

ON THE BALL

THE OFFICIAL MAGAZINE OF THE CAMOGIE ASSOCIATION

Winter 2018



THIS EDITION FEATURES:


- Interviews with Dublin's Caragh Dawson and Cork's Julia White
- Stats from 2018 Season
- Roles and Responsibilities of a club executive



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Michael D Higgins meets the teams alongside Kathleen Woods, Camogie President



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Welcome: Uachtarán an Cumann Camógaíochta Kathleen Woods

Fáilte ón Uachtarán

You are very welcome to the Winter edition of On the Ball. We have come to the end of what has been another fantastic year in our sport.

ON THE PITCH:

Throughout the course of the year, we have witnessed fantastic Camogie action all around the country in all three grades.

This year's Liberty Insurance All-Ireland Senior Championship once again produced many mouthwatering fixtures in both the group and knockout stages.

Both Cork and Kilkenny topped their respective groups paving the way to a Semi-Final place, while Dublin, Galway, Tipperary and Waterford secured qualification to the Quarter-Finals. While it was not a successful end in the knockout stages, both Waterford and Dublin can be proud of their efforts this year, with the former making their first All-Ireland Senior Quarter-Final appearance.

Almost 3,500 people witnessed our Semi-Finals in Thurles which is a testament to the quality Camogie produced by our teams throughout the year. It was fantastic to see our supporters #GoTogether and get behind their teams. For the third consecutive season, Cork and Kilkenny proved too strong in the Semi-Finals and once again booked their place in the decider in September.

Like the years previous only one point separated these two heavyweights, and just like 12 months ago, it was the Rebels who ended on the winning side of the scoreline to see the O'Duffy Cup head back down south for another year.

In the Intermediate Championship, Cork and Down survived the battle of the fittest to go head-to-head for the Jack McGrath Cup. Like their Senior counterparts it was Cork, who put last year's All-Ireland final heartbreak behind them to bring victory back to Munster.

It was third time lucky for this Intermediate Cork team, who lost consecutive finals in 2016 and 2017 but they finally managed to put that right this year. Meanwhile their Ulster opponents were superb throughout the Championship season and can take great pride in their overall performances.

Finally, the Kay Mills Cup will reside in the capital after Dublin conquered the Kingdom in the Premier Junior All-Ireland Final. After losing out in the final last year, the Dubs put that right this time around to spoil their opponent's maiden Croke Park experience. For Kerry, their Championship Final appearance came just five months after claiming the Division 3 League title, proving to be a phenomenal year for the county.

Congratulations to Cork and Dublin on winning their respective Liberty Insurance All-Ireland Championship titles.

Now, it's time to turn the focus to the AIB All-Ireland Club Championship series and this year, we have introduced a new Junior B Club Championship. This is a great step for club Camogie action, providing even more teams the opportunity to advance to an All-Ireland series with their clubs. Congratulations to Ratoath on winning the Junior B competition, while the Junior A Club Championship title went back to Meath as Kilmessan won back-to-back club championships. Commiserations to Clontibret and Four Roads who were worthy finalists.

Kathleen Woods speaking at the Camogie All-Stars 2018



I would like to wish all teams taking part in the AIB All-Ireland Intermediate and Senior Club Championships series the very best of luck!

OFF THE PITCH:

In recognition of the fantastic performers throughout the summer season we held our 15th Annual All-Stars Awards recently, sponsored by Liberty Insurance. Congratulations to all the winners and the nominees who were nominated. These awards are in recognition of your fantastic performances throughout the championship campaign and it is a huge honor to represent your club and county at these awards.

On the night we also presented the three WPGA's Player's Player of the Year awards and the Manager of the Year award. Congratulations to Anne Dalton (Senior, Kilkenny), Saoirse McCarthy (Intermediate, Cork) and Caragh Dawson (Junior, Dublin) on being voted by your peers as being the best player in your respective grade. For the second successive year, Paudie Murray received the Manager of the Year Award after leading both the Senior and Intermediate teams to All-Ireland glory in September. Congratulations Paudie and to your management team.

IN THE FUTURE:

Looking ahead, the future of our sport continues to improve year-on-year and our attendances have been increasing. The Federation of Irish Sport have launched a new initiative, the 20x20 campaign which aims to increase media coverage, boost attendances and grow participation in female sport and physical activity by 20% by the end of 2020, which is a fantastic initiative I would encourage every-

one to get behind. #CantSeeCantBe #20x20

Our athletes are more than just players, they are role models, they are icons, they are ambassadors. They have a dream, and together we can support our players and provide them with the best platform to achieve and succeed. We are a proud partner of the campaign and I look forward to seeing this initiative bolster our sport and participation in the coming years.

