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GAA MEMBERSHIP CARD AND REWARDS PROGRAMME LAUNCHED

The GAA has announced details of a new GAA Membership Card and rewards programme entitled grma or ‘go raibh maith agat’. This is a thank you to our Members for their involvement in GAA clubs, engagement in GAA activities and attendance at games.

Members are being asked to sign up online via gaa.ie/grma and will receive a new official GAA Membership Card personalised with their name, club and GAA Membership Number.

The grma rewards programme will also be available from January and will provide GAA Members with access to exclusive discounts, special offers and the opportunity to earn points for going to games. Points can be redeemed by individual members or pooled for redemption by GAA clubs.

Speaking at the launch at Croke Park, Uachtarán CLG Aogán Ó Fearghail said: “So much of what we do as an Association is made possible by the fact that we have such a loyal following of supporters all over Ireland.

“This new rewards programme will offer us the chance to extend a thank you to them in recognition of that support for the commitment they show be it at club level



Uachtarán Chumann Lúthchleas Gael Aogán Ó Fearghail, with Seán Cavanagh of Tír na Óg, Moy, left, and Cathal Barrett of Holycross Ballycahill at the GRMA Launch at Croke Park

in their community, or in supporting our Games.

“Being a GAA Club Member is for many of us a way of life. But I welcome the fact that this programme will also add extra value to that commitment. I’ve no doubt that people will also be interested in signing up

to receive a Membership Card.”

Membership Cards will only be distributed to members who have signed up to grma online. The programme is available to GAA Members who are over 18. Membership Cards are only issued to GAA Club Members who have renewed their subscriptions.

In the New Year, phase two of the programme will be launched. This will enable GAA supporters and match-goers to register and earn points through the grma programme. International GAA Clubs will also be catered for in the New Year.

For further details, visit gaa.ie/grma

PURCHASE POWER ~ THE NEXT PHASE ~ SUPPORTING THE CLUBS

The GAA's Purchase Power initiative is now available at Club level.

WHAT DOES THIS MEAN?

Achilles Supply-Line is the on-line tool behind Purchase Power, and is now available to support you at Club level giving you access over 5,000 already vetted suppliers, with more to come as and when usage expands within the Clubs. If Clubs are looking for suppliers of specific supplies, works or services then contact gaa@achilles.com and we can help source local relevant suppliers to ensure you get good quality and value for your Club.

WHY USE PURCHASE POWER?

- Ensure you get real value for money on everything from energy to specialist equipment
- Show your purchasing processes are transparent, validated and compliant
- Demonstrate integrity and sustainability in your organisation's financial governance
- Actively manage risks (including physical and reputational risks) associated with spending association funds
- Reduce staff/volunteer time and effort spent on the tendering/purchasing process, allowing you to direct these resources towards your organisation's core activities and values.

If you want to talk to us call Alan or Laura on 01-4020117 or email us on gaa@achilles.com. Don't hesitate to join the movement to Save Money and improve Quality



BIGGER AND BETTER – THE GAA GAMES DEVELOPMENT CONFERENCE 2017

The 2017 GAA Games Development Conference will take place in Croke Park on Friday, January 6th and Saturday, January 7th 2017. The 2017 Conference will focus on issues related to players across the playing pathway (Child, Youth and Adult players).

On Friday, January 6th we will have a special Games Based forum, including presentations by expert Hurling and Gaelic football coaches such as Paul Kinnerk (Limerick Senior Hurling Coach), Mick Bohane (Former Dublin and Clare Senior Football coach) and Former Cavan footballer, and current coach to Greater Western Sydney AFL Club Nicholas Walsh.

Saturday, January 7th will see a spectacular range of speakers presenting both key note and parallel workshops. The full list of speakers is currently being finalised, however confirmed speakers include:

- **Martin Fogarty, National Hurling Development Manger**
- **Jamie Wall, Coach, Mary Immaculate College of Education**
- **Prof Chris Cushion, Loughborough University**
- **Dr Wade Gilbert, California State University**
- **Paudie Butler, GAA Coach and Coach Educator**
- **Dr Colm O'Connor, Clinical Psychologist**
- **David Herity, former Kilkenny Senior**

Hurler and Coach Dublin Senior Camogie Team 2017

- **Briege Corkery, Cork Ladies Gaelic Footballer and Camogie Player**
- **Ryan McMenamin, former Tyrone Senior Footballer**

In addition, we will have a specially constructed Researchers Exhibition, where a range of researchers from 3rd Level Institutions throughout Ireland will present on their ongoing work, and how it can influence the work of GAA coaches.

