7.15pm: Specialised Coaching from Inter County Players

(Specialist skills, principles of defence and attack)

7.30pm-8.30pm: Specialised Coaching from Inter County Players

**Saturday** 

10.30-11.30am Coaching Session from inter county players

(Chat with inter county players – Career Advancement/ Primary & Post primary

Camogie/Lifestyle habits etc)

11.45-1.00pm Fitness Testing session

1.30-2.30 pm Health & Nutrition in Sport

Q & A – Why do girls play Camogie?

How to combine school/part time job and playing

Camogie?

Why do girls stop playing Camogie?

Sunday

10.30am – 11.45: Blitz Competition

12 – 12.30: Presentation of Certificates

Q & A with inter-county players

# What to look out for along the way

	U 14	U 15	U 16	U 17	U 18
Technical	All major technical skills to be developed, part pressurized situations. Basic skill testing	Advanced technical, specialist coaching (Goalkeeper/free taking), full pressurized situations. Skill testing	Advanced technical, specialist coaching (Goalkeeper/fre e taking), full pressurized situations. Skill testing	Advanced technical, specialist coaching (Goalkeeper/fre e taking), full pressurized situations . Introduction to position specific development.	Position specific technical playing skills preparation, skills development within small sided games leading to full sided games
Tactical	Spatial awareness/ small sided games & decision making	Spatial awareness/ small sided games &decision making. Introduction to problem-based learning	Small sided games &decision Problem based learning & introduction to principles of attack and defense	Small sided games & decision Problem based learning & development of principles of attack and defense	Position specific tactical and playing skills under competitive conditions
Team Play	Work on team's ability to create space when in possession and deny space when not in possession	Introduce principles of attack- possession & support play Introduce principles of defence-Deny, delay, dispose & deliver	Implement principles of attack- possession & support play Implement principles of defence-Deny, delay, dispose & deliver	Use question to help players problem solve "in game" when playing against opposition with a specific playing style	Players are challenged to adapt to a number of different scenarios as created by coach throughout session
Lifestyle/ Psychological	Goal setting and use of imagery	Introduction to coping strategies, understanding of team	Time management, rest and regeneration techniques	rest and regeneration techniques, Time management. All players upskilled in antidoping awareness workshop	Mental rehearsal, focusing and refocusing, Relaxation techniques. Performance analysis
Physical	Body resistance exercises and speed development	Body resistance exercises and speed development. Full fitness testing and functional	Body resistance exercises and speed development. Full fitness/Game based fitness	Specific physical conditioning, body weights, Flexibility, Core stability	Specific physical conditioning, Light weights, Flexibility, Core stability

# **WORKSHOPS**

# **Coach Education**

**Target audience:** New coaches, parents and experienced coaches

**Target numbers:** 12 to 24 coaches

**Suitable for:** New clubs (rural and urban) existing coaches

#### **AIM**

Aimed at all coaches looking to advance their coaching knowledge and gain an understanding of the "what, why, how and when" to coach.

### **WORKSHOP TOPICS**

- Strike to score
- Drills galore workshop (main focus on 8-9 skills and gives a basic, intermediate and advanced drill for each skill as well as warm up games)
- Coaching the tackle in Camogie
- Specialist skills workshop (goalkeeping/free taking/side-line cuts)
- Principles of defence and attack Indoor Camogie
- Nursery progamme
- Wall ball

### **ORGANISATIONAL TIPS**

- 1. Pick suitable venue for the workshop and book for preferred date and time.
- 2. Promote the workshop through email club contacts, school contacts, county and club secretaries.
- 3. Organise AV equipment if needed and book tutor to run workshop.
- 4. Ensure the tutor knows the material of the course by running through with them.
- 5. Organise a co-ordinator for the workshop. Co-ordinators duties below
  - Liaise with Tutor for his/her requirements
  - Arrangements for tea/coffee
  - Safety plan First Aid Doctor

#### INDOOR

- Arrow signs directing participants to course
- Registration table/registration form/coach profile forms/name tags
- Large table for tutor plus chair
- Data projector & screen or suitable wall
- Space for tutor to do small demonstrations if required
- Tables & chairs for participants
- Indoor hall lights on, hall cleared for skill drills

#### **OUTDOOR**

- Pitch/suitable area for skill drills
- First aid
- Water

### ON DAY OF COURSE

- Organise registration
- Confirm time of tea break with tutor (if any).
- Ensure tutor has proper equipment to run workshop (Hurls, sliotars, cones, bean bags etc) and any materials or handouts needed.
- Have the tutor promote any other workshops that are coming up.
- After the course get the registration form and coach profile forms from the coordinator.
- Pay for venue and tutor promptly.
- Write a short report and put photos of workshop in the local press and websites.

# **CAMOGIE SPEED LEAGUES**

**Target audience:** 12 – 17-year-old players and those not currently playing camogie

**Target numbers:** 30 to 50 girls per session

**Suitable for:** Post Primary Schools, New and Existing clubs, Communities

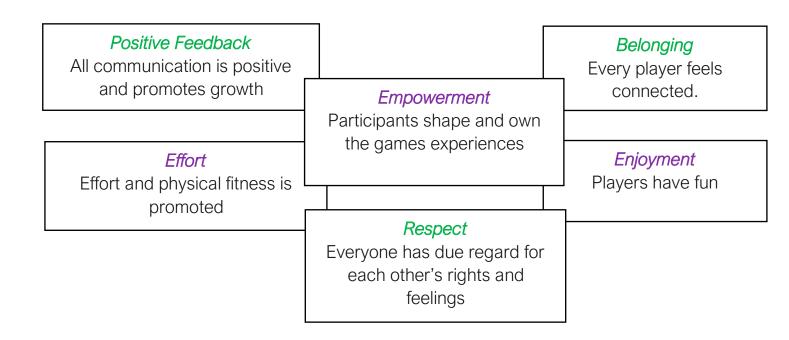
#### AIM

The aim of the Camogie Speed League is to promote a redesign of traditional sport participation and experiences. It involves a process of modifying the games environment by changing the structure, rules, facilities and/or equipment to make the participant the highest priority.

