



Loreto Kilkenny Future Leaders Camogie Retention Project

“A study of why teenager girls quit camogie”

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Introduction

Sport in teenagers' lives is very important, especially during the ages 12-17. Unfortunately when most teenage girls reach this age they give up sport, because they don't have enough time or they are no longer motivated to play anymore. Half of girls drop out of playing sports by the age of 14. Camogie is an extremely skilled sport which really benefits your fitness, as well as having a positive impact on your mental health. Camogie deserves more appreciation and recognition. Many people consider camogie to

be a lesser sport than hurling because women and girls play it when in fact it is just as difficult and players still need to be highly skilled at their sport. We believe if camogie had as much time on television, radio and in the media as hurling does, more girls would know about camogie and participate in the sport. We are doing research in our school by surveying students in 1st, 2nd, and 3rd year. In this interview we plan to ask the girls if they still play camogie, if they ever played, what age they quit and why they quit. We plan to ask the girls that kept it on, why they kept it on. We will also ask if they think that camogie is overshadowed by hurling and why do they think girls give up playing sports when they come into secondary school.

Method

Background Information

From our research, we have discovered that the reason many girls our age quit sports/camogie is because the players feel that it becomes less fun as you get older because a higher standard is expected of players and training is taken more seriously and they feel insufficient in comparison to the boys.

From our survey feedback, we have found that many girls would appreciate it if our school's camogie teams would be more inclusive, such as having more teams.

1) Accessibility

We've found that students in our school wish that training for the school's team should be more accessible to everyone and they would be more likely to attend if they were on different days or different times as they sometimes have to decide between different activities that they are participating in. A few girls replied to our survey saying that they wish they started when they were younger so we

believe maybe it should be mandatory for everyone in 1st class to play camogie in PE for a few weeks to develop an interest and passion at a younger age.

2) Coaches/ Teammates

Our survey and interview results informed us that some girls quit because of their coaches or other girls on their team taking the fun out of the game by being too competitive and mean. They said they understood that it was a competitive game but said it also just made attending training and matches a mental challenge and made them feel anxious and worried about messing up. We as girls who play sports also agree that our coaches can sometimes be too serious and forget that the main reason we are there is to socialise and enjoy playing the sport with our friends. We've noticed that when coaches are parents, they tend to pick on their own child more but also, possibly subconsciously, favour their child at training and when it comes to picking teams for matches.