Ticket cost €60 and are available from the Conference booking site [here](#)

Please note that tickets are sold on a first come, first served basis and it is expected that tickets will sell out in advance.

For more information on the Games Development Conference, visit the [Conference Webpage](#) or email: gamesdevelopment@gaa.ie



Former Tipperary manager Eamonn O'Shea speaking at the 2016 Games Development Conference

 A large promotional banner for the GAA Games Development Conference 2017. The banner features a collage of images showing GAA players in action on a field. The text on the banner includes:

- GAA Games Development Conference**
- It's all in the GAME**
- In conjunction with Camogie, Handball, Ladies Gaelic Football and Rounders
- Fri 6th January & Sat 7th January 2016**
- Croke Park**
- GAA** logo

GAA SEASON TICKET

Renew or purchase your GAA Season Ticket before December 4th to be in with a chance to win a GAA Hamper containing:

- **Tickets for the Etihad Skyline Tour at Croke Park**
- **Two Premium Level tickets for the AIB GAA Club Finals on St Patrick's Day**
- **A GAAGO Season Pass worth €140**
- **Plus more GAA Merchandise**

The renewals to date are higher than last year so book early to avoid disappointment and ensure pre-christmas delivery!



SLAUGHTNEIL'S ADVENTURE CONTINUES

By Cian O'Connell

How Slaughtneil have developed into prolific Gaelic Football, Camogie and Hurling winners is a most remarkable tale, but Thomas Cassidy's influence won't ever be forgotten.

An exciting and emotional Slaughtneil adventure will continue into 2017, but everything has been put in perspective in recent weeks.

Prior to Slaughtneil becoming the first Derry team to claim Ulster Club hurling glory, Cassidy, who had been laid to rest on the Friday beforehand, dominated Slaughtneil thoughts.

Chairman Sean McGuigan highlighted the rich contribution Cassidy made to Slaughtneil. "A lot of the time before we were successful in hurling he did things on his own, it was very emotional, nothing was ever a bother to him," McGuigan told GAA. ie.

"We will not replace him, we don't know what we will do, I don't think we will ever really know what he did for the club."

Two of Cassidy's sons were in the panel for the Ulster SHC Final win over Loughgiel Shamrocks. "He had two lads involved with the senior hurling team so it was very emotional and tough. He has three

daughters on the Camogie team."

Success has led to a huge amount of games being played and some players being asked to play in both codes regularly, however McGuigan would have it no other way.

"That is the way it has been really for the last two or three years," McGuigan explains. "We have just been fortunate that people like the late Thomas Cassidy worked so hard for the good of the club.

"This club of ours is a great working club. It is very tight-knit, very rural. We are in the middle of two parishes, Swatragh and Glen are our two neighbours.

"The late Thomas Cassidy went out on a limb to help people, he took teams all over Ireland in a minibus, nothing was ever too much trouble."

Cassidy surely looked down with pride at how events unfolded at the Athletic Grounds when Slaughtneil delivered an Ulster title.

"Sometimes hurling takes a back seat to the big ball, maybe in Kilkenny it is the other way around, but people in the club tried their best to keep it going," McGuigan reflects.

"We've a good group of players at the



minute and a lot of them are dual players, but as a club we try our best to keep everything going."

With the club excelling on three different fronts, how can Slaughtneil maintain such a high success rate?

"The committee meet regularly with the management of the two teams. That helps keep everything running smoothly.

"You have to have that to make sure everything is always kept right, to ensure it doesn't get out of hand, really it is the only way you can do it."

Mickey Moran, a distinguished figure on the Derry football circuit, with extensive coaching experience at every level of the game has fitted in brilliantly with Slaughtneil, who were beaten in the 2015 All Ireland Club Final.