In line with the Camogie Association's mission, Inspire to Play, Empower to Stay, the GAA Play to Stay values can be used to lead games based, player centered participation opportunity.



# WHAT ARE THE \*PLAY TO STAY VALUES?



# UNDER THE GUIDANCE OF THE GAA SUPER GAMES CENTRE, WHAT DOES A CAMOGIE SPEED LEAGUE LOOK LIKE?



# STRUCTURE

Length of League/series	4 min and 6 max weeks (school time; evening time; weekend)
Duration	90 mins –
2 41 4 41 41	7 mins warm up;
	7 mins games modification;
	60 mins game time (3 x 15 min games, 15 mins change over,
	water etc)
	7 mins cool down;
	7 mins feedback
*Play to Stay Values	I per session. **Player led games modifications, minimal coaching
Game Structure	Small sided pitch. Number a side dependent on participants
Facilities	Astro floodlit pitch/outdoor pitch/indoor hall/changing area
Equipment	Hurl, helmet, appropriate sportswear (dependent on facility)
Environment	Social; non competitive; participation

# WHAT WOULD THE \*\*GAMES MODIFICATIONS LOOK LIKE UNDER CAMOGIE SPEED LEAGUES

Play to Stay Value	Games Modification Suggestions
Positive Feedback – All communication is positive and promotes growth	<ol> <li>After a breakdown in play, a team can be awarded an additional point for using positive feedback towards other team members</li> <li>Upon completion of a 15 min game, teams nominate a member of the opposite team as a Feedback Leader. Nominations can be tallied as a best and fairest to be announced at the end of the blitz/series</li> </ol>
Empowerment – Players shape and own their games experience	<ol> <li>Teams are randomly formed and must decide amongst themselves the formation of the team based on the environment e.g. space, no of players.</li> <li>Each team decide on one rule change e.g. 3 passes for a score, silent pitch, hula hoops for scoring. Each team gets 5 mins per rule</li> </ol>
Belonging – Every player feels connected	Each player must say the name of a team member prior to making the pass. 3 completed passes plus 3 clear use of a name will garner an extra score

	Each player can choose a warm up activity/stretch under the guidance of the session coordinator	
Effort – Greater effort and physical fitness is promoted	<ol> <li>Using 4 scoring zones, I on each corner, teams will I awarded scores for running into the score zone requiring greater effort than standard goals</li> <li>A player will be awarded an extra point for a success hook or block</li> </ol>	
Respect – Everyone has due regard for each other's feelings and rights	<ol> <li>The team leader is the communicator between team and official. Teams may lose a point if they speak abruptly or negatively.</li> <li>Each player shall receive a turn at being a team leade e.g. choosing bib colours, communicating preferred rule changes</li> </ol>	
Enjoyment – Players have fun	<ol> <li>Power minute – Each score achieved in an allocated minute will count as double</li> <li>Under Pressure – Prior to the game beginning, each team will answer a Camogie question. If they get it right, they can choose a rule of the game to modify using STEPR. If they get it wrong, the other team will get this opportunity</li> </ol>	

# SOCIAL INCLUSION CAMOGIE

**Target audience:** Minority groups

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**Target numbers:** 50 to 100 girls

**Suitable for:** Existing clubs and primary schools in urban areas with a large

ethnic population

# AIM:

This is a specific project that aims to include and integrate ethnic minorities and those children that may be from a socially disadvantaged background and give them an opportunity to try out the sport of Camogie in a fun way.

PREPARE	<ul> <li>Research areas of mixed ethnic minorities/social disadvantage.</li> <li>Contact local club in those areas.</li> <li>Contact minority groups in the local area or organisations that work with these groups Select specific target age group/specific children from ethnic minority backgrounds.</li> <li>Facilities available to you – hall/dressing rooms/pitches depending on numbers/ weather etc</li> </ul>	Appoint co- ordinator in club Liaison person from school – club
PROMOTE	<ul> <li>Invite dignitaries and officials – local councillors/TDs, Ministers, Lord Mayor, Camogie/GAA/Councils/local groups for inclusion/county board/LSPs etc.</li> <li>Media – press release.</li> <li>Name the project!</li> </ul>	<ul> <li>Literature in different languages.</li> <li>Art competition to promote inclusion and Camogie.</li> <li>Invite parents of non-national</li> </ul>

		children to view sport.  • Sponsors.
ORGANISE	<ul> <li>First Aid.</li> <li>Coaches – standardised session handout.</li> <li>Gear/equipment.</li> <li>Assembly point – pick up and drop off.</li> <li>Photographer.</li> <li>Programme of children/nationalities.</li> <li>Banners/flags.</li> <li>Buses – to and from venue.</li> </ul>	<ul> <li>Media – both local Irish and media that deal with the issues of inclusion.</li> <li>Food – certificates – medals.</li> <li>Teachers course.</li> <li>Coaching material for schools.</li> <li>PA system.</li> <li>Music.</li> <li>Access to all areas of venue – keys/codes.</li> </ul>
FOLLOW-UP	<ul> <li>Coaching in schools.</li> <li>Liaison person from school – club for these.</li> <li>children (possible link in with (Games Promotion Officer)).</li> <li>Follow on days in the school.</li> <li>Camps in clubs.</li> <li>Coaching material in schools – how to use!</li> </ul>	

# **CAMOGIE FOR TEENS**



Target audience: 16-18 year olds (Fand referee qualifications)

16-18 year olds (Participants must be 16 to obtain their coaching

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**Target numbers:** 30 per course

Suitable for: retaining teenagers.

All clubs but particularly those who may need to work on

#### **AIM**

The Camogie for Teens programme aims to engage with teenage members within clubs, highlighting the various ways of being involved in the game outside of playing. All participants will be certified to coach and referee as well as participate in event organisation and public relations. It is hoped that it will both re-energise the participants to remain involved but also re-energise clubs with some new coaches and referees.

