

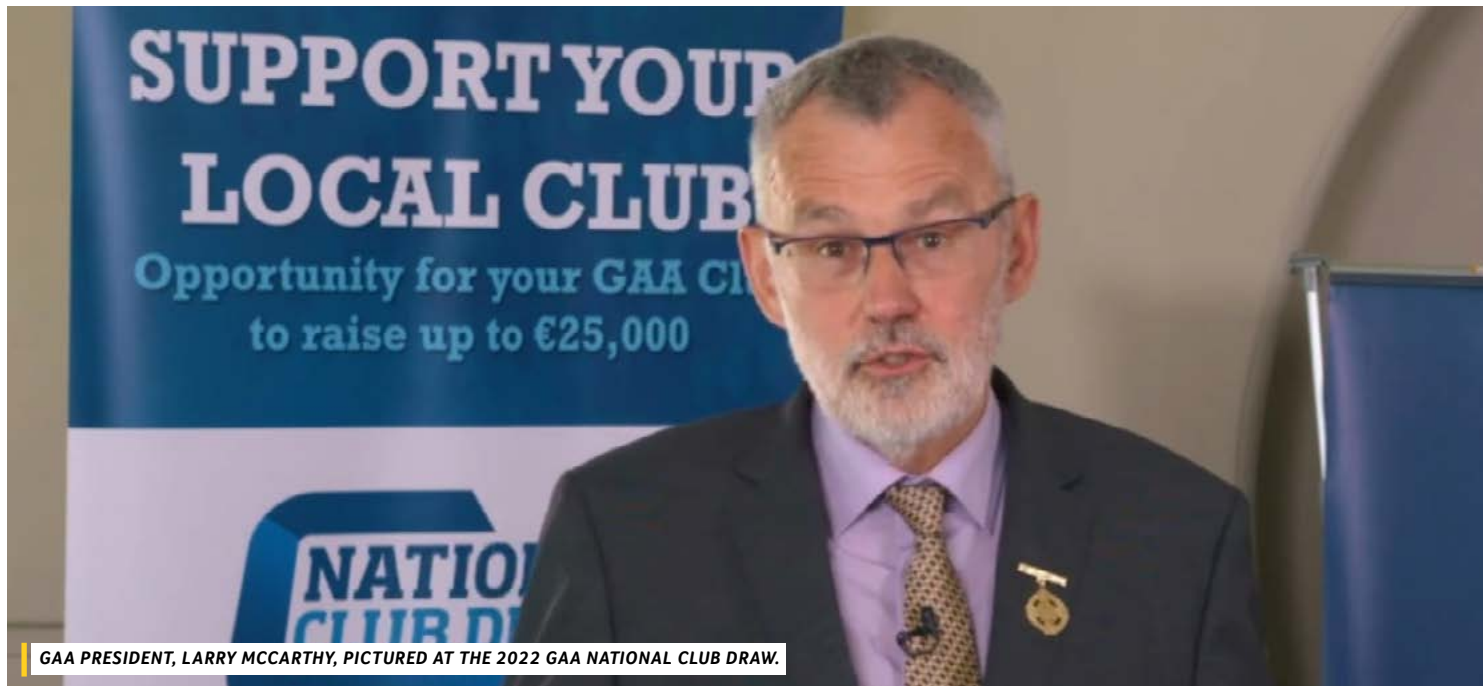
JUNE & JULY 2022
NUACHTLITIR
MEITHEAMH & IÚIL 2022



FOR NEWS, VIDEOS AND FIXTURES www.gaa.ie



2022 GAA NATIONAL CLUB DRAW WINNERS ANNOUNCED



GAA PRESIDENT, LARRY MCCARTHY, PICTURED AT THE 2022 GAA NATIONAL CLUB DRAW.

More than €1.2m has been raised through the 2022 GAA National Club Draw, with this year's winners confirmed following the draw on June 16.

Now in its ninth year, the NCD continues to be a valued source of income for clubs who get involved and since its establishment has raised more than €14.5m for clubs all over Ireland.

Uachtarán CLG Larry McCarthy and Ard Stiúrthóir Tom Ryan presided over the draw – which was independently observed by Brian Cormack of Mazars who confirmed the validity of the results.

The top prize of a new Dacia Duster car was won by Aidan Conlon of Clontarf GAA Club in Dublin.

There was a top cash prize of €2,000 won by Lauri McCusker of Belnaleck Art McMurrrough's GAA Club in Co Fermanagh.

There were eight other top prizes of All-Ireland football and hurling final packages won by tickets sold to people in clubs in Louth, Donegal, Mayo, Fermanagh and Dublin.

Uachtarán CLG Larry McCarthy praised all of

those clubs who took part and also thanked the Ulster Council for their successful efforts to have clubs in the Six Counties deemed eligible to participate through the passing of new legislation in the Assembly at Stormont.

He said: "This draw was set up by Central Council to benefit clubs and inject capital into the clubs for their own operations, and up to €25,000 can be raised by any one particular club. It is the ninth year it has been in existence and all the risk is taken by Central Council because they provide the prizes and do the promotional material and

do all the back up in terms of the draw.

"I'd also like to thank the Ulster Council for their ability to get the draw up and running in the North of Ireland this year, legislation was passed that allowed Ulster clubs to take part and they have benefitted from the draw.

"The draw has raised more than €14.5m in the last nine years and this year it has raised €1.24m so it is a very good opportunity for clubs to raise money throughout the country.

"I'd like to thank everyone involved, the staff inside in Croke Park who managed it and I encourage all clubs up and down the country to participate because it is a wonderful opportunity for you to raise funds for your own clubs with the risk all taken by Central Council."

All money raised by clubs through the sale of their allocation of €10/€10 tickets is retained fully by that club.

In addition to the individual prizes, there are club specific prizes for clubs in each county who sell at least 200 tickets and they go into a draw for €1,000 each. The top selling club in each province is also awarded a €1,000 prize with Clontarf in Dublin and Micheál Breathnach's the Leinster and Connacht winners having both sold more than 2,200 tickets. Kilmurry Ibrickane in Clare were Munster winners with sales of more than 1,700 and Naomh Bríd in Donegal were Ulster winners with sales of more than 1,500.

There were 206 clubs who sold more than 200 tickets and they were also all entered into a draw for €5,000 which resulted in success for Arklow Rocks Parnells in Wicklow, Turin in Westmeath and Araglen in Cork.

The full list of winners is below.

GAA NATIONAL CLUB DRAW 2022 WINNERS

- All New Dacia Duster Essential TCe100 – Aidan Conlon, Clontarf GAA, Dublin
- €2,000 Cash – Lauri Mc Cusker, Belnaleck Art McMurrughs GAA, Co. Fermanagh
- All-Ireland Hurling & Football Final Package 2022 – Doireann O'Leary, Clontarf GAA, Dublin
- All-Ireland Hurling & Football Final Package 2022 – David Millar, St Fechins GAA, Co. Louth
- All-Ireland Football Final Package 2022 – Ger Owens, Naomh Bríd GAA, Co. Donegal
- All-Ireland Hurling Final Package 2022 – Lorraine Swan, Fingallians GAA, Dublin
- All-Ireland Football Final Package 2022 – Janet Casey, Clan na Gael Fontenoy GAA, Dublin
- All-Ireland Hurling Final Package 2022 – Gerard Boyle, Teemore Shamrocks GAA, Co. Fermanagh
- All-Ireland Football Final Package 2022 – James Healy, Cill Chomain GAA, Co. Mayo
- All-Ireland Hurling Final Package 2022 – Mike O'Connor, Clan na Gael Fontenoy GAA, Dublin