"When he took the team he said he would win a Championship within three years," McGuigan states. "He got to an All-Ireland Final straightaway, he has been around different clubs and county set-ups. He is a

real players' man, they all respond to him.

"It maybe was good timing for us to get Mickey when we did, but other big names had been here before. Mickey is a different man to others, though, because he sees things others don't see and he has been crucial for us."

McGuigan continues to serve the GAA in a variety of roles including as a referee. "It is something I've done for many years, I like it and in a way it helps to run everything in the club," McGuigan says.

"A number of years ago I refereed an All-Ireland Junior Camogie Final and I still referee Hurling and Gaelic Football matches too."

Slaughtneil remain on course for a historic AIB All-Ireland Club Championship treble in Hurling, Football and Camogie, but regardless of results, their purpose and passion is a lesson to all about the value of a united community.

O'DONOVAN ROSSA CENTENARY CELEBRATIONS



O'Donovan Rossa GAC'S Centenary year celebrations culminate with their Gala Dinner in the Europa Hotel on Friday 25 November, with over 500 members and friends attending. It also marks the launch of their 160 page Centenary Book, charting the formation of the club on the Falls Road in 1916 through to the present day.

Club Chairman, Donal McKinney, in his centenary book introduction epitomised all that is good about not just Rossa, but all GAA clubs throughout Ireland. It demonstrates the courageous resilience of a grassroots GAA club.

“O'Donovan Rossa is much more than a sports club. It is a beating heart that promotes friendships among the most diverse and eclectic mix of people who cherish and value our Gaelic games”

O'Donovan Rossa GAC is, by any standards, a remarkable club. A voluntary sports' club does not exist for 100 years if it were not! Our Centenary Book captures a flavour of all that has gone before us and helps to give testimony as to why we are a great club. We are a club that our members, Antrim Gaels and the wider GAA family can be proud of. Over 100 years the Rossa family have carried the mantle given to us by Cusack, Kelvey, Fox and others: we have

excelled in the promotion of our Gaelic games and culture.

This year is of course special to our nation – we have done much to remember and celebrate the contributions of those who fought and died 100 years ago so that future generations might live as citizens of a free and independent State.

The decades from which the rebellion of 1916 sprung were ones of vision, energy, and imagination. It was a time of cultural renewal in Ireland. It is all too easy 100 years later to forget what people gave up for our independence and our rich Rossa GAA heritage.

This book celebrates not only that heritage, but also the many innovative ways in which we will ensure the future Rossa generations' needs are met.

The Rossa is an embodiment of many things: passion, pride, fidelity, companionship, joy and heartbreak in equal measure, teamwork, fun and great memories but it also means education, leadership, respect, self-discipline, volunteerism and fundraising, generosity of spirit, goodwill, commitment, ambition, and vision.

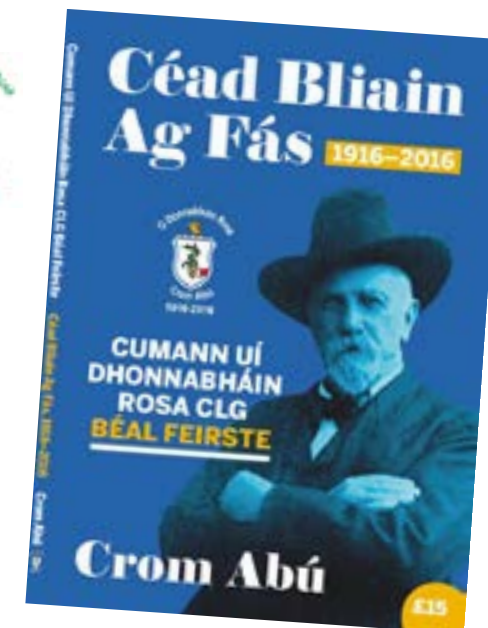
This publication with its fine words and pictures helps to bring to life the people

who gave up so much for successive generations. The stories and pictures recall the great people who we are privileged to know as our, family, friends, and mentors.

They taught us the games' rudiments; willed us on to higher and greater excellence; taught us about endurance; cleaned our training rooms; lined and cut our pitches; they stood on wet sodden winter days willing us on; they encouraged us to do things better the next time; they washed dirty kits week in week out, brought us to matches, fed and watered us, organised training and travelled the length and breadth of Antrim to see us play and of course they shared our grief but also laughed with us in the many good times. These people were our flesh and blood and their souls lives through each and every one of us.