#### PROGRAMME OUTLINE:

#### Pre Programme -

- Identify clubs in need of intervention at this U18 age group. This can be done through obtaining registration figures from county registrar.
- Approach clubs chosen and propose programme outline. Clubs must buy into the process given the use of club facilities is vital for this to succeed.
- Call a meeting with one rep from each club to attend.

- Ideally work with 5/6 clubs and 5/6 from each club to give a maximum of 30 participants.
- Clearly set out expectations and the commitment involved for each club.
- Identify suitable tutors to deliver on the modules.

#### During programme -

- Liaise with participants through club rep.
- The programme runs over 8 weeks and is outlined below.
- Participant feedback is important at this stage.

### Post Programme -

- Engage with teenagers and provide pathways at Club level for coaching underage teams.
- Provide opportunities at Go Games blitzes for teenagers to referee.
- Follow Up session. This feedback may inform future programmes.

#### PROGRAMME CONTENT

6 clubs – 5 teenagers from each club (16-18 years)

#### Each club will host one of the following: (depending on facilities available)

- I. PR Workshop (indoor space meeting room, chairs etc)
- 2. Lifestyle Workshop (indoor space meeting room)
- 3. Referee Course First Whistle (indoor space meeting room)
- 4. Foundation Coaching Course (indoor space/hall & meeting room)
- 5. Planning Workshop (indoor space meeting room)
- 6. U10 Blitz Day (Pitches x 2)

#### PROPOSED TIMETABLE:

### WEEK ONE: PR Workshop (7-9pm)

This workshops should be delivered by an experienced club/county PRO. The workshop is aimed at providing the teenagers with the skills to take on a support role to the club PRO. Workshop should include info on the role of the PRO, skills in match report writing, pre/post-match interviewing, posting on social media etc.

#### **WEEK TWO:** Lifestyle Workshop (7-9pm)

This workshop is an information and reflection piece on participants own lifestyles. It could be delivered by a county player or professional in the area. Content should include topics not exclusive to nutrition, hydration, time management, sleep and life balance.

### **WEEK THREE: Referee Course (7-9pm)**

This First Whistle referee course will qualify participants to referee Go Games up to Under 12. This workshop must be registered with your Provincial Growth and Participation Officer in order to be certified. Tutors will also be assigned by said staff member.

### **WEEK FOUR: Event Planning Evening (7-9pm)**

This is an evening dedicated to working through the planning of the underage participation blitz at the end of the programme. This can be delivered by the county development officer or equivalent who has experience of running such events. Participants should be given ownership of the event from PR to refereeing etc.

### **WEEK FIVE: Foundation Coaching Course (9.30-4pm)**

This Foundation Coaching Course will qualify participants to become coaches with the club's underage teams. This coaching course must be registered with your Provincial Growth and Participation Officer in order to be certified. Tutors will also be assigned by said staff member.

\*Teenagers will be back at their clubs coaching U10 teams for these two weeks \*

#### **WEEK EIGHT: U8/10 Blitz**

As planned in week four, U8/U10 teams from clubs will attend for a blitz day.



### **CLUB-SCHOOL LINK**

Target audience: Primary school children

\_\_\_\_\_

**Target numbers:** lower end of the primary school to be used as recruitment

Suitable for:

New clubs (rural and urban) and existing clubs and also schools

who do not play camogie

#### AIM

The club school link is a vital part of club development and sustainability. It is essentially creating a visible and vibrant link between the local school and the club which will encourage the growth of the game in both settings and provide optimal opportunities for girls to participate.

#### Creating a club/school link:

- 1. Discuss your intentions at a club meeting. Form a club school link working group and identify a school liaison officer. All contact with schools should be channelled through this committee and officer.
- 2. Identify schools in the local area which are in the club's vicinity and have girls enrolled. Create a contact list of principals.
- Contact the GAA coach to see what schools are receiving GAA coaching. It may be
  the case that some of the mixed schools are already receiving coaching. The
  Camogie club should support this and also seek out the All Girls schools who may
  be receiving no coaching.
- 4. Select your target group. If your registration levels are falling off at a particular age group target those classes. If you need girls for your Under 8's go to 2<sup>nd</sup>/3<sup>rd</sup> classes. Be age specific.
- 5. Arrange to call to the local primary school and speak to the principal to see if any or all of the following would be possible.
  - Speak to pupils in class about the club and training.
  - Bring in TY/players from the club in club gear and playing gear.
  - Have pictures of similar aged girls playing for the club.
  - Take pupils for a small taster of the game and make this fun.

- After the taster session, have information ready on the club and promotional material.
- Begin coaching sessions within the club provided by a club coach. This
  could run for any length of time agreeable to the school. Aim for one
  session a week.
- Set up a club noticeboard in the school with training times, teams and contacts. The board should be updated with pictures from the club of camps, training, county players visits.
- 6 If you have camps in the club, look into promotional items that children will use again. E.g. pencil cases, t-shirts etc. These will be further advertising for the club back in the schools.



### REFEREE EDUCATION AND DEVELOPMENT

### COURSES & WORKSHOPS:

The Camogie Association currently have 4 types of courses available to assist counties and provinces to recruit, retain, to educate and refresh their referees.

### FIRST WHISTLE COURSE

- The course is aimed specifically at young referees or those starting out.
   The course is designed to equip those starting out to referee at Go Games only.
- Must be 15 years old to referee Under 8 & Under 10 Go Games.
- Minimum 12 participants, Max. 30 participants

### **FOUNDATION COURSE**

- The course is aimed at those wishing to progress to referee at competitive club level (U14 +).
- Minimum 18 years old.
- Minimum 12 participants, Max. 30 participants

### REFRESHER/IN-SERVICE

- The course is aimed at those already refereeing and who wish to avail of further training to refresh on rules etc.
- Minimum 18 years old.
- Minimum 12 participants, Max. 30 participants

### **CONVERSION COURSE**

- The course is aimed at those who are currently refereeing GAA games and have no formal qualification to referee camogie games. The course goes through the key rule differences between codes and refreshes on current rules to help equip referees to referee according to the Camogie rules.
- Minimum 18 years old.

