

THERE IS NO POINT GIVING OUT ABOUT REFEREES UNTIL YOU WALK IN THEIR SHOES

DONAL SMYTH GOT TO THE VERY TOP OF THE GAA AS A GOALKEEPER WITH THE GREAT MEATH TEAMS OF THE 80S AND 90S. WHEN INJURY ENDED HIS CAREER, COACHING AND THEN LATER REFEREEING GAVE HIM AN OPPORTUNITY TO GIVE SOMETHING BACK AND STILL GET A BUZZ FROM BEING INVOLVED. NOW HE IS THE GAA'S NATIONAL MATCH OFFICIALS MANAGER, AND HE IS ENCOURAGING MORE PEOPLE TO TAKE UP THE WHISTLE AND GIVE IT A GO.

"An involvement in the GAA has been a constant all my life. Wherever we have lived it has always provided me with opportunities and friendships and sport has also provided me with life skills.

"Having played hurling and football for my Club, Navan O'Mahony's in Meath, I was lucky enough to be a part of the Meath Senior football Team of the 80s and early 90s, and fortunate to have some success along the way.

"I played until 1998 when a wrist injury forced me to stop playing; the fact that I was a goalkeeper it was not possible to continue. I got involved in coaching and enjoyed being involved with Clogherinkoe in Kildare, the Meath U16's and Minors and a number of Clubs in Meath.

"I had always wanted to try Refereeing. It was something that attracted me and it was the opportunity to give something back to the GAA which had given me so much. One of the things I realised when I got involved was how little I knew about the rules of the games. Players and coaches think they know the rules; the question is do they?!

"I continue to referee hurling and football in Meath, and I find refereeing teaches you mental toughness, good people skills, it also gives you the best view of a game and teaches you how to view the games in a different light - one which puts an emphasis on fairness, integrity, decisiveness, and good judgement.

"It has provided me with great days, and I greatly enjoy the fact that I can be still actively involved in the participation of our games, for fitness, mental health and friendship.

"It provides a pathway for ambitious people to Referee at the highest level and for people to make a major contribution to your Club and County.

"In my role as the National Match Officials Manager for the GAA it is very noticeable the shortage of Referees we have around the Country, we continue to increase the number of games played but with the same number of Referees. Every club should have an active Referee, there is no point giving out about Referees until you walk in their shoes.

"Recruitment is the responsibility of clubs and Counties and we need to encourage participants for all levels.

"The importance of Referees to our games cannot be overstated; without them the games will not be played. Each club should actively recruit and support the Referees who are valuable members of the club."

Being a good ref often means having the courage of your convictions – even if the decision is not popular.



DONAL SMYTH ON REFEREE DUTY

Donal is adamant that people interested in giving refereeing a try should do just that – and not be put off by any worries about criticism of being the man or woman in the middle.

Donal added: “The positives outweigh the negatives and the contribution you make is always a far more valuable contribution to the Association than the people who are interested in being critical of a referee.

“We also have the rule book to deal with these individuals and I’d always encourage referees to report these instances and do not shy away from doing what they feel is right.

“Referees are human, and we all can make mistakes, but there is great training and assistance within the GAA to develop and nurture referees through the system.

“In everyday life we have supporters and critics. Self-control is as important as gaining confidence, especially for new Referees. We need to be prepared for the fact sometimes people will not agree with your decisions. With experience you learn composure and keeping the wits about you when everybody else is agitated. Learning how to cope with different personalities is a learned and life skill. Going into games as a team with the other match officials and supporting each other is very important and sharing information and experiences with others will help.”

The GAA urgently needs more referees.

To get involved please contact your local referee administrator or our County Board.



DONAL SMYTH IN HIS PLAYING HEYDAY WITH MEATH

CLUB MEMBERS DELIVER HUGE RESPONSE TO GAA STRATEGIC PLAN SURVEY

An unprecedented 15,300 survey responses in just 10 days has helped shape the final stage of the preparation work for the GAA's soon to be published Strategic Plan.

Club members throughout the country seized the opportunity last September to use their voice and have an input into the direction of the plan which is being led by the Uachtarán and Ard Stiúrthóir and will shape Association policy for the coming five years.