As the year is coming to an end I would like to thank our sponsors Liberty Insurance, Littlewoods Ireland and AIB for their continued support in the promotion of our games and I look forward to us working alongside you again in 2018.

To all our players, volunteers, members, officials and supporters, thank you for your support throughout 2018. It has once again been a great year for our game and I look forward to even more exciting action in 2019.

Finally, I would like to sincerely thank the staff of the Camogie Association for their hard work throughout the year and in particular, Louise Conlon who has completed her term as Interim Ard Stiurthóir. Louise has led the staff with distinction and done a fantastic job in taking on the responsibility of the role over the course of her term. I would like to wish her the best of luck as she returns to her role as Technical Development and Participation Manager.

**Nollaig Shona agus athbhliain
faoi mhaise Duit.**

Caitlín Ní Conchoille
Uachtarán an Cumann Camógaloichta

CARAGH DAWSON:

Winning a Senior All-Ireland medal with Dublin would be a dream come true!

By Sarah Stanley

Dublin's Caragh Dawson in action against Kerry's Eilish Harrington in the Liberty Insurance Premier Junior All-Ireland Championship Final in Croke Park.



Not every 21-year-old county player is as lucky as Dublin's Caragh Dawson. All-Ireland winner, Dublin Senior County Championship winner, numerous solo accolades, skill and pace in abundance, it is fair to say we are only seeing the beginning of something special with the St. Judes starlet.

It has been a very successful 24 months for Dawson's Camogie career. Winning the Littlewoods Ireland Division 3 league title and making the Liberty Insurance Premier Junior All-Ireland Final in 2017, followed by a Division 2 League Semi-Final and a Premier Junior All-Ireland Championship in 2018.

The success didn't end there. Her club St. Judes, won the county senior title in October, while she also claimed the Camogie Association/WGPA Junior Players' Player of the Year award and a Soaring Stars Award in November.

"I don't think I've really yet come to grips with the success of my club team and the Dublin team yet. At the beginning of the year I would never have believed I would have a county title as well as an All-Ireland title. I am honoured. I never would have expected it."

Having come into the Dublin panel for the league campaign in 2017 Dawson was instrumental in the success that the girls in blue achieved over the last two seasons.

Still only 19 at the time, Dawson bagged herself 0-3 from play in the Division 3 League final victory last year and earned the Player of the Match award. As a result of her league performances she claimed the Division 3 Player of the Year Award in Croke Park Stadium in her first season with the county adult team.

She would return to the famous stadium once more in September for the All-Ireland Premier Junior decider however on this occasion it wasn't to be as Westmeath won the Premier Junior crown.

Skip forward 12 months and the contrast of emotions is enormous. This time, Dawson walked the steps of the Hogan Stand as an All-Ireland champion. The St.

Judes star played her heart out against Kerry in the decider and was once again, Player of the Match in another final with the Dubs, this time the biggest prize of all.

"I think this year outweighs the disappointment of last year, with both club and county! From the beginning of the year the manager set out the aim of winning the Premier Junior All-Ireland and he wanted us to play to a high level."

Dawson feels that the manager Shane Plowman deserves huge credit for the success of the side.

"Shane creates a great atmosphere in the (Dublin) team, which I think is vital for any sports team."

"He's a manager that constantly challenges you and is not afraid to say exactly what he wants! And he does have fun the odd time! I think his sheer determination, motivation and encouragement this year led us to the great success we had, but not to forget Ann Colgan and Willy Braine!"

Underage development squads gave Dawson her first taste of intercounty Camogie action and despite it not being competitive, it gave her enough desire to want more. Now her chance is here, she plans on doing everything to maintain that.

"I played minor Camogie with Dublin, I think this was the first team I was on where I was playing at a high standard of Camogie at county level and it was a great experience."

"Between gym, pitch sessions and ideally a challenge match, I train up to five times a week if not six between county, club and college. It can be tough and tiring but all the girls are doing the exact same, so we are all in it together".

What impresses most is the attitude of the DCU student. Anyone would be within their right to brag about their success however she is more humble and grounded than you might expect from a young player. Her focus is constantly on being the best she can be.

