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# DON'T RISK THE ODDS WITH NEW GAA GAMBLING RULE

## Players, team management or match officials prohibited from betting on game in which they are involved.

The recent match-fixing allegations concerning Athlone Town FC and the fines imposed on two of Ireland's Olympic boxers in Rio has again highlighted the harmful impact that insider gambling can have on sport.

Couple this with international research indicating that athletes – and especially those engaged in team sports – are an 'at risk' group when it comes to gambling addiction, and the need for the GAA to protect both the integrity of its games and the wellbeing of its members comes into sharp focus.

It is hoped that the motion passed at this year's congress in Croke Park – and now in force – will go some way to achieving both. But only if everyone abides by it and knows the consequences of failing to do so.

The new Rule (1.18 – Betting – in the Official Guide Part 1) states that: 'A Player, a Team, a member of a Team Management or a Match Official involved in a Game is strictly prohibited from betting on the outcome of any aspect of the Game concerned.'

Any breach of the rule shall be penalised in accordance with Rule 7.2 (e) – Misconduct Considered to have Discredited the Association – and carries a minimum eight-week suspension while debarment and expulsion from the Association may also be considered for either individuals or entire teams/units.

To assist in the policing of this new rule, which now applies to all games carried out under the GAA's auspices, the Association has entered a Memorandum of Understanding (MOU) with Betfair and is currently

in discussions to consider a similar relationship with the Irish Bookmakers Association. The MOU allows for both parties to share relevant information should a suspected breach of rules or regulations have taken place.

To support clubs and counties in educating their players, coaches, and officials on the topic of gambling awareness, the Community & Health department in Croke Park is developing a workshop that will be made available to interested units through their network of County Health & Wellbeing committee tutors towards the end of 2017.

This workshop – designed in consultation with addiction counsellors and GAA players who have fallen foul to problem

gambling – will, amongst other things, explore the relationship between sport and gambling while probing the reasons why athletes are more prone to gambling addiction than the rest of the population. It will also provide units with a sample gambling policy they can adopt to help protect their members and our games while raising awareness of the risks involved in what many consider to be an innocent flutter.

For more information on the GAA's work concerning gambling awareness go to [gaa.ie/my-gaa/community-and-health/gambling-alcohol-drug-education/](http://gaa.ie/my-gaa/community-and-health/gambling-alcohol-drug-education/)



# ARMAGH HERO RECALLS HIS STRUGGLE WITH GAMBLING AND WARNS GAA MEMBERS TO EDUCATE THEMSELVES TO ITS DANGERS

**O**isín McConville was 14 years old when he was in the bookies for the first time to put a bet on a horse in the Grand National. He can't remember now whether the horse won or lost – but he knows from that moment on he was hooked on gambling.

It was a different world. There was none of the mod cons of today's bookmaker shops with their banks of flat screen TVs, shining surfaces, comfy sofas and coffee machines. Back then it was dark and secretive, the air thick with smoke and carrying more than a whiff of danger.

Yet, for McConville, that was where he felt at home.

Oisín told the Club Newsletter: "There were three guys in the bookies. Two of them were putting on 50p and there was one guy putting on cash and that's who I wanted to be.

"By the time I was 17 or 18 I was gambling every penny I had and if I wasn't gambling I was thinking about it every minute of the day.

"I was a compulsive gambler.

"For people who don't suffer from it, it can be hard to understand, but I'm not being dramatic when I say that putting a bet on

was, for me, just like a drug addict getting a heroin shot. To put a bet on would give me a sense of relief. But that relief would only last for the length of time that the race lasted. If it was a two minute race it only lasted two minutes and then I had the urge to bet again."

Defeat brought denial. The next one was always going to be the winner.

Looking back now McConville knows that the he actually wasn't a good gambler and that he lost more than he won. But long before the end it wasn't about winning or losing because he had lost control and was serving an addiction.

He added: "By the time I finished gambling my debts were €100,000. I reckon I must have gambled at least treble that amount if not more in the years before. Every penny I ever had, and there was a time in my life when I was holding a half decent job and earning decent money, I was gambling it."

Of course, during this time McConville was winning Armagh, Ulster and All-Ireland club championship medals with Crossmaglen Rangers and was the key man kicking the frees. In 2002 he was a goal scoring hero in their breakthrough All-Ireland final triumph over Kerry.

Through it all, behind the façade he was suffering.



Oisín McConville, one of the greatest forwards of his generation, fought a private battle with a gambling addiction, but has turned his life around and is now determined to help others do the same

He says: “When Armagh won the All-Ireland it was great. But through the celebrations afterwards I was thinking ‘I’d love to get away from here and put a bet on’. It’s a sad reflection on the hold that gambling had on me that I just wanted to get away.

“I’d say for the last five years I was gambling I didn’t want to gamble, but it had a hold on me.

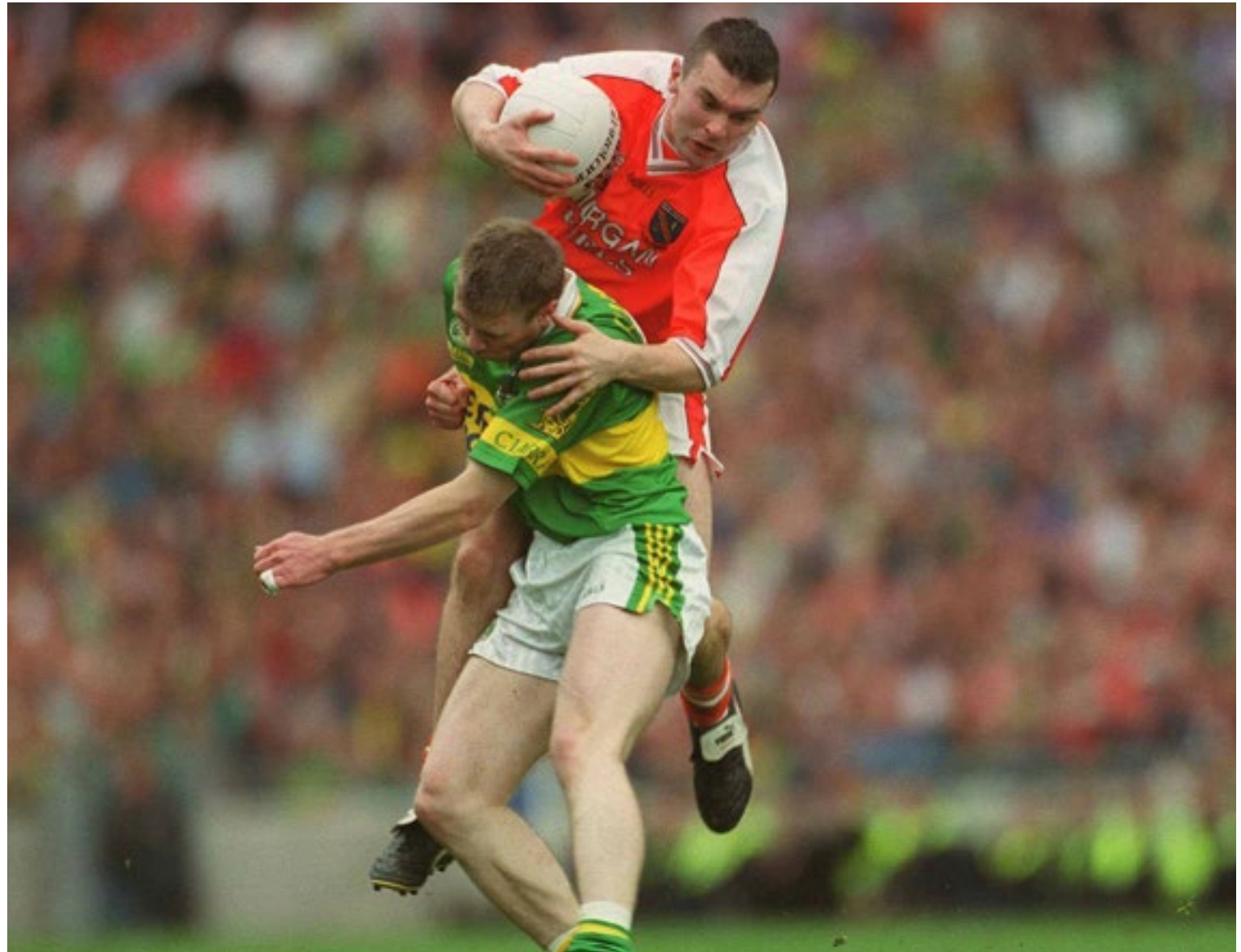
“Football was great because I’d go to training and I’d have to leave the phone in the car for two hours to go out and play and that was a break away from it when I couldn’t bet and I was free from it.

“Football saved my life. I had suicidal thoughts asking myself what was I at and what was I doing to my family. I’m not being dramatic, unless I went for help I don’t think I’d be around now.”

