

GREEN FLAG

The official magazine of Leinster GAA

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Leinster GAA Beko Club BUA Award goes from strength to strength

The Leinster GAA Beko Club Bua Award continues to go from strength to strength with the final round of recipients for this year being announced last September. The Award itself seeks to rubber stamp good work being done by clubs the length and breadth of the Province.

It affords clubs the opportunity to take a full introspective look at how they are operating, with an emphasis on their underage structure. Once this has been done, they can then assess what changes

are needed if any and the steps to take in order to ensure these changes are long lasting.

Speaking about the benefit of the amount of data that has been collected Games Development Manager for Leinster GAA James Devane said "The data given by clubs gives us a real insight into what is required to ensure that our games continue to flourish. The environment that is created for young players within clubs is extremely important. The Beko Bua Award enables clubs to ensure that they

are doing what is best for these players". It is not only the data collected that Devane is positive about "The equipment provided by Beko goes some way towards helping clubs put this good work into practice".

Amongst the winners of from this round were Rhode GAA in Offaly. Bord na nÓg Chairperson Stephen Darby was delighted with the club's success and the overall benefit the award brought to the club 'This is huge for the club on a very tangible level, it allowed us to take stock of what we are doing and make sure we are maximising the potential of our underage players. The gear is also a massive boost to a small club like ours'.

The Award will be relaunched in the new year as Beko look to reaffirm their commitment to grass roots GAA throughout the Province.

2018 Club Bua Award Recipients

- | | |
|--------------------------|------------------------|
| St Vincents LD | Rapparee Starlights WX |
| Hunterstown Rovers LH | Carlow Town CW |
| St Fechins LH | Slieverue KK |
| Skryne MH | Shinrone OY |
| Confey KE | Kilcoole WW |
| Eadstown KE | Mountrath LS |
| Balinstragh Gaels WX | Carrickedmond LD |
| Tagmon Camross WX | Newtown Blues LH |
| Arklow Geraldines WW | Dunderry MH |
| Hollywood WW | Cullion WH |
| Kilbeggin WH | Celbridge KE |
| Edenderry OY | Setanta DB |
| Mostrim LD | Glynn Barntown WX |
| Mattock Rangers LH | Eire Og WW |
| St. Peter's, Dunboyne MH | Ballyhale Shamrocks KK |
| The Downs LS | Rhode OY |
| Broadford KE | Avondale WW |
| Wild Geese DB | Annanough LS |

Young Gaels from Rhode GAA in County Offaly proudly display their newly-acquired equipment



COMHAIRLE LAIGHEAN HALL OF FAME AWARD

D.J. CAREY • KILKENNY

On the 1st of July last fans of both Kilkenny and Galway showed their appreciation for one of Hurling's All-Time greats as DJ Carey was inducted into the Leinster GAA Hall of Fame at Half Time in the Leinster GAA Senior Hurling Championship.

The Gowran native first made his appearance in the infamous Black and Amber during the National League of 1988-89 where he would claim the first of many National titles. He won his first All-Ireland Medal in 1992 while hitting the net against Cork in the final. This sight of Carey hitting the net would go on to be a familiar recurrence throughout his career as he went on to score 62 goals before retiring from inter county action in 2005.

Carey's intercounty career yielded great team and individual success. He won a total of 5 All Irelands, 10

Leinster Championships and 4 national Leagues as a senior. This allied alongside his 9 All Star awards go some way to reflecting his influence on the game. The undoubted highlight of his career came in 2003 when he captained Kilkenny to Leinster and All-Ireland success, completing a double for the cats.

It was not only in the Black and Amber that DJ hit the heights; he also led his home club of Young Irelands to two County Championships in 96 and 02. This combined with Inter Provincial success winning two Railway Cup Titles with Leinster only go to further his legend.

Carey joins many other Kilkenny stalwarts such as Michael 'Ducksie' Walsh and Eddie Keher in the Leinster GAA Hall of Fame.



Kilkenny Hurling Legend D.J. Carey receives his Leinster GAA Hall Of Fame Award from Leinster GAA Chairman, Jim Bolger, at Croke Park at half-time in the Leinster SHC Final between Galway and Kilkenny this summer.