"I am constantly on edge to be honest, with regards to competition for places. There are so many girls always ready to take your position. It's heart-breaking when you are not picked to line out on the team and it has a major effect on you as a player. Competition is always high, but I look at it as a positive thing."

"I constantly view each training day as a chance to show to managers that I want a starting position".

Outside of club and intercounty Camogie she is currently studying to be a primary school teacher in St. Pat's, DCU, where she is also lining out with the college Camogie team.

"I really enjoy playing college Camogie and it is at an ideal time when club championship is finished as well as county."

She radiates positivity and it is clear to see why she is the player she has become. Being good is simply not good enough. That attitude however, was not always there when she started out playing. It could have been so different.

"My friends influenced me to get involved in Camogie, it was the thing to do in Templeogue to join Jude's and play either football or Camogie. I joined my local club St. Judes at the age of eight partly to talk and play with friends and not as much interested in the Camogie side of it!"

Thankfully, the more she got involved in the sport, the more she fell in love with it and it became more than a hobby. It became everything to her.

"As I got older, I became more competitive and gained a huge interest in the sport. I took great influence in the Kilkenny hurling team and their success. I really admired Joe Canning, his dedication and obsession with his game is the level that every sportsperson should be striving to achieve."

Success breeds success, and after claiming a haul of awards over the last two seasons there is one dream remaining, the ultimate prize for every county player; *"winning a Senior All-Ireland Camogie medal with Dublin would be a dream come true for me".*

Statistics 2018



STATS FROM LIBERTY INSURANCE ALL-IRELAND SENIOR CHAMPIONSHIP:

STRONGEST ATTACK:



Cork: 115 Goals 135 points scored (180 points in seven matches = 25.7 points per match)

STRONGEST DEFENCE:



Kilkenny: 1 goal 57 points conceded (60 points in six matches = 10 points per match)

MOST GOALS SCORED:



Cork (15)

LEAST GOALS CONCEDED:



Kilkenny (1)

TOP SCORERS:

Cáit Devane (Tipperary)
4-46 **(58 points)**

Beth Carton (Waterford)
3-36 **(45 points)**

Denise Gaule (Kilkenny)
2-37 **(43 points)**

Carrie Dolan (Galway)
1-33 **(36 points)**

Niamh Mulcahy (Limerick)
0-34 **(34 points)**



HIGHEST TEAM TOTAL SCORED IN ONE MATCH:



Cork (6-18 v Offaly in group stages)

STATS FROM LIBERTY INSURANCE ALL-IRELAND INTERMEDIATE CHAMPIONSHIP:

STRONGEST ATTACK:



Cork: 9 goals 97 points scored (124 points in six matches = 20.6 points per match)

STRONGEST DEFENCE:



Cork: 0 goals 47 points conceded (47 points in six matches = 4.7 points per match)

MOST GOALS SCORED:



Westmeath (16)

LEAST GOALS CONCEDED:



Cork (0)

HIGHEST TEAM TOTAL SCORED IN ONE MATCH:



Tipperary (7-26 v Kildare in group stages)



DID YOU KNOW?

There are four counties joined at the top of the Roll of Honour list in the Intermediate Championship. This year Cork joined Galway, Kilkenny and Limerick on winning two Championship titles.



STATS FROM LIBERTY INSURANCE ALL-IRELAND PREMIER JUNIOR CHAMPIONSHIP:

STRONGEST ATTACK:



Dublin: 6 goals 55 points scored (73 points in four matches = 18.25 points per match)

STRONGEST DEFENCE:



Dublin: 2 goals 22 points conceded (28 points in four matches = 7 points per match)

MOST GOALS SCORED:



Dublin, Offaly (6)

LEAST GOALS CONCEDED:



Armagh (1)



HIGHEST TEAM TOTAL SCORED IN ONE MATCH:



Dublin (0-22 v Armagh in group stages)

SOCIAL MEDIA STATS FROM LIBERTY INSURANCE ALL-IRELAND CHAMPIONSHIPS FINALS

TWITTER: 470,813 Impressions on 168 Tweets

FACEBOOK: 64,144 Reach on 28 posts. 2,446 likes, shares and comments

INSTAGRAM: 14 posts, 61,491 impressions & 6,372 Likes. 20 new followers gained




SOCIAL MEDIA STATS FROM CAMOGIE ALL-STARS AWARDS

TWITTER: 523,527 Impressions on 47 Tweets

FACEBOOK: 51,282 Reach from 5 posts. 991 likes, shares and comments

INSTAGRAM: 2 posts, 11,582 impressions & 1,195 likes. 4 new followers gained





Laura Twomey (Dublin) is an ambassador for the 20x20 campaign

Federation of Irish Sport launch 20x20 Campaign

20x20
IF SHE CAN'T SEE IT, SHE CAN'T BE IT

The 20x20 campaign was launched by the Federation of Irish Sport with the aim of “creating a measurable cultural shift in the presentation and perception of Women’s sport in Ireland.”