### REFEREE COURSE BOOKING PROCEDURE STEP 1:

A course must be requested with at least 2 possible dates via your Provincial Participation & Growth Co-Ordinator or administration manager at least 3 weeks in advance by your County Referee Co-ordinator, Development Officer or Secretary.

### STEP 2:

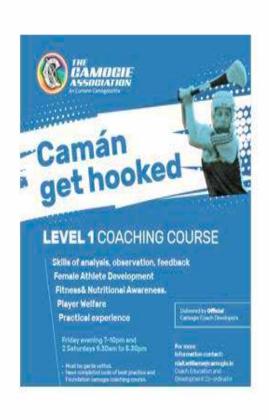
On receipt of the request the Provincial Participation & Growth Co-Ordinator or administration manager will contact the National Referee Education & Development Co-Ordinator. A tutor in the area will be contacted regarding their availability. Once the course has been granted and a tutor available the tutor will liaise directly with the county course co-ordinator.

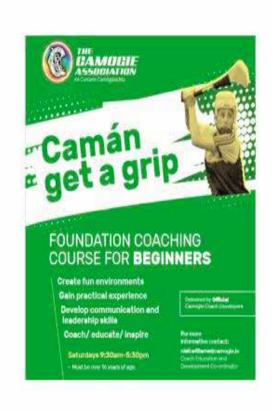
### STEP 3:

On completion of the course the referee tutor will forward the completion form to National Referee Education & Development Co-ordinatOr within 7 days. Each participant will be invited via email to register/log in to the GAA e-learning website to complete the referee exam (all details will be on the email and explained prior by the tutors). On completion and passing of the online exam referees will be issued with certification.

The course co-ordinator should take note of the following:

- Secure a venue that includes a meeting room before contacting the Camogie Association.
- Identify two possible dates that the course can be delivered on at least three weeks prior to latest date request.
- Contact your Provincial Participation and Growth Co-Ordinator or Administration manager with the venue, suggested dates and name and contact details of the course coordinator
- The role of the coordinator is to liaise with the Camogie Association nominated tutor and to ensure the venue is appropriate.
- It will be the responsibility of the county board to pay the tutor directly.
- Please note any courses organised outside of the set template i.e. not registered with the National Referee Education & Development Officer, will not be recognised as an official camogie referee course and will not be certified.







### WHO WE ARE

Founded in 1904, Camogie, an independent voluntary organisation, is the most popular female team sport in Ireland while making a significant contribution to the Irish culture, as part of the family of Gaelic games.

#### **Our Vision:**

Inspire to play, empower to stay.

#### **Our Mission:**

To provide opportunities to enjoy and play Camogie as a vibrant part of the Gaeilc Games Family

### **CONTACT US**

### The Camogie Association Address:

Croke Park, St Joseph's Avenue, Dublin 3

**Phone:** 01 865 8651

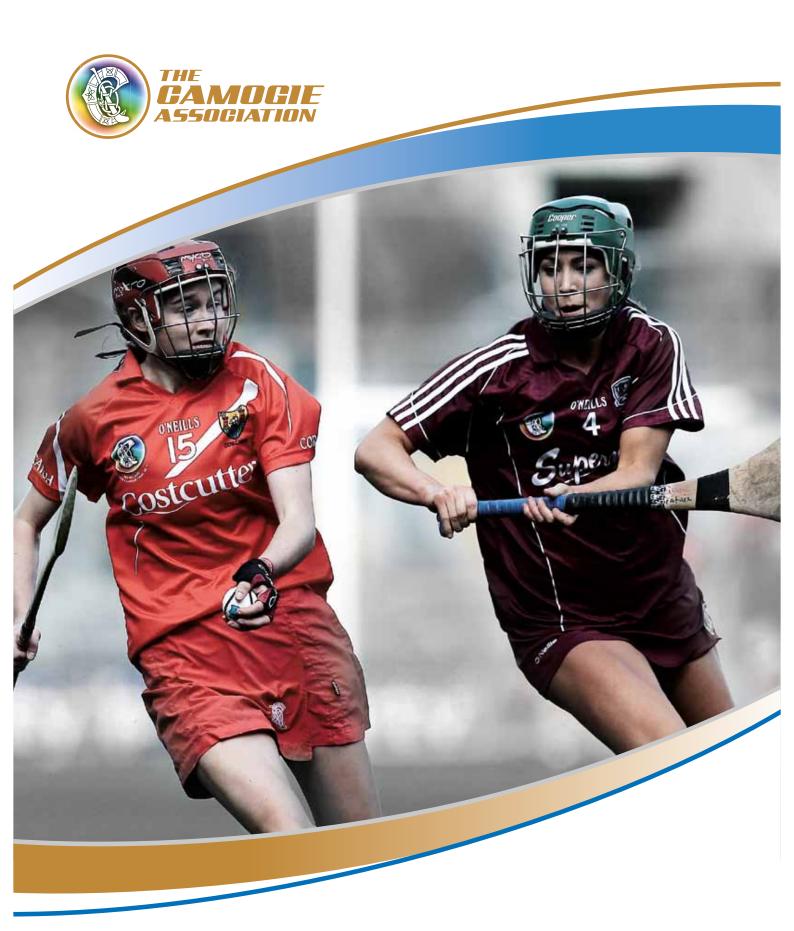
E-mail: info@camogie.ie

Website: www.camogie.ie

Facebook Account: Facebook - Official Camogie Association

Twitter Account: @officialcamogie





# Our Sport, Our Future

National Development Plan 2016-2019



# Introduction

**Our Sport, Our Future** sets out our vision to further the game of Camogie as part of an inclusive Gaelic Games family, delivering a positive experience for players from child to adult, and embracing our future as well as our past.

Our players, members and supporters are our sport. Games development, player welfare and wellbeing, volunteer, coaching and referee development, fixtures and games will all remain central to our work.