COMHAIRLE LAIGHEAN HALL OF FAME AWARD

JIMMY KEAVENEY • DUBLIN

Supporters at Croke Park afforded a fantastic reception to Dublin legend Jimmy Keaveney when he was inducted into the Leinster GAA Hall of Fame at half time in the provincial final on Sunday, 24th June.

A favourite of Hill 16 during his playing days, some of the highlights of Jimmy's career were shown on the big screen after he received his memento from Leinster GAA Chairman, Jim Bolger.

At the start of the 1974 Championship, Jimmy Keaveney was a retired inter-county player. But Kevin Heffernan brought him back into the fold after the narrow first round win over Wexford.

The St Vincent's star would be the missing piece in the jigsaw. A dead ball specialist, lethal from play and an ideal full forward target, Keaveney lit up the iconic Dublin team of the 70s.

The leader of the attack, he won three All-Irelands, three All-Stars and six Leinster SFC between 1974 and 1979.

His individual tally of 2-6 against Armagh in the 1977 All-Ireland final is an all-time final record that he shares with Kerry's Mikey Sheehy.



Dublin Football Legend D.J. Carey receives his Leinster GAA Hall Of Fame Award from Leinster GAA Chairman, Jim Bolger, at Croke Park at half-time in the Leinster SHC Final between Galway and Kilkenny this summer.

A HURLING SEASON JAM-PACKED WITH HIGHLIGHTS



Dublin - 2018 Electric Ireland Leinster GAA Minor Hurling Champions

The 2018 hurling season provided so many highlights that anyone who had the wisdom to record the action each weekend will find it easy to pass the long winter nights.

Such was the level of entertainment and drama that many of the games could be watched over and over again.

New senior provincial formats received a thumbs-up – with one or two scheduling tweaks possibly in the pipeline for 2019 – and action in the other grades didn't disappoint either.

The Leinster SHC featured games in Galway for

the first time ever, with the reigning champions winning both their home fixtures against Kilkenny and Dublin.

Parnell Park, Innovate Wexford Park and Nowlan Park also hosted nerve-wrecking contests – most of which went down to the wire. Unfortunately for Offaly, four defeats in a row resulted in relegation to the Christy Ring Cup, with Carlow taking their place in the top tier for 2019.

There were no provincial semi-finals in 2018, but the meeting of Kilkenny and Wexford on 9th June was the next best thing, with the winners guaranteed a place in the decider against the Tribesmen.

Brian Cody's side came storming back to advance by the minimum margin and then held their own in the final on 1st July, which ended all-square at 18 points apiece.

Galway retained the Bob O'Keeffe Cup for the first time with a 1-28 to 3-15 victory in the replay at Thurles, with both finalists and Wexford moving on to the All-Ireland series which provided even more heart-stopping moments.

But there were other contenders for hurling game of the year. Don't forget the Bord Gais Energy Leinster U-21 Hurling final – a pulsating contest between Galway and Wexford which went to extra-time.

Following on from two narrow semi-final victories, the teams went for the title with all guns blazing and eventually Galway claimed the honours in their first year competing in the Leinster Championship at this grade.

Not to be outdone, the Electric Ireland Leinster Minor Hurling Championship final also ebbed and flowed from start to finish. A helter-skelter duel featured 13 goals – seven in the first half and six in the second – with Dublin triumphing by 6-19 to 7-12.

Hurling fans in Leinster really were spoilt for choice during a fabulous summer. It's probably greedy to expect more of the same next season, but even so, there'll be a big air of anticipation when 2019 comes around.

Galway captain, David Burke, raises the O'Keeffe Cup aloft following the Tribesmen's unique Leinster GAA Senior Hurling Championship Final Replay win over Kilkenny at Semple Stadium, Thurles

2018 LEINSTER GAA HURLING CHAMPIONSHIPS

2018 Leinster SHC

12th May	Galway 5-18	Offaly 2-15	Round 1
13th May	Kilkenny 1-25	Dublin 3-16	Round 1
20th May	Kilkenny 2-19	Offaly 1-13	Round 2
20th May	Wexford 0-22	Dublin 2-14	Round 2
26th May	Wexford 5-24	Offaly 2-9	Round 3
27th May	Galway 1-22	Kilkenny 2-11	Round 3
2nd June	Galway 1-23	Wexford 0-17	Round 4
3rd June	Dublin 2-24	Offaly 0-13	Round 4
9th June	Kilkenny 0-22	Wexford 1-18	Round 5
9th June	Galway 0-26	Dublin 2-19	Round 5
1st July	Kilkenny 0-18	Galway 0-18	Final
8th July	Galway 1-28	Kilkenny 3-15	Final Replay