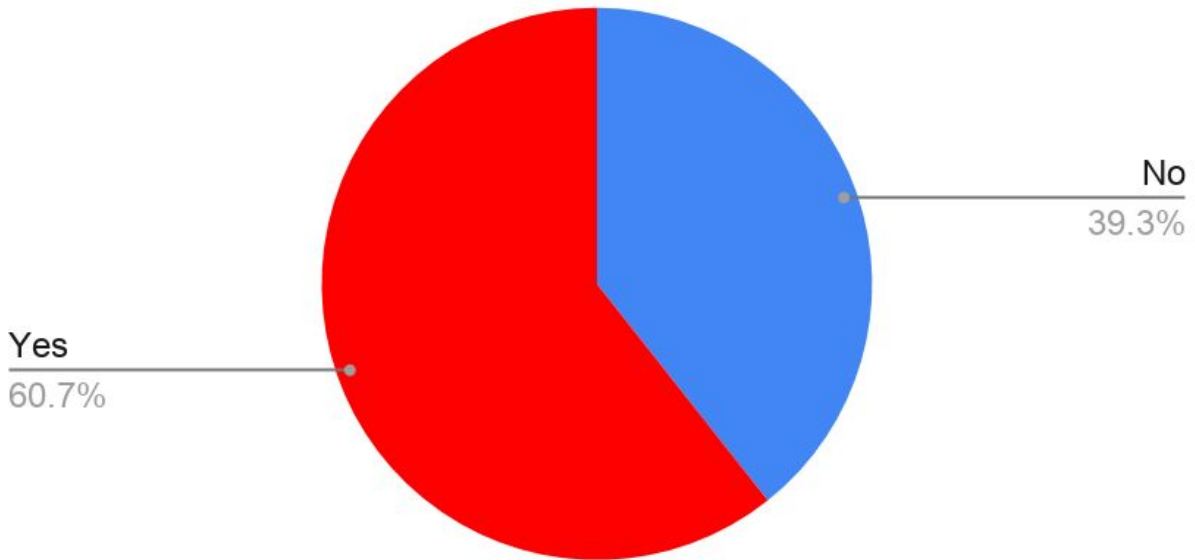
3) Funding

Friends and camogie players that we have talked to have said that they would feel more appreciated if the GAA would fund camogie teams as much as hurling teams. They would like camogie to be on more channels on television and to have as much gear, attention and funding as the boys do. I think more fundraisers within the community would be beneficial to the camogie teams so they have as high quality equipment as the hurling teams do.

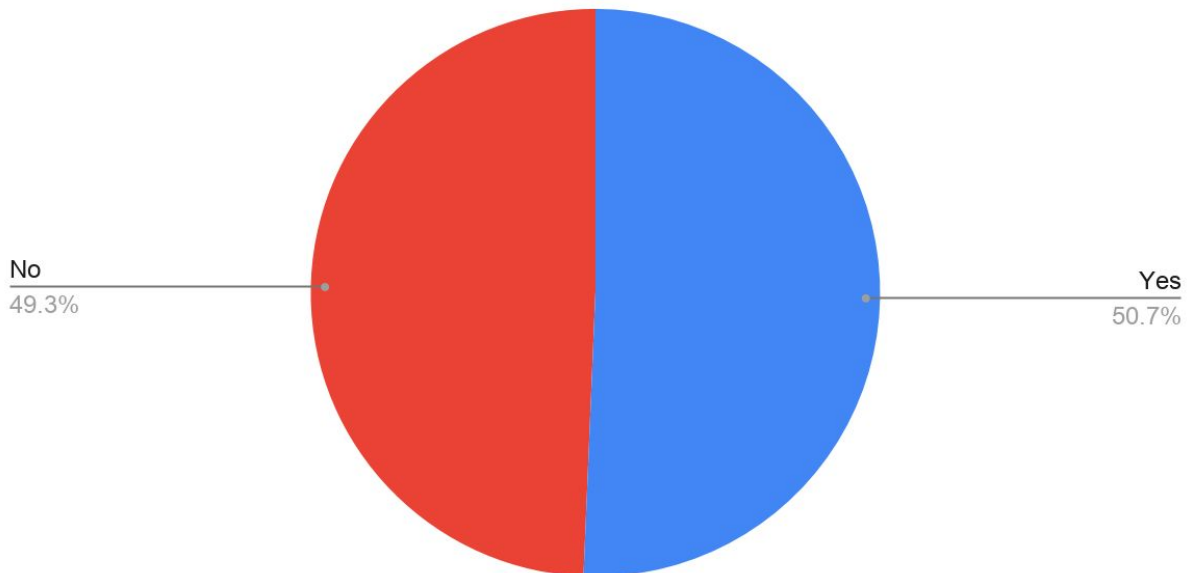
Results/Recommendations:

From the survey that we conducted, we received 151 replies. The survey results showed that in first year, 46 out of 83 girls played camogie and that 44 girls quit because they lost interest and they didn't find it fun anymore. Some students even said that they quit because they were bullied by other girls, the coaches verbally abused them or that they wanted to continue to play another sport that they preferred. Three or four girls said that camogie in the school is on at the same time as orchestra, as both teachers want them to be dedicated as to what they do, most girls will end up picking one over the other. This is unacceptable as some students could be very talented in two extracurricular activities but they have to make a sacrifice to pursue only one. Players have also said that training and matches have a negative impact on them mentally. We are not entirely sure what these girls meant as they were not specific but players could get worked up before an important match. This stress can lead to anxiety, depression and many other effects on their mental health. The pie chart below shows those who play camogie and those who don't.

Count of Do you play camogie?



Count of Do you think sports facilities in Loreto can be improved?



The pie chart above shows what students think about the sports facilities in our school. The responses to the following question in our survey were very interesting. Students said that Loreto could improve the sports facilities by

getting new nets for the goals, levelling the camogie pitch, making the teams fair by having more than one team that get to play all the matches and to have training on at a time where there is nothing else going on for the students involved at the same time. This lets the girls be more dedicated to all the extra curricular activities that they do.