CLUB SPECIFIC DRAW

Clubs who won €5,000 in the National Club Draw

- Arklow Rocks Parnells GAA, Co. Wicklow
- Turin GAA, Co. Westmeath
- Araglen GAA, Co. Cork

CLUBS WHO WON €1,000 IN THE NATIONAL CLUB DRAW

- Annaghdown GAA, Co. Galway
- Drumkeerin GAA, Co. Leitrim
- Balla GAA, Co. Mayo
- Kilbride GAA, Co. Roscommon
- Coolera Strandhill GAA, Co. Sligo
- Fenagh GAA, Co. Carlow
- St. Oliver Plunkett's Eoghan Ruadh GAA, Dublin
- Raheens GAA, Co. Kildare
- Piltown GAA, Co. Kilkenny
- The Heath GAA, Co. Laois

- Dromard GAA, Co. Longford
- Sean O'Mahonys GAA, Co. Louth
- Clann na nGael GAA, Co. Meath
- Belmont GAA, Co. Offaly
- Ringtown GAA, Co. Westmeath
- Glynn Barntown Rounders GAA, Co. Wexford
- Blessington GAA, Co. Wicklow
- Eire Óg Ennis GAA, Co. Clare
- Sarsfields GAA, Co. Cork
- Abbeydorney GAA, Co. Kerry
- Adare GAA, Co. Limerick
- Cahir GAA, Co. Tipperary
- The Nire GAA, Co. Waterford
- Mountnugent GAA, Co. Cavan
- Naomh Muire Lower Rosses GAA, Co. Donegal
- Latton GAA, Co. Monaghan
- All Saints Ballymena GAA, Co. Antrim
- An Port Mor GAA, Co. Armagh
- Kevin Lynchs Dungiven GAA, Co. Derry
- Lisnaskea Emmetts GAA, Co. Fermanagh
- Dromore St. Dymphnas GAA, Co. Tyrone

HIGHEST TICKET SALES IN EACH PROVINCE - €1,000 EACH

Connacht – Micheal Breathnach GAA, Co. Galway

Leinster – Clontarf GAA, Dublin

Munster – Kilmurry Ibrickane GAA, Co. Clare

SUPPORT YOUR LOCAL CLUB

Opportunity for your GAA Club to raise up to €25,000



NEWS IN BRIEF



THE GAA SHOWS ITS PRIDE

Led by the GAA's Diversity and Inclusion officer, Ger McTavish, the Association will once again be supporting and participating in the Pride Parade in Dublin on June 25.

Clubs around the country have also been engaging with their own local communities to show their support for the LGBTQI+ community and give life to the manifesto of the GAA being Where We All Belong.

The GAA will join with the LGFA, Camogie Association and the GPA to show their support on the day.

On Saturday, June 25 the Gaelic Games community encourages all clubs to show their visibility on Pride weekend and express solidarity with those who are LGBTQI+ and if you're interested in walking in the Pride parade you can contact geraldine.mctavish@gaa.ie



GALICIAN TV BACK FOR MORE GAA

After the success of the inaugural trial last year where the All-Ireland football semi-finals and finals were shown live on Galician TV in Spain, the locals are back for more.

The Celtic region of northwest Spain, where Gaelic football already has a pulse and is strongly supported by Europe GAA, had viewership of more than 25,000 with the RTÉ coverage supported by local commentators.

This year the coverage will be repeated to keep Gaelic football firmly on the map in Galicia.

AGE-GRADES REVIEWED

The recent meeting of Coiste Bainistíochta has set up a special workgroup to examine the issue of age grades in the GAA.

The 2022 Congress saw several different motions on age grades and on how they should be defined.

This new group will explore all of the issues raised and provide recommendations for a Special Congress to be held later this year.

Make your club's voice heard and get in touch with your county board rep and Central Council delegate.

CENTRAL COUNCIL REVIEW

Ard Chomhairle, or Central Council, is the main decision-making body in the GAA outside of annual Congress.

Uachtarán CLG Larry McCarthy has just announced a new workgroup to review the role of Ard Chomhairle and to ensure it runs the Association effectively. The group will be chaired by the experienced Iar-Uachtarán Christy Cooney from Cork.

Every club sends a representative to its county board and every county board has delegates that represent them at Central Council.

It's important that this pathway for clubs to feed into the thinking and decisions of the Association is working.

PITCH PERFECT

Following the recent Ed Sheeran concerts at Croke Park there were major pitch works at the stadium.

A large area of the pitch from the Hill 16/ Dineen end up to the 45m line at the Canal/ Davin end was replaced using top quality turf from the GAA's own pitch farm based in the Naul, in North Dublin.

Overseen by Croke Park pitch manager Stuart Wilson and his expert team, the new surface has been integrated perfectly and has performed brilliantly.

The turf harvesting was captured by RTÉ and will feature on an upcoming documentary series called Home Grown shown on tv this autumn.

The plan is for the remaining section of the pitch to be replaced at the end of the season.

ULSTER AWARD FOR 21-YEAR-OLD VOLUNTEER GROUNDSMAN

A 21-year-old GAA volunteer, Tiarnach Magee, from Liatroim Fontenoys GAC, County Down, has been awarded the prestigious Translink Young GAA Volunteer of the Month award for April.

Tiarnach impressed judges with his dedication to grounds maintenance and

CIARÁN MACKIN, SENIOR INSPECTOR AT TRANSLINK, TIARNACH MAGEE, LIATROIM FONTENOYS GAC, AND MICHAEL MCARDLE, ULSTER GAA PRO.



set up, ensuring that his club's facilities were in good condition for members, players and visiting teams.

Liatroim Fontenoys Club Health & Wellbeing Officer, Laura Owens, said: "Tiarnach is an exceptional young volunteer who is responsible for preparing pitches, floodlights, netting and scoreboards for matches across all four codes played at our club, contributing a massive number of hours. Despite his hectic work and study schedule, Tiarnach is at the grounds every day. He is invaluable to our club and his dedication is remarkable for such a young man"

LEINSTER POC FADA

The date for the 2022 Leinster Poc Fada will take place on Saturday June 25th at 9 Stones, Mount Leinster in Carlow.

The U16 hurlers and camogie players begin at 11am, followed by the competition for senior hurlers and camogie players at 2pm.

The contestants will be battling for a spot in the MD Sports myclubshop.ie All-Ireland Poc Fada Finals on the famed Annaverna Mountain at Ravensdale in Co Louth on Monday, August 1.

GOALPOST SAFETY

CHECK IT! Make sure your goalposts are in good condition and properly constructed. Homemade goalposts should not be used - they do not have built in safety features and may be particularly hazardous for younger players.

SECURE IT! Goalposts of any size must be anchored securely to the ground according to manufacturer's instructions. Portable goalposts must be pinned or weighted down to prevent them from overturning. Portable goalposts should be removed from the pitch when not in use and stored securely.

TEST IT! Before use, adults should test the goalposts to make sure they are stable. If you are unsure of the safety of your goalposts you should have them tested professionally.


RESPECT IT! Respect your equipment. Goalposts are not designed for gymnastic displays. So don't swing on the cross bar.



GOALPOST SAFETY

PLAY YOUR PART

CHECK IT! • SECURE IT! • TEST IT! • RESPECT IT!