All those involved in Camogie give huge commitment and dedication. Given this, it is vital that we ensure that our future decision-making structures and governance are best in class to achieve the long term aims for our sport. Over the next number of years, the Association will also work to ensure that its structures provide for sustainable development of the organisation to allow Camogie to grow in a targeted way, based on population growth and existing strengths.

Honouring our past and reflecting on the tremendous strides the Association has made, since its foundation is important. But, of even more importance is the need to embrace the future. The Association will work with energy and enthusiasm to position Camogie as the vanguard of women's sports. We will achieve this through the closest possible collaboration with the Gaelic Games family and through positioning, commercial and broadcast partnerships, all whilst enabling our players to shine.

The Association is excited at the possibilities and opportunities that lie ahead. We relish the chance to work together with all of our valued members and stakeholders to bring the programmes of **Our Sport**, **Our Future**, to fruition.

Tús maith leath na hoibre.

Cáit Ní Náraigh

Cat Mi Marang

Uachtarán

Joan O'Flynn Ard Stiúrthóir

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# Glossary of Terms

Annual Congress – Term used to refer to the supreme governing body of the Camogie Association.

Ard Chomhairle – Term used to refer to the supreme governing body for the Camogie Association between congresses.

Ard Stiúrthóir – Term used to refer to person acting as the Chief Executive.

An Uachtarán – Term used to refer to the President.

Camogie Association – Term used to describe the national organisation which administers, legislates and promotes the game of Camogie.

Club – Term which refers to the basic Unit of the Association; units within the 3rd level education sector are regarded as Clubs.

Competition – League or Championships officially sanctioned by County, Provincial, National Education Councils, International Boards or Ard Chomhairle. Underage blitzes and indoor Camogie activities are not considered competitions.

EU - European Union.

GAA – Refers to the The Gaelic Athletic Association.

Gaelic Games Family – Range of sports including Football, Hurling, Camogie, Ladies Gaelic Football (LGFA), Handball and Rounders.

Governance Code – Refers to The Governance Code, a code of practice for good governance as recommended by Sport Ireland. See www.governancecode.ie for further information. Sports NI works from a similar framework called The Code of Good Governance.

LGFA – refers to Ladies Gaelic Football Association.

Local Sports Partnerships – Term used to refer to entities established by Sport Ireland and whose remit is to promote participation in sport at a local level.

Match Official – Term is used to describe the following persons: a Referee, an umpire, fourth official or a linesperson.

National Education Council – Refers to the national governing bodies for Camogie in post-primary schools (Comhairle Chamógaíochta na nIarbhunscoileanna) and in the third level education sector (Comhairle Chamógaíochta um Ard-Oideachas).

Officer – Terms used to describe the following officer positions on an Executive Committee of Units: Chairperson, Vice-Chairperson, Secretary, Treasurer, Registrar, PRO, Children's Officer, Development Officer and Delegates to a higher Unit.

One Club Model – Term used to describe one clubs that equally promotes the games, ideals and aspirations of the Camogie Association, GAA and the LGFA.

Provincial Council – The Provincial Committee to which all county boards in a province must affiliate. It is responsible for the administration and development of Camogie within its province. There are four Provincial Councils: Connacht, Leinster, Munster and Ulster.

Sport Ireland – The statutory body with responsibility for Irish sport, arising from the merger of the Irish Sports Council and the National Sports Campus Development Authority, came into operation with effect from 1st October 2015.

Sport NI – The leading public body for the development of sport in Northern Ireland.

Sub-Committee – A committee operating to specific terms of reference under the Executive Committee of a particular Unit or Ard Chomhairle.

Unit – Term used to describe a Club, a County Board, a Provincial Council, an Education Council and an International Board.

WGPA – Representative body of Camogie and ladies football players who represent their counties at the highest levels.



# Headline Targets

TO ACHIEVE ITS AMBITION THE CAMOGIE ASSOCIATION ARE DECLARING THE FOLLOWING HEADLINE TARGETS TO BE ACHIEVED BY 2019

- The Camogie Association will have a reliable and vibrant club and fixtures scene which maximises player retention and positions Camogie at the forefront of team sport for women.
- The Camogie Association will have secured at least two additional funding sources and will have at least one significant commercial partnership in place. These initiatives together with a new broadcasting agreement will translate into greater attendances at major matches and greater revenue. In addition there will be greater public awareness of Camogie players as role models, while public perception will be of an organisation with a great tradition that also embraces the future.
- The Camogie Association will be fully compliant with the governance code, with a skills-based governing body with functioning sub-committees. We will have clearly defined roles and responsibilities for each club officer with appropriate training provided to support them. The Association will have a sustainable county and provincial structure, with appropriate paid administration support.
- The Camogie Association will be effectively pooling resources with our partners in the GAA. This will result in significant gains in administration, promotion and development, with a successful working group and integration facilitator in place and measured by the number of clubs integrated under the 'One Club' model. The Association will have a long-term plan in place for greater integration.

# Our Vision

Inspire to play, empower to stay

# Our Mission

To provide opportunities to enjoy and play Camogie as a vibrant part of the Gaelic Games Family





# Our Values

# Innovation • Leadership • Voluntarism • Fun Integrity • Excellence • Inclusiveness

Innovation	To embrace innovation within our sport and strive to encompass the best of modern sports practice, play and development
Leadership	To lead from the top and from the front, at local, provincial and national levels. The Camogie Association knows what it wants to achieve for the future of the sport and it will be strong in delivering that future. The Association will support, nurture and develop those in leadership roles and will showcase its players as role models within Camogie and to the greater public.
Voluntarism	The Association will support our volunteers who are the unseen backbone to our sport. The Association will value their work, providing training, support and recognition.
Fun	Camogie is a skilful game to play, and we will work to ensure that it remains a participation-driven enjoyable sport, widely accessible to all who wish to play the game.
Integrity	Camogie is about a healthy lifestyle and athleticism; it is about team values and ambition. It is about fair play, honesty and respect. It remains a clean sport, free of doping.
Excellence	The Camogie community supports its members and players in their pursuit of excellence, on and off the pitch.
Inclusiveness	Camogie is a sport for all. The Association will work to attract and retain members from different social and ethnic backgrounds and players of different abilities to foster a sense of community and social inclusion.