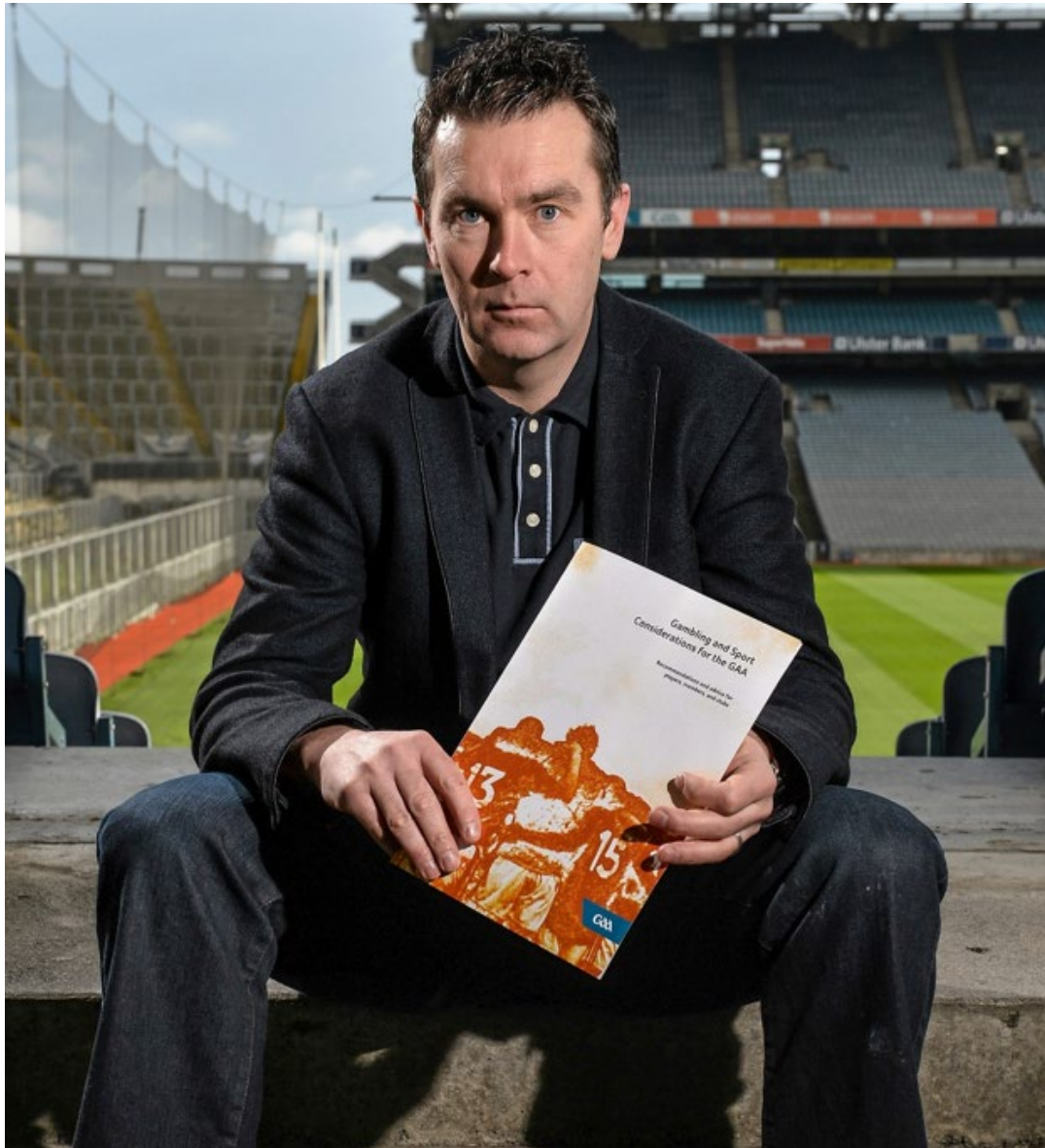
The breaking point for Oisín was October 12, 2005. The day before he turned 30. He recalled: “On my last day of gambling I had got a business man to go guarantor on a huge bet of €10,000 on a horse and the horse was beaten. I went out to the car and found six or seven euro and went back in and had another bet because I felt I could get my money back.

“Then I took out my phone and went down through the names in my phone looking for another ‘victim’ that I might be able to call to get money and then I realised I couldn’t because I had gone through family and friends already.

“Over the next couple of days I broke down and things started to come out. I was in treatment a week later and was in treatment for 13 weeks.



Oisín battles with Tomás Ó Sé in an epic battle in the great 2002 All-Ireland final triumph for the Orchard County



In January 2014, Oisín McConville attended the launch of the GAA/GPA Gambling Guidelines

“I hadn’t cried in 16 years but I started to cry and to show emotions that I had locked up for so long.”

From those dark depths Oisín has rebuilt his life. Today he has a successful career as an Addiction Counsellor working with Smarmore Castle, which is a private clinic based in Louth.

He is on the road, very often the first point of contact for gamblers or more likely their friends and family who ring seeking help and seeking an intervention.

He will always have a gambling addiction, but the odds are that nowadays he will win big at helping and indeed saving lives. He is passionate about ensuring that Irish society and the GAA is aware of the dangers of gambling – especially on young people.

The nightmare scenario of a betting scandal in Gaelic games is not something our Association has faced and Oisín does not believe it is a threat – but he knows enough to know that we cannot afford to be complacent

He says: “There is a serious issue in society with gambling, there is a serious issue with it in sport and the GAA is not immune to that.

“I’ve seen no hard evidence that there is a problem with it in the GAA on match results but we need to work hard at educating young people about the dangers of gambling.

“The GPA are doing work on highlighting the danger of gambling but they only cater for inter county squads and that is only a group of 2,000 people in an Association the size of the GAA so we need to think about all the other people in the GAA.

“We need to keep educating people and also let family and friends know that the one thing you don’t do to someone with a gambling problem is continue to give them money.”

The GAA is heavily involved in lobbying for changes to the gambling legislation that will make it illegal to offer and take bets on sporting games involving Under 18s – something that McConville supports.

The fact he is busy meeting people through his new role convinces him we still have a long road to travel but he feels if a focus on education programmes and support systems is in place this is a race that we have a chance of winning.

**This exclusive interview with Oisín was first published in the GAA Club Newsletter of April 2016, but is reissued here as a reminder of the danger of gambling addiction and how it can affect those who, from the outside, can look care free and to be at the very pinnacle of their career.**

# DRUGS IN OUR SPORTS: DON'T BE A DOPE

**A**lready this year we have seen how the shadow of a failed drugs test can fall across the GAA World.

Authorities in charge of drug testing in Ireland have repeatedly stated that they do not perceive there to be a problem with performance enhancing drug abuse in Gaelic games. However, the fact that GAA players are capable of making simple mistakes through poor choices in the area of purchasing health supplements proves the need for greater vigilance and education in this area.

All GAA members are subject to the Anti-Doping Rules as adopted by the Irish Sports Council (Rule 1.16 GAA Official Guide 2017). While any player may be selected for testing, there is a particular focus on testing with regard to Senior Inter-County players.

The onus is on players to educate themselves on their rights and responsibilities with respect to Anti-Doping. Due to the World Anti-Doping Agency's principle of strict liability Ignorance is not a defence.

The General Anti-Doping E-Learning Course (2015) for all members is available at the following link: [http://learning.gaa.ie/courses/Anti\\_Doping\\_Awareness/](http://learning.gaa.ie/courses/Anti_Doping_Awareness/)



<https://www.youtube.com/watch?v=Bk6HerGfIZw>

A new player specific e-learning course for players and officials involved with Senior Inter-County Panels can be accessed by following the instructions at the below link:

[Accessing the 2017 GAA Senior Inter-County Player E-Learning Course](#)

Further information on Anti-Doping is available at the following link:

[http://learning.gaa.ie/courses/Anti\\_Doping\\_Awareness/](http://learning.gaa.ie/courses/Anti_Doping_Awareness/)

Sport Ireland Trained GAA Anti-Doping Tutors are available to present an Anti-Doping by request to Clubs, Schools, Higher Education Institutes, Development Squads and Inter-County Panels by contacting [gearoid.devitt@gaa.ie](mailto:gearoid.devitt@gaa.ie)

## Supplements

The GAA recognises the demands of Gaelic games and indeed the training and nutrition challenges they present. The Association also recognises that there are many factors that contribute to optimal athletic performance such as genetics, training, commitment, motivation, rest and recovery, along with good nutrition and hydration practices. These factors are the cornerstone of performance therefore using a sport nutrition supplement will not substitute for a less than adequate nutrition and/or hydration strategy. Sports supplement companies use powerful marketing campaigns to imply that the use of sports supplements are essential for maximising performance; however, much of the publicity is not based on sound scientific evidence.



<https://www.youtube.com/watch?v=4Z6YQQ9PKtl>

## KEY POINTS

- Vitamins, minerals, herbs, meal supplements, sports nutrition products (e.g. Protein, Creatine, BCAAs), and natural food products are all classed as supplements
- Players may use them to maintain health, recover from exercise, enhance training adaptations, gain weight, burn fat and/or supplement their diet or for medical reasons
- Risks with supplements are categorised in terms of health and possible doping violations
- Batch tested products are not as risky; however, no guarantee can be given on the safety of a supplement
- Be aware that supplements which claim to be muscle building or fat burning are more likely to be associated with contamination
- The use of supplements is not recommended for any player under the age of 18
- Players should seek the opinion of a registered Sports Dietician/Nutritionist and their Team Doctor on any supplements

### RISK MINIMISATION

Choosing to take a sports supplement is a balance between weighing up the risks (i.e. contamination and a potential sporting ban) against a potential exercise performance benefit. If you choose to take a supplement, make a decision after considering the following:

- Need – Do I need additional ingredients in my diet? If so, can I get them from food?
- Risk – If not, what risks are involved with a supplement that might help?
- Consequences – Understand the sanctions for taking a contaminated supplement



<https://www.youtube.com/watch?v=F5dGFmv3QmA>

### CONTAMINATED PRODUCTS

The issue of contaminated products has been acknowledged in the new 2015 code. If a player can establish no significant fault or negligence then the sanction can range from a reprimand to a maximum of two years. To manage the risks of supplements:

- You MUST undertake thorough internet research of any supplement products before it is consumed.
- This search should include the name of the product and the ingredients/ substances listed.
- Information revealed as a result should be further investigated and players are advised to keep evidence of their research.
- Screen shots should be taken and the results saved in a folder. All saved information should be backed up.
- Check if the product is batch tested on [www.informed-sport.com](http://www.informed-sport.com).

Remember each player is personally responsible for any substances that may be found in his body, whether he intended to cheat or not. Realise that contaminated supplements may result in at least a two year ban from sport.

An information sheet on supplements for players and mentors is available at

<http://learning.gaa.ie/sites/default/files/Information-Sheet-Sports-Supplements%202016.pdf>



# CLUB LEADERSHIP DEVELOPMENT PROGRAMME

It has been a hectic 15 months for everybody involved with the GAA's Club Leadership Development Programme (CLDP).

Most of the feedback has been positive surrounding the programme with the stated aim to provide the principal GAA Club Officers - Chairperson, Secretary, Treasurer, PRO - with the basic knowledge and core leadership skills required to fulfil their roles effectively.

That is the objective with the National Officer Development Committee (NODC) which has been hugely encouraged by the response of participants.

Paddy Flood, Chairperson of the Committee, is delighted by how the CLDP is working. "The mission of the National Officer Development Committee is to provide officers with training and learning of the highest quality and to engage all officers in a culture of continuous learning. In turn, the benefits will be harvested in stronger, more effective clubs. The generous volunteerism of officers is supported by high quality learning opportunities from the Association."

"As the programme heads towards its third year, plans are afoot to support the modules of the programme with additional structured support for club planning," Flood reveals.

"Planning is the bedrock of success in any organisation and in the coming year, clubs will be offered additional support in putting a club planning process in place." "New initiatives will be introduced also. "In addition, a successful pilot programme involving support from Microsoft has provided club officers with support in using each officers Microsoft Office 365 account more effectively.



Noel Connors (Waterford hurler), Uachtarán Aogán Ó Fearghail and Paddy Flood, Chairperson of the CLDP



"Club officers have warmly welcomed this hands on practical support in the pilot phase of the initiative and it is due to extend to all counties later in 2017."

For the first year it was rolled out in 17 counties approximately 1,000 officers were exposed to the programme in 2016. That figure includes two deliveries in Britain, and provided a concrete goal in 2017 to aim to hit all remaining counties as well as any county that wanted to run it a second time.