2018 Bord Gais Leinster U-21 HC

26th May	Carlow 3-22	Antrim 1-19	
26th May	Dublin 4-16	Laois 1-10	
6th June	Dublin 4-18	Carlow 0-12	
13th June	Galway 1-20	Offaly 0-8	
13th June	Dublin 2-13	Westmeath 1-13	
20th June	Wexford 3-15	Dublin 3-12	Semi-Final
20th June	Galway 3-13	Kilkenny 1-17	Semi-Final
4th July	Galway 4-21	Wexford 2-26	Final, a.e.t.

2018 Electric Ireland Leinster MHC

12th May	Offaly 4-23	Meath 0-13	
12th May	Westmeath 2-15	Carlow 0-9	
12th May	Kildare 2-17	Antrim 4-7	
12th May	Wexford 1-21	Laois 0-18	
13th May	Kilkenny 3-21	Dublin 4-12	
19th May	Dublin 2-21	Laois 0-7	
19th May	Kilkenny 3-21	Wexford 1-12	
19th May	Antrim 0-16	Meath 0-11	
19th May	Offaly 3-19	Kildare 0-14	
19th May	Westmeath 8-18	Down 1-4	
25th May	Kildare 1-21	Meath 0-13	
25th May	Carlow 3-22	Down 2-7	
25th May	Kilkenny 1-26	Laois 1-12	
27th May	Dublin 0-16	Wexford 1-10	
27th May	Offaly 2-17	Antrim 1-11	
2nd June	Kildare 2-15	Down 0-1	
2nd June	Westmeath 1-18	Meath 1-11	
2nd June	Antrim 3-8	Carlow 1-12	
16th June	Offaly 2-19	Laois 1-13	
16th June	Wexford 2-21	Kildare 0-12	
16th June	Dublin 3-16	Antrim 0-4	
16th June	Kilkenny 5-28	Westmeath 1-5	
23rd June	Kilkenny 0-24	Offaly 2-13	Semi-Final
23rd June	Dublin 1-22	Wexford 3-13	Semi-Final
30th June	Dublin 6-19	Kilkenny 7-12	Final

2018 Leinster MH Shield

20th June	Carlow 0-10	Kildare 1-18	
20th June	Meath w/o	Down scr.	
23rd June	Westmeath 2-14	Antrim 1-14	
23rd June	Kildare 3-11	Meath 0-11	
30th June	Westmeath 2-17	Kildare 2-10	Final



TITLES SHARED BETWEEN DUBLIN, MEATH & KILDARE



Kildare - 2018 Eirgrid Leinster GAA Minor Football Champions

Provincial titles for Meath and Kildare in the Minor and Under 20 Football Championships in 2018 indicate that while Dublin continue to dominate at Senior level in Leinster, other counties are striving as hard as possible to close the gap.

A talented Kildare side not only stormed to Leinster U-20 glory, but built on that achievement by claiming All-Ireland honours. In doing so, they denied the Dubs a five-in-a-row of provincial titles at this grade.

And the Royal County bridged a ten year gap to capture the Minor crown with eight points to spare over the Lilywhites in the Leinster final.

Now the challenge facing Kildare, Meath and other counties is to make inroads at Senior level in the

coming years, even if Dublin's dominance shows no signs of abating in the near future, at least.

Jim Gavin's side breezed through another Leinster campaign, with big wins over Wicklow, Longford and Laois, as they retained the title for an eighth year.

The O'Moore County, however, will have taken heart from their recovery from Division 4 to reach a provincial decider, while Wicklow's victory over Offaly, Carlow's remarkable defeat of Kildare, and Longford's quarter-final success against Meath provided great entertainment for the supporters present at the venues.

Kildare played some scintillating attacking football en route to U-20 glory, with Jimmy Hyland and his team mates racking up some huge scores before

deservedly defeating Dublin in the final by 1-15 to 0-10.