I.S. 357: 2007 PLAYING FIELD EQUIPMENT – GOALS – CODE OF PRACTICE ON THE PROCUREMENT, INSTALLATION, MAINTENANCE, INSPECTION AND STORAGE

WIN UP TO €25,000 FOR YOUR GAA CLUB WITH KELLOGG'S GAA CÚL CAMPS ON-PACK COMPETITION

GAA CLUBS ACROSS THE COUNTRY ARE IN WITH A CHANCE OF WINNING PRIZES OF €25,000, €10,000 AND €5,000 AS PART OF THE KELLOGG'S GAA CÚL CAMPS COMPETITION.

Meath LGFA star, Emma Duggan and TV presenter and former basketball player, Emer O'Neill officially launched the promotion with a previous winning club, Skryne GFC. The Co. Meath club claimed first prize with €25,000 and have demonstrated how the prize has transformed their GAA club through the restoration of its pitch and purchasing some new equipment including footballs and training accessories.

To nominate your GAA club to win this year, simply purchase a promotional box of Kellogg's Corn Flakes, Rice Krispies or Bran Flakes. Using a unique on-pack code, log on to kelloggsculcamps.gaa.ie/competition and nominate a club of your choice.

Starting on Monday June 27th, the camps will run up to August 26th. To date, more than 80,000 participants are booked to attend a Kellogg's GAA Cúl Camp this summer, with an added sense of excitement noticeable as this year sees numbers back at full capacity

across the country following Covid restrictions. Visit www.kelloggsculcamps/gaa.ie for further booking information.

Sarah Ferguson, Kellogg Ireland General Manager said "Based on incredible feedback and very popular engagement levels, we are delighted to officially launch the nationwide competition. This is open for all GAA clubs across the country to be in with a chance to win prizes worth a total of €40,000. This on-pack competition provides GAA members with a great opportunity to raise vital funds for their club.

"We want to encourage everyone to nominate their club to be in with a chance. Through our partnership with the Kellogg's GAA Cúl Camps, we are very proud to support the grassroots of the GAA."

For more information on the Kellogg's GAA Cúl Camps visit gaa.ie/kelloggsculcamps

ROI & NI only. Parental Permission for under 18s required. Internet access and participating pack required. Enter between 01.04.22 & 26.08.22 inclusive. Prize paid in Euros only. T&Cs and restrictions apply. See promotional packs for details.



GAA CLUBS ENCOURAGED TO BECOME SMOKE & VAPE FREE GROUNDS

ON WORLD NO TOBACCO DAY ALL CLUBS PARTICIPATING IN THE IRISH LIFE GAA HEALTHY CLUB PROJECT ARE ENCOURAGED TO BECOME SMOKE & VAPE FREE GROUNDS.



TO CELEBRATE WORLD NO TOBACCO DAY WE WANT TO ENCOURAGE ALL CLUBS PARTICIPATING IN THE IRISH LIFE GAA HEALTHY CLUB PROJECT TO BECOME SMOKE & VAPE FREE GROUNDS. THIS MEANS THAT SMOKING IS PROHIBITED ANYWHERE IN THE CLUB VICINITY.

To date 60% of participating Healthy Clubs have already implemented the GAA Smoke & Vape Free Policy which aims to:

- protect the health of individuals in their clubs, wider communities, and visitors by keeping them safe from all tobacco related harm

- discourage the use of tobacco as such activity is incompatible with a healthy approach to sporting activity
- change social norms and encourage people to consider quitting and to reduce the initiation of smoking among young people.
- set a positive example for clubs and communities
- reduce tobacco use and exposure to second-hand smoke, which is severely harmful to people's health
- minimise tobacco and electronic cigarette related litter

Oola GAA club in Limerick adopted the

policy back in 2019 after consulting with their membership and wider community. Progressive Club Chairperson, Derek Ryan explains that their motivation was all about creating a healthy environment, particularly for their younger members.

“If you want to be progressive, you need to row in with these national healthy club initiatives. It has been a great success in Oola and everyone has got on board with it. We aren't about clamping down on people, we simply don't want people in around the field smoking in front of our younger members. Thankfully people adhere to it very well and we haven't come

across too much resistance so far”

Oola's Healthy Club Officer, Treasa Ryan was the main driver of the policy and when she approached the Club Executive back in 2019 it was well received but there was some apprehension around enforcing and monitoring the policy.

“No one wanted to upset anyone that may have been coming to the club for years and smoking on the side-line. That was our only worry and it need not have been as it's never a problem. We always assume that if someone sparks up, they haven't seen the smoke free signage and



isn't aware of the policy. There is no issue when people are made aware of it and are usually very apologetic".

Many clubs across the country work in partnership with their local national schools in advance of launching the Smoke & Vape Free policy. Introducing a poster competition is a great way to involve the children and get them on board.

Richard Bowles from Oola GAA speaks about the benefits from a parent's perspective:

"I think it's great for any parents of children involved and for ourselves, as adults, to see the example being set within the club. As a parent you know your children are coming to a healthy and safe environment, surrounded by positive role models and that's important".

The GAA Smoke & Vape Free initiative, which is implemented through the Irish Life GAA Healthy Clubs project is kindly supported by Healthy Ireland and the Tomar Trust. Over 440 clubs across the 32 counties are participating in the ground- breaking project which aims to transform clubs into hubs for health within their communities. The Smoke & Vape

free initiative is also filtering into the county structures with some progressive county boards interested in driving this agenda. As well as the obvious health impacts of introducing such a policy, the environmental impacts are also important for the Association.

Aoife O'Brien, GAA National Healthy Club Coordinator explains that "The Smoke & Vape Free initiative has been such a success thanks to our wonderful partners; Irish Life, Healthy Ireland and the Tomar Trust. We never would have been able to scale it up at this rate without their support. The provision of durable smoke free signage for clubs really helps with visibility and raising awareness".

How to get involved:



Smoke & Vape free signage will be offered free of charge to clubs across the 32 counties on a first come first served basis. Clubs participating in the Irish Life GAA Healthy Clubs project will be prioritised and if additional funding is available, it will be extended to the wider club network. County grounds are also encouraged to apply:

Step 1: Review and download the GAA Smoke & Vape free policy, step by step guide and presentation via gaa.ie/smokefreeclubs

Step 2: Discuss with your Club Executive. The decision to become a smoke & vape free club must be discussed and agreed at management level. Before you sign up, please ensure you have their commitment

Step 3: Sign up HERE before June 20th (the form may close in advance if the quota is met)

Successful clubs must adopt the Smoke & Vape free policy before 31 Dec 2022 and will be required to upload pictures on social media tagging our funding partners (info will be provided).

For further information, please contact Aoife O'Brien, GAA National Healthy Club Coordinator aoife.obrien@gaa.ie

Anyone who is thinking about quitting can get free support from the HSE Quit Team at 1800 201 203 or <https://www2.hse.ie/quit-smoking/> or Stop Smoking NI in the six counties <https://www.stopsmokingni.info/>

For more information on the Irish Life GAA Healthy Club project visit <https://healthyclubs.gaa.ie/>

Not Around Us is an award- winning WHO initiative coordinated by Healthy Limerick <https://www.limerick.ie/council/services/community-and-leisure/community-development/not-around-us>



GAA LEARNING PORTAL – CLUB RESOURCES

WHEN IT COMES TO RUNNING GAA CLUBS, ALL CLUBS HAVE A WIDE RANGE OF NEEDS FOR INFORMATION AND TRAINING. THAT'S WHY WE'RE CONSTANTLY WORKING ON UPDATING ALL RESOURCES ON THE GAA LEARNING PORTAL FOR CLUB OFFICERS. HERE'S WHAT IS AVAILABLE:

Club Dashboard

Access to a number of important GAA related sites such as Foireann, Player Transfer System, Fixtures & Results and much more.