The programme itself is split into core and optional modules. The core modules basically involve an induction which all officers are required to attend, plus role specific modules.

Every CLDP Module is delivered by a volunteer Leadership Associate. All Associates have participated in extensive training before the

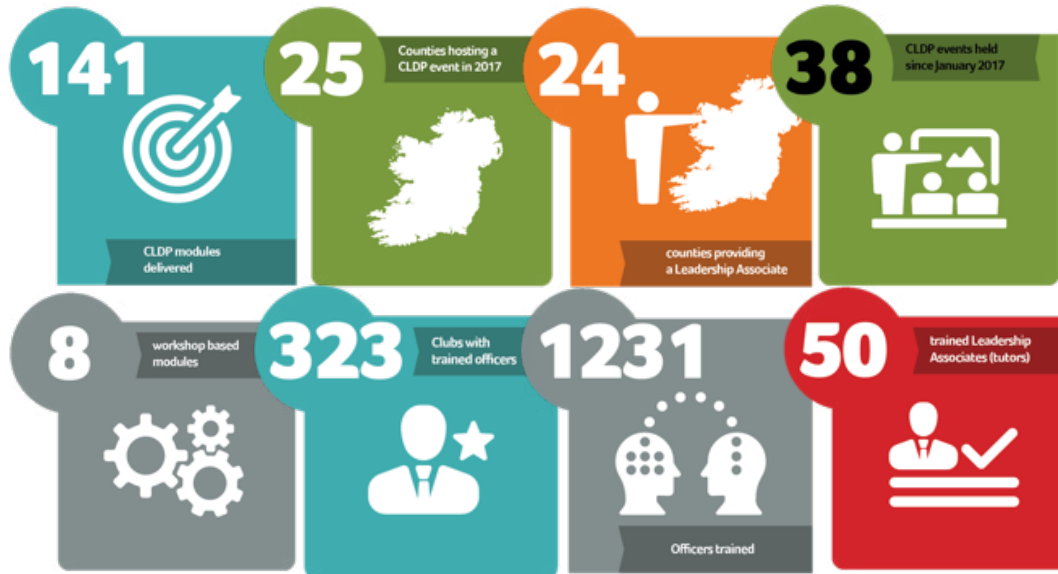
Programme was first rolled out and again through in-service training that was delivered in October 2016.

Many of these Associates come from a GAA background, whether it be from a Club, County, Provincial or National Level, so there is often a wealth of experience in the room that Club Officers can benefit from.

The programme will be maintained during the next few years with the NODC eager to ensure that club officers needs will be met. As with 2016, the Programme will undergo a review of the content and the best delivery methods.

This is all to ensure the content of the Programme is relevant and that it is what club officers want and need. Feedback is gathered at times from those attending it, the Development Officers rolling it out in the counties, the





Associates who are delivering it. Lastly the NODC members will feed into where they see it going.

“All that feedback is taken together allowing the Programme to be adapted as necessary with a view to commencing rollout again from the autumn onwards, but with January to April being the main delivery window.

To find out more about the Club Leadership Development Programme in your county, contact your County Development Officer or County Secretary.

### OFFICE 365

The GAA's partnership with Microsoft Ireland provides each of the principal club officers - Chairperson, Secretary, Treasurer and PRO - with access to Microsoft's Office 365 package for no cost. The package includes an official

GAA e-mail account and access to a full range of services, including:

- Email – Microsoft Outlook
- Calendar – Microsoft Outlook
- Spread sheets – Microsoft Excel
- Documents – Microsoft Word
- Presentations – Microsoft PowerPoint
- Notes – OneNote
- Storage in the cloud – OneDrive

With a subscription to Office 365, you get:

- The latest Office web apps, like Word, Excel, PowerPoint, and Outlook.
- The ability to install on PCs, Macs, tablets, and phones.
- 1 TB of OneDrive cloud storage.
- Feature updates and upgrades not available anywhere else.

Because Office 365 works with all your devices, you can start creating on your PC or Mac,

continue editing on your tablet, and then finish up on your phone.

All this is possible because you can save your files to the cloud on OneDrive and get to them from anywhere.

Store any type of file, including images, spreadsheets, presentations, and more. Office 365 comes with mobile versions of Office for all your devices. These mobile apps come with premium features that you can't get anywhere else.

### GETTING STARTED

Each Club Secretary should contact his/her County IT Officer to access Official GAA e-mail accounts on behalf of his/her Club. He/she will verify that you are entitled to one and contact the Microsoft Support Desk ([mail.support@gaamail.ie](mailto:mail.support@gaamail.ie)) to arrange the set-up on your behalf. Once set-up, you will receive an e-mail from Microsoft which will contain step-by-step information on getting started.

Once you have your e-mail address and password, sign in to [mail.gaa.ie](http://mail.gaa.ie) to unlock the full features of Office 365.

- Click the Sign in button at the top right corner of your screen.
- Type in the email and password you use with Office 365 e.g. [chairperson.stsaviours.dublin@gaa.ie](mailto:chairperson.stsaviours.dublin@gaa.ie)
- Once you've signed in, you'll see the Office 365 home page.
- From here, you can check your email, access your files on OneDrive, or edit a

document.

- By signing in to Office 365, you can work seamlessly on your files whether you're at work, at a match, or at home.

### TRAINING & SUPPORT

Learning material and training videos on the following topics are available online:

- Getting started
- Mail and calendar
- OneDrive
- Office Web Apps
- Mobile
- Further Help & Training
- QuickStart Guides

To access these, visit - <http://learning.gaa.ie/office365>

Ergo (<http://www.ergogroup.ie>) is a Microsoft Gold Certified Partner headquartered in Dublin. They have a dedicated support desk which is open Monday to Friday from 9 a.m. until 5.30 p.m. Contact details are as follows:

Support e-mail: [mail.support@gaamail.ie](mailto:mail.support@gaamail.ie)

Phone: +353 1 8843258

### ONLINE MODULE ON EFFECTIVE MEETINGS

The GAA has developed an online module to help all Officers meetings run more effectively.

### ABOUT THE MODULE

Meetings are an essential part of running a GAA Club Executive, County Management

Committee or Provincial Council. Running meetings so that they run smoothly and achieve what they are supposed to is not as easy as it sounds but it is a skill that can be developed. A well-managed meeting can encourage cooperation between members because people can be made aware of developments across their area of interest in the Association and contribute to them. Meetings also play an important role in developing team spirit, as volunteers feel a part of changes and plans that they have helped shape. They are especially useful for problem solving. On the other hand, meetings that are not well run can be a source of frustration for members and slow down progress with developments.

Considering this, the GAA has developed an online module to support officers at club, county and provincial levels to run more effective meetings. It is a time-saving guide to planning and running meetings from start to finish which covers preparation, keeping the meeting on track, complying with the GAA Constitution & Rules, and follow-up on actions. It includes best practice advice for dealing with challenging individuals, as well as downloadable templates for creating effective meeting agendas and meeting minutes.

#### WHAT YOU'LL LEARN

1. Approaches, rules and tips for running effective meetings
2. How to prepare and organise a Club Annual General Meeting
3. Tools and templates to organise and run

effective meetings

#### Meet the Instructor

**Jody O'Connor** - GAA Leadership Associate

*Jody is from the Cratloe GAA Club in Co. Clare and is an Associate of the GAA Club Leadership Development Programme. In this role, Jody facilitates training for club officers on their roles and responsibilities.*

Participant feedback

*"I thought it was perfect and covered every aspect of what is required. Any new Secretary or officer who studied that module would understand how the role has to be performed."*

*"The module is excellent. Key information is presented in a wide range of interesting ways. It is interactive with, again, a nice variety of activities to maintain the participant's interest. The links to supporting documents are also useful. The content in this module will be a great reference point and support for Chairpersons and Secretary."*

*"My initial reaction is that this is a very good module. It is well structured and easy to navigate. The content is excellent and I learned a lot from it. Anyone doing this module online would certainly know what was necessary to conduct effective meetings."*



#### Accessing the Module

1. To access the module, complete these steps:
2. Open an internet browser on your laptop or PC – (Our preferred browser is Google Chrome. Please note that the module is not compatible with a phone or tablet device)

3. Ensure that pop-ups are enabled on your computer – [Click here](#) for guidance on unblocking pop-ups
4. Click on this link - [http://learning.gaa.ie/courses/Effective\\_Meetings/](http://learning.gaa.ie/courses/Effective_Meetings/)

#### More information

For more information, visit - <https://sway.com/1LMvqc1RpCILd7yN>

# AIB HOME INSURANCE OFFER EXTENDED AND NOW INCLUDES €1,000 JERSEY BONUS

**D**ue to the success of AIB's Home Insurance offer over the past 6 months, AIB has extended the offer and added a great new incentive that could be hugely beneficial to your club.

Anyone who switches or purchases a new AIB Home Insurance policy can nominate a GAA club of their choice to receive a €50 cash reward. There is no money limit per club - so the more €50 nominations you receive the better. In addition AIB have now introduced a bonus feature where any club which reaches 20 nominations, will not only receive the €1,000 from their nominations but will be given an additional €1,000 to spend on jerseys for their club!

If your club is one of the 780 clubs already registered, then encourage your club members and supporters to purchase a new home insurance policy with AIB and complete the 'Reward my Club' form online at [www.aib.ie/gaainsurance](http://www.aib.ie/gaainsurance), where they can nominate their club to receive the reward.

If your club is still not registered but you are interested in getting your club involved, there's just a few simple steps to complete in order to get your club registered. Go to [www.aib.ie/gaainsurance](http://www.aib.ie/gaainsurance) and complete the 'Register my Club' online form and then spread the word of the promotion to your supporters and club members.

Listowel Emmets of Kerry are currently on 18 nominations and are only 2 away from securing their €1,000 from nominations. In addition they will be receiving the bonus €1,000 for a set of jerseys. Remember, even if your club doesn't get to 20 nominations they will still receive €50 per nomination received – its win win!

For more information, pop into your local AIB branch. It's a simple promotion that not only helps your supporters insure their homes, but helps them support the future of their club.

Terms and conditions visit: [www.aib.ie/gaainsurance](http://www.aib.ie/gaainsurance)

*AIB reserves the right to amend, withdraw or terminate the Club Reward Programme or alter the specification without prior notice. Allied Irish Banks, p.l.c. is an agent of AIB Insurance Services Limited in relation to provision of general insurance products. AIB Home Insurance is exclusively underwritten by AXA Insurance dac. Allied Irish Banks, p.l.c. and AIB Insurance Services Limited are regulated by the Central Bank of Ireland.*



# FIRST GAA CLUB CHILD WELFARE AUDIT

**T**he GAA National Children's Office has announced that the first national Club Child Welfare Audit takes place from 26 June to 6 July 2017.