The three main areas we seek of improvement are boosting media coverage, getting bigger attendances at female sporting events and increasing participation by females in sport by 20% by the year 2020.

Mary O'Connor, CEO and Roddy Guiney, Chairman of the Federation have been the driving force behind the campaign that was launched in Dublin in October.

Dublin’s Camogie star Laura Twomey is one of the ambassadors for the 20x20 campaign, along with a host of female sporting talent from across all codes.

All members of the general public are being asked to get onboard with the campaign and show their support, including clubs, schools, universities and more.

After seeing the statistics from numerous research and reports, it was clear to see that female engagement in sport in Ireland was nowhere near the levels it can reach. Together the Federation, along with creative media company Along Came a Spider, created the campaign and it has already received fantastic coverage in the weeks since the launch.

Five short films on different themes that impact Irish women in sport will be released to help deliver key messages to the public. The first of these short films was released along with the launch of the campaign and features a strong message – if female sports are not given the promotion they deserve, our young children will grow up without any female role models to follow.

Through the campaign the public are being asked to share their pledge to the operation by using the hashtags #20x20, #ShowYourStripes and #CantSeeCantBe on social media platforms.

Research for the campaign found that less than 20% of all media coverage is dedicated

to female sport, a stark figure given the dedication and hard work by our female athletes.

Speaking at the launch of the campaign, CEO for the Federation of Irish Sport Mary O'Connor stated: “We want this campaign to stimulate behavioural change to ensure that subsequent generations have female role models to emulate as athletes, coaches and referees.”

In order to achieve this, the campaign plans on showcasing the importance and benefits of physical activity through playing sport and by giving our females the full support they deserve.

While our country has progressed in our attitude towards female athletes over the years, we can still do more. It is time to change the landscape, starting from now.

Keep an eye out on the Camogie Association’s involvement with the campaign and get involved on social media using hashtags #20x20, #ShowYourStripes and #CantSeeCantBe.



The Coaching Bubble Podcast Rewind!

This year we launched our first coaching related podcast called The Coaching Bubble, featuring exciting guests and excellent inside information into coaching in various sports. Hosted by Stephen Behan, the 10-part series of podcasts delve into all aspects of coaching and is available for the public on SoundCloud.

The first podcast featured Liam Moggan, the former Sports Education Coach for Sport Ireland who has a wealth of coaching knowledge and is known by many as the coaches' coach. Liam recently retired from Sport Ireland having worked with a variety of sports and coaches, from Eamonn Fitzmaurice and the Kerry GAA team to Ken Doherty, former Snooker World Champion.

Throughout the podcast Moggan informs us about a number of useful coaching ideas, such as the importance of coaching the player, not the sport and how planning in advance can be the difference in winning and losing. Moggan also described how personal reflection should be something all coaches are teaching their athletes.

The second podcast featured former Dublin Camogie Manager and newly appointed Kildare hurling manager David Herity. In this podcast Herity describes his personal experiences under Brian Cody and the importance on empowering the players you are coaching. Having experienced winning five All-Ireland titles under Cody, Herity brought his experiences into the role

of Senior Dublin Camogie Manager, where he helped guide them to their first ever All-Ireland Senior Championship Semi-Final in his three-year stint with the capital.

In the third podcast we interviewed Operations Manager for Paralympics Ireland, Niamh Buffini, who is known for being Ireland's highest ranked female in Taekwondo. Buffini has worked previously with intercounty GAA teams and elite athletes along with coaching Taekwondo for over 10 years. In the podcast she provides her opinion on the key components to deliver within sport along with outlining the importance in creating a culture within clubs.

Episode four featured a former League of Ireland Manager Shane Keegan, who focused on the importance of player development. As a manager Keegan has suffered setbacks within the role and he also shared his experiences in learning to deal with setbacks within coaching and how they can make you stronger. Like the values discussed with Keegan, Ger O'Connor, Coaching and Games Manager with Dublin GAA, also discussed the

importance in coaches being open to learning, especially when learning comes with taking the bad with the good in episode five.