It is the biggest response to a survey request issued by Croke Park. The GAA has now moved into the final phase of discussions to develop the finished piece. A document will be published in the coming months which sets out the long-term strategy for sustaining and growing the Association. More specifically, it will define the overarching objectives of the Association for the next five years and the roadmap for achieving them.

The final stage of analysis was informed by a major public survey which attracted an unprecedented 15,300 responses in just 10 days. The record response rate shows the continued desire of the Association's members and followers to have their voices heard on the GAA's future. For the first time, the Association used Foireann to send the survey link directly to every adult member it has up-to-date contact information for and also used its GAA Go mailing list to garner additional responses from overseas members and supporters.

The feedback was professionally analysed by KPMG's Business Intelligence Unit and considered by the Steering Group during a two-day strategy workshop last month.

The plan now is to continue refining the vision and strategy for the Association before presenting a final draft to An Coiste Bainistíochta and Ard Chomhairle for their consideration. The timeline for launching the plan will be announced in due course.

**WE ALL BELONG HERE
IN THIS PLACE. AT THIS TIME**

WE BELONG NOT BECAUSE OF WHO WE ARE OR WHERE WE COME FROM

BEING HERE MEANS BELONGING

BELONGING MEANS KNOWING YOU'RE PART OF A COMMUNITY

A COMMUNITY THAT HAS A PLACE FOR ALL

WHERE POTENTIAL IS NURTURED

WHERE INDIVIDUALS BECOME TEAMS

WHO HONOUR THE LEGACY OF THOSE WHO WENT BEFORE

AND STRIVE TO BUILD A LEGACY OF THEIR OWN

SOME OF US PLAY

SOME OF US USED TO PLAY. SOME OF US NEVER PLAYED

WE ALL BELONG

BELONGING MEANS HAVING A VOICE

MEANS BEING ABLE TO SAY WHAT YOU THINK IS RIGHT

BEING LISTENED TO

BELONGING MEANS RESPECTING EACH OTHER

MEANS BEING THERE FOR EACH OTHER

ON THE PITCH. OFF THE PITCH

BELONGING MEANS ROLLING OUR SLEEVES UP AND DOING WHAT NEEDS TO BE DONE

WE ALL BELONG WHETHER IT'S OUR FIRST DAY OR OUR HUNDREDTH YEAR

WE ALL BELONG HERE BECAUSE THIS PLACE BELONGS TO US ALL

OUR GAA
WHERE WE ALL BELONG

WHAT ELSE HAPPENED AT SPECIAL CONGRESS??

BY NOW EVERYONE KNOWS THAT THE PROPOSAL TO REVAMP THE ALL-IRELAND SENIOR FOOTBALL CHAMPIONSHIP SECURED A MAJORITY BUT FELL SHORT OF THE REQUIRED 60 PER CENT TO BE PASSED INTO LAW AT SPECIAL CONGRESS. BUT WHAT ELSE HAPPENED AT THE GATHERING THAT CLUBS NEED TO KNOW???

An Ard Chomhairle motion was passed which greater defines the role of the Development Officer by instead having a Safety & Facilities Committee and a separate Planning & Training Sub-Committee. One group is developing facilities and property, the other group is developing people and officers.

Another Ard Chomhairle motion successfully passed was the need for the establishment of Audit and Risk Committees at every county and provincial level in the GAA.

A motion from the St Patrick's in Fermanagh seeking to amend the treatment of walkover matches in the disciplinary process was defeated 49-51.

Four other motions which were related to World GAA were deferred until Congress 2022 next February.



CLUB LEADERSHIP

THE SUCCESSFUL SPRING/SUMMER SERIES OF EDUCATIONAL WORKSHOPS SAW JUST UNDER 9,000 CLUB AND COUNTY OFFICERS TAKE PART IN ONLINE WEBINARS ACROSS A VARIETY OF MODULES OFFERED UNDER THE CLUB LEADERSHIP DEVELOPMENT PROGRAMME.

The workshops, delivered by an experienced team of trained Associates, were very well received by attendees and described as both beneficial and practical to Club Officers. Our Autumn/Winter series of workshops is now underway. This series will primarily focus on two key areas, running an efficient club AGM and providing workshops for Club Officers.