This audit, a joint initiative undertaken by the GAA, LGFA and Camogie takes the form of a self-audit where Clubs will have an opportunity to assess how they have progressed in adhering to their Association's child welfare requirements.

Each Club, through their respective Club Children's Officers will log on to the Audit through the GAA, LGFA or Camogie websites. Once logged in the Children's Officer shall choose their County and Club and then commence the audit. Many clubs will avail of the opportunity to submit one joint audit response per club, which has been welcomed by all Associations.

By responding to a series of question on child welfare adherence, to vetting and child welfare training matters and to the use of Club websites and to other questions the Club shall immediately identify how it is adhering to our required child welfare and safeguarding

standards or any gaps that may need addressing.

Commenting on the audit, Úna Turbitt, the Chairperson of the National Child Welfare and Protection committee said: "This, the first ever national child welfare audit presents the Gaelic Games Associations with a unique opportunity to capture vital child safeguarding information. We can use this information to inform ourselves and others as our levels of compliance and the implementation of child welfare & safeguarding protection policies and guidelines at Club and County level. The main beneficiary of this audit shall be our clubs as they will see, on completion of their own club audit, how they are complying with child safeguarding requirements at local level".

Prior to the audit all clubs shall receive a list of vetted personnel and of those who have fulfilled their child safeguarding requirements to date.



The link to GAA website <http://www.gaa.ie/the-gaa/child-welfare-and-protection/welfare-audit> will be available on 26 June 2017 on gaa.ie along with instructions as to how to complete the audit.

Each Association's County Children's Officer shall be required to complete a separate County audit on how their respective Counties have complied with and promoted the welfare and safeguarding of children within our Associations in recent years.

Following the audit the County by County and the national outcomes will be published with the report forming part of the 2018-2020 Child Welfare and Safeguarding Strategy.

Further information on the GAA Club Child Welfare Audit is available from the [nationalchildrensoffice@gaa.ie](mailto:nationalchildrensoffice@gaa.ie)

## GAA NOW

**G**AANOW is a new online video platform available worldwide on [GAA.ie](http://GAA.ie) which houses in-game clips, weekend round-up packages, archive footage and other bespoke content.

For more details visit [www.gaa.ie/gaa-now](http://www.gaa.ie/gaa-now)



**GAA NOW**

# The home of GAA Action



**ARE YOU SURE IT'S SAFE?**

Always ask yourself the question, are you sure it's safe?  
Never attach anything to electricity poles. Remember, electricity is there for the good of everyone but can be dangerous and cause serious injury, or worse.  
Stay safe, stay clear of electricity wires.

For emergencies call 1850 372 999  
Supply interruption updates: [www.esbpowercheck.ie](http://www.esbpowercheck.ie)  
Follow us on twitter @ESBNetworks  
[esbnetworks.ie](http://esbnetworks.ie)

Serving all electricity customers

# ANDREW KIERAN'S INSPIRATIONAL TALE OF TRIUMPH OVER ADVERSITY

By John Harrington

**When Andrew Kieran was substituted in the dying minutes of Killanny's Monaghan Senior Football League victory over Truagh on Wednesday evening, the home supporters rose to applaud him off the pitch.**

They weren't just acknowledging the vital role he'd played in the newly promoted club's first win in the competition this year, they were celebrating an inspirational tale of triumph over adversity.

It was Andrew's first game of Gaelic Football in almost three years, and the perseverance and bravery it took to get the 22-year-old on that pitch is hard to credit.

Just five months previously he had his large bowel completely removed after eight hours of surgery to once and for all cure the Ulcerative Colitis (UC) that had ravaged his body for the previous three years.

UC is one of those devastating diseases that can suddenly strike with no warning, has no known cause, and isn't fussy about who it afflicts.

You certainly wouldn't have picked Andrew Kieran as a likely candidate.

An Ulster Minor Football League and Championship winner with Monaghan in 2013 alongside his twin brother Adam, he couldn't have been healthier or fitter.

The diagnosis of UC came completely out of the blue in March 2014, but he soldiered on through his Leaving Cert and got through the first year of his degree in Education Studies in Marino Institute of Education before his condition suddenly worsened.

"In June 2015 I got my first ever flare-up with the condition which result in checking into the Beacon Hospital for seven weeks," recalled Kieran when he spoke with GAA.ie this week.

"I just started to get all symptoms of ulcerative colitis highly fatigued, bleeding from the back end, cramps, joint-pains, headaches, everything.

"I got E Coli, sepsis, I was extremely weak. My weight dropped to 49 kilos, just over seven stone, which was extremely unhealthy.

"The sepsis could have actually killed me because I was that weak, but we caught it just in time."

For over a year and a half, Andrew tried a variety of different immunosuppressant drugs to combat the disease.



Andrew Kieran (r) celebrates with his twin brother Adam and father John after Monaghan's 2013 Ulster Minor Football Final triumph.

He had blood transfusions, iron transfusions, IV steroids, oral steroids, a number of biological drugs, and one drug through the chemotherapy process, but every time his UC seemed like it was going into remission, it would flare up again.

Eventually Andrew decided the only resort was the last one left available – surgery to remove his large bowel and an ileostomy to bring a piece of his small intestine through his abdomen creating a stoma.

"Mentally it was very up and down," says Kieran. "With Ulcerative Colitis one thing they say is it's tough mentally.

"But with my football background and the kind of lad that I am, the way I look at life, and the confidence that I have, I never really got too down in myself.

"I always said there's always a chance that I'll get better.

"Like, even though the times in remission were short, I still appreciated them. Only a couple of



When Andrew Kieran's Ulcerative Colitis was at its worst, his weight dropped to just 49kg.

weeks. But I suppose it all came to a head and I just had to make that mature choice.

"I didn't want to continue this cycle of having a few weeks of feeling relatively normal only to be knocked back again, to get all the symptoms back and to lose weight again. And then to try to rebuild yourself all over again.

"It was frustrating. People wouldn't really understand the condition. They think he's well one minute and then he's down on his hunkers again the next minute. They don't really understand the process, the rebuilding that goes on.

"I suppose the mature choice was to go for the ileostomy which I now have.

"I decided I'd rather have that little extra

addition to my body and be completely back in the swing of things rather than continue to fight the way I did and go from drug to drug.

"That just wasn't working. I knew the decision that had to be made."

Andrew now wears an ileostomy belt which supports the bag that collects the waste from his body.

It's a reality of his life he's happy to be totally up front about because he sees no reason why there should be any stigma attached to it.

"It's an absolutely great piece of kit," he says. "Some people might think there's a stigma to it, but they're air-tight and very hygienic. They're probably more hygienic than going out the other end!

"Everything you digest goes through your ileostomy and the consistency is like porridge. So, it's not the other way - it's not a 'bleep' bag or whatever you want to call it!

"There's no taboo about it. My core group of friends would all have seen it. It looks sleek, it looks good. You can still look good and feel good about yourself, you can still be confident."

The first two months of recovery post-surgery were tough, but right from the get-go Andrew was very clear-eyed about where he wanted to get to.

While he'd been sick he admits it was "heart-breaking" to miss out on all the great football days he should have shared with his twin brother Adam.

The minor team they'd won Ulster Championship together with in 2013 won the U-21 title three years later, but this time he had to watch Adam from the stand rather than share the experience on the pitch with him.

And at club level he missed out on successive promotions that saw Killanny transformed from a Junior club to a Senior club for the first time in over two decades.

He was keen to make up for lost time and missed opportunities, so even though he was urged to keep his expectations low, his priority was to lace up a pair of boots and play Gaelic Football competitively again. He was fortunate that pretty much on his door-step was the perfect facility within which to build his body back up - the DBSM (Declan Brennan Sports Management) Centre of

Excellence just outside Monaghan town.

"I got on a programme there with Paul O'Donovan, an absolutely brilliant personal trainer," says Kieran.

"He asked what goals I had, and my goal was to get back playing football and obviously build myself up in size and weight too.

"To be honest, I'm back now as strong core-wise and physically as I ever was.

"I suppose there were times when people were saying you mightn't actually ever get back to football, but I've always had that deep desire and motivation within myself.

"They didn't want to build my expectations up in case they would crash down, but I always knew there was that chance.



Despite all he endured, Andrew Kieran always managed to stay positive that he'd make a full recovery.



“To be honest, truly deep down I always knew that I was going to come back. There was never a time where I didn’t believe that I would play again and put on my club jersey.

“I never got too down about it all, because I knew I would have my day in the sunshine, I knew I would be back.”

That day in the sunshine came on Wednesday evening when he was selected at full-forward for Killanny even though he’d only returned to training two weeks previously.

It looked like he’d never been away as he won four frees and a 45 that led to scores and made a crucial contribution to his team’s badly needed first victory of the campaign after seven defeats in a row.

He’s played on bigger stages, but no game of football has ever meant as much to him.

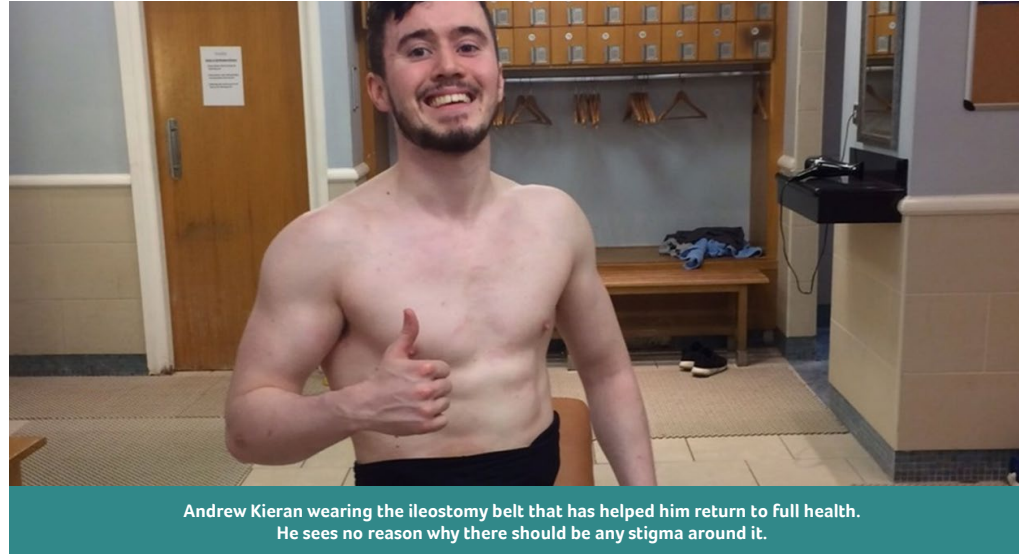
“Even though it was a club League game last night it just meant everything that we got our first win in that senior grade in about 30 years,” says Kieran.