Therefore, the great O'Donovan Rossa GAC is much more than a just a sport club. It is a beating heart that promotes friendships among the most diverse and eclectic mix of people who cherish and value our Gaelic games.

So as this book casts a glance to the past it has one eye to a continual bright future. The book goes back 100 years, to another era, and in much less fortunate times, when a couple of young men up on Bunker's Hill thought it would be a good idea to establish



a new GAA club. A century later the founding fathers of that fledging club can rest knowing their efforts have surely been vindicated many times over by the people who came after them and who took on the stewardship of this great club – O'Donovan Rossa, Belfast!

Nobody has captured the joys and complexities of GAA more brilliantly than Seamus Heaney. In 'Markings', Heaney writes of four jackets laid on bumpy ground for goalposts, teams picked and, then, a game underway:

*Youngsters shouting their heads off in a field
As the light died and they kept on playing
Because by then they were playing in their heads
He concluded:
It was quick and constant, a game that never
need
Be played out. Some limit had been passed,
There was fleetness, furtherance, untiredness
In time that was extra, unforeseen, and free.*

HOW THE DERMOT EARLEY YOUTH LEADERSHIP PROGRAMME SHAPED MY TRANSITION YEAR

By Cormac Spain (Cuala GAA Club)

A few weeks' ago I headed into 5th year in Clonkeen College in Dublin. Something I was not exactly looking forward to considering how exciting and eventful this past year has been for me. After hearing countless people giving out about the boredom of what a typical transition year can behold I decided I was going into my school Transition Year (TY) with an open mind. Throughout the following 12 months there were many opportunities thrown my way. A lot of these opportunities were thanks to the GAA and in particular the Dermot Earley Youth Leadership Initiative.

I'VE COME A LONG WAY

In September 2015 I was given the opportunity by my club Cuala to take part in the Dermot Earley Youth Leadership Initiative. This project brought together by NUIG and Foróige is aimed at GAA members aged 15-18 years to make them better leaders within themselves, their clubs and communities. The course consisted of 3 modules involving individual and team building projects while also meeting up once a week in a "class environment". However the course is nothing like school. It is a very enjoyable and had a relaxed atmosphere. Within the course we developed our public speaking, learned about goal-setting, resilience and the characteristics of a good leader, to name just a few things.



As a group, we did public speaking in Cathal Brugha army barracks, spent a night sleeping rough, worked in Food Kitchens for the homeless, ran a 'Darkness into Light' event and worked with 'Meals on Wheels'. We also contributed to the development of great video which destigmatised mental health issues which went viral this year. Along our journey it was fantastic to see the Earley family support us each step of the way.

COMMUNITY BASED PROJECT - ZAMBIA

In June I travelled to Zambia with 14 local teenagers including 8 Cuala players from the Dermot Earley Youth Leadership Initiative. Coincidentally we were on the same flight as Dubs star Jack Mc Caffery as he was also heading to Zambia as a volunteer. Our group spent two weeks building houses in a village with Habitat for Humanity Ireland. Within the two weeks we built 2 houses, met some amazing people, we taught Zambian children hurling and learned about

Zambian culture, to name just a few things. The trip was an unforgettable experience and would not have happened if it wasn't for my GAA club. We discovered that we are very capable as individuals to take charge of projects and be confident leaders in doing so. The course taught me a lot of new skills and very much helped me in terms of my own personal development.

On the 15th of October I graduated (cap and gown!) from NUI Galway along with 80 other 'Dermot Earley' participants out of 130 representing 68 other GAA clubs country wide with a Foundation Certificate in Youth Leadership and Community Action. The future is bright thanks to my GAA family.

For more information on the Dermot Earley Youth Leadership Initiative please contact Stacey Cannon National Health & Wellbeing Coordinator at stacey.cannon@gaa.ie



SANTA EXPERIENCE AT CROKE PARK

Santa guides his sleigh back to Croke Park this winter and tickets are now on sale for this unique family event at GAA Headquarters.