Access here - <https://www.gaa.ie/clubs>

Club Folder Structure

A OneDrive folder for Club Secretaries filled with several templates and resources to assist them in their role.

Access here - <https://learning.gaa.ie/clubfolderstructure>

Club Officer Learning Files

A vast range of documents and guides across all administration areas of a Club.

Access here - <https://learning.gaa.ie/clubofficerlearningfiles>

Club Officer Role Profiles

Sample description of key duties for the roles of Chairperson, Secretary, Treasurer, PRO and more.

Access here - <https://learning.gaa.ie/officerroleprofiles>

Club Support Manual

Advice sheets which explain key areas of Club administration e.g. optimising Club structures, improving communication in the Club, recruiting volunteers and more.

Access here - <https://learning.gaa.ie/clubsupportmanual>

Pitch Maintenance Advice

Advice and guidance on how to keep GAA pitches in great condition.

Access here - <https://learning.gaa.ie/pitchmaintenance>

Administrator Webinars

Recordings of previously held webinars on a number of topics such as Microsoft Teams, Finance & Governance, Essential Communication and many more.

Access here - <https://learning.gaa.ie/administratorwebinars>

Also check out the GAA Learning YouTube channel for more videos -

<https://www.youtube.com/channel/UCulyy46ph45I9t573fa2Aww>



GAA JOHN WEST FÉILE IS BACK!

THE GAA'S FÉILE NA nGAEL AND FÉILE NA nÓG COMPETITIONS HAVE BEEN TAKING PLACE OVER THE LAST NUMBER OF MONTHS WITH COUNTY COMPETITIONS IN APRIL, AND NEW REGIONAL COMPETITIONS TAKING PLACE IN MAY AND JUNE. ATTENTION NOW TURNS TO THE NATIONAL JOHN WEST FÉILES WITH THE COMPETITIONS NOW A ONE-DAY AFFAIR. JOHN WEST FÉILE NA nGAEL WILL TAKE PLACE ON SATURDAY JUNE 25 IN DUBLIN AND MEATH WITH JOHN WEST FÉILE PEIL NA nÓG TAKING PLACE ON SATURDAY JULY 2 IN DUBLIN AND KILDARE.

This year international teams will once again be participating in the Féile with representatives from New York and London making the trip to compete in one of the four Féile na nGael Divisions, along with a representative from Europe, Boston, and San Francisco, set to compete in one of the five Féile na nÓg competitions.

Uachtarán CLG, Larry McCarthy said: "Generations have experienced the joy of being a part of Féile na nGael and Féile Peil na nÓg, and I look forward to seeing this great success story continue in all our clubs."

Ladies' Gaelic Football Association President, Mícheál Naughton said, "John West Féile encompasses so many key elements of life, with an emphasis on fun, friendship and participation... players will make new friends and reconnect with old friends. John West Féile will once again provide young players with lifelong memories."

Hilda Breslin, Uachtarán, An Cumann Camógaíochta, commented that Féile na nGael was, for many players, their first time to compete in a national competition, "I know their experience will be positive and inclusive and pay tribute to the volunteers who make such a valuable contribution."

IN ATTENDANCE DURING THE JOHN WEST FÉILE 2022 LAUNCH ARE, FROM LEFT, JOHN WEST FÉILE AMBASSADOR AND CORK CAMOGIE PLAYER AMY LEE, CAMOGIE ASSOCIATION CHIEF EXECUTIVE OFFICER SINÉAD MCNULTY, JOHN WEST FÉILE AMBASSADOR AND MAYO FOOTBALLER LEE KEEGAN, UACHTARÁN CHUMANN LÚTHCHLEAS GAEL LARRY MCCARTHY, JOHN WEST FÉILE AMBASSADOR AND LIMERICK HURLER SEÁN FINN, UACHTARÁN CUMANN PEIL GAEL NA MBAN, MÍCHEÁL NAUGHTON, AND JOHN WEST FÉILE AMBASSADOR AND DUBLIN FOOTBALLER NIAMH COLLINS AT CROKE PARK IN DUBLIN.



by Noreen Roche

NUTRITION GUIDELINES - HOW TO MAXIMISE YOUR TRAINING AND PERFORMANCE

THE FOCUS OF THIS ARTICLE IS ON WHAT YOU SHOULD EAT AND DRINK TO MAINTAIN GOOD NUTRITION INTAKE FOR TRAINING AND MATCHES AS WELL AS SUPPORTING YOUR OVERALL GROWTH AND WELL-BEING.

What you eat is essential to help you perform to your highest level in games and training. Proper food and fluid intake is required to prevent tiredness as low energy intake and dehydration are the main nutritional causes of fatigue. Fatigue prevents you from achieving maximum fitness resulting in poor performance and injury.

Proteins are the building blocks within the body, responsible for maintenance and repair of tissue. High protein intake will also aid your recovery, helping you to get ready for your next training session/ match. This is particularly important if you are playing a few matches in 1 day.

As teenage players, you will experience growth supports which also require a steady supply of protein and energy.

The following information is to guide you with your food choices for John West Féile focusing on the following topics:

- High Protein and High Carbohydrate Intake
- Eating before Training /Matches
- Eating to recover after Training / Matches

HIGH PROTEIN AND CARBOHYDRATE INTAKE

1. Proteins are the building blocks within the body, responsible for maintenance and repair of tissue. High quality Protein should be included at every meal and distributed evenly across meals.

Good Protein sources include:

- Fish- tinned and fresh
- Chicken/ Turkey / Red meat
- Yoghurt/ Milk/ cheese
- Eggs
- Plant based proteins such as lentils/ pulses

2. Carbohydrates provide fuel and energy for exercising muscles, and the brain so they are very important for concentration. Eat carbohydrate foods with all meals and snacks.

Good carbohydrate sources include:

- High-fibre breakfast cereals
- Breads – all types particularly wholegrain/ 100% wholemeal/ multiseed
- Potatoes, sweet potatoes, wholewheat pasta, basmati and brown rice
- Brown pitta breads, bagels and tortilla wraps
- Bagels, Scones
- Fruit – fresh, dried, stewed and tinned

EATING BEFORE TRAINING /MATCHES

The pre training snack/ meal is very important to provide the additional fuel you need for training or matches. This will mean your body can provide a good energy level to the working muscles. It should be easy to digest -low in fat and high in carbohydrate and protein.

As close to 2- 3 hours before:

- Tuna or Salmon or chicken sandwich Or
- Breakfast cereal + Low fat milk + handful raisins/ sultanas/ banana Or
- Fruit scone or plain white scone with low fat butter and jam and a low-fat yoghurt Or
- 1 bagel toasted + low fat butter + smoothie + carton low fat custard/ rice Or

- Bowl pasta + tomato-based sauce

Always practice the timing and content of your pre-training snacks at your training sessions and make sure to do the same on match days.

For the John West Féile, if you have a number of matches on the same day the snack before matches is very important to include.

EATING TO RECOVER FROM TRAINING / MATCHES

This snack starts the refuelling process after training/ matches which both helps recovery and sets you up for your next training session or match.

Within 30-45 mins eat:

- Chicken, tuna or turkey sandwich Or
- 250-500mls Flavoured low-fat milk with a banana Or
- Yoghurt drink with a cereal bar Or
- Fruit smoothie with bagel, or pancake with jam Or
- Carton of low-fat yoghurt and a banana Or
- Carton of rice or custard and a banana

Regular fluid intake will also be necessary so lots of water throughout the day.