With subsequent victories over Kerry and Mayo in the All-Ireland semi-final and final, it shouldn't be long before some of the stars of this squad progress onto the starting 15 for the senior side.

Meath, meanwhile, lived up to expectations in the Minor grade. The age limit was also reduced this year to Under 17, and a new championship structure in Leinster pitted the participating counties into two groups.

The Championship comprised of 29 matches in total, and after Meath booked a place in the penultimate round with a game to spare, they subsequently defeated Laois and Kildare in the semi-final and final, respectively.



Jim Bolger, Cathaoirleach Comhairle Laighean, presenting the Delaney Cup to Dublin Captain Johnny Cooper.



Jim Bolger, Cathaoirleach Comhairle Laighean, presenting the Fr. Larry Murphy Cup to Meath Minor Captain Matthew Costello.

2018 LEINSTER GAA HURLING CHAMPIONSHIPS

2018 Leinster SFC

12th May	Laois 2-21	Wexford 1-18	a.e.t.
13th May	Carlow 2-17	Louth 0-12	
13th May	Wicklow 1-20	Offaly 1-15	a.e.t.
26th May	Laois 4-13	Westmeath 1-12	
27th May	Dublin 4-25	Wicklow 1-11	
27th May	Longford 0-16	Meath 0-14	
27th May	Carlow 2-14	Kildare 1-10	
10th June	Laois 0-12	Carlow 0-8	Semi-Final
10th June	Dublin 2-25	Longford 0-12	Semi-Final
24th June	Dublin 1-25	Laois 0-10	Final

2018 Eirgrid Leinster U-20 FC

28th May	Westmeath 2-12	Wexford 1-12	
28th May	Dublin 2-21	Longford 0-11	
28th May	Meath 6-16	Wicklow 1-9	
28th May	Kildare 1-17	Laois 4-6	
28th May	Offaly 2-19	Carlow 1-10	
4th June	Dublin 2-16	Westmeath 1-13	
4th June	Wexford 3-13	Longford 2-9	
4th June	Meath 2-11	Kildare 1-13	
4th June	Laois 1-14	Wicklow 1-13	
4th June	Carlow 5-11	Louth 3-15	
16th June	Dublin 1-15	Wexford 0-11	
16th June	Westmeath 1-16	Longford 1-10	
16th June	Meath 2-13	Laois 0-13	
16th June	Kildare 3-15	Wicklow 0-4	
17th June	Offaly 2-16	Louth 1-7	
22nd June	Kildare 4-18	Carlow 0-8	
23rd June	Offaly 1-16	Westmeath 1-10	
29th June	Kildare 3-14	Offaly 2-5	Semi-Final
30th June	Dublin 4-16	Meath 2-10	Semi-Final
6th July	Kildare 1-15	Dublin 0-10	Final

2018 Electric Ireland Leinster MFC

7th May	Offaly 1-13	Wicklow 0-14	
7th May	Meath 2-20	Westmeath 2-7	
7th May	Dublin 3-15	Louth 1-7	
7th May	Laois 1-12	Longford 0-11	
7th May	Kildare 1-17	Wexford 0-7	
23rd May	Wicklow 5-12	Louth 6-9	
23rd May	Meath 1-13	Dublin 2-8	
23rd May	Offaly 1-12	Westmeath 1-9	
23rd May	Kildare 1-13	Carlow 0-2	
23rd May	Laois 0-11	Wexford 2-3	
30th May	Meath 4-14	Louth 0-12	
30th May	Dublin 2-11	Offaly 0-10	
30th May	Wicklow 2-20	Westmeath 2-4	
30th May	Laois 0-10	Carlow 0-10	
30th May	Longford 2-17	Wexford 0-7	
27th June	Wicklow 2-6	Dublin 0-8	
27th June	Meath 1-13	Offaly 1-12	
27th June	Louth 3-11	Westmeath 2-11	
27th June	Longford 1-9	Carlow 0-8	
27th June	Kildare 5-10	Laois 1-6	
3rd July	Dublin 5-19	Westmeath 0-9	
3rd July	Wicklow 1-10	Meath 1-8	
3rd July	Louth 2-12	Offaly 1-11	
3rd July	Kildare 1-18	Longford 0-12	
3rd July	Wexford 1-11	Carlow 1-10	
6th July	Meath 5-18	Laois 0-8	Semi-Final
7th July	Kildare 3-13	Wicklow 3-13	Semi-Final a.e.t.
13th July	Kildare 2-12	Wicklow 1-13	Semi-Final Re
21st July	Meath 1-15	Kildare 1-7	Final