“I was thinking to myself when I got home, that even after all those struggles, that moment was something else.

“I kept telling my brother how amazing it was and how much it was worth it to be back for that moment.

“Even in the dressing-room I was just very appreciate of the lads welcoming me back and giving me a little round of applause.

“Those kind of things made it all so worth it.”



Andrew Kieran wearing the ileostomy belt that has helped him return to full health. He sees no reason why there should be any stigma around it.

Andrew wants to tell his story in the hope that it can help others who are now enduring the same sort of test of mind and body that he went through.

His conviction is that there should be no stigma attached to having an ileostomy, nor should it be any barrier to living as full and rewarding a life as anyone else.

“I want to show those people who are going through those hard-times that they can still achieve anything they want,” says Kieran.

“What really struck me when I went to my first rehab session in DBSM was when one of the members told me a story about how a sports-mad nephew of theirs who was only 12 years of age had got very sick and was likely going to have to have a permanent ileostomy.

“That person was so delighted they could say to their nephew now that they know a guy who

plays sport to a decent level, who has a great outlook on life, who has recovered, and is going out and enjoying himself.

“Just to be able to show that young guy that your life isn’t over, there’s no stigma. There are people going through what you’ve gone through and they’re able to live a great life and do whatever they want.

“My message to others is that you’re no different to anybody else. You’re still a Ferrari, you just have a different part to your engine, you’re tuned a tiny bit differently. You can still perform up to that great level that you want.

“It would be great to show those people who are out there who maybe mightn’t be as confident that there is hope and there is life at the end of the tunnel.

“If I could give somebody who’s struggling just that little bit of encouragement, then it

would mean the world to be honest. Because you have to turn negatives and challenges into positives.

“Your mind is like a garden. You have positive and negative thoughts which are flowers and weeds, and every day you get to pick which of those you get to water.

“So 100 per cent of the time, water those positives and you should be in a good place by the end of the day.”

While Andrew was prevented from playing football by illness he filled the void by helping out with coaching his club’s minor team.

He was spotted on the side-line at a match by the Monaghan County Board’s Health and Wellbeing Officer, Cathal Hand, who reckoned his personality made him ideal candidate to become a tutor with the Dermot Earley Youth Leadership Initiative (DEYLI).

Fully supported by the family of the late great Dermot Earley Snr, DEYLI is designed to support the next generation of young GAA leaders in achieving their full potential and in doing so to make their mark in their clubs, their counties, and beyond.

It’s hard to imagine anyone better equipped than Andrew Kieran to inspire those who sign up.

“It’s about developing the person and helping those young people as best they can at a time which can be very traumatic and turbulent when you’re going through puberty,” he says.

“If we can help them develop as people on and off the field, then we’ll help create a much



Andrew Kieran pictured with his fellow Dermot Earley Youth Leadership Initiative tutors.

better generation.

“It doesn’t have to be for someone who’s the captain of the football team or anything like that. Leaders aren’t always the loud, dominant type in the dressing-room or in life.

“Leaders can sit back and make decisions while weighing up all of the options. There are so many leadership qualities that everybody has.

“So if we can open their eyes to all of these different qualities and skills and help develop them, then that’s the goal at the end of the day. Anyone can become a leader.”

As well as helping others to lead more rewarding lives, Andrew is determined to practice what he preaches himself in the weeks, months and years ahead.

Further down the line is the prospect of further surgery that would give him a functional bowel again, but before then he wants to simply enjoy his life in a way he couldn’t for three years.

“I’m going away inter-railing across Europe with my twin and friends in a couple of weeks,” he says with obvious relish.

“That’s something I wouldn’t have been fit to do while I was sick. We’re going for 16 days.

“Starting in Berlin, finishing in Croatia. It’s going to be an absolutely terrific time.

“There’s 11 of us lads going and we’re going to have great craic and really enjoy ourselves in a way I haven’t been able to for a while.

“I can just enjoy myself and not worry about anything else really, which is an absolutely great feeling.”

“I really appreciate everything a lot more now that I’ve gone through that sickness and gone through those dark days.

“Everything from a sunny day to a nice

comment or bit of kindness from somebody.

“You really do start to appreciate I suppose human qualities that maybe at my age you might have overlooked and things that maybe weren’t important may become more important to you now.”

Andrew Kieran went through a hellish journey for three years.

But maybe what he’s learned about life along the way has ultimately made it an empowering one.

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Go [here](#) for information on how to sign up for the Dermot Earley Youth Leadership Initiative.



Andrew Kieran made his return to action with his club Killanny in the Monaghan Senior Football League on Wednesday night and helped them to their first win after seven straight defeats.

## WIN A COACHING SESSION WITH A GAA LEGEND THANKS TO GRMA



**The prizes and offers attached to joining the GAA's new grma membership and rewards programme keep getting better and better. And now Clubs as well as individuals can reap the benefits via a coaching session with a GAA legend.**

The grma programme has just confirmed that Gaelic games icons DJ Carey and Peter Canavan have joined their ranks as coaching ambassadors and your Club now has the chance to win a coaching session with one of the biggest stars our Games have ever known.

Clubs who get 50 members to sign up to grma between now and 30th June 2017 will be entered into a draw to win a coaching session with GAA icons DJ Carey or Peter Canavan for club players and mentors.

Gowran genius DJ is a nine-time all-star and five-time All-Ireland senior hurling medal winner with Kilkenny in a glittering career that left him ranked as one of the greatest hurlers of all time. More recently he has won plaudits for his coaching work with IT Carlow and guided them to the 2017 Fitzgibbon Cup final.

Peter Canavan is the first Tyrone man ever to lift the Sam Maguire. The Errigal Ciarán hero was Tyrone captain in 2003 when they won their first ever All-Ireland senior football title. He was also an integral part of their 2005 success to crown a six-time GAA all-star career as one of the great Gaelic football forwards.

He has an extensive coaching CV at schools and club level, and was coach to the All-Ireland U21 winning Tyrone team of 2015, having also managed the Fermanagh senior footballers.

All clubs who get 50 members signed up between now and the end of June will be entered into the draw. Winners will be announced in July 2017. Get your fellow clubmates to register now and remember – GAA club members need their GAA membership number to register!

The grma programme takes its name from Go Raibh Maith Agat and is the new GAA Membership Card and rewards programme enabling GAA Members and supporters to avail of rewards and offers as a 'thank

you' or 'go raibh maith agat' for engaging in GAA activities and going to games.

GAA members who sign up to grma now can avail of exclusive offers such as 24% off Electricity with Bord Gáis Energy and eir Broadband bundles for new customers. Sign up now and see these and other rewards that members can redeem from points earned for going to games including merchandise and Croke Park tours tickets. To start benefiting, register now at <https://grma.gaa.ie/>



# PUT YOUR HEART INTO IT! IS YOUR CLUB READY TO ACT?

The following video shows the value of a defib as a life saving device at a club fixture in 2015.

## ACT to Ensure Heart Safety at your Club

**Accessible** – make sure that your defibrillator is stored in an area where ACCESS is not restricted, remember time is critical. Specialised units are available for outdoor storage.

**Charged** – Ensure that your defibrillator is fully CHARGED and that self-tests have passed by carrying out weekly inspections. Ensure that your battery and pads (pad-paks) have not reached their expiry date.

**Trained** – Ensure there are enough TRAINED rescuers to respond anytime the Clubhouse or pitches

are occupied. Certified training courses are available from

- the Irish Heart Foundation ([www.irishheart.ie](http://www.irishheart.ie))
- Pre-Hospital Emergency Care Council ([www.phecit.ie](http://www.phecit.ie))
- Heart Safety Solutions ([www.hearts.ie](http://www.hearts.ie))
- The Cormac Trust ([www.thecormactrust.com](http://www.thecormactrust.com)) (Ulster only)

Further information on the GAA Defibrillator Scheme, including the association's guidelines for clubs and the defib purchase and trade in scheme see:

<http://learning.gaa.ie/Defibrillator%20Scheme>



# GAA OVERSEAS SANCTIONS MANDATORY TRAVEL INSURANCE

All players that will be seeking an Official GAA Sanction from Central Council to play in North America (USGAA), New York or Canada for the summer are reminded that travel insurance must be arranged in Ireland before they commence their journeys. Players should note the following:

Like the vast majority of travel insurance policies, the option offered by the GAA can only be purchased by individuals before they leave Ireland. Important points for players to note include:

- The GAA is willing to accept alternative insurance if it is appropriate; however a Sanction will not be granted to any player that does not have a valid Travel Insurance policy in force for the duration of his trip.
- Players must ensure that their Travel Insurance policies extend to cover the playing of Gaelic football and/or hurling as part of a team including the playing of matches. This is not automatically covered under the majority of standard Travel Insurance policies unless agreed in advance with Insurers. Proof of this must be explicitly stated in the copy of the insurance policy provided.
- The cost of insurance will depend on the duration of a player's stay in a particular country.

- Players wishing to play in North America must purchase cover for a minimum of 90 days. It is the player's own responsibility to ensure they are covered for all dates of potential fixtures.
- Travel insurance is not a private health insurance. It only covers players if there is a sudden and unexpected accident or if a player becomes ill during his trip.
- Generally where doctors appointed by Insurers deem treatment in Ireland// Britain more appropriate, players will be repatriated home for treatment.
- Players playing overseas are not covered under the GAA Injury Benefit Fund.

The following are the steps which player's need to take to purchase the required insurance:

- Go to the following link - <http://www.chubbinsure.ie/travel/>
- Choose Backpacker cover for a minimum of 90 days. It is the player's own responsibility to ensure they are covered for all dates of potential fixtures. If you do not have cover for a fixture you will not be eligible to play or covered in the event of a sudden or unexpected accident.