A few other foods also worth mentioning:

Eat 5-7 portions Fruit and vegetables per day:
1 portion fruit= 1 medium apple/ orange/ peach/ pear/banana; 1/2 grapefruit; 1 cup or 4-6 strawberries; 10 grapes; 2 small kiwis / mandarins/ plums; 1/2 cup blueberries/ mango; 2/3 cup raspberries/ blackberries; 3/4 cup unsweetened juice; 2/3 cup fruit smoothie/ 1/2 avocado
1 portion veg= 1/2 cup cooked carrots/ peas/ broccoli/ cabbage/ turnip/ baked beans/

peppers/ lentils

In addition to protein, Vitamin D and Omega 3 are key nutrients in maintaining good health amongst young athletes. Intake of Vitamin D facilitates the normal functioning of the muscles, helps build and maintain healthy bones, and supports the normal functioning of the immune system. Omega 3 fats contribute to the normal function of the heart and keep cells healthy. Oil-rich fish like salmon, mackerel and sardines are good sources of Omega 3 which contribute to the normal function of the heart and keep cells healthy.”

Finally, some **kit bag ideas** for your John West Féile:

Water or Sports Drinks (sports drinks can be useful if you have a number of games in 1 day and / or if the weather is very warm)

Tins of tuna/ salmon to make a sandwich or eat straight from tin
 Sliced ham or chicken or turkey (stored in cooler bag)

Bread rolls + bread

Pancakes

Fruit- bananas/ grapes etc

Scones + Jam

Carton of custard/ rice

Milk/ Yoghurt/ Smoothie (stored in cooler bag)

*Please note these are general nutrition guidelines designed for players with no dietary restrictions. If you have specific dietetic requirements you will need to get individualised advice.

Most importantly, enjoy your games!
 Noreen

Noreen Roche is a registered dietitian with over 20 years experience in the field of sports nutrition. Having worked with Kilkenny senior hurlers and senior camogie players, I am delighted to share some key nutrition tips to focus on for John West Féile.

by Noreen Roche

NUTRITION GUIDELINES- HOW TO MAXIMISE YOUR HYDRATION AND RECOVERY FOR THE JOHN WEST FEILE FINALS!

HYDRATION

Regular consumption of fluids is essential for health and good performance. Fluid includes water, juices, milk, tea and coffee. Fluid can also come from some foods such as fruit, vegetables, soups, smoothies etc.

If your intake of fluids is below what you need, especially on a continual basis, you will become dehydrated. Dehydration will impair your body's ability to regulate heat, resulting in increased body temperature and an elevated heart rate.

This means

1. you will feel more fatigued than usual
2. your concentration and decision-making ability may be impaired
3. You may experience stomach discomfort and cramping

So, what should you do?

The good news is that by drinking regularly and enough, before and during exercise, you can prevent many or all of these negative impacts and help to improve your performance.

Some Tips for Good Hydration

- Know the warning signs of dehydration such as feeling thirsty, presence of headaches, presence of dark coloured urine
- Always bring a full drinks bottle to training and matches
- Choose a drink that you like- it can be water/ diluted squash
- Drink often during sessions; don't wait until you are thirsty. Practice drinking

- during your training sessions
- Start rehydrating straight after your training sessions and matches
- Use any breaks and half time to hydrate.
- Drink a glass of water when you get up and then continue drinking regularly throughout the day. Have a drink of water with all meals and snacks.

How much to drink?

A guide is to drink 35 ml/kg per day eg

45 kg = 1575 mls, 50kg = 1750mls, 55kg = 1925mls, 60 kg = 2100mls etc

For some players, however, this can increase to 50mls/ kg daily, especially on a match or training day. This is to take into account the extra fluid you may need due to sweating during exercise along with other factors such as heat, and intensity of session.

Remember though, to always stay comfortable – don't drink so much that you feel bloated/ uncomfortable.

Type of drink?

Water is generally sufficient for any training/ session less than 60mins.

For longer sessions however and, especially in heat and/ or if you tend to sweat a lot, a sports drink* may be required (provides fuel in form of carbohydrate, and electrolytes such as sodium which you lose in sweat).

*If you drink sports drinks remember they do contain sugar so you need to consider this for dental hygiene. There are also homemade drinks recipes.

1. EATING TO RECOVER FROM TRAINING / MATCHES

Effective recovery after exercise is essential in order to maximise the benefits, prepare for the next session, and help prevent injuries. These are often referred to as the 3 Rs

- Refuel energy stores
- Repair muscles (or rebuild)
- Rehydrate

Carbohydrate and protein are the main nutrients to consider- carbohydrate foods assist with the refuelling of energy stores (glycogen) while protein promotes muscle growth, repair of damaged muscle fibres and maintenance by reducing muscle protein breakdown. Both work effectively together. The protein content of the recovery snack should be high quality and digestible protein

Some suggestions for Recovery snacks could include:

- Tinned Tuna sandwich Or
- 250-500mls Flavoured low-fat milk with a banana Or
- Yoghurt drink with a cereal bar Or
- Fruit smoothie with bagel Or
- Carton of low-fat yoghurt, a banana and 3 fig rolls Or
- Carton of rice + 10 Grapes

Remember to have your drink with your recovery snack and eat it within 30-45 minutes of finishing your exercise.

The following are queries that come up regularly.

1. What time should my last meal of the day be?

This depends on a number of factors eg if you exercise in the evening recovery is very

important so you should always eat a recovery snack within 30-45 minutes and this should be followed up with another meal about 2 hours later. If you are exercising early in the morning then you should have a snack before bed which can help top up your energy reserves in preparation for that session. Don't forget breakfast as well! Regular eating is a good practice so try focus on a regular pattern rather than absolute times.

2. How much water/ fluids to take before and after games and training?

Requirements vary depending on factors such as weight, intensity, weather etc - a general guide is to drink approximately 250-500mls fluid before training/ matches. Continue to drink smaller amounts eg 100/ 150mls during matches/ training. Use the half time break also. After training/ matches most players should aim to drink 1 to 1.5L of fluid slowly to replace losses in that session. If you have access to a weighing scales you can weigh yourself before and after the session and drink 1.5L for every 1kg loss. A good guide to daily hydration is to monitor urine colour. Urine should be pale/clear in colour; if it is yellow/ dark then it is possible you may be dehydrated and should drink fluids to correct this.

If you would like to email in any queries please send to the following address:

Nutrition@John-West.ie

We will endeavour to answer all your emails but please note we cannot give specific, individualised advice.

*Please note these are general nutrition guidelines aimed at players with no dietary restrictions. If you have specific dietetic requirements you will need to get individualised advice.

Most importantly, enjoy your games and Best of Luck to everyone taking part!
Noreen

GAA GO GAMES – WHERE ENJOYMENT AND PARTICIPATION MATTER MOST

GAA GO GAMES ARE HURLING/CAMOGIE AND GAELIC FOOTBALL FOR CHILDREN UP TO AND INCLUDING 11 YEARS OF AGE, WHERE EVERY CHILD GETS TO PLAY (A GO) IN EVERY GAME, FOR THE FULL GAME.

