

## Cover Page

**School Name:** Loreto Secondary School Kilkenny

**Entrants:** Aoife Gormley and Roisin Harte

**Title:** "Camogie on and off the Pitch"

**Date submitted:** December 4th 2020

- **Introduction of the idea (250)**

We decided to do our project on Camogie on and off the pitch. We not only wanted to see how many people have done camogie and possibly given it up but how participation in the sport has changed over the years. We wanted to see how camogie has affected the lives of young girls even when they're not playing it. Maybe they've learned many skills from playing or gained friends from their club, or maybe it's helped their confidence in school or when meeting new people. We want to focus on the mental health of the girls to see if playing camogie has had an effect on their mental health.

- **Methods that could be used to put your idea into practice (350)**

With our focus on the mental health of camogie players , we think that there could be more awareness for mental health of camogie. We want more people to be aware of the mental health of the players.

We would like see more help from clubs for the girls. The clubs can set up weekly sessions for the players to check in on them and make sure that everyone is feeling okay and no one is worried about anything. By organising these sessions with a trusted adult , the players will be more willing to open up about their problems and less girls will sit at

home worrying that no one wants to hear their issues. With an large increase in teen suicide in the recent years, camogie clubs should be there not only for sport purposes but they should be there to support their players and make sure their players know that they are always there for them and that they are never alone.

**Results/Recommendations – What you would hope to achieve with your idea (400)**

We hope to get more young girls involved in camogie, but also try and get less girls to drop out of camogie. We first started by getting information from the girls in our school. We sent out a survey around our school about how camogie has affected their mental health. These were the results...

- Most people started playing camogie at the age of 5.
- Almost everyone joined because of either their family or friends.
- 97% of people believed that there is a social aspect to camogie.
- 87% of people believe that camogie has an effect on their mental health.
- 73% of people believe that it has had an effect on their confidence.
- 78% of people said that their interest in camogie has changed over the years.
- 51% of people said that they have always felt a part of the team and 49% of people said that they have felt as though there was a divide.
- People that have said as though they thought there was a divide said that they felt very sad and upset or even quit the team.
- People said that the main reasons girls aged 12 to 15 drop out of camogie is because they lose interest, they don't get game time, they lose confidence over the years etc.

We think that if local clubs made sure everyone got game time and felt included, a lot of girls' confidence wouldn't decrease over the years and they would decide to keep it on. We also think that constantly bringing in new drills to training and making sure that everyone still has fun will help with girls not wanting to quit. It's so important for girls to keep on sport and camogie is a great sport for girls to stay involved in.