Further guests on the podcast feature Ciaran Deeley, current London Senior Football manager and Sports Scientist with QPR FC Academy, Nora Stapleton, Women's and Girls Rugby Development Manager with the IRFU, Dr. Dave Passmore, Coach Educator & Lecturer in Coaching Science & Education in Dublin City University, Mary O'Connor, CEO of the Federation of Irish Sport and holder of 12 All-Ireland Medals and Paudie Butler, Coach Educator and Former GAA Hurling Director.

You can catch all episodes of the podcast by visiting www.soundcloud.com and searching for The Coaching Bubble and on Twitter (@BubbleCoaching), where you can find out information on the podcasts. These podcasts are brought to you by the Coach and Education department for the Camogie Association.

Julia White:

"It is not about changing how you look, it's about accepting how you look!"

In October, the Camogie Association, in conjunction with Samaritans and Bodywhys, ran several health and wellbeing initiatives to coincide with International Mental Health Day and National Mental Health week. As part of these projects, six-time All-Ireland winner Julia White (Cork) sat down with the Camogie Association's Player Welfare Coordinator Paul O'Donovan to talk about the importance of positive mental health and promoting positive body image.

Julia, in a recent player welfare questionnaire commissioned by the Camogie Association, players suggested there was a need to increase mental health supports in clubs. Players also felt eating disorders were becoming an issue of concern. Do you think, in general, females feel pressure to look a certain way?

Yes, I definitely think so. I was in UL and I did my final year project on body image views amongst teenage girls. I suppose from that background and currently working as a teacher in an all-girls school I would definitely notice a lot of my students are very self-conscious about the way they look, when they are exercising and the clothes they wear. I definitely think it affects their confidence and self-esteem and impacts how they interact with their peers, even potentially holding a lot of them back from taking part in certain activities like sports.

It's probably always been there for girls, but I think maybe the last few years, things like Instagram and Snapchat have definitely become a huge new "enemy" that they have to deal with and I think that is definitely something we have to tackle.

What do you think would be the main influences on perceptions of body image?

As I mentioned there, just from being in the school environment, I think social media, Instagram and Snapchat seem to be the main ones. On Instagram, people are putting up the best photos of themselves, you have these 'influencers', they're calling themselves, and again we are just seeing the best picture of them – a snap shot - and young people are thinking that's what these people look like every day and that's what they need to look like.

I think young people today need to be educated on this. They are seeing posts of people looking thin, but they don't understand that being healthy is far more important than "looking good". They need to be educated on how to be 'healthy'. I think this is a major area where we could work. Health must come first, by being healthy, by exercising and eating a healthy balanced diet, young people can start to feel good about themselves.

Do you think there is body image pressure in sport, female sport in particular?

I think maybe there is the perception of a certain 'ideal' body image. Mostly I would say it's looking thin. Conversely, some of my students, I know for a fact, that they don't want to get involved in sport because they don't want to look 'too muscly'. People who are involved in high level sport probably feel (to perform) they need to be 'muscly' (or toned) whereas alternatively, some kids are the other end of the spectrum and they don't want to look too toned or muscly even though that may be healthier.

Do you think that there are things that people can do to lessen that pressure?

I do think there is potential to have role models in sport who don't necessarily have the traditional 'ideal' body image. These role models could speak about being healthy and how they work to get or feel a certain way and perform as opposed to just focusing on looking good.

In schools there's a lot of wellness activities that are becoming mandatory. I teach PE and I'm teaching all these students how to play cricket and all these sports that they might never play. I think it's important to get students to understand the benefits of being healthy - eating healthy and exercising, how to exercise for their own good as opposed to trying to force them into sports they're probably never going to play.

You raised a very good point that sport has a role to play. Do you think coaches have a role to play too, particularly with the language they use?

Yea definitely. I have never personally experienced any coach making a flippant comment about the way I looked, but I have seen it with other people. I have also heard stories and it goes without saying that it's not on. It is the same as a coach saying you are

useless or a coach saying you had a bad game without giving you feedback, you cannot condone that in any way.

