**School Name:​** Loreto Secondary School Kilkenny.

**Entrants:​ ​**Ashleigh Doyle, Louisa Bedrani, Ava Dooley,

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**Title: ​**Different Reasons Transition Year Girls Quit Camogie

And Why They Feel They Can’t Join Back.

**Date submitted: ​**3th of December

**1.Introduction to the idea**

We chose the title for different reasons why transition year girls quit

camogie and why they feel they can't join back because it is common at

our age for girls to give up the sport they once loved. By the age of 13

0ne in two young women drop out of sport. They are three times more

likely to drop out than boys.

We believe there are many reasons girls drop out of sport. ​Low

self-worth and a predetermined sense of failure, 50% of girls feel

paralysed by their fear of failure at puberty which stops them trying new

things. Feeling physically and emotionally vulnerable during puberty,

42% of 14-16 year olds say their period stops them taking part in

physical activity inside school.

●Two in three girls cited peer pressure as a major factor as to why

they stopped playing sports in school. Unfortunately, when the

whole gang stops playing, it's a major deterrent.

●Could it be that society as a whole doesn’t expect girls to play

sport into adulthood and as their career and so it’s not urged or

supported? Seventy-two percent of girls say they are not

encouraged to be active.

● ​Don’t be afraid of pain. Getting fitter and increasing muscle mass

is going to be a little painful so don’t be afraid of it.

We spoke to a number of girls about why they gave up camogie. For this we interviewed :

1.A person who gave it up and wanted to join back but didn't.

2.A person who gave it up and joined back.

3.A person who gave it up for work.

4.A person who gave it up because of an injury.

**2.Methods that could be used to put your idea into**

**practice**

To research the different reasons why girls quit camogie and don’t tend

to ever join back. We decided to interview a couple of girls who quit

camogie for different reasons, for example, giving up camogie for a job

and pressure. We also wanted to interview girls who may have given it

up when they were younger but have joined back since and what it was

like going back after so long. Another topic we wanted to research by

interviewing was girls who are still playing camogie. We asked them

questions such as ‘Have you ever thought about giving up camogie and

if so what was the reason that would have made you quit?’ and ‘What

makes you want to keep playing camogie?’. We thought that

interviewing people would be an effective way to gauge a proper

understanding of the reasons why girls quit camogie and why they feel

they can’t join back. Whether it's because of pressure, time, school,

family, lifts etc. This was the best way to look at the results from our

school. However we wanted to get a more accurate reason why female

drop out rates are much higher than male and so we decided to also

research online statistics over the ages, reasons and genders that have

the highest drop-out rates for sport.

We looked into different websites that could provide us with the

information we wanted to get a better understanding of the overall

reason for the high statistics of female drop-out rates. We used websites

such as,

https://www.sports-training-adviser.com/youthsportparticipation.html​ ​and

https://metrifit.com/blog/dropout-in-youth-sport/#:~:text=Here%20in%20Ireland%2C%20a%20survey,ce

ased%20their%20participation%20in%20sport​. ​as they provided us with good reliable

information about the topics we were researching. These websites were

Irish so they were accurate sources for camogie drop out rates as it was

based around Irish sports in particular, like, camogie, gaelic football and

handball. Even though they had information about other sorts and not

solely camogie, they still gave us the material we were looking for

this project as the reasons were all very similar for the three sports.

All of the data we collected gave us a better insight and a much better

understanding for the different problems that affect a person's decision

to quit and re-join a sport.

​**3. Results/Recommendations – What you would hope to**

**achieve with your idea.**

With this idea we hope to achieve more girls joining and returning to

sports. We feel that more Irish teens need to stay in sport as it has many

benefits for your overall wellbeing and health . There are many reasons

why people, especially female teens quit sports. I believe what we were

trying to achieve was making people re-join or start sports. We believe

Ty students are very known to lose interest in sports as they go from

third year to fourth year. This is because they go from a stressful routine

to doing less in ty this then causes people to go out of there daily routine

which could have included sports. Another reason is sport can be very

stressful for some and people may want to stop it because of this even if

they like the sport itself. Many other reasons include Peer Pressure,

Lack of Encouragement, School becoming easier and people being more

laid back, stereotypes and people not believing they are good enough.