To support the participation and development of the Under-11 player, the following principles underpin Go Games:

- All participants play in the full game.
- Participant needs are catered for, where possible, on the basis of two-year age cohorts i.e. U.7, U.9 & U.11 in a manner consistent with the ethos of Go Games.
- Activities are structured in a manner which optimises the level of fun, friendship, fair play, and achievement derived by participants.
- Participants train and play in a safe, supportive, and stimulating environment where they are encouraged to risk error, to learn and to derive maximum enjoyment from their involvement.
- Players master the basic skills of Hurling and Gaelic Football and experience the sense of accomplishment, which derives from acquiring playing proficiency on the left- and right-hand side of the body.
- Everybody involved in Go Games, whether as players, parents/guardians, spectators, mentors, teachers, officials etc., should adhere to the key underpinning principles and give expression to the GAA 'Give Respect, Get Respect' initiative.

Go Games may be organised on a blitz basis. Go Games may be organised by a Club, Primary School or at an Approved GAA Centre on an internal (i.e. single unit) or external (i.e. multiple unit) basis.

To apply to organise a Go Games Blitz between more than one Club or School download the [application form here](#). The relevant units to apply to are listed in schedule 11 of this document.

For more information on Go Games and how to get involved, please contact your [GAA County Games Development Mangers](#).

Go Games are national policy of the GAA under to Rule 6.27 of the Official Guide – This Rule states that 'Games in the Under 11 and younger age groups shall be organised on the Go Games model, as approved by Central Council. Click here for the [national policy](#). Go Games is also [national policy of the LGFA](#) and [Camogie Association](#). The three Associations work closely together to promote and develop Go Games



ALLIANZ AND CUMANN NA MBUNSCOL LAUNCH GAA INITIATIVE TO SUPPORT UKRAINIAN PUPILS

TWENTY-SIX SCHOOLS ACROSS THE COUNTRY HAVE JOINED AN INITIATIVE ORGANISED BETWEEN ALLIANZ AND CUMANN NA MBUNSCOL, THAT WILL SUPPORT UKRAINIAN SCHOOLCHILDREN PARTICIPATE IN LOCAL GAELIC GAME ACTIVITIES THROUGH THEIR SCHOOLS.

The initiative sees Allianz provide these schools with 500 footballs, 200 hurleys and 200 sliothars to help Ukrainian refugee schoolchildren fall in love with our national games. In total, the twenty-six participating schools have taken in 383 Ukrainian schoolchildren between them.

The sports equipment was successfully delivered to each of the twenty-six schools across the country last week, in advance of Allianz Cumann na mBunscol Week. The initiative welcomes schools from 15 counties across the four main provinces of Ireland. It is envisaged through the campaign these schools will play a key role in helping Ukrainian schoolchildren integrate into their local communities through the national sport.

“From Armagh to Wexford, we are thrilled with the outpouring of support from schools across the country through this initiative with Allianz. These schools are playing such an important role in welcoming Ukrainian schoolchildren into our communities. By joining these local GAA activities, we hope the Ukrainian children feel welcome in our communities and learn the skills they need to enjoy our national games. Ukrainian children have featured in Cumann na mBunscol activities already this school term, thus making new friends and integrating more easily in their new surroundings. We look forward to working



ALLIANZ WILL PROVIDE 26 PRIMARY SCHOOLS WITH 500 FOOTBALLS, 200 HURLEYS AND 200 SLIOTHARS TO HELP UKRAINIAN REFUGEE SCHOOLCHILDREN FALL IN LOVE WITH OUR NATIONAL GAMES.

with all of the schools involved and seeing these children flourish,” said Joe Lyons, Chairman of Cumann na mBunscol.

Allianz Cumann na mBunscol Week started in June 2020, with a focus on supporting Gaelic games and related activities in schools when it was not possible for teams to take to the field at the time. This year, the week has engaged with approximately 2,000 schools

who are joining in local GAA activities and competitions across the country. The Allianz Cumann na mBunscol schools’ hurling finals took place last week in Croke Park on June 7th and 8th.

“Sport has always been such an important vehicle for integration, and GAA activities are often at the forefront of inclusion across our local communities. Therefore,

Allianz, through our work with Cumann na mBunscol, are delighted to sponsor this donation of sports equipment to schools across the country. We hope it goes some way in facilitating the integration of these children into the school and wider community through participation in Gaelic Games,” said Alan Black, Religious & Education Customer Relationship Manager at Allianz.

BE INTERNET LEGENDS

THE GAA ROLLS OUT AN ANTI-BULLYING AND INTERNET SAFETY PROGRAMME TO 100 GAA CLUBS IN 2022 IN PARTNERSHIP WITH GOOGLE

The GAA, in partnership with Google has launched its anti-bullying and internet safety programme to over 100 participating clubs from the GAA, Ladies Football and Camogie Associations in Ireland and Britain, targeted at the 9 – 12 years age group.

As part of the Gaelic Games, Give Respect - Get Respect initiative, this programme incorporates Google's Be Internet Legends initiative, an existing free, online safety education programme for primary-age children helping them to become safe and confident explorers of the online world.

The programme helps children bring the respect and values they learn on the field into their online interactions encompassing learnings and activities in the areas of anti-bullying, developing positive behaviour and staying safe online.

This programme mirrors the Give Respect - Get Respect initiative which promotes respecting fellow players, coaches, referees, opponents and officials; playing fair; treating others equally; setting an example; and creating an environment where children feel confident and comfortable to talk to a coach or adult if they have a concern.

Speaking at the launch the GAA President Larry McCarthy welcomed the involvement of the Gaelic Games Give Respect - Get Respect initiative in this programme. He said 'This is an ideal opportunity to raise

THE GAA, IN PARTNERSHIP WITH GOOGLE, LAUNCHED ITS ANTI-BULLYING AND INTERNET SAFETY PROGRAMME TO OVER 100 PARTICIPATING CLUBS FROM THE GAA, LADIES FOOTBALL AND CAMOGIE ASSOCIATIONS IN IRELAND AND BRITAIN, TARGETED AT THE 9 – 12 YEARS AGE GROUP. IN ATTENDANCE AT CROKE PARK THIS MORNING ARE, FROM LEFT, MONAGHAN FOOTBALLER SHANE CAREY, DUBLIN HURLER DAVID TREACY, GALWAY CAMOGIE PLAYER AISLINN CONNOLLY, SHANE NOLAN, DIRECTOR, NEW BUSINESS SALES, EMEA, GOOGLE IRELAND, UACHTARÁN CHUMANN LÚTHCHLEAS GÁEL LARRY MCCARTHY, JACK CHAMBERS TD, MINISTER OF STATE FOR SPORT AND THE GAELTACHT AND WEXFORD HURLER MATTHEW O'HANLON, WITH CASTLEKNOCK GAA PLAYERS, FROM LEFT, OLLIE MCPARTLIN, MIA DONNELLY, SALLY ANN KIRWIN AND SHANE O'BRIEN, ALL AGE 11.



awareness around the need for young players to show respect for referees, fellow players, coaches and opponents, both on and off the field of play.

'It is the Association's intention to further develop the 'Respect Initiative' over the period of our recently launched Strategic Plan and this new Anti-Bullying and Internet Safety Programme will be supported and closely monitored.'

Speaking in Croke Park this morning, Shane Nolan, Director, New Business Sales, EMEA, Google Ireland, said: 'At Google Ireland, we recognise the responsibility that we have as a company to protect and support

the users of our products. We need to play our part in ensuring that the internet is an accessible resource to all and that it's used in a positive way. We are delighted to build upon our already successful partnership with the GAA to deliver the Be Internet Legends programme to even more clubs and children across the country. Google Ireland is committed to helping empower young people to act wisely, responsibly and safely all the while remaining confident explorers of the online world.'