- Please Note: ensure you select 'Worldwide Cover inc. US/Canada/ Caribbean'
- Members of Clubs in the 32 Counties of Ireland can purchase the insurance; please ignore the reference to the

Six Counties, which states 'excluding Northern Ireland'

- Choose the most accurate number of days that you will be staying in North America / New York / Canada

**CHUBB**

### Policy Schedule

Travel Insurance

Your Policy No: [REDACTED]

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**Period of insurance**

Cancellation cover begins: 20 March 2017      Holiday begins: 22 March 2017      Duration: up to 6 months  
Minimum of 3 months

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**Policyholder's details**

Who applied for this cover: [REDACTED]      Home address: [REDACTED]      Type of policy: Single trip

Who is covered: You      Area of travel: Worldwide incl. USA, Canada and Caribbean (exc. Cuba)  
Worldwide incl. USA is required

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**Person(s) insured**

Name: [REDACTED]      Gender: Male

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**Cover details**

Your policy cover: Travel Insurance for a Worldwide trip inc. USA, Canada and Caribbean (exc. Cuba).      Policy endorsement(s):

- Minimum for North America is 90 days
- Please read and accept the terms and conditions of the policy and apply for the cover
- Fill in all the required fields in order to obtain your documentation
- Once purchased, the confirmation letter should be submitted along with the Official Sanction Form to your County Secretary who will submit it to the relevant Department in Croke Park
- Once approved, all Sanctions will appear on the relevant lists on the Official GAA website

#### IMPORTANT NOTES

Only the 'Backpacker cover inc. US/Canada/Caribbean will suffice. A Sanction will not be granted if a player purchases 'Budget' cover Holders of the J1 Work and Travel Programme Visa who have purchased insurance from their travel agency may not be required to purchase GAA Travel Sanction cover. To verify that your cover is sufficient, please send a copy to [sinead.leavy@gaa.ie](mailto:sinead.leavy@gaa.ie)

If you have further queries on the insurance, please contact Chubb Insurance By phone:

(from 09:00 to 17.00 on weekdays) 1800 200 035 or if calling from outside Ireland 353 (0)1 440 1765

#### PLAYING IN NORTH AMERICA / AUSTRALASIA / CANADA / NEW YORK / EUROPE

Each year, approximately 3,000 players leave Ireland on a temporary basis and play Gaelic games whilst overseas. The rules pertaining to process for obtaining permission to play are listed below:

#### AUTHORISATIONS

A Weekend Authorisation is required by any player intending to assist a Club in a game under the jurisdiction of the New York Board or the European Board.

The Official Authorisation must be submitted by the relevant County Secretary to Croke Park on the Wednesday before the game.

An Authorisation is valid for one weekend only other than where there is a replay of the game for which the Authorisation was granted

A player intending to play on a longer term basis in the area governed by one of the

following Boards - the New York Board or the Canadian Board - must obtain an Official Sanction from Central Council.

A player intending to play on a longer term basis in the area governed by the USGAA board (formerly North American) must obtain an Official Sanction or an Official J1 Sanction from Central Council.

**Note** - A player who has been included on an Inter-County Senior Championship list submitted to the Referee, in accordance with Rules of Specification 2.5 (ii)(a) for a game in the current year's Championship shall not be eligible to be accepted for Registration as a member of any Club in the North American County Board Jurisdiction.

**Exception** - A player who has been included on an Inter-County Senior Championship list submitted to the Referee, in accordance with Rules of Specification 2.5 (ii)(a), for a game in the current year's Championship, who holds a valid current J1 Visa or meets the eligibility requirements to obtain a J1 Visa, and who obtains an Official J1 Sanction may be accepted for registration.

Such a player may only have his J1 Sanction approved once his team has been eliminated from the Senior Inter-County

Championship (including All-Ireland qualifier games).

The J1 Visa concerned with this Exception is the J1 Work and Travel Programme Visa only - i.e. the four month Visa for 3rd Level Students.

#### GENERAL RULES

- A Sanction entitles a player to play with a Club from March 1 until the end of October
- Sanctions to USGAA (North America), New York or Canada, will not be granted after July 1
- A player who has received a Sanction will not be able to play again with his Club in Ireland for 30 days after the date of approval of his Sanction in Croke Park
- Sanctions are only available to current members of Clubs in Ireland
- For more information, go to Rule 6.12 of the Official Guide.

#### APPLICATION FORMS

Application forms are available to download from the following link

<http://www.gaa.ie/the-gaa/rules-regulations/overseas-sanctions>



# NATIONAL HURLING DEVELOPMENT -PROVINCIAL COACHING WORKSHOPS-

**A** who's who of hurling expertise and knowledge has been assembled for an innovative series of coaching workshops taking place across the country in the coming weeks.

## VENUES & DATES:

- May 20th. Connacht Centre of Excellence, Ballyhaunis, Co. Mayo  
Registration: 10.00 a.m.  
Workshop: 10.30 – 01.45 p.m.  
Lunch 01.45 p.m.
- July 15th. Mallow GAA Centre, Co. Cork  
Registration: 10.00 a.m.  
Workshop: 10.30 – 01.45 p.m.  
Lunch 01.45 p.m.
- July 22nd. Tyrone Centre of Excellence, Garvaghey, Co. Tyrone  
Registration: 11.30 a.m.  
Workshop: 12.00 – 03.15 p.m.  
Lunch 03.15 p.m.
- July 29th. St. Kieran's College, Kilkenny  
Registration: 10.00 a.m.  
Workshop: 10.30 – 01.45 p.m.  
Lunch 01.45 p.m.

## FORMAT:

Practical and station based with participants rotating to each station, followed by Q & A session with the guest coaches.

## STATIONS:

- Goalkeeping and goalkeeping plays
- Fitness with the ball
- The Basics of Defending
- Attacking & Striking
- Questions & Answers

## COACHES:

Lead coach at each station will be one of our guest coaches from the list below, supported by a local Games Development Officer.

**Jamesie O'Connor** (Clare)  
**Ken McGrath** (Waterford)  
**Ollie Canning** (Galway)  
**Eamon O'Shea, Brendan Cummins** (Tipperary)  
**D.J. Carey, Tommy Walsh, Michael Rice,**  
**Jackie Tyrell, Brian Hogan, Eoin Larkin** (Kilkenny)

## BOOKINGS:

Log on to [learning.gaa.ie/hurlingworkshops](https://learning.gaa.ie/hurlingworkshops)  
Early booking advisable as places are limited

## ENQUIRIES:

All enquiries to Martin Fogarty.

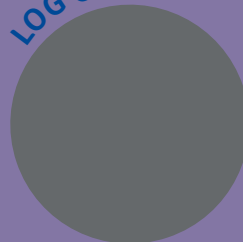
## EMAIL:

[martin.fogarty@gaa.ie](mailto:martin.fogarty@gaa.ie)

## REGISTRATION:

€20 (includes lunch)

LOG ON TO



note that booking early is advised due to limited number of places available

The Man with the Plan – Martin Fogarty, GAA National Hurling Development Manager

## WHAT WOULD YOUR CLUB DO WITH €20,000?



17 March 2017; Uachtarán Chumann Lúthchleas Gael Aogán Ó Fearghail presents Tervor Smyth, Bridget Smyth, Krissi Smyth, Lynette Smyth, Oisín Smyth and Cody Smyth from Whitehall Colmcille's, Dublin, who won an "All Ireland Football Final package 2017" during the presentation of prizes to the winners of the GAA National Club Draw at Croke Park in Dublin. Uachtarán Chumann Lúthchleas Gael Aogán Ó Fearghail Photo by Ray McManus/Sportsfile

**T**he printers and prizes for the 5th GAA National Club Draw are being prepared! Is your club prepared to receive €20,000?

Last year in the region of €1.5 million was raised through the draw with all funds retained by clubs who took part in the draw. Tickets for the 2018 Draw will be available in July giving your club 7 months to go all-out and raise €20,000.

For those who are new to the National Club Draw (NCD) here is some information on how it operates and how your club can raise €20,000 and possibly more!

- This is an opportunity for clubs to raise up to €20,000. Each club retains all the proceeds from the tickets sold by their club. All prizes are provided by Ard Chomhairle.
- All tickets, posters and prizes are provided by the Ard Chomhairle.
- Tickets are €10 each.
- Every club receives at least 100 tickets or more based on previous years NCD sales. More tickets can be requested and a maximum of 2,000 can be sold.
- Every county has a NCD County Liaison Officer(s) who co-ordinates the distribution of tickets in August and collection of tickets in February.

- The Draw will take place in the 8th March and prizes distributed to the lucky winners in Croke Park on St. Patrick's Day before the Club Finals.
- Clubs can qualify for the additional Club Specific Draw by:
  1. Selling a minimum of 200 tickets.
  2. Recording all sold tickets on the online ticket recording system.
  3. Accounting for all funds raised in the club accounts - i.e. the amount shown in club income should correspond with the total ticket sales amount.
  4. Adhering to all terms and conditions of the Draw.

NEW - There are more prizes than ever before and we look forward to announcing them in the summer.

NEW - Regional Champions have been assigned throughout the country who will be promoting the draw and available to answer questions.

To find out who is your NCD County Liaison Officer, or for any other queries don't hesitate to contact [sarah.holland@gaa.ie](mailto:sarah.holland@gaa.ie) or [nationalclubdraw@gaa.ie](mailto:nationalclubdraw@gaa.ie)

For greater insight click <http://www.gaa.ie/news/2017-national-club-draw-winners/>



## ONE CLUB GUIDELINES

**T**he GAA is pleased to announce the publication of new 'One Club' Guidelines aimed at streamlining the activities of the GAA, Ladies Gaelic Football Association and the Camogie Association and enhancing further co-operation.

The new guidelines which was endorsed by the GAA's Central Council on Saturday June 17 and by the LGFA and the Camogie Association.

The new guidelines suggest best practice under the following headings: Structure and Governance, Coaching and Games Development, Finance and Fundraising and Our Games Our Code.

GAA Director General Páraic Duffy said: "We are pleased to have worked with both of our sister organisations and agreeing on these guiding principles which we believe will be an aid to the many clubs that organise football for men and women, boys and girls, hurling and camogie.

"The GAA strives to be a family orientated organisation providing games for all and our efforts to deliver on this aspiration are enhanced when we work closer with both Ladies Gaelic Football and Camogie.

"I hope and believe this initiative will lead to further talks and closer bonds that will further enhance the work we already do together."

Joan O'Flynn, Director General of the Camogie Association added: "We receive ongoing interest and enquires from clubs who want to work with their ladies football and GAA counterparts to administer Gaelic games on a unitary or One Club basis.

"These guidelines offer practical advice and support on how to do this. This is an important initiative as an inclusive club both reflects and strengthens its family and community base. The guidelines will assist

volunteers to work together on areas such as fixtures, coaching and games development, children's welfare, fundraising and so on. This approach consolidates the connections across all Gaelic games' codes".

Helen O'Rourke, LGFA CEO, added: "We are pleased to have been involved in the process in recent months that has led to the publication of what are practical guidelines that will assist the different branches of the Gaelic games family in their ongoing

cooperation within a club setting.

"Many of our club units already work closely together for the betterment of all of our games and we look forward to the continuation of that collaboration in the months and years ahead."

The guidelines can be accessed by clicking [here](#).



Ballyboden St Endas ladies footballer Emily Flanagan, left, camogie player Rachel Ruddy and footballer Michael Darragh Macauley at the launch of the One Club Guidelines at Croke Park in Dublin.

## GAA ANNOUNCES LIST OF OFFICIAL CHARITIES

**T**he GAA has announced its list of official charities for the year ahead.

Five charities from around the country and representing a range of different causes were selected by the Association to be charity partners for this year.