Running an Efficient AGM

This module, presented by Leinster Council Chairperson Pat Teehan and Clare's Central Council delegate Simon Moroney, analyses the age old question: "How do you run an efficient Club AGM?". The key focus areas in this webinar are the preparations that go into an AGM, the rules covering it and gives tips on how to

keep the AGM on track. The live webinar, which was presented to over 200 people on Wednesday, October 20th, along with a wide range of relevant resources relating to the AGM can be accessed via the GAA's learning portal by clicking [here](#).

For a range of practical AGM templates such as a sample agenda, set of minutes, Standing Orders, etc., visit:

www.learning.gaa.ie/clubagm

Welcome to the GAA Learning & Development Portal

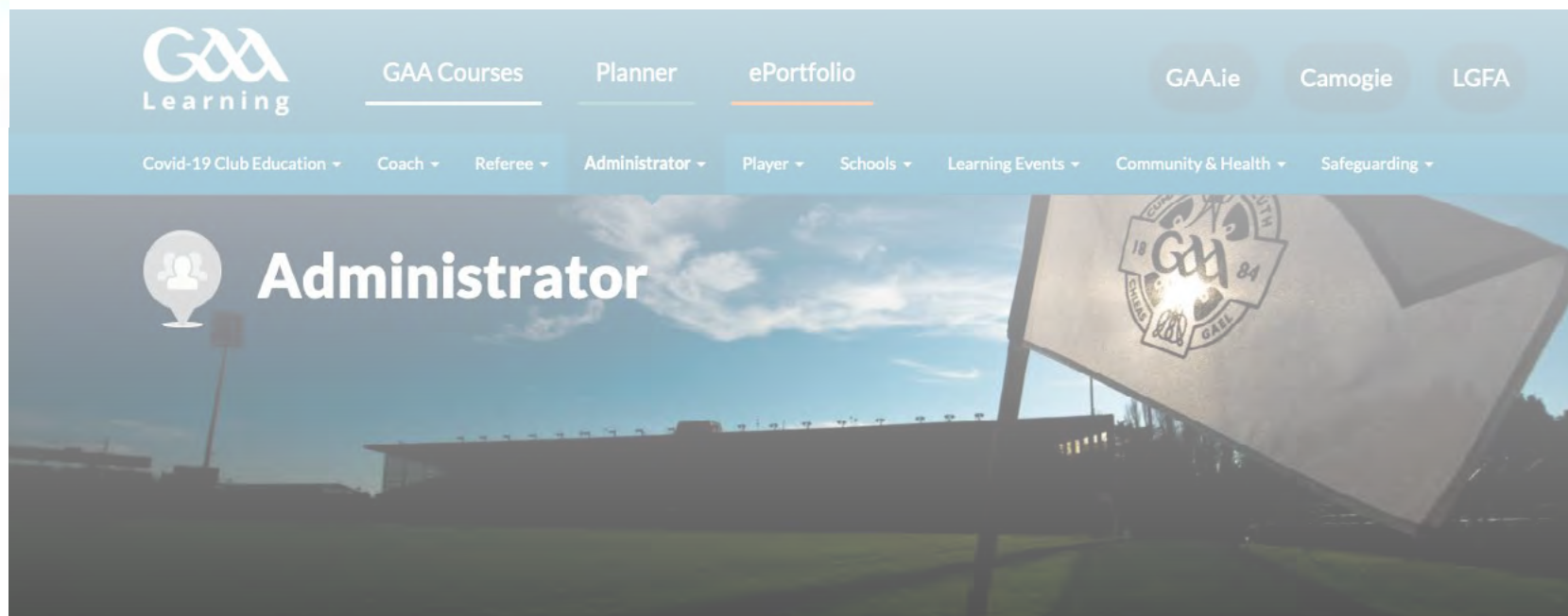
Featured articles:





Club Officer Training

With in person gatherings set to come back again hopefully in the new year, Clubs are reminded to contact their County Development Officer if they wish to request training courses for new or existing Club Officers. Subject to demand across the county, courses for each Officer role can be provided to Clubs who wish to avail of this. Learning resources are available for all Officers in the **administrator section of the learning portal.**



Welcome to the Administrator section of the GAA Learning Portal. Click on any section to access resources that will assist with the management of your Club and the successful fulfillment of your role.