PEER PRESSURE: If someone's friends quit you could then be peer

pressured into quitting as you don't want to go without your friends,

maybe you might think that you will be alone while training and make

no friends or that you will lose your friends as you won't have time

because of training and matches.

LACK OF ENCOURAGEMENT: This happens because girls can feel

as if they aren't as important as others on the team or maybe the coach

praises their favourite and they are biased. This can then make the

person feel as if they aren't good enough to be on the team and that they

are bad. By having lack of encouragement it can make people feel down

and they may want to quit because of this.

SCHOOL BECOMING EASIER AND BEING MORE LAID BACK:

As people are transitioning into ty they become more relaxed this is

because of the pressure and routine in third year that breaks because of

ty. I think people then don't want to go back to sports as it is a routinely

thing. People become lazy and don't have the effort to go to training and

matches.

STEREOTYPES: Stereotypes have a big involvement in people quitting

there are many different reasons. One of these is how people may think

that sports are for males. This is extremely false as exercise is for

everyone and is not determined because of your gender. Another

stereotype is that “you are less feminine” this is also very false as a sport

can't tell you if you are feminine or not neither should someone say that

to you. Lastly is people think camogie is easier and how the rules are

different we believe they shouldn't be different as people can say to

others camogie is easier than hurling and how it is not hard when it is just

as hard as hurling.

**Interviews**

**A person who gave it up and wanted to go back but didn't for**

**whatever reason.**

Q1)​ What age did you start playing camogie and when did you give it up?

A1)​ ​I started playing camogie when I was 10 years of age up until first year.

Q2)​ What was the reason for giving it up?

A2)​ I gave Camogie up because I felt that as I got older the game got more competitive. It was becoming more difficult. I felt like I was not good enough and compared myself to everyone else. This left me feeling worthless.

Q3)​ ​Would you ever consider joining back or playing camogie again?

A3)​ Yes I would love to join back My club playing camogie because I made many friends within my club . Since I quit I'm not as close with them anymore most of my friends play camogie in school and with their club. I feel that if I practiced more I would feel more confident.

**A Person who gave it up and joined back**

Q1) ​When did you start playing camogie?

A1) ​I started playing camogie when I was 4 years old in junior infants all

my friends did it .

Q2) ​When did you give it up and why?

A2)​ I gave it up when I was 10 as I lost interest and didn’t think I was good enough I compared myself to everyone else and never seemed to get any game time.

Q3) ​Why did it join back?

A3) ​I joined back when I was 12 years old because I missed going training and seeing my friends I felt myself become very lazy and wanted to be involved in a team again .

**A person who gave it up due to work.**

Q1) ​What age did you start playing camogie and when did you give it up?

A1)​ I started playing camogie when I was 5 and i gave it up when I was 16.

Q2)​ What was the reason for giving it up?

A2)​ ​I gave it up as training and matches were clashing with my work and so I couldn't give 100% commitment.

Q3)​ ​Would you ever consider going back to playing camogie?

A3) ​I’m not sure if I would go back. I don’t think I would find the time as I’m very committed to my work.

**A person who gave it up due to an injury**

Q1)​ What age did you start playing camogie and when did you give it up?

A1)​ I started playing camogie from a young age my family are all Gaa fanatics so I was brought into playing camogie with my sister from 5 years age. I gave it up unfortunately due to a serious of injuries with my leg. I was found it hard to get back into it after taking so much time out resting I felt as if I had fallen behind and disimproved as a result of this.

Q2)​ What was the reason for giving it up?

A2) ​I gave it up unfortunately due to a series of injuries with my leg. I found it hard to get back into it after taking so much time out resting. I felt as if I had fallen behind and disimproved as a result of this.

Q3) ​Would you ever consider joining back or playing camogie again?

A3)​Yes I would definitely join back playing camogie again without a doubt. When I got the leg injury I felt my mental health decreased a lot and I definitely missed the social element of it.