2018 Leinster MF Shield

7th July	Dublin 3-20	Wexford 0-12	
7th July	Longford 1-17	Louth 4-7	
14th July	Longford 1-13	Dublin 0-11	Final

2018 Leinster Junior Football Championship

22nd May	Kildare 2-11	Wicklow 2-9	
31st May	Longford W/O	Cavan SCR	
12th June	Meath 2-23	Longford 2-18	
12th June	Kildare 2-19	Louth 0-8	
24th June	Kildare 2-17	Meath 2-15	Final

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FUELING THE FUTURE
OF LEINSTER GAA

November 6th marked the official launch of the 2018-19 Top Oil Leinster GAA Br. Bosco Football Championship. This coincided with the announcement of Top Oil returning as headline sponsor for all Schools activity within Leinster GAA.

This year Top Oil is looking to build on what is already a successful partnership. They aim to do this by increasing the coverage of games and supporting all those involved in the Schools GAA Community.

Top Oil CEO, Gerard Boylan, spoke of his excitement for the year ahead; "We are very proud of our relationship with Leinster Schools GAA - our association with the GAA is very much a part of our company heritage. Working in partnership to develop the next generation of players through the school's competition is something we at Top Oil are strongly committed to."

Also present at the launch, Leinster Chairman Jim Bolger outlined the new direction that this partnership would be taking; "We are extremely excited to continue our partnership with Top Oil. Their commitment this year moves to all facets of the GAA within our schools. There

are a number of exciting initiatives in the pipeline that will benefit not only players but the wider GAA community".

Kildare Captain and former Naas CBS student Eoin Doyle insisted that participating in the Top Oil Br. Bosco Championship helped his development as a player; "There is no doubt that taking part in such a high-level competition massively improved me as a player. You're competing with a cross-section of the best talent in Leinster which ensures that you are then ready for the step up to inter-county".

Doyle also was impressed with Top Oil and Leinster GAA's plans for the year ahead; "It's great to see a company like Top Oil really committing to the future players. The work they have planned with Leinster this year will create a real buzz around the school game that will benefit all those with an interest in GAA".

The 1st Round of the Top Oil Leinster GAA Br. Bosco Football Championship takes place on November 14th with reigning champions Naas CBS away to Scoil Aodháin, while arguably the pick of the first-round games sees old rivals St. Pat's, Navan take on Coláiste Mhuire, Mullingar.



In attendance at the Leinster GAA Top Oil Post Primary Football Launch, are from left, Trevor O'Reilly CEO Sirio, Ger Conway, Depot manager Kildare, Matt Byrne, Top Oil BDM, Gerard Boylan, Top Oil CEO, Andrew Meagher, Head of Sales, Direct & Reseller Top Oil, James Fitzgerald, Top Oil Regional Manager, and Des Halpenny, Leinster GAA Post-Primary Committee Chairman, at Naas Racecourse in Naas, Co. Kildare together with the players from participating schools.

GREENFLAG 

Prepare Perform Recover

This Summer saw Comhairle Laighean play host to the launch of the recently redesigned player lifestyle and recovery App Smartabase. The latest version of the app helps to teach players about the importance of recovery and provides them with tools and resources to maintain a healthy balance between training and recovery.

The App allows each player to enter specific information relating to their activity level and their sleep and hydration patterns. Once this information has been logged, players will then be advised as to the necessary recovery protocols to help maximise their recovery. This is carried out using a points-based system, quite simply, the more a player trains, the more recovery points they must get in.

Each method of recovery is weighted against a certain value of points, for example a 20 minute nap during the day carries a recovery value of 25 points. So if the player is advised by the app, that 50 points worth of recovery

are required then there are simple to follow guides in place to achieve this. To help players there are nutritional, foam rolling, stretching and mobility resources readily available should they player need assistance with them.