I have been involved in teams where maybe I needed to put on weight or maybe I've needed to lose weight. I think that is okay if the message is given with the right sort of information, telling me why it's necessary and why I'm doing something or why I need to put on muscle. In that way I understand the benefit of it. Again, it's not about looking good it's about my performance and what's going to benefit me playing and it's important that I understand that. I've never felt like I was doing it for them to look better so it's very important the way they get it across. Coaches may need to undergo some training in relation to the language that they use with their players.

Is there anything else you think they can do to promote positive body image?

I feel strongly that it is not about changing how you look, it's about accepting how you look. Nobody has a perfect body. I think it is more about accepting the way you are first and foremost and accepting that people are different and that's what makes us all unique.

Can you tell us a little bit more about the undergraduate research you did on eating disorders and how it's related to sport/exercise?

I was on teaching practice and I was teaching PE with a group of third year students. For six weeks we did a body intervention programme. So instead of doing the usual, teaching them camogie or teaching them dance or gymnastics or whatever we designed an intervention programme where each week we focused on different activities that would allow them to speak about their body image and their ideals. We got them to do a scrapbook session where they took pictures from magazines of what they thought would be the ideal body image and then before we started we got them to say what their ideal was and how they felt about their own body image.

We then got them to do activities. For example, each person had to take a selfie and each student went around and had to write a positive comment on each other's selfies - everyone was going away with about 30 positive comments and something nice their peers were saying about them. The research was showing that peers have a huge influence on how people feel about themselves.



Cork's Julia White and
Julianne Burke of Tipperary

At the end we re-surveyed them, and it did show that they felt more positive, their ideal had changed slightly, not hugely but it had changed a little bit, away from the thin, big boobs and the big bum it changed more to the understanding that it's health first.

They were picking out sports people from the magazines, we did a second scrapbook session and it changed a little bit. It was only six weeks and the research does suggest that it needs to be a little longer to have a bigger impact. It is nice to see that there was slight changes and they were opening up more and more comfortable speaking in front of their peers.

One of the other things highlighted in the player welfare questionnaire was that although we tend to aim mental health education streams at the coaches and the administrators, a player is more likely to go to a player if they have a mental health issue. Would you agree?

Yes, I agree. I think that first off you probably would go to a player if there was a player that you trusted. Then maybe you might reach

out to the coach, if it was important enough, or if the player couldn't help you, depending on the issue. I think most people would agree with that – that they would go to the player first. For example, they might not want to appear mentally weak to their manager or to a member of the management team.

I think, in my own experience, that I would be worried about bringing issues to my manager first off in case he might think I wasn't as strong mentally, so I would probably go player first and I think a lot of people would do the same.

If the Camogie Association were to put some workshops in place for eating disorders and mental health do you think it should be opened up to players and coaches rather than just targeting a specific area within the membership?

I think coaches would be a good idea, but I think players too, I don't think there would be any harm in that at all. Especially now there is loads of player reps, the WPGA might be able to link up with those reps. They are already bringing back information from the

WPGA, they are already known among the team as someone they can go to if they have any issues. They are already targeted like that, so I don't think it would be any harm in being a go to person in that sense too.

Club wise there would be no harm in setting up a similar programme, maybe even get the captain to act as the rep and get the training as well. Not all teams get on with their managers and coaches, so it would be naive to be going in thinking "give it to them". There is a lot of different dynamics going on, having a player involved would be a great idea.

If you get the players to buy into it as well, that will go a long way. There are 30 girls on a panel and maybe four or five coaches and you don't know the different dynamics between the teams so if you can get one well respected player who has a good relationship with the rest of them to get behind it and that would go a long way. They are the people on social media and if you want to get that momentum behind it as well, probably the players are the people to be going to.

Roles and Responsibilities of a Club Executive Member



Executive committees at both club and county level require volunteers to give their free time to assist with the day to day running of a club or county board. Without them, our fixtures would not be possible. In this article, we will look at the various roles on a club/county executive and look at the responsibilities attached to each of the roles.

The Chairperson:

The figurehead for the club. Their role is to ensure the club is organised and managed correctly and are active. Their responsibilities are:

- Provide leadership and management in the club – good communication and leadership are key skills to possess.
- Chair the club meetings, encouraging lively discussion and promote decision making.
- Create plans for the future of the club – ensuring the correct structures are in place
- Delegate tasks to Club members to implement various roles and responsibilities
- Uphold the core values associated with our Association

The Vice-Chairperson:

The next in line to be figurehead of the club. They are responsible for sharing the workload of the chairperson and being a helping hand to all members of the executive. Their responsibilities are:

- Assist with the leadership of the club – have good communication skills with club members, supporters etc.
- Attend all club meetings, and step in to chair meetings when the chairperson is not available.
- Voice and share their ideas for the future of the club – planning, organising etc.
- Have knowledge of running of the club – know the chairperson duties and be ready to take over if necessary.