# Strategic Action Areas

# THE CAMOGIE ASSOCIATION HAVE IDENTIFIED THE FOLLOWING FOUR STRATEGIC ACTION AREAS AS BEING CRITICAL TO REALISING ITS AMBITIONS

- ON THE PITCH:
  SUPPORTING PLAYERS,
  COACHES, MATCH
  OFFICIALS
- 2 IN THE PUBLIC EYE:
  RAISING THE PROFILE
  OF CAMOGIE
- 3 OFF THE PITCH:
  BUILDING SUSTAINABLE
  ORGANISATIONAL
  STRUCTURES
- 4 AONTAS:
  STRENGTHENING
  RELATIONSHIPS

Each strategic action area will be supported by operational plans highlighting the tasks, roles and responsibilities for delivery, as well as criteria for their measurement.

# Playing the Game

### KEY INITIATIVES AND PROJECTS TO DELIVER:

Strategic Action Area		Programme and Initiative	Timeline
1	ON THE PITCH: SUPPORTING PLAYERS, COACHES, MATCH OFFICIALS	Supporting players Player retention Technical direction plan Participation and growth plan Fixtures planning Referee development programme Drop off/player lifecycle Coach development	2017 2017 2017 2017 2016 2017 2017 2019
2	IN THE PUBLIC EYE: RAISING THE PROFILE OF CAMOGIE	Broadcast programme  Market information analysis  Commercial business development  Positioning programme  Branding initiatives	2017 Annual 2016-19 2016-19 2017/18
3	OFF THE PITCH: BUILDING SUSTAINABLE ORGANISATIONAL STRUCTURES	Sustainable financial model Governance best practice Resourcing of Provinces and Counties Club constitution updated Club officer recruitment and support	2016-17 2016-17 2017 2017 2018
4	AONTAS: STRENGTHENING RELATIONSHIPS	Aontas programme Partnerships	2018 Ongoing

NOTE: 2016 means 2017 Congress reporting





# Strategic Action Area 1

ON THE PITCH: SUPPORTING PLAYERS, COACHES AND MATCH OFFICIALS

### Our Goal

To sustain and support players, coaches and match officials

# Vision 2019

To have Camogie at the heart of everything we do, with excellent player welfare and an excellent coaching system with significant inroads made into having a qualified coach at each level in every club by 2019

## Our Values

Innovation • Leadership Voluntarism • Fun Integrity • Excellence Inclusiveness



# KEY INITIATIVES / PROJECTS TO DELIVER

PROJ	ECT	TIMELINE
1.1	SUPPORTING PLAYERS	2017
	Have the club and county player at the heart of everything the Association does, undertaking specific player initiatives including:	
1.1.1	Annual communication initiative for player's interests and welfare (workshop, survey, conference)	
1.1.2	Promoting the game through player/media/commercial partnerships	
1.1.3	Developing a panel of players to act as role models and mentors for the sport	
1.1.4	Player inclusion within decision making	
1.1.5	Collaboration, dialogue and shared projects with the WGPA	
1.1.6	Exploring the feasibility of an All Stars Trip	
1.2	PLAYER RETENTION	
	Establish a working group on player retention and drop-off and the impact of player lifestages focusing on developing initiatives to achieve the following:	
1.2.1	Increasing the number of teenagers playing Camogie	
1.2.2	Increasing the number of women over 21 playing Camogie	
1.2.3	Development of floodlit Camogie as a participation model	
1.2.4	Development of social Camogie for past players	
1.3	TECHNICAL DIRECTION PLAN	2017
1.3.1	Review and refine the structure of the player development programme	
1.3.2	Establish an intercounty player pathway for players, particularly in Tier 2 and Tier 3 counties (see matrix of counties on page 13)	
1.3.3	Review the playing rules at the 2018 Congress	
1.4	PARTICIPATION AND GROWTH PLAN	2017
1.4.1	Have a targeted growth plan for Camogie, based on population growth, sustainability and existing strengths. This will best develop Counties according to their specific needs and our game's matrix, ('support the game' (Tier 1), nurture the game' (Tier 2) and grow the game' (Tier 3) illustrated on page 12) and will be aligned with the size and resources of our Association	
1.4.2	Provide a support structure for clubs with a 'planning for success tool kit' under headings such as administration, finance, legal, playing rules and social, specifically with a new club management training programme (in association with the GAA)	
1.4.3	Have a strategy for continued support and development of Camogie internationally particularly the development of underage in Britain and North America.	
1.4.4	Development and roll out of a strategy for stronger club/school Camogie links at primary/post-primary levels	

1.5	FIXTURES PLANNING	2016
	Continue to support the Fixtures Working Group in their work to improve fixtures planning whilst also undertaking the following:	
1.5.1	Conduct a review of the Camogie Association's fixtures programme, examining in particular the competition structures	
1.5.2	Set fixtures for intercounty teams to allow for clear playing windows for clubs	
1.5.3	Explore development of club game programmes that cross county and provincial boundaries	
1.5.4	Development of protocols with our colleagues in LGFA to agree on intercounty fixtures on an annual basis, working to overcome fixtures clashes and publication of an annual joint fixtures plan	
1.5.5	Continue to support the promotion of Camogie in the third level sector	
1.6	REFEREE DEVELOPMENT PROGRAMME	2017
	Continue to support our referees and match officials through the following:	
1.6.1	Devise a programme for implementation of a referee pathway from club to national levels	
1.6.2	Continue the development of a national academy for referees	
1.6.3	Recruit and develop female referees in each county	
1.7	COACH DEVELOPMENT	2019
	Continue the emphasis on enhancing the coaching capacity and capabilities of all clubs and counties	
1.7.1	Programme to roll out accessibility to coaching courses and development resources to all club coaches particularly in 'nurture the game' (Tier 2) and 'grow the game' (Tier 3) counties	
1.7.2	Develop and implement an inter-county Camogie mentoring support system from Tier 1 counties to Tier 3 counties in 2017 for u18 and/or adult teams	
1.7.3	Progress towards having minimum coach requirements for intercounty u14/u15/u16/u18/adult coaches in place for 2019	
1.7.4	Establish coach academies for third level players	
1.7.5	Develop a programme of clear pathways for all coaches from grassroots to elite levels	
1.7.6	Establish a panel of coach tutors sufficient to sustain the coaching goals of the Association	