Minister of State for Sport and the Gaeltacht, Jack Chambers T.D, speaking at the launch said: 'I am delighted to support and help launch this important initiative. Abuse of our

players, coaches, referees and volunteers is unacceptable and must be called out - whether it occurs on the pitch, in the training grounds, up in the stands or online. This initiative underlines the commitment of the Gaelic Games family to tackling the scourge of bullying and to protect and safeguard all those who participate. The initiative equips young people to identify and learn how to respond to online abuse and bullying, with the learnings then applied to a sports setting. I congratulate the GAA and partners Google on this welcome and important initiative and look forward to it being rolled out to children in clubs across the country.'

MEATH LEGEND DAVID BEGGY RAISES AWARENESS OF IRON OVERLOAD



FORMER MEATH FOOTBALLER, DAVID BEGGY, PICTURED WITH HIS DAUGHTER ANDREA.

MEATH LEGEND AND ALL-STAR DAVID BEGGY, AMBASSADOR FOR THE IRISH HAEMOCHROMATOSIS ASSOCIATION'S AWARENESS WEEK 2022, IS HELPING TO SHINE A SPOTLIGHT ON A LITTLE KNOWN BUT VERY COMMON GENETIC CONDITION IN IRELAND CALLED IRON OVERLOAD.

Beggy, probably best known for kicking the point that finally sealed victory for Meath over Dublin in their four-match saga in the Leinster championship, lived with symptoms of the condition for years before being diagnosed with a condition he had never heard of before:

He said: "It's known as the 'celtic gene' because it's so common in Ireland but I lived with symptoms for a while before it was

diagnosed. During the height of my career as a Meath footballer, I suffered from different aches and pains and fatigue but I put it down to football and learned to live with it. I had never heard of haemochromatosis before but it was also a relief when I was finally diagnosed, because I could now get a handle on it. That's why I'm delighted to be working with the IHA to make sure everyone in Ireland is aware of haemochromatosis and knows what exactly it is and – most importantly – how to recognise the symptoms on time."

Despite being Ireland's most common genetic condition, Haemochromatosis or 'iron overload', as it is also known, is not as widely known as some other genetic conditions. Early diagnosis is vital and if left untreated, can lead to organ damage

or even premature death. The Irish Haemochromatosis Association estimates there are at least 20,000 undiagnosed cases of Haemochromatosis in Ireland.

Haemochromatosis is more common in Ireland than anywhere else in the world, as one in five people carry one copy of the gene and one in every 83 Irish people carry two copies of the gene, predisposing them to develop iron overload.

This year, to mark World Haemochromatosis Awareness Week, 1st – 7th June 2022, the IHA aims to raise awareness of the condition and is urging people to 'Get Checked for Haemochromatosis' to highlight the symptoms in order to save lives – symptoms that range from chronic tiredness and joint pain, to abdominal pain and sexual dysfunction.

The Irish Haemochromatosis Association has this year teamed up with the GAA to help raise awareness of the common condition and ensure that everyone is aware of the symptoms.

Commenting on the awareness drive for World Haemochromatosis Awareness Week, Dr Maurice Manning, Chair of the Irish Haemochromatosis Association and Haemochromatosis sufferer said: "With Ireland having more cases than anywhere else in the world, we want everyone to understand what Haemochromatosis is and how important early diagnosis is. Now that we are coming out the other side of the pandemic, it is becoming much easier to stop ignoring symptoms and get medical advice if you have any worries or concerns. It's as easy as talking to your GP and arranging a blood test.

Although it can be life-threatening, once diagnosed before organ damage has occurred, Haemochromatosis can be successfully treated and patients go on to live their lives to the full, without any impact."

The Irish Haemochromatosis Association was established over 22 years ago. Volunteers and Ambassadors such as Mark Cagney, former RTE Presenter and Paul Harrington, musician, songwriter and former Eurovision songwriter winner, who both have Haemochromatosis, have promoted awareness of the disorder over many years.

The public can support the work of the Irish Haemochromatosis Association and its Helpline, by donating via the Text to Donate service, Text 'IRON' to 50300 or by making a €4 donation on the charity's website: www.haemochromatosis-ir.com Funds raised will be used to continue the IHA helpline to work throughout the year to help support sufferers and their families.



CÉN FÁTH ‘CORN TAILTEANN’ AGUS CÉN CHAOI A N-OIBREOIDH SÉ?

TÁ COMÓRTAS NUA PEILE CHUMANN LÚTHCHLEAS GAEL, CRAOBHCHOMÓRTAS PEILE ‘CHORN TAILTEANN’, AG TEACHT CHUN DEIRIDH AGUS GAN FÁGTHA FAOIN TRÁTH SEO ACH AN CLUICHE CEANNAIS. NÍL AON AMHRAS FAOI ACH GO BHFUIL IDIR SCLÉIP, SPÓRT AGUS SPRAOI AMACH ROMHAINN SA CHOMÓRTAS SEO!

Is iomaí trácht sa bhéaloideas agus sa seanchas ar ‘Tailteann’ agus breathnaíonn muid siar anseo ar chúlra ainm an choirn nua seo, ‘Corn Tailteann’. Dar ndóigh, nuair a luaitear ‘Tailteann’ is minic a smaoiníonn daoine ar chúrsaí spóirt sa seanam agus ar ‘Aonach Tailteann’, mórfhéile a ainmníodh i ndiaidh Tailteann.

Mhair ‘Tailtiu’ i seanstair na hÉireann agus nuair a cailleadh í agus nuair a cuireadh í ag láthair shácráilte i gContae na Mí, chuir a mac altrama, Lugh Lámfhada, tús le hAonach Tailteann ina honóir.

Ócáid chultúrtha a bhí san ócáid seo ina ndearnadh craobhscaoileadh ar dhlíthe áirithe agus inar tugadh ómós do na mairbh. Bhí cúrsaí spóirt lárnach san aonach agus is iomaí cluiche agus taispeántas a eagraíodh mar chuid de. Dar ndóigh, bhí an iománaíocht luaithe i measc na gcluichí sin. De réir na dtuairiscí agus na dtáifead atá againn, mhair Aonach agus Cluichí Tailteann ar feadh na gcéadta bliain ina dhiaidh sin.

Tháinig deireadh leo, mar sin féin, le himeacht ama ach na blianta fada ina dhiaidh sin, tar éis gur bunaíodh an Saorstát, rinne rialtas an tSaorstáit nua

iarracht ‘Cluichí Tailteann’ a athbhunú agus a athbheochan an athuair le linn fhichidí agus thríochaidí an fichiú haois. Tráthúil go leor, bhí Páirc an Chrócaigh mar cheann de na príomhionaid a úsáideadh do na cluichí sin.

Dar ndóigh, is í Páirc Tailteann a thugtar ar pháirc baile na Mí san Uaimh – in onóir ‘Tailtiu’ agus an tAonach ársa a thosaigh i gContae na Mí. Cuireadh tús le Rás Tailteann, comórtas rothaíochta, thiar sa bhliain 1953, freisin.

Níos faide anonn agus thiar sa bhliain 2017 rinneadh iarracht comórtais idir-Ghaeltachta dar teideal ‘Aonach Tailteann’ a chur ar bun agus bhí iarimreoir clúiteach na Gaillimhe, Seán Ó Domhnaill, ar as Gaeltacht na Ceathrún Rua dó i gConamara, ina measc siúd a sheol an fhéile. Féile spóirt, ealaíne agus filíochta a bhí i gceist leis an iarracht ba dhéanaí sin a rinneadh ar ‘Aonach Tailteann’ a athbheochan.