The Santa Experience begins on Saturday November 26th and advance booking is required to avoid disappointment. A visit to Santa at Croke Park promises to be a memorable one and children will see the team dressing rooms transformed into the elves' living quarters!

There's also a chance to peek inside the toy workshop and see the famous pitch. All children who visit Santa receive a present and access to the GAA Museum and interactive games zone is included in the ticket price.

See more [here](#).



Whistle4Féile Programme

Become a Camogie referee for Féile 2017!

No experience required.

You must be 18 years of age or older and a member of your club for inclusion in Whistle4Féile Programme. Programme open to male and females.

As part of the programme, the Camogie Association will provide:

- Training courses free of charge
- Practical refereeing experience pre-Féile
- Access to a Referee Mentor
- Camogie Referee Certificate
- National Reference for Curriculum Vitae
- Whistle and Gear
- Referees to be added to their county referee database for further games (if referee wishes)

Féile na nGael is a National Under 14 Competition that will take place in Carlow, Kilkenny and Wexford from Friday June 16th until Sunday June 18th 2017.

Please contact caroline.murray@camogie.ie (087 1291269) for registration forms for the Whistle4Féile programme. Closing date: Friday December 2nd at 5pm.



THE CAMOGIE ASSOCIATION
All Counties, Camogieclubs.ie

CLUB LEADERSHIP DEVELOPMENT PROGRAMME

Hours spent on the training field and in the gym; watching what we eat; analysing past performances or our opponents; packing the gear bag in a certain way.

Everything we do to prepare in order to perform as best we can when match day arrives – rarely is it given a second thought. What about the team off the field? The team behind the Club working to make sure the club is performing at its best? What can that team do to prepare? The answer to those questions comes in the form of the GAA Club Leadership Development Programme.

For any Club Officer, new or old, the Club Leadership Development Programme (CLDP) offers you the perfect opportunity to learn more about what your role involves and prepare for the year ahead! The CLDP aims to provide the principal officers in each Club – namely the Chairperson, Secretary, Treasurer and PRO – with an opportunity to gain the key knowledge and skills to carry out their roles effectively. It consists of two mandatory modules for each participating officer and then a number of optional ones. All modules are workshop-based so there will be lots of group discussions, fun activities and practical case studies. They are delivered in local venues by Leadership Associates who have a wealth of experience in matters relating to Administration of a GAA Club stemming from Club Caretaker through to Uachtarán CLG. See opposite for a full list of CLDP Leadership Associates.

Coupled with this experience, these Leadership Associates have completed extensive training in preparation for the role equipping with them with all they need to deliver highly effective Training Workshops.

Officers who complete the programme will:

- **Gain a better understanding of what their role involves**
- **Develop basic leadership, management and communication skills**
- **Experience increased role satisfaction**
- **Have an awareness of where to access resources and supports**
- **Be able to share ideas and solve problems with fellow officers**
- **Be better prepared for future roles in the Association**
- **Receive a Certificate of Achievement**

Over 1,000 Club Officers have already benefited from the programme in 2016. Here is what a few participants have said: “It was great to gain knowledge on my role and learn from officers with greater experience.”

“I enjoyed learning about the available resources and the huge amount of information that is available when you know where to go.”

“Our tutor engaged everyone very well in a relaxed manner while delivering key information clearly. It was very helpful to hear from an experienced officer who was able to back up points with personal stories.”



Members of the GAA Club Leadership Development Programme, pictured in the NGDC, Abbottstown

“The programme opened my mind to other people’s views and ways of dealing with problems.”

The programme is available in all 32 counties, with a number of counties having already delivered training in the last 12 months. Coming up in the new year training will be delivered in the counties listed below, with many more dates still to be confirmed in remaining counties.

List of Counties with CLDP Scheduled-

- Armagh
- Cork
- Derry
- Donegal
- Down
- Dublin
- Kildare
- Leitrim
- Limerick
- Meath
- Wicklow

To get involved, each Club Secretary is asked to complete the Expression of Interest form – available on learning.gaa.ie/clubleadership – and send it to his/her County Development Officer. He/she will then organise the programme and notify you of the dates, times and venues.