COUNTIES SUPPORT THE GAME (TIER 1)	COUNTIES NURTURE THE GAME (TIER 2)	COUNTIES GROW THE GAME (TIER 3)
ÁTH CLIATH	AONTROIM	AN BHREATAIN
CILL CHAINNIGH	ARD MHACHA	AN CABHÁN
AN CLÁR	CEATHARLACH	CIARRAÍ
CORCAIGH	CILL DARA	CILL MHANTÁIN
DOIRE	AN DÚN	DÚN NA NGALL
GAILLIMH	AN IARMHÍ	FEAR MANACH
LOCH GARMAN	LAOIS	LIATROIM
LUIMNEACH	AN MHÍ	AN LONGFORT
PORT LÁIRGE	ROS COMÁIN	AN LÚ
		MAIGH EO
TIOBRAID ÁRANN		MUINEACHÁN
UÍBH FHÁILÍ		SLIGEACH
		TÍR EOGHAIN

# Strategic Action Area 2

IN THE PUBLIC EYE: RAISING THE PROFILE OF CAMOGIE

## Our Goal

To promote the game of Camogie to a wider audience and to focus on the commercial development of the sport

# Vision 2019

To have a strong commercial and sporting positioning for Camogie, through the delivery of media awareness and commercial partnerships

## Our Values

Innovation • Leadership Voluntarism • Fun Integrity • Excellence Inclusiveness



# KEY INITIATIVES / PROJECTS TO DELIVER

PROJE	СТ	TIMELINE
2.1	BROADCAST PROGRAMME	2016-19
2. 1.1	Develop a proposition for TV/radio encompassing Championship, behind the scenes possibilities, and highlights programmes	
2. 1.2	Secure a broadcast deal for Camogie that positions it within the public imagination, and provides a platform for further commercial deals, whilst also serving the needs of the sport	
2. 1.3	Seek inclusion in feature TV/radio/other channels programmes on a more consistent basis	
2.2	MARKET INFORMATION ANALYSIS	Annual
2. 2.1	Invest in data capture with a marketing research agency and use the information captured to underpin business development and broadcast deals	
2.3	COMMERCIAL BUSINESS DEVELOPMENT	2016-19
	Focus on building significant commercial partnerships and showcase the momentum, through the following initiatives	
2. 3.1	Invest in a commercial development resource to help secure commercial deals and activate them	
2. 3.2	Explore further joint partnerships with the GAA and LGFA, specifically on a women's Gaelic games initiative	
2.4	POSITIONING PROGRAMME	2016-19
2. 4.1	Work to achieve Camogie's inclusion on a regular basis in weekly sports discussions as well as having match specific media coverage	
2. 4.2	Develop and support a panel of key spokespeople including current and ex-players, and administrators to speak to the media about Camogie	
2. 4.3	Promote our players as role models with the media and general public	
2. 4.4	Examination of Camogie's current digital media profile with a view to maximising this through a digital media development programme	
2.5	BRANDING INITIATIVES	2017-18
	Undertake branding initiatives using specific expertise to focus on:	
2. 5.1	Reviewing the Association's current logo and name (especially in the context of closer collaboration with the GAA)	
2. 5.2	Evaluating the current playing uniform of Camogie players in the context of tailoring more specifically for the female athlete	
2. 5.3	Engaging in continuous evolution of the Association's website so as to encompass latest online trends	

# Strategic Action Area 3

OFF THE PITCH: BUILDING SUSTAINABLE ORGANISATIONAL STRUCTURES

### Our Goal

To promote the game of Camogie to a wider audience and to focus on the commercial development of the sport

# Vision 2019

To have a strong commercial and sporting positioning for Camogie, through the delivery of media awareness and commercial partnerships

## Our Values

Innovation • Leadership Voluntarism • Fun Integrity • Excellence Inclusiveness



# KEY INITIATIVES / PROJECTS TO DELIVER

PROJE	ECT	TIMELINE
3.1	SUSTAINABLE FINANCIAL MODEL  Focus on ways of building additional revenue streams for Camogie, specifically through the following:	2016-17
3.1.1	Agreement by Ard Chomhairle on the investment required to achieve overall longer term goals	
3.1.2	Evaluate the commercial benefits to Camogie in developing common insurance/injury fund schemes, rebates, etc.	
3.1.3	Explore commercial merchandising opportunities and evaluate the associated investment costs of these	
3.1.4	Evaluate EU funding sources for indigenous sports	
3.1.5	Consider a strategy to maximise attendance and revenue from national semi-finals and finals	
3.2	GOVERNANCE BEST PRACTICE	2016-17
3.2.1	Implement at national level the governance code as recommended by Sport Ireland (governancecode.ie) and Sport NI	
3.2.2	As part of the governance code implementation, examine the decision making roles between Ard Chomhairle, the Uachtarán and the Ard Stiúrthóir including regular management inputs and reports to Ard Chomhairle	
3.2.3	Independently review the composition and skillsets of Ard Chomhairle and their appropriateness to meet high governance standards, strategic decision making and access to independent relevant expertise	
3.2.4	Strengthen Ard Chomhairle with appointments of individuals with relevant technical expertise, as required	
3.2.5	Examine existing Ard Chomhairle sub-committees, their relevance and their terms of reference, and delegate specific decision making responsibilities to these sub-committees, while also appointing a specific committee for Commercial Business Development and another for Planning	
3.2.6	Review the governance model of third level Camogie	
3.2.7	Put in place a Strategy Implementation Group for the National Development Plan. Bring a motion to Congress proposing the appointment of the chair of this group to sit on Ard Chomhairle for the duration of the Plan	