Mar sin, feictear an nasc agus an ceangal a bhí ag Aonach agus agus Cluichí Tailteann leis na cluichí agus go leor eile de phríomhaidhmeanna Chumann Lúthchleas Gael riamh anall.

Maidir leis an gcomórtas nua féin, Craobhchomórtas Chorn Tailteann, tabharfar deis do na foirne nach bhfuil ag imirt i Roinn 1 nó Roinn 2 de Shraitheanna Allianz, agus nach mbaineann cluichí ceannais na gCraobhchomórtas cúige amach, gabháil san iomaíocht le Craobhchomórtas uile-Éireann a bhuanach



i bPáirc an Chrócaigh gach bliain.

Imreoidh buaiteoirí an chomórtais i gCraobhchomórtas Shomhairle Mhig Uidhir i 2023 beag beann ar an roinn sraithe ina bhfuil siad ag an am sin. Chomh maith leis sin, tabharfar aitheantas ar leith do na sáirimreoirí sa chomórtas seo a dhéanann éachtaí agus gaiscí ar leith ar an bpáirc imeartha le linn an chomórtais nuair a roghnófar ‘15 an Chraobhchomórtais’ níos

déanaí sa bhliain. Imreofar Cluiche Ceannais Craobhchomórtas Chorn Tailteann ar 9 Iúil i bPáirc an Chrócaigh ar an lá céanna le Cluiche Leathceannais Peile na hÉireann agus craolfar beo ar RTÉ é.

Neosfaidh an aimsir cé a bhainfidh stair amach in annála Chumann Lúthcheas Gael mar chéad bhuaiteoirí Craobhchomórtas Peile Chorn Tailteann. Bainimis idir shult agus thaitneamh as na cluichí...

PLAYER INJURY FUND UPDATE

FURTHER TO OUR RECENT COMMUNICATION ON MAY 4TH 2022, PLEASE BE ADVISED THAT FOLLOWING A MEETING OF AN COISTE BAINISTIÓCHTA, IT HAS BEEN AGREED TO INCREASE THE MAXIMUM AMOUNT PAYABLE FOR MEDICAL AND DENTAL EXPENSES TO €4,800 ON ALL CLAIMS NOTIFIED WITH A DATE OF INJURY FROM JUNE 1 2022. THIS IS THE FIRST STEP AS WE CONTINUE TO REVIEW THE BENEFITS AVAILABLE UNDER THE FUND. FURTHER REVIEWS WILL TAKE PLACE IN THE COMING MONTHS AHEAD OF THE 2023 COVER YEAR. PLEASE FIND ATTACHED THE UPDATED 2022 GAA INJURY BENEFIT FUND SUMMARY DOCUMENT CONFIRMING THE INCREASED BENEFIT TOGETHER WITH THE TERMS AND BENEFITS OF THE FUND. DETAILS ARE ALSO AVAILABLE AT [GAA INJURY BENEFIT FUND](#)

Cover is effective from June 1 2022 – May 31 2023. It would be appreciated if this information is shared with your playing members \ executive so that they are aware of what the Fund is, the benefits available and the exclusions that apply. As with all communications issued out of the Fund, it is not an insurance policy but a benefit fund in place to assist as per the terms and benefits as set out in the attached summary document.

Important points to note:

Registration

Each unit has received an invoice email detailing their fees for the 2022 cover. Invoices are available via Foireann. Injury



GAA INJURY Benefit Fund

Fund invoices have been generated according to the teams that the unit assigned itself under Foireann, units need to log into Foireann and make any amendments if required, please refer to the following link for assistance **[Managing the Player Injury Fund on Foireann - Gaelic Athletic Association \(zendesk.com\)](#)**

- All amendments must be done via the administration tab \ Injury Fund and not through the teams tab. Further details are also noted on pages 4 & 5 of the attached

summary document.

Payment must be received in full by Friday August 5 2022. Payments can be received via Stripe, Bank EFT Transfer or by Cheque – payments must match the amount on the invoices or else CLG will not be able to update the unit's record on Foireann. Please note that there are no credits available with regards to the 2022 GAA Injury Benefit Fund fees and all fees must be paid in full. Payments have already

been received into our bank account which we are unable to identify and therefore, it would be appreciated if you can return the remittance advice attached when making payment as requested below.

Please see below details of the payment options available:

- If paying by stripe, a unit must allow a number of days for the set up and transfer of funds, please refer to the above link. Transferring funds to Stripe is not paying CLG and once funds are in the Stripe account, the unit officer must log into Foireann and complete the payment. Once completed, the unit will be noted automatically as paid and a receipt issued.
- Payment can be received via bank EFT to the following bank details
Account Name: CLG GAA No 1 Bank Account, Branch: AIB Drumcondra, IBAN: IE85AIBK93210803608044 – Please mark the payment payee detail clearly PIF2022 with the name of your unit and club so it can be identified as being received into the bank. Please return the attached remittance notice by email with the completed details to assist with the identification of the payment. CLG will update Foireann when payment is received and a receipt will issue.
- If a unit is unable to pay by EFT or Stripe, a cheque will be accepted, please mark the cheque payable to Cumann Luthchleas Gael and send it for the attention of the GAA Injury



Fund Section, GAA, Croke Park, Dublin 3. Please send the attached remittance with the cheque to assist with the identification of the payment. CLG will update Foireann when the cheque is received and a receipt will issue.

If a unit fails to pay in full by Friday August 5 2022, the unit will have any discount entitlement revoked (noted as Band A on the invoice issued) and also DWF Claims will be declining any claims reported for an injury date from June 1 – August 5 2022 for any unit that has not

paid their fees by the required date.

Clubs which are associated with Independent teams need to contact ciara.clarke@gaa.ie by email as regards paying for those independent teams. For example, if two clubs involved in an independent team have paid the underage cap on their respective club fees, they will not be expected to pay for the independent team if it involves underage teams from u19 and down, the only way we will be able to update the record for the club \ independent team is if CLG are contacted.

If payment is received after August 5 2022, cover will only commence from that date until May 31 2023. Units who do not pay by Friday August 5 2021 will be in breach of Rule 4.17 and Counties will be entitled to cancel fixtures for those units which are in breach of rule.

Claims notification

DWF Claims are the appointed claims administrators on the Fund and all claims are required to be notified within 60 days of the Injury date on the DWF Claims portal <https://gaabenefitsportal.dwfclaims.com/> Attached is a copy of the DWF Claims

portal user guide. It has been noted that claims have been reported on the DWF Claims portal with an incorrect injury date to bypass the 60 day reporting condition. Where such cases are noted, DWF Claims have declined cover and will be declining cover if noted going forward. CLG will not be considering any appeals as it is a strict condition of the Fund that all claims are notified within 60 days of the Injury date and all information is true and correct at the time of the submission of the claim.

Claims Assessment

Owing to the volumes of claims and the claims correspondence uploaded on the GAA Injury Benefit Fund portal, please allow 10-14 working days for DWF Claims to contact your unit in connection with the claim before following up further with them.

Membership

Any player seeking to benefit from the GAA Injury Benefit Fund must be a registered member of the Association on Foireann at the time of injury

Injury Fund Email Address

An Official GAA Injury Fund email address is available for all club injury fund administrators. Please note that for GDPR compliance purposes, DWF Claims will not deal with any non GAA email addresses. Please contact mailsupport@gaa.ie should your club require an email address.

Contacts

Foireann support – please email gmssupport@gaa.ie

Calculation of claims bands and queries on cover – **please email ciara.clarke@gaa.ie**

Accessing Injury Fund Claims portal & claims queries – please email InjuryFundGAA@DWFClaims.com



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**.

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