For more information on what the programme involves, visit learning.gaa.ie/clubleadership

LIST OF LEADERSHIP ASSOCIATES

- Jimmy McGeough – Monaghan
- Anthony Doogan – Donegal
- Maureen O’Higgins – Down
- Aodh Máirtín Ó Fearraigh – Donegal
- Raymond McHugh – Monaghan
- Pat Hanrahan – Clare
- Jody O’Connor – Clare
- Michael Browne – Clare
- Seán Nugent – Tipperary
- Shay Bannon – Tipperary
- Tony O’Keeffe – Kerry
- Kieran Leddy – Munster GAA
- Jim Hanley – Cork
- John Quirke – Cork
- Donal Fitzgibbon – Limerick
- Micheál Martin – Wexford
- Liam O’Neill – Laois
- Padraic Ashe – Kildare
- Miriam O’Callaghan – Offaly
- Johnny McMahon – Kildare
- Jimmy O’Dwyer – Dublin
- Maire Ní Cheallaigh – Dublin
- Catherine Daly – Westmeath
- Peter Nolan – Meath
- Gerry Grehan – Wicklow
- Frances Stephenson – Wicklow
- Bridget Kenny – Wicklow
- Brian Stenson – Roscommon
- Declan Bohan – Leitrim
- Luke Fitzmaurice – Mayo
- PJ Meehan – Leitrim
- Máirín Nic an Iomaire – Galway
- Thomas Murray – Roscommon
- Cian O’Doherty – Galway
- Hugh Lynn – Roscommon
- Kathy Slattery – Croke Park
- Tom Ryan – Croke Park
- Marion Donnelly – Monaghan
- John Joe O’Carroll – Kerry
- Michael Holland – Roscommon
- Lauri Quinn – Sligo
- Alan Milton – Croke Park
- Declan Woods – Cavan
- Diarmuid Cahill – Down
- Tracey Kennedy – Cork
- Ed Donnelly – Tipperary
- Cian Murphy – Croke Park
- Brendan Minnock – Offaly
- Gerard Bradley – Tyrone
- John Browne – Carlow
- Diarmuid Gowen – Cork
- Ruairi Harvey – Croke Park
- Emmet Haughian – Croke Park

WHEN IS YOUR CLUB AGM?

Did you know that your club AGM should take place on a date before the end of November each year?

This requirement stems from Rule 8.3 of the Club Constitution (See Appendix 5 of the 2106 Official Guide) and is aimed at ensuring the Club AGM takes place before County Convention. As it is the most important meeting of the year for a Club, every effort should be made to ensure that it is organised in accordance with the rules as laid out in the Club constitution. The purpose of the AGM is to:

- Review the work of the previous year.
- Review Financial statements and auditor's reports.
- Elect officers and executive committee members.
- Get members views on Club and Association policy.
- Consider Club policy and revise or endorse.
- Make submissions through motions to the County Committee on the framing of policy and dealing with the rules of the Association.

There are three phases to holding a Club AGM:

Setting the date

This is the responsibility of the Executive Committee however it should take place

before the end of November each year i.e. before the County Convention (Rule 8.3 of the Club Constitution).

Notice of AGM to Members

Rules 8.5 to 8.5.3 of the Club constitution govern the calling on the AGM and detail how members are notified. It is important that all Full Members of the Club are notified in writing of the AGM and are forwarded all relevant documentation.

The AGM Agenda

The business of the Club AGM and the Agenda is set out in rule 8.4 of the Club constitution, outlined as follows:

- Adoption of Standing Orders.
- Minutes of previous Annual General Meeting.
- Consideration of the Annual Report submitted by the Secretary.
- Consideration of the Financial Statements including the Report of the Accountant(s) or Auditor(s).
- The Chairperson's Address.
- Election of Officers and Members of the Executive Committee.
- Notices of Motion.
- Other Business.

More guidance around running the Club AGM can be found within the GAA Club Manual. To access it, visit - www.learning.gaa.ie/clubmanagement



STAY SAFE WHEN YOU PLAY OUR GAMES

SAFETY EQUIPMENT - HURLING HELMETS

The GAA would like to remind all players at all levels in all Hurling Games and Hurling Practice Sessions it is mandatory for, and the responsibility of, each individual player to wear a helmet with a facial guard that meets the standards set out in IS:335 or other replacement standard as determined by the National Safety Authority of Ireland (NSAI).

