Participation & Growth



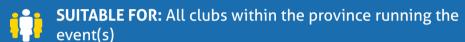


PROVINCIAL SUMMER SEVENS:



OBJECTIVE: Provide an opportunity for non-county playing players in clubs to have additional game time while the intercounty season is in full flow and club championships have not yet commenced. Played at seven a side to encourage all clubs regardless of membership numbers and focus is on participation and social elements of the teams.







JUNIOR NOVICE SECONDARY SCHOOL GAMES:





Provide a fun focused opportunity to play the game

Played at 7 a side to encourage participation and school growth to numerous teams

Focus on assisting schools to progress over time



SUITABLE FOR: All post primary schools within the province running the event(s) who do not currently compete in their Provincial Post Primary competition structure at any level.

LINK: Contact your relevant Provincial Participation and **Growth Coordinator for information**

ULSTER CAMOGIE COACH ACADEMY:



TARGET AUDIENCE: Coaches committed to working at performance level, i.e., county academy squad, U14 - Minor, U21 or senior level.



OBJECTIVE: To compliment the coaching qualification pathway, the Ulster Ladies Coach Academy, will provide several short workshops/courses to further develop coaching expertise over a period of 12months.

The key aim is to support and develop coaches' knowledge and application of technical, tactical, physiological, and psychological/lifestyle factors that affect a player's and ultimately a team's performance.



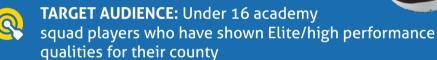
TARGET NUMBERS:

15 participants



SUITABLE FOR: Coaches who have Completed a level 1 ideally (Camogie, Ladies Gaelic) Coaching Qualification.

ULSTER CAMOGIE PLAYER ACADEMY:





OBJECTIVE: To provide the future stars of our game with the education, coaching and knowledge needed to ensure they are prepared for life as an elite inter county player in the future.

The players are given the chance to improve their knowledge in different key areas such as,

- Player Lifestyle
- Nutrition/ Hydration
- Activate Warm-Ups
- Athlete Mental Health
- Athletic Development



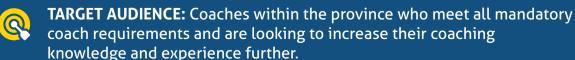
TARGET NUMBER:

45 participants



SUITABLE FOR: Elite players on Under 16 County Academy squads

LEINSTER COACHING ACADEMY:





Provide opportunity for coaches to network together and work in unison in their upskilling Promote and encourage female coaches to further expand their knowledge and expertise in coaching the game



TARGET NUMBERS: 16 coaches with 50% of these selected as female coaches



SUITABLE FOR: All coaches of all ages within the province with a minimum foundation level certification.



LINK: Contact your relevant **Provincial Participation and Growth Coordinator or Provincial** Council for further information