By carrying out the recovery in this way it is hoped that players begin to understand themselves the amount of recovery and hydration required to balance with the exertions of their playing.

Leinster GAA Performance Officer Emmett Egan hopes the app can help players develop holistically both on and off the field 'We are extremely good, as coaches, at showing young players what to do on the field while at training. Smartabase helps us show the player what to do while they are away from the field. We are also trying to teach them how to recover rather than to simply just play.'

The app is currently being rolled out to all U-16 Talent Academies within the Province.

GAA Smartabase
PLAYER SUPPORT MANUAL

Prepare Perform Recover

GAA Smartabase
SECTION 5 - RESOURCES
Foam Rolling Resource

UPPER: Upper Back, Lats, Arms
HIPS: Glutes, Adductors, Hip Flexor
LOWER: Hamstring, Calf, Quad

HOW TO FOAM ROLL
1. Find a tender area within the muscle and massage the roller on this spot. Wait for the discomfort to ease by 50-75%
2. When the tenderness has diminished, begin on a new area and repeat the same process.
3. Once three of pain the area can then be rolled over.
4. Foam rolling can be used as part of a warm-up and as part of a warm down - in particular after injury and when practice you will focus on the areas that need most work.
5. See above some of the main areas to target with foam rolling. It is very much an individual routine and when practice you will focus on the areas that need most work.

Personalise your Recovery
Your routine should be done at least 1-2 times per week. Foam rolling and stretching are great recovery tools to help you stay injury free and ready to perform at your best. www.gaa.ie

Wheelchair Hurling All-Ireland Finals

Saturday October 27th saw the National Indoor Arena in Blanchardstown play host to the M Donnelly Wheelchair Hurling All Ireland Finals. An annual event, the competition comprised of a blitz between teams from the four provinces, vying for the coveted title.

The concept of wheelchair hurling was devised by Kerry's Tim Maher, who coined the idea 20 years ago while teaching in a school for children with disabilities in Baldoyle, Dublin. Upon seeing the children playing a game involving striking a football with tennis rackets, he came up with an idea to replace the rackets with hurleys, and a revolutionary new game was born. Since then, its popularity has soared.

Following on from the League success earlier this summer Leinster arrived in hot form and hot favorites to claim the title. However tight games with Munster and Ulster in successive rounds of the League ensured that they would most definitely not be having it their own way.

The first game of the day saw Munster overcoming Connacht in a hard-fought battle. It then was the turn of great rivals Leinster and Ulster to face off. Having had some thrilling games throughout the league campaign this one turned out to be no different. From the word go it was all action when ulster pounced early on to break the deadlock. This one goal difference remained until half time when Leinster had a chance to regroup. Regroup they did,

straight from the off in the second period they launched attack after attack before finally finding the net to draw level. Leinster went on to net a further two goals and claim the victory 3-1. However, the celebrations were short lived as a controversial ruling deemed the 2 winning goals from the Leinster side had been illegitimately scored. The game was therefore retrospectively deemed a draw.

This meant Leinster had to regroup and focus on a tough match with Connacht having had their early momentum wiped out. The distractions did not deter the Leinster side as they saw off the Westerners on a score line of 3 goals to 1. This allied to favorably results elsewhere meant the Leinster side were straight through the major final. Here they clashed with Munster in what proved to be an extremely cagey affair. As is often the case with Finals both teams seemed afraid to lose. However, when the teams locked on a goal apiece up popped key man Lorcan Madden to score what proved to be the crucial goal. The title was sealed, and a successful year was capped off for our fantastic Leinster Team.

Uachtarán Cumann Luthchleas Gael, John Horan with Leinster players Sean Bennett (left, Captain) and Paul Tobin



Lorcan Madden of Leinster in action against Maurice Noonan of Munster



Talent Leaders Development Workshop

On Friday 16th November Talent Leaders from each of the 12 counties gathered in the National Games Development Centre, Abbotstown, to review work carried out in 2018 and plan for the future of development within the Province.

The day started with each of the county reps being asked to take a retrospective look at all activity within their remit for the past year. They then proceeded to place these activities into three categories of "Very Good" "Good" and "Needs Improvement". This process enabled each leader to identify areas of both strengths and weaknesses within their counties. Following this they then shared their findings with the rest of the group where the knowledge garnered could be used throughout the province to ensure a better product for our underage players.