The charities were unveiled at a special photo call at Croke Park earlier today. The charities are The Alzheimer Society of Ireland, The Asthma Society of Ireland, Breakthrough Cancer Research, Cystic Fibrosis Ireland and Make-A-Wish@ Ireland.

Each of the designated charities will receive a €20,000 donation from the GAA. This is part of an on-going GAA initiative stretching back to 2010 that has seen the GAA select a number of specific charitable organisations and foundations each year in a bid to assist them in raising awareness about their work and also champion them in their fund-raising efforts throughout the coming year.

Aogán Ó Fearghail, Uachtarán CLG, said: "We are delighted to announce the latest list of most worthy charities for our support and assistance in 2017.



In attendance at the launch of Make A Wish Ireland as one of the Official GAA Charities are, from left, Susan O Dwyer, Uachtarán Chumann Lúthchleas Aogán Ó Fearghail, Gareth Crowe and Niamh Ryan.



“The volunteer ethos, the spirit of community and the sense of giving are core values at the heart of what makes the GAA great, and is something we share with these charities.

“The Alzheimer Society of Ireland, Asthma Society of Ireland, Breakthrough Cancer Research, Cystic Fibrosis Ireland and Make A Wish Ireland are five diverse charities covering a range of conditions - but are united by the common goal of trying to change people’s lives for the better.

“I look forward to seeing these five charities benefit and prosper from their link with the GAA over the coming year, and we look forward to helping and supporting them in the extraordinary work that they do.”

**THE ALZHEIMER SOCIETY OF IRELAND**

The Alzheimer Society of Ireland works across the country in the heart of local communities providing dementia specific services and supports and advocating for the rights and needs of all people living with dementia and their carers.

Each year the organisation provides more than one million hours of community-based dementia-specific care throughout Ireland.

The ASI is person-centred, rights-based and grassroots led with the voice of the person with dementia and their carer at its core.

There are approximately 55,000 people living with dementia in Ireland and this number is expected to increase significantly in the coming years.

For more information, visit <http://www>.

[alzheimer.ie](http://alzheimer.ie) or national helpline: 1 800 341 341.

The Asthma Society of Ireland represents the 470,000 Irish people with asthma.

It helps save lives and improve the lives of people with asthma by providing asthmatics with the information and support they need to manage their condition better, educating parents, teachers, sports coaches and others about how to support people with asthma, providing training for healthcare professionals, lobbying the Government to improve services for people with asthma and supporting research into the causes and treatment of asthma.

The Society runs a free Asthma Advice-line service (1800 44 54 64). For more information, visit [www.asthma.ie](http://www.asthma.ie)

**BREAKTHROUGH CANCER RESEARCH**

Breakthrough Cancer Research is an Irish medical cancer research charity established to inspire and enable financial support for exceptional research into cancer in Ireland leading to more effective treatments for patients.

Our focus is on funding world-class research into poor prognosis cancers, which

are poorly served by current treatment options, facilitating collaboration between scientists and clinicians across Ireland and internationally and translating lab discoveries into new effective treatments for cancer patients now and into the future.

For more information, visit <https://www>.

[breakthroughcancerresearch.ie](http://breakthroughcancerresearch.ie)

**CYSTIC FIBROSIS IRELAND**

Cystic Fibrosis Ireland is the leading national organisation dedicated to improving the quality of life of people with cystic fibrosis and their families across Ireland. It does this through providing information, advice and advocacy to people and their families, offering grant assistance, undertaking research, funding state-of-the-art dedicated cystic fibrosis health facilities, and advancing the development of lung transplantation in Ireland.

Cystic Fibrosis—or CF—is Ireland’s most common life-threatening inherited disease. CF is a genetic disorder. It is not contagious, rather people are born with it. Approximately 1 in 19 people are carriers of the CF gene and when two carriers have a child there is a one in four chance of a child being born with it. CF affects the glands, damaging many organs including the lungs, pancreas, digestive tract and reproductive system, impacting breathing, digestion and reproduction. It causes thick sticky mucus to be produced, blocking the bronchial tubes and preventing the body’s natural enzymes from digesting food. Ireland has the highest prevalence and

the most severe types of cystic fibrosis in the world.

For more information, visit [www.cfireland.ie](http://www.cfireland.ie)

**MAKE-A-WISH® IRELAND**

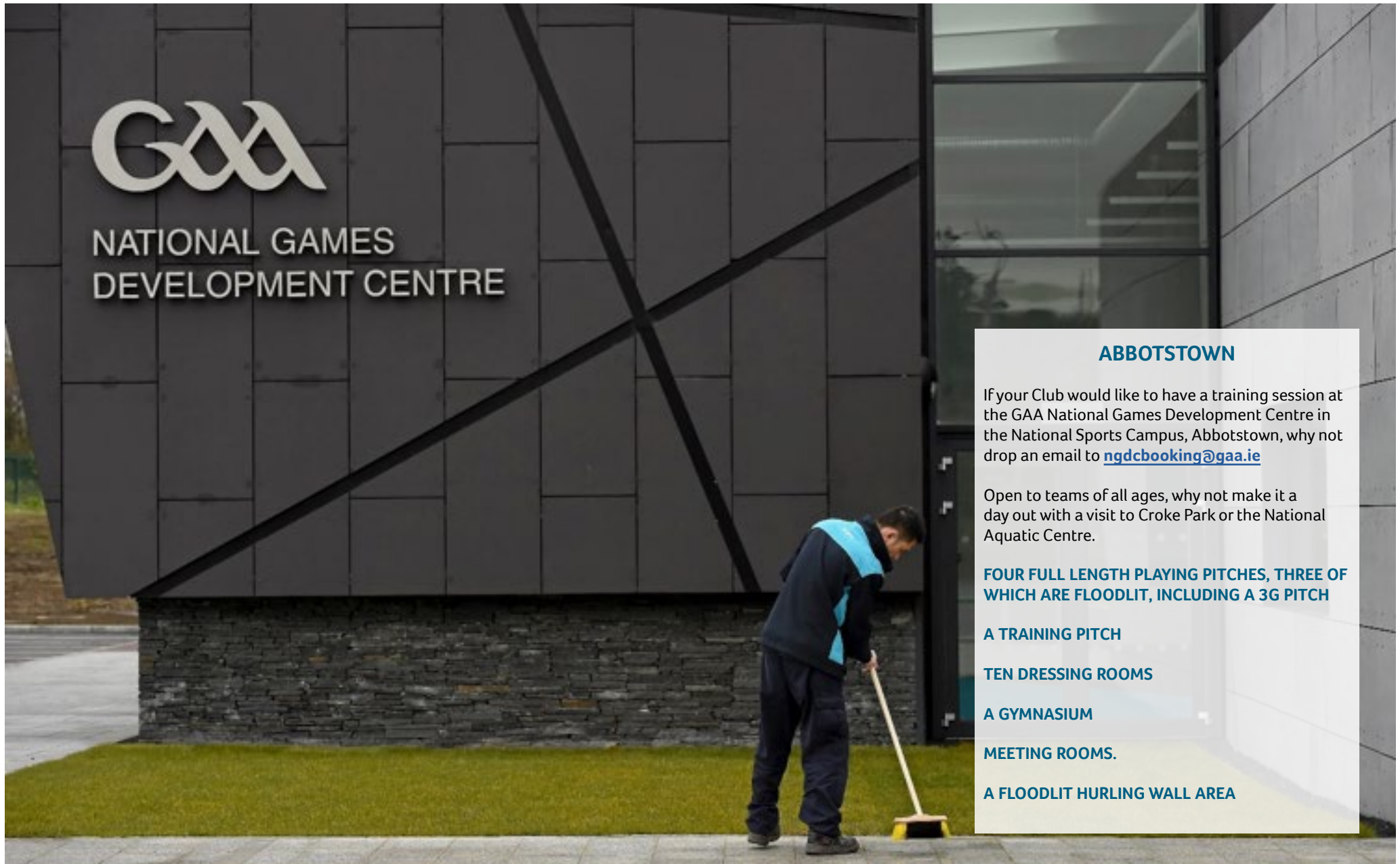
Make-A-Wish Ireland is an organisation with its roots in each community and every parish across Ireland. From cities to townlands in each county, you will meet families and hear stories about the incredible wishes that have been granted to some of Ireland’s bravest children.

Make-A-Wish Ireland grants the wishes of children aged between 3-17 years living with life-threatening illnesses. As with the sport and comradery of the GAA, our wishes bring hope, strength and joy to families and make memories that will last many lifetimes. Make-A-Wish Ireland receives no government funding, therefore partnership with a national organisation like the GAA is a vital source of support and awareness around Ireland for which we and our incredible wish children are so grateful.

For more information, visit [www.makeawish.ie](http://www.makeawish.ie)



Ireland



## ABBOTSTOWN

If your Club would like to have a training session at the GAA National Games Development Centre in the National Sports Campus, Abbotstown, why not drop an email to [ngdcbooking@gaa.ie](mailto:ngdcbooking@gaa.ie)

Open to teams of all ages, why not make it a day out with a visit to Croke Park or the National Aquatic Centre.

**FOUR FULL LENGTH PLAYING PITCHES, THREE OF WHICH ARE FLOODLIT, INCLUDING A 3G PITCH**

**A TRAINING PITCH**

**TEN DRESSING ROOMS**

**A GYMNASIUM**

**MEETING ROOMS.**

**A FLOODLIT HURLING WALL AREA**

# NO LARGE BAGS OR BACKPACKS ALLOWED IN CROKE PARK

**F**ollowing a review of safety procedures with the relevant statutory authorities, Croke Park can confirm that as of Sunday, 25 June 2017, patrons will not be permitted to take large bags and backpacks into the stadium for all match day and concert events.

Smaller bags (no bigger than A4 - 8.27in/21cm × 11.7/ 29.7cm) will be permitted but may be subject to searches and patrons are urged not to bring bags at all where possible.

Please allow plenty of time to get into the stadium, and for match entry procedures, ticket checks and searches, we would advise arriving at the stadium at least 1 hour before throw-in.

We would like to thank our patrons in advance for their cooperation with this matter as we look forward to a fantastic season of concerts and matches in Croke Park over the coming months.

For further information, please visit <https://crokepark.ie/match-day/faq>



Patrons are not permitted to take large bags and backpacks into Croke Park for all match day and concert events.

## 66 CLUBS TAKE PART IN THE 6TH ANNUAL CAMOGIE ASSOCIATION 'HURL SMART WEEK 2017'

**T**he Camogie Association announced their 6th annual 'Hurl Smart Week' in partnership with ChildFund and the Dream Bike Initiative.

Running from June 5th-11th, Hurl Smart Week aims to increase activity levels of all ages, male and female by providing a programme of events in local camogie clubs.