All players are advised that in the event of a head injury occurring, if the helmet being worn does not meet the standard or is modified or altered from the original manufactured state, they are not covered under the terms of the GAA Player Injury Fund.

MOUTHGUARDS FOR GAELIC FOOTBALL

Mouthguards are mandatory for players in all age grades, in all Gaelic football practice sessions and games. This rule has been mandatory for players in grades up to Minor since 2013 and applies to all age grades since January 1st 2014.

For further information see:

www.gaa.ie/medical-and-player-welfare/protective-equipment



CONCUSSION

WHAT IS CONCUSSION?

Concussion is a brain injury and can be caused by a direct or indirect hit to the player's head or body. Concussion typically results in an immediate onset of short lived signs and symptoms. However in some cases, the signs and symptoms of concussion may evolve over a number of minutes or hours.

Concussion diagnosis is a clinical judgement by a suitably qualified medical professional.

GAA CONCUSSION GUIDELINES

The GAA Concussion Guidelines are based on international best practice and are approved and regularly reviewed by the GAA's Medical, Scientific and Welfare Committee. The guidelines are based on the following key principles:

- * **Concussion is a brain injury that needs to be taken seriously to protect the long term welfare of all players.**
- * **Any player suspected of having sustained a concussion, should be removed immediately from the field and should not return to play on the same day.**
- * **Where a Team Doctor is present, he should advise the person in charge of the team (i.e. Team Manager) in this regard and the player must not be allowed to continue his participation in the game.**
- * **Concussion is an evolving injury. It is important to monitor the player after the injury for progressive deterioration.**

- * **Concussion diagnosis is a clinical judgement – Use of the SCAT 3 (Sport Concussion Assessment Tool 3RD Edition) can aid the doctor in his /her diagnosis.**
- * **Players suspected of having a concussion, should have adequate rest of at least 24 hours and then should follow a gradual return to play (GRTP) protocol.**
- * **Players up to the age of 18 should have a two week rest period and then should follow a GRTP protocol**
- * **Players should receive medical clearance (by a doctor) before returning to play.**

The guidelines have received widespread acknowledgement and praise for their emphasis on the principle "if in doubt, sit them out".

GAA CONCUSSION RESOURCES

A Concussion education poster will be distributed to all clubs via County Boards during February 2016 and is also available to download from: www.learning.gaa.ie/Concussion

All clubs are requested to display this poster prominently in their clubhouse or dressing rooms.

Further resources including the full guidelines, the GAA's E-Learning Course and advice sheets for Players, Coaches, Parents and Referees are available on www.learning.gaa.ie/Concussion



YOUTH FORUM

The #GAAyouth Forum took place on Saturday 29th October in Croke Park. 200 young players (aged 12 - 21 years old) from 29 Counties were present on the day.

As part of the Forum young players received an opportunity to participate in a range of activities including:

Exhibition Zone: Interactive demos about everything from preparing healthy lunches to hurling care and repair!

Respect & Sportsmanship: David Gough (Senior Inter-County Referee) did an interactive session about the importance of respectful communication both on and off the pitch. Delegates got an opportunity to see a game through the eyes of a Referee with the help of recorded video clips between Referees and Players!

GETTING THE BALANCE RIGHT: Alan O'Mara (Founder of RealTalks) and Rory O'Connor (Rory's Stories) teamed up to deliver a highly engaging and entertaining workshop about the challenges facing young players as they try to juggle study, sport and multiple team managers! Some great tips and advice were delivered by the experts.

FREE-TAKING MASTER CLASS: A real highlight of the day was the free-taking

master class which took place on the pitch. Damian Lawlor acted as MC as he interviewed Cora Staunton, Diarmuid Murtagh, Kate Kelly and Conor Cooney about their free-taking techniques. The Inter-County players also chatted about their experiences and gave an insight into the worst and best frees of their playing careers.

UNDERSTANDING ADDICTION: Justin Campbell (Addiction Counsellor and former Galway hurler) joined forces with Oisín McConville (Addiction Counsellor and All-Ireland Club and Inter-County winner) to help the young players to understand the signs, symptoms and impact of addiction with a particular focus on Gambling.