3.3	RESOURCING OF COUNTY AND PROVINCE	2017
	Undertake a review of the remit of Provincial Councils and via this process include the following:	
3.3.1	Review and clearly define the role of the Provincial Councils, including their role around coach education, officer development, post-primary and supporting the club-school link	
3.3.2	Put in place paid administrative support in Munster and Leinster as a priority and evaluate the feasibility of providing administrative paid support in a number of counties	
3.3.3	Review of underage provincial fixtures, with a greater focus on adequacy of club games programmes, particularly at u16/18 levels, and across county boundaries	
3.3.4	Propose that Provincial Officers do not hold county officerships, to avoid conflicts (rule change required)	
3.3.5	Propose that either the County Chairperson or Secretary is the representative at Provincial Council (rule change required)	
3.3.6	Explore where the resources can be pooled with the GAA at county and at provincial levels	
3.4	CLUB CONSTITUTION UPDATE	2017
3.4.1	Work with the GAA and the LGFA in amending the respective Official Guides to	
	restate the GAA Club Constitution for all clubs (integrated & stand-alone)	
3.5	restate the GAA Club Constitution for all clubs (integrated & stand-alone)  CLUB OFFICERS SUPPORT AND RECRUITMENT	2018
<b>3.5</b> 3.5.1	<u> </u>	2018
	CLUB OFFICERS SUPPORT AND RECRUITMENT  Work with the GAA in their National Officer Development Programme and their Club Leadership programme in order to utilise both these plans where feasible	2018
3.5.1	CLUB OFFICERS SUPPORT AND RECRUITMENT  Work with the GAA in their National Officer Development Programme and their Club Leadership programme in order to utilise both these plans where feasible and share resources, including e-learning training programmes  Explore possibilities to work with Local Sports Partnerships in providing club	2018
3.5.1	CLUB OFFICERS SUPPORT AND RECRUITMENT  Work with the GAA in their National Officer Development Programme and their Club Leadership programme in order to utilise both these plans where feasible and share resources, including e-learning training programmes  Explore possibilities to work with Local Sports Partnerships in providing club training programmes at a local level	2018
3.5.1	CLUB OFFICERS SUPPORT AND RECRUITMENT  Work with the GAA in their National Officer Development Programme and their Club Leadership programme in order to utilise both these plans where feasible and share resources, including e-learning training programmes  Explore possibilities to work with Local Sports Partnerships in providing club training programmes at a local level  Implement best practice for club development, specifically:	2018



# Strategic Action Area 4

**AONTAS: STRENGTHENING RELATIONSHIPS** 

### Our Goal

To show leadership working closely with the GAA to achieve our common goal of delivering Gaelic Games

# Vision 2019

To have in operation a number of shared activities and services which help promote camogie and hurling in an efficient way, whilst working towards achieving greater integration of our organisations and protecting both codes for future generations

### Our Values

Innovation • Leadership Voluntarism • Fun Integrity • Excellence Inclusiveness



# KEY INITIATIVES / PROJECTS TO DELIVER

PROJECT		TIMELINE
4.1	AONTAS PROGRAMME	2018
	Develop a plan for how Camogie will strengthen its relationship with the GAA that is practical, is incremental and has the best mutual interest at its heart. Actions within that plan include:	
4.1.1	Identify what Camogie would achieve from closer integration and shared services	
4.1.2	Identify the timelines to the plan and achievable staged progress	
4.1.3	Identify the areas of difficulty and address those openly	
4.1.4	Develop a proposal of shared activities with implementation plans (e.g. games development, club development) and review together the feasibility of those with the GAA	
4.1.5	Joint appointment of a facilitator to oversee the Aontas programme	
4.1.6	Development of a communications programme specifically for the GAA and Camogie communities, as well as media and general public, and highlighting vision and leadership, as well as practical working models, e.g. child protection	
4.2	PARTNERSHIPS	Ongoing
4.2.1	Continue to participate in key stakeholder workshops with the GAA and LGFA	
4.2.2	Continue to support the One Club Model where the opportunity for such exists	
4.2.3	Continue to work in close collaboration with the LGFA, especially in the areas of fixtures and dual players	
4.2.4	Continue to work in close collaboration relevant other national and local bodies concerned with sport, physical activity and well-being and with charitable partners including e.g. Sport Ireland, Sport NI, relevant government departments	





# Summary of the Plan

All of the activities in this plan are only achievable with strong financial commitments, protocols, governance and a solid ongoing financial management plan underpinning them.

Succession planning for our key roles is also critical and forms part of this strategy.

Decision making is critical for driving success and it is crucial that our governance structures and committees facilitate best possible leadership and decision making within the organisation. Camogie recognises that in today's fast changing world that the Association has to be responsive to change and must be constantly seeking to have the best and most qualified people both on and advising its committees.

The next step will involve the development of an operational strategy with a costed annual action plan. Monitoring and regular evaluation of the targets under the four strategic areas is crucial to the ultimate outcome of this plan. A strategic implementation group will oversee the plan and drive its realisation. The implementation plan will also identify a designated lead responsibility for each action. The achievement of the ambitious targets of this plan will require additional resources over the next four years.

### **Thanks**

With thanks to all those who contributed to this process, all those who answered the survey, came to meetings, spoke to our consultant at meetings or by phone. With thanks also to the Steering Group namely Paula Bruen, Claire Egan, Linda Kenny, Liz Howard, Martin Mc Avinney, Geraldine Mc Grath, Linda Mellerick, Richard Mullholland, Mary O'Connor, Sheila O'Donohoe, Joan O'Flynn and Brendan Waters, to Maeve Buckley of Line Up Sports Media & Entertainment consultancy, and the staff of the Camogie Association.





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