The Secretary:

One of the busiest roles within the executive. The responsibilities of the secretary are:

- Main communicator to all units (county board, provincial level, national) and outside bodies
- Organise and prepare meetings and record minutes of the meetings
- Main administrator for the club
- Ensuring the future plan of the club will provide stability
- Must be fully aware of the rulebook

The Treasurer:

Responsible for looking after the finances within the club. They must be organised and have some financial experience prior to taking the role. Their responsibilities are:

- Manage the club accounts
- Keep records of money coming in and out
- Prepare the financial statements
- Organise and look after the budget for the club
- Communicate with the club executive on state of finances within the club
- Taking care of gates and collections at matches
- Ensuring bank statements are in order

The Public Relations Officer:

Given the rise of social media this has become a big role within the club. They ultimately ensure the club are receiving coverage of matches in local publications. Their main responsibilities are:

- Managing the flow of information between the club and local media outlets
- Doing match reports for club matches
- Providing social media updates throughout matches
- Ensuring the club are active on social media
- Promote the club as best as possible (attracts new players)
- Sending results, reports and images to county secretary
- Deal and respond to any negative criticism received
- Ensure publicity for all club events, not just matches
- Portrays a positive message about the club

Children's Officer:

Responsible for creating a safe environment for underage members of a club. Their main roles and responsibilities are:

- Ensuring all coaches with all teams within the club have completed their Garda Vetting, Coaching Course and Safeguarding Course.
- Main point of contact for any incidents regarding adults and underage children.
- Reporting any incidents to the relevant persons and authorities, if required.
- Ensuring the club and its members are complying with the Code of Behaviour (Underage)
- Ensuring the club are complying with the Code of Best Practice in Youth Sport
- Ensure the club and its members have access to the Code of Behaviour (Underage) and with the Code of Best Practice in Youth Sport
- Being aware of the processes of reporting any incidents

Development Officer:

This role is important in the development of players within the club. It is important that the development officer is in close communication with the management and coaches of the club teams. Their responsibilities are:

- Provide assistance and advice to managers and coaches of the teams.
- Implement new coaching ideas to improve the ability of players
- Encourage effective training methods for various age groups
- Understand the drop out age groups within the club and look to change that
- Have a good understanding of the running of the club.



Hurling and Camogie Recognised by UNESCO as Irish Living Heritage



Joseph Madigan, TD, Minister for Culture, Heritage and the Gaeltacht is delighted to announce that Hurling and Camogie has been inscribed on the UNESCO Representative List of the Intangible Cultural Heritage of Humanity.

At a meeting of the UNESCO Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage in Mauritius yesterday (28 November), Ireland's nomination of Hurling was approved, thereby achieving international recognition of hurling as a key element of Ireland's living heritage to be safeguarded for future generations.

Minister Madigan said: "I am delighted that Hurling has achieved international recognition by UNESCO. Hurling is a key element of Irish culture. For centuries, hurling has been an important part of the Irish identity, with men and women passing on this living tradition to each rising generation. I am grateful to the Camogie Association and the GAA for their work with my Department to achieve this UNESCO recognition."

Ireland ratified the UNESCO Convention for the Safeguarding of the Intangible Cultural Heritage in 2015. The Convention was established to safeguard, appreciate, and raise awareness of cultural heritage locally, nationally, and internationally. Intangible cultural heritage, or living heritage, refers to customs, traditions, crafts, games, and practices that are part of people's lives and identities both individually and as part of

wider communities, and that are passed on from generation to generation.

Hurling, which is used to denote the entire game, including camogie, as played by men, women and children, is Ireland's second inscription on the Representative List. Ireland's first nomination, Uilleann Piping, was officially inscribed last year.

The submission for this inscription was led by the Department of Culture, Heritage and the Gaeltacht in partnership with the GAA and the Camogie Association.

Kathleen Woods, President of the Camogie Association said: "It is a great honour for Camogie to receive this prestigious international recognition which illustrates the integral role which Hurling and Camogie play in Irish life and the great history associated with our games. I am delighted for all of our wonderful volunteers and players that our unique games have been recognised as they are the lifeblood of our games. I wish to thank Minister Madigan and her colleagues within the Department of Culture, Heritage and the Gaeltacht as well as our colleagues in the GAA for their hard work and support with this submission."