INJURY PREVENTION & RECOVERY: Julie Davis (Chartered Physiotherapist and High Performance Manager with Armagh GAA) led a practical session showcasing exercises to help injury prevention and recovery in the Hogan Dressing Rooms.

Q&A: At the end of the day all of the speakers gathered to answer the young players' questions on a number of topics. Players left the Forum having learned invaluable tips and tools that will help them to develop as a player and as a person.

The Youth Committee is now looking for 4 attendees at the Forum to become Youth



Reps for 2017. The role of the Youth Reps is to act and speak on behalf of young players in the Association. In this role they are expected to meet around 6 times annually. Their responsibilities include delivering a report on the #GAAyouth Forum at GAA Congress, setting the agenda for the annual #GAAyouth Forum in 2017 and selecting two projects to work on throughout the year.

How to Apply to become a GAA Youth Rep

If you are 16 to 21 years old and want to become a GAA Youth Rep please prepare and submit a short 3 minute presentation or video explaining:

a) what the GAA means to you;

b) why you should be chosen to represent the delegates of the 2016 #GAAyouth Forum.

Please email your submission along with details of your name, age, club and county to Caoimhe by Friday 18th November [caoimhe.nineill@gaa.ie]

IF YOUR CLUB WOULD LIKE FURTHER INFORMATION ON ORGANISING YOUTH ENGAGEMENT ACTIVITIES AT CLUB LEVEL PLEASE CONTACT CAOIMHE - caoimhe.nineill@gaa.ie (01 865 8622)

IT'S ABOUT THE #LITTLETHINGS IN LIFE...

Sunday, 28 August 2016 will be remembered by many for the GAA Football All-Ireland Championship Semi-Final between Dublin and Kerry which took place in front of a sell-out crowd in Croke Park. However football wasn't the only event happening in the Stadium that day.

The final Sunday in August also marked the GAA's Health & Well-being Theme Day, which saw the GAA and the HSE join forces to bring positive messaging of protection, resilience and support for mental wellness to local communities.

GAA Youth Reps, a group of six young GAA players aged between 16-21 year olds from the four corners of Ireland, came together after the 2015 #GAAyouth forum with an aim to act and speak on behalf of all young people in the Association. In their role, the Youth Reps were tasked with presenting at Congress, reviewing the Forum and carrying out a number of projects.

Mental Health was a reoccurring topic at the 2014 GAA Youth Consultation Day and is effecting many people in society in everyday life— particularly young people. In light of this, the GAA Youth Reps decided to raise awareness and aimed to decrease the stigma around Mental Health for GAA members with a particular focus on young people.

With the help of the GAA's Community and Health Department and in partnership with the HSE, the GAA Youth Reps carried out their first project, 'It's about the little things in life.' On August 28, the Youth Reps took to the ground in Croke Park to ask and capture fans' responses to one simple question, 'What is the one Little Thing that puts you in a good mood?'

The aim was to raise awareness of the HSE's #LittleThings Campaign while also reminding fans that, '#LittleThings can improve your game'.

Supporters shared their #LittleThings which included keeping active, eating well and strength in numbers. ('Ní neart go cur le chéile' is the GAA motto). The Youth Reps have since continued this discussion with an exhibition stand at the 2016 #GAAyouth Forum on October 29. There they set about encouraging a discussion about Mental Health among GAA members through the #LittleThings campaign.



Friends Orla Brennan, left, age 19, and Louise McCullough, age 20, both from Termonfeckin, Co Louth, are filmed describing the "little things" that make them happy during the GAA Youth Forum 2016 at Croke Park in Dublin

Furthermore, they highlighted the simple steps to increase the wellbeing of themselves and/or others. In addition to this they showed youth delegates the video highlighting how the #LittleThings can change their game.

The Youth Reps are now aiming to increase the number of GAA clubs/members using the existing resources provided by the GAA, which are available at gaa.ie/community

Everyone should think about the #LittleThings that can change their game. Find the #LittleThings that work for you at yourmentalhealth.ie

If you are effected by mental health in any way contact the Samaritans on 116 123.



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.

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