

A chairde,

Games and coaching had quite a busy year. Our videos on the Athletic Development and Injury Prevention videos were again posted on the club's social media and all our Gaels encouraged to have a refresher, as well as our coaches being encouraged to communicate to their players the importance of covering aspects of this work.

Following on from the success of the Club Athletic Development Programme, our aim year on year is to provide additional equipment. We have brought in many different Strength and Conditioning exercises that need gear. To this end, we have provided tennis balls, resistance bands, beach balls, conduit poles for flexibility and Olympic Weightlifting derivatives, ropes for skipping and plyometric exercise variations using masking tape. This year we went a bit further and purchased sprinting sleds and harnesses, making all teams in the club aware of their availability. Liam has used these with the Down U/15 squad in an acceleration/Max velocity session, and for form drills in using 1,2,3 step drives. Our aim next year will be to hold a session on their use and encourage teams to explore this mode of training.

Later in the year, we enrolled 50 coaches to complete the Football/Hurling theory Foundation award. To date, 44 have completed this and we await word from Conor O'Toole as to the practical part of award. Anne McCormack and Paul McKibben have been wonderful in their role of compiling and working with Ulster GAA in keeping an up-to-date log of all our coaches' qualifications and we can't thank both enough. Another plus this year was Helen Carvill & her drive to get a Camogie Coaches a foundation award. The GCDO did the groundwork of getting the Camogie body on board and from there Helen worked tirelessly in getting her coaches over the line. At the tail end of lockdown Helen had managed to host the Award in Moygannon on a beautiful Saturday. This was a true sign of things moving forward and we thank Helen for her work on the Camogie side, a true Gael.

Sean O'Hare, our senior football "Stats" man and basically senior football glue, attended an Ulster GAA stats Award, rubbing shoulders with some of the best coaches and managers in Ulster. This involved reviewing team video evidence, which we hope, with lifting restrictions, Sean can enlighten all our interested young and older Gaels in this exciting line of work in a club workshop. This would be an excellent addition to the Games & Coaching portfolio.

The GCDO even "visited" a University in America. A zoom call was organised by Conor Keenan with the UCLA head of sport coach. This was an enlightening meeting and although the spreadsheets and review and detail that goes into this man's work is maybe a stride too far for us here, it is something that we can strive towards.

Mike, while having a quiet year in terms of underage county involvement, has been working to enhance the session planners for 2022 and we look forward to seeing his work replicated in St Mark's gym after the New Year. Liam is to attend the inaugural NVQ Level 3 Award in GAA Athletic Development over the next few months, which will advance the CADP.

Without doubt if you stand still everything moves forward and this committee knows better and strives to keep up to date with the forward mechanism of "Science for Sport". We have approached the club for a few items we believe will enhance the delivery of scientific techniques and again thank our senior committee who we know have a lot of decisions to make and figures to add up, to keep the club's accounts in the black and we thank them for listening to our

requests and look forward to again putting across our point of view in giving our club coaches in our multi coded club, an extra tool to work with.

Le mise

GCDO Committee, Mike, Conor, Sean, Liam