Presiding of proceedings on the day was South Leinster Games Development Manager James Devane "These days are extremely important. They enable all the counties to come together and share their work. It is hoped that in doing so we can continue the progression of building a development program that is centered around doing what is best for the player"

Following a full review of the year, a presentation was then given by Talent Development expert Aine Macnamara. Here Macnamara looked at the expectation each stake holder has for an Academy Squad Competition, from Players and Coaches to Parents. This was done with the goal of highlighting the difficulty in trying to ensure a positive outcome for all parties. This outcome may not always

be arrived at in a traditional 15 on 15 competition and as a result can require some tweaking in order to ensure the best outcomes. "It may not always be a one size fits all approach" said Macnamara when speaking on these competitions "It can very often be a case by case scenario depending on the outcome each squad or coach are looking for from the day. The key thing that we would highlight would be to not feel confined to the traditional format of games. Use whatever you feel most beneficial to the players be it small sided games, or games with specific stipulations attached. The important thing to do is predetermine what outcome you are looking for prior to the day".

The key goal for the day as is with all Talent Development Workshops is to ensure that the environment and the pathway for our younger players is geared towards getting the best from them and ensuring lifelong participation with the association. These workshops will continue to be carried out in 2019 as the process will be constantly evolving. Speaking about the benefit of days like this was former Dublin Forward, Academy Squad Coach Kevin O'Shaughnessy "Days like today are extremely beneficial as it takes you out of the bubble within which you operate daily. It gives you a chance to see how others are facing and overcoming similar challenges to yourself. It also gives you ideas that you can then take an implement within your own program."

Inset: Talent Development Expert, Aine Macnamara



'GAA 4 All'

Louth GAA Coaching & Games / Co. Louth HSE Paediatric Physiotherapy Team



Since October 2015, Louth Coaching & Games in conjunction with the HSE's Paediatric Physiotherapy Team provided a specific 'GAA 4 All' Inclusive camp for children with in the Paediatric service from the County. These camps were to address FUNdamental movement skills via Gaelic Games coaching. With the use of the fantastic facilities in DkIT Sport and our own Centre of Excellence in Darver the programmes aimed to provide expert coaching intervention in the same arena's that these children's siblings would regularly get use of day in day out. We were fortunate to add the Leinster GAA road show when it was in service to our camp in Darver that went down a treat with all the children and parents.

Over 70 children regularly participate in each of the mid-term and summer camps with many of these children experiencing Gaelic Games for the first time. The Children who participated were aged between 5 and 18, all with varying abilities and limitations who currently access the Paediatric Physiotherapy services from both the Disability and Primary Care services within the County.

The camps have provided many significant psychological benefits gained from the positive peer and parental interaction. Many of the parents who attended with their children indicated the positive impact it had on their child and consequently on the whole family. One parent highlighted "that it was really lovely seeing my child be able to play sports with the other children within the community setting" whilst

another said she "didn't realise that the games could so be easily adapted to meet my child's physical needs."

On Sunday 21st October, the 'Louth Legends' Exhibition Game took place at Half Time of our showpiece club fixture, the Senior Football Championship Final between Newtown Blues of Drogheda and Naomh Mairtin of Monasterboice. In a break with local tradition, the group that took the field that day didn't come from either of the participating finalists. The group had been put together with the view of taking part in something different. Something a bit special, and to do so they had to commit to a 6-week programme that would finish with the Half Time Exhibition Game. The players had honed their skills with GDA's Michael Keane & Sean Hand alongside the Paediatric Physiotherapy Team at DkIT Sports magnificent indoor arena in preparation for the game.

The game itself didn't disappoint either, with plenty of goal mouth action along with some fine kicked scores from distance. Not to forget the goal celebrations and penalty save at the death. In the words of one onlooker, "to see the joy on the faces of those children was something else... it epitomized everything that is good in the GAA". With the volume of positive feedback from parents and other onlookers, it makes for an easy decision that Louth Coaching & Games continue collaborating with the HSE Paediatric Physiotherapy Staff to provide more inclusive opportunities for these children in the future.