66 clubs nationwide signed up to take part in the week. Clubs ran a number of events with the aim of getting everyone active through Camogie/Hurling activities such as relay races, obstacle courses, wall ball challenges, mountain walks, parents poc fada, mindfulness sessions, nutritional talks etc.

All clubs were in a draw for an Inter County Player visit of which 10 were successful.

1. Monaleen, Limerick
2. Kildavin Clonegal, Carlow
3. Kiltale, Meath
4. Athenry, Galway
5. Granagh-Ballingarry, Limerick
6. St Enda's Derrymacash, Armagh
7. Buffers Alley, Wexford
8. Ballina, Tipperary
9. Murroe-Boher, Limerick
10. Killeavy, Armagh



Granagh-Ballingarry, Limerick



Butfers Alley, Wexford

# FUNDÚIREACHT SHEOSAIMH MHC DHONNCHA

**T**uilleann teanga na Gaeilge ómós agus gean mór ag gach leibhéal den Chumann Lúthchleas Gael, ach go minic ní bhíonn sé éasca a theacht ar bhealaí praiticiúla chun sin a léiriú, go háirithe acu siúd nach bhfuil chomh líofa sa teanga agus ba mhaith leo a bheith.

Is ar an údar sin a bunaíodh Fundúireacht Sheosaimh Mhic Dhonncha i mblíana chun cuidiú a thabhairt do gach cumann sa tír atá ag iarraidh an Ghaeilge a chur chun tosaigh i measc a gcuid baill féin. In ómós an Iar-Uachtaráin agus an Iar-Iománaí Joe McDonagh atá an scéim ainmnithe agus tá sé leagtha amach ar bhealach a dhéanann oibair na gclubanna i bhfad níos éasca agus iad i mbun na hoibre.

An chúis atá leis sin go bhfuil go leor tacaíochta le fáil ón eagraíocht Glór nan Gael.

Níl le déanamh ag an gclub ach táille €30 a íoc a chlúdaíonn iad ar feadh tréimhse 3 bliana agus a luaithe agus a bhíonn sin déanta beidh gach cúnaimh le fáil acu ó Ghlor na nGael agus Bonn Sheosaimh Mhic Dhonncha le fáil acu le crochadh ina gclub-theach, ach toradh sásúil a bheith ar a gcuid oibre.

Tá oibríthe ag Glór nan Gael i ngach ceantar den tír agus iadsan sásta a dhul isteach i gclubanna agus cabhair agus comhairle a thabhairt maidir le gníomhartha agus

imeachtaí a spreagfaidh úsáid agus foghlaim na Gaeilge i measc na mball.

Tá liosta gníomhaíochtaí ina bhfuil 70 rud nach bhfuil deacair a dhéanamh aonaithe mar bhunchloch – rudaí simplí praiticiúla. Ar chuid acu sin tá dhá-theangachas a bheith i réim ar fhógraíocht, suíomh idirlín an chlub, ranganna a chur ar fáil, páirt a ghlacadh i ‘Seachtain na Gaeilge’, seisiún traenála trí Ghaeilge nó ciorcail comhrá a eagrú agus a leithéid sin.

Is rudaí simplí iad ar fad nach bhfuil mórán deacracht lena n-eagrú ná le iad a chur chun cinn agus is iontach an deis í an Fhondúireacht do chlubanna a ndualgais agus a meas ar an teanga a chomhlíonadh agus a chur chun cinn.

Is fearr ná sin fós gur féidir le clubanna atá cláraithe deontas a lorg ó Fhondúireacht Sheosaimh Mhic Dhonncha chun cuidiú lena ngníomhaíochtaí ar son na teanga a chur i gcrích.

Cuirfidh an Fhondúireacht maoiniú meaitseála ón chiste ar fáil d’imeachtaí r bhonn €2 do gach €1 a chuireann an club féin ar fáil – uasmhéid €400.

Déan teagmháil le Glór na nGael ag [clg@glornangael.ie](mailto:clg@glornangael.ie) nó ag oifigí s’againn chun labhairt le ball foirne i do cheantar féin faoin chlárú leis an Fhondúireacht. Tá táille €30 chun clárú ar feadh tréimhse bliana féilire.



Laoch Uasal na nGael: SHEOSAIMH MHC DHONNCHA

Glór na nGael  
Ráth Cairn  
Baile Átha Buí  
Co. na Mí  
Fón: (028) 30262574

Glór na nGael,  
Gaeláras Mhic Ardghail,  
6b Sráid an tSéipéil Uachtarach,  
Lúr Cinn Trá,  
Co. An Dúin. BT34 2DS  
Fón: (028) 30262574

Gael go smior ab ea Seosamh Mac Donncha agus níl bealach is fearr ag clubanna Chumann Lúthchleas Gael lena n-omós a léiriú dósan agus don chultúr agus don teanga a raibh grá aige di, ná tacú leis an scéim seo.

Coiste Náisiúnta na Gaeilge, in conjunction with Glór na nGael, have devised a scheme

through which clubs in all counties can avail of professional support in their endeavours to promote an Ghaeilge. Fundúireacht Sheosaimh Mhic Dhonncha is a practical and simple way to honour one of our greatest Gaels, the late Joe McDonagh, and to ensure that one of the passions nearest to his heart lives on.

**Fundúireacht Sheosaimh Mhic Dhonncha** = The Joe McDonagh Foundation  
**Tuilleann** = earns  
**bealaí praiticiúla** = simple ways  
**tacaíocht** = support  
**dhá-theangachas** = bilingualism

## NA LAETHANTA SPEISIALTA

**T**á scéalta iontacha á phlé ar fud na tíre. Aiseirí Corcaigh. An dul chun cinn atá déanta ag Loch Garman.

Tús mí lúil agus an aer lan le misneach agus fuinneamh. Thug Kieran Kingston deis don ghlún óg i gCorcaigh tar éis dhá sár thaispeántais i ndiadh a chéile tá dóchas ar ais Cois Laoi.

Colm Spillane, Mark Coleman, Darragh Fitzgibbon, Luke Meade, agus Shane Kingston réidh agus ábalta deighleáil le brú na Craoibhe. Tá neart taithí acu freisin - Anthony Nash, Damien Cahalane, Seamus Harnedy, Conor Lehane, agus Patrick Horgan. Scil agus le na leaids óga acu tá cruth cumasach ar an bhfoireann.

Is féidir an rud céanna a rá faoi Chondae an Chlar. Ta a fhios ag Corcaigh go bhfuil Shane O'Donnell ina naoscaire ceart. Chruthaigh sé an méid sin san ath-imirt cinniúnach i 2013.

Bhí mí adh mór ar O'Donnell le gortaithe o shin ach bhí an fhianaise ann i gcoinne Luimneach go bhfuil sé ar ais ar a shean léim.

Rinne Gerry O'Connor agus Donal Moloney an jab le na foirne faoi aois agus de réir cosúlachta tá an Chlár ábalta arís. Beidh ról lárnach ag Podge Collins agus is deas an rud go bhfuil Conor McGrath aclaí. Scóráil McGrath 1-3, O'Donnell 2-2. Is cinnte go mbeidh an choimhlint idir Corcaigh agus an Chlar.



Tar éis an bua i gcoinne Cill Chainning tá Loch Garman réidh le haghaidh turas ar ais go dtí Ceann Aras. Níl Cluiche Ceannais sa Chuige imeartha acu o 2008 agus mar gheall ar sin beidh tinreamh mór i bPáirc an Chrócaigh. Rinne Loch Garman éacht sa tSraith Allianz, áit bainnte amach acu i Roinn 1A i 2018. Cé gur chaill Gaillimhe in aghaidh Loch Garman i Staid an Phiarsaigh sa chomórtas sin rinne fir Micheal Donoghue teacht aniar maith o shin.

Ta ocht gcluiche i ndiaidh a chéile buaite acu beidh an cath seo fíor shuimiúil.

Ta Conor Whelan in ard form – 0-12 aimsithe aige ón imirt i gcoinne Baile Atha Cliath agus Uibh Fhaili. Oibríonn Whelan go dian chun tosaigh agus tá sé cruinn. I lár na páirce beidh tionchar mór ag David Burke agus Johnny Coen.

Caithfear aitheantas a thabhairt do céard atá déanta i Loch Garman ag Davy. Shaun Murphy mar scuabadoir, Diarmuid O'Keeffe ar fheabhas sa líne leath chúl, Conor McDonald agus Jack Guiney an-mhaith ag fáil seilbhe istigh, agus Lee Chin cumasach cibe cén áit ata se ar an bPáirc. Tá an aistear iomána faoi lán seol. Níl le déanamh againn ach sult agus fíor shásamh a bhaint as.



## KC SPORTS – GAA BRAND MAKING THEIR MARK

**T**hey already have a reputation as champions of excellence among GAA clubs in the midlands – now KC Sports is looking to make their name across All-Ireland.

The Irish-owned company has been in existence since 1996 and employs 25 people at their base in Mullingar.

An officially licensed GAA kit supplier, they have a name for manufacture and supply of quality club wear for match days and training and leisure wear and it's no wonder given their strong links to the Association at grass roots level.

Eddie Casey is the MD at KC Sports and has played for Westmeath at all levels up to senior in both hurling and football.

He is also still involved through his work as manager of Mullingar Shamrocks senior football team in the Lake County, while also being involved with the juvenile hurlers of Oliver Plunketts.

This commitment to the Association gives them invaluable knowledge of what today's GAA players want and need from their sportswear and he says KC Sports are driven to meet those requirements.

Eddie says: "We are committed to being able to deliver on time – all the time. "Our quality and service is second to none and we believe our prices are also very competitive and compare very favourably to what else is available on the market.

"We've learnt from experience and we know what we can do.

"We are proud that we have built up a good reputation and this is evidenced in the amount of repeat business we get."

Well-known to GAA clubs throughout the midlands, KC Sports are looking to grow throughout the land.

Their KC Perform X fabric and cutting edge

designs are proving hugely popular as well as their stylish team leisure wear.

You can find out more about their products and services at: [www.kcsports.ie](http://www.kcsports.ie) or phone (044) 934 5556

**KCS**

**INOVA**  
**BESPOKE JERSEY**

- \*KCPERFORMXFABRIC
- \*CUTTINGEDGE DESIGN
- \*TECHNICAL PROFIT

**KCSports.IE**

T: 044 9345556



Football

Hurling

Club

General

## MÍLE BUÍOCHAS

Thank you to all of those who have contributed to this month's edition of the GAA Club Newsletter. Your feedback is welcome and any comments, suggestions or queries should be directed to [clubnewsletter@gaa.ie](mailto:clubnewsletter@gaa.ie).

Produced by the GAA Communications Department in Croke Park, Edited by Cian Ó Murchadha and designed by DBA Publications in Blackrock, Co Dublin.