Uachtarán CLG John Horan said: "The decision of UNESCO to award the presti-

gious Intangible Cultural Heritage status to the game of hurling is yet another high point in what has been a quite exceptional 2018 for the game. Coming on the back of what was yet another exceptional summer of Championship hurling, this UNESCO award is international recognition for our native game and an acknowledgement of its cultural, social and sporting importance to the People of Ireland. It reaffirms the fact that Hurling is more than just a sport. It is a national treasure; an ancient tradition that connects us to our Celtic past and a part of our DNA. At a time of unprecedented popularity for the Game here, we owe a debt of gratitude to the generations of people who preserved, protected and promoted the game at school, club and county levels so that it would survive and thrive for our benefit. All of us involved in the Association are charged with ensuring that the promotional work we undertake preserves Hurling for future generations."

In conclusion, Minister Madigan said: "The UNESCO Representative List is intended to promote visibility, awareness and diversity in cultural heritage internationally. The inscription of Hurling is a wonderful opportunity to share a cherished aspect of Irish culture with others."

“Our Sport, Our Future”

Camogie Development in Numbers



TROPHY TOUR

8 Venues across
all 4 Provinces
Over 5,000 Attendees



COACHING COURSES

Level 2 “Solo to Success” – 1 Course, 24 Coaches
Level 1 “Get Hooked” – 13 Courses, 208 Coaches
Foundation “Get a Grip” – 48 Courses, 704 Coaches

347
Referees



24
Courses



HURL SMART WEEK

69 Clubs
1,380 Players

FÉILE NA NGAEL 2018

2,624 Players

110 Teams

266 Games

27 Regional Féile (648 Players)



INTERCOUNTY ACADEMY COMPETITIONS



55 U14 Squads, 1,340 Players
17 U15 Squads, 404 Players
4 U17 Squads, 104 Players



CROKE PARK

CAMÁN TO CROKER
64 CLUBS, 1,280 PLAYERS

Camán to Connacht – 41 Clubs, 650 Player
Camán to Leinster – 48 Clubs, 763 Players
Camán to Munster – 43 Clubs, 700 Players
Camán to Ulster – 28 Clubs, 426 Players



Upcoming Events 2019

January:

- Start of Littlewoods Ireland Camogie Leagues Division 1
- AIB All-Ireland Senior and Intermediate Club Championships Semi-Finals
- Volunteer and Media Awards

February:

- Start of Littlewoods Ireland Camogie Leagues Division 2
- Start of Littlewoods Ireland Camogie Leagues Division 3
- Start of All-Ireland Minor Championships
 - Ashbourne and Purcell Cup Semi-Finals and Finals

March:

- Littlewoods Ireland Camogie Leagues Division 1 Semi-Finals and Finals
- Relegation Play-Off of Littlewoods Ireland Camogie Leagues Division 1
 - Littlewoods Ireland Camogie Leagues Division 2 Quarter-Finals
- AIB All-Ireland Senior and Intermediate Club Championships Finals

April:

- Littlewoods Ireland Camogie Leagues Division 2 Semi-Finals and Final
- Littlewoods Ireland Camogie Leagues Division 2 Relegation Play-Off
- Littlewoods Ireland Camogie Leagues Division 3 Semi-Finals and Final
- Littlewoods Ireland Camogie Leagues Division 3 Relegation Play-Off
- All-Ireland Minor Championship Semi-Finals and Finals
 - Annual Congress, Galway

June:

- Start of Liberty Insurance All-Ireland Senior, Intermediate and Premier Junior Championships
 - National Féile na nGael

July:

- Liberty Insurance All-Ireland Senior and Intermediate Championships Relegation Play-Off
- Start of All-Ireland U16 Championships

August:

- Liberty Insurance All-Ireland Senior Championship Quarter-Finals
- Liberty Insurance All-Ireland Senior, Intermediate and Premier Junior Championships Semi-Finals
- Liberty Insurance All-Ireland Premier Junior Championship Play-Off
- All-Ireland U16 Championship Finals

September:

- Liberty Insurance All-Ireland Premier Junior, Intermediate and Senior Championships Finals

November:

- All-Stars Awards
- AIB All-Ireland Junior and Junior B Club Championships Semi-Finals and Finals