Le Jamie Ó Tuama

SCÓR SINSIR 2020 FINALS SET FOR CLG CHONNACHT'S AIR-DOME

COISTE NÁISIÚNTA SCÓR ARE DELIGHTED TO ANNOUNCE THAT THE SCÓR SINSIR 2020 FINALS ARE SET TO TAKE PLACE ON SATURDAY, 20TH OF NOVEMBER, IN THE AIR-DOME AT CLG CHONNACHT'S HEADQUARTERS IN BEKAN, CO. MHAIGH EO.

Following a very challenging two years for Scór organisers, participants and the GAA Scór community in general, the committee very much look forward to completing their Scór activity for 2020. They also look forward to welcoming a crowd back while at the same time adhering to all Covid-19 related protocols and guidelines.

On behalf of Coiste Náisiúnta Scór, Cathaoirleach Tomás Ó Muirí, expressed his delight that the Scór GAA community have been able to finish up where they left off way back in March 2020.

'I am absolutely delighted to announce that Coiste Náisiúnta Scór are now in a place where we can finish our Scór Sinsir 2020 Finals in a safe and manageable way. I am also very happy to announce that the All-Ireland finals will take place in CLG Chonnacht's famous newly built Air-Dome and I would like to put on record my thanks to all that have made this possible. Tá mé ag súil go mór le sibh uilig a fheiceáil go luath. Tugaigí aire.'

Meanwhile, a decision was also made to start the Scór 2022 season with Scór na nÓg. The Coiste hopes this will now give certainty to the Scór GAA family who are eagerly awaiting a return to action. A decision will be made with regards to dates etc. for commencement in due course.

'Tá an-áthas orainn a fhógairt go gcuirfidh na daoine óga tús le gníomhaíochtaí Scór 2022' a dúirt Ó Muirí. 'We hope this will give certainty to all those young musicians, dancers and entertainers out there that are raring to go!

'Beidh muid i dteagmháil libh go luath nuair a bheidh cinnteacht ann maidir le dátaí agus mar sin de. Idir an dá linn, coinnigí súil amach ar leathanach Facebook Scór le coinneáil suas chun dáta.'



ÁR GCLUICHÍ, ÁR LAOCHRA #28 – EOIN CARROLL

SAN EAGRÁN IS DEIREANAÍ SEO DE ÁR GCLUICHÍ, ÁR LAOCHRA, CUIREANN MUID 20 CEIST SCIOBTHAÍ AR LAOCH PEILE UÍBH FHAILÍ AGUS CHEAPACH AN CHURRAIGH, EOIN Ó CEARÚILL.

D’imir Eoin le peileadóirí sinsir Uíbh Fhailí don chéad uair thiar sa bhliain 2013 agus ó shin i leith tá sé ag tús cadhnaíochta i lár na páirce dá chlub agus dá chontae. Tá os cionn 70 cluiche imeartha aige faoin tráth seo lena chontae.

Fear mór Gaeilge é Eoin, freisin, atá an-bhródúil as a theanga agus a fhéiniúlacht.

‘Tá an Ghaeilge chomh tábhachtach domsa. Is duine Éireannach mé agus táim fíorbhródúil as m’fhéiniúlacht agus ár dteanga dhúchais. Thosaigh an tsuim seo nuair a bhí mé níos óige ag dul chuig Coláiste Lurgan sa samhradh agus nuair a rinne mé staidéar ar an teanga ar scoil, freisin, le mo mhúinteoir an tUasal Ó Donnabháin as Corcaigh.’
Deireadh Fómhair, 2021

Mar a d’fhreagair Eoin ar gcuid ceisteanna!

Ainm: Eoin Ó Cearúill

Aois: 27

Club: Ceapach an Churraigh

Contae: Uíbh Fhailí

An scannán is fearr leat? Lawless

An leabhar is fearr atá léite agat? Legacy faoi na All Blacks

An banna ceoil is fearr leat? Mumford & Sons

An áit is fearr leat? An Iodáil

An bia is fearr leat? Bia as Meicsiceo

Clár teilifíse is fearr leat? Love/Hate nó Peaky Blinders

An t-imreoir ab fhearr leat nuair a bhí tú óg? Matt Connor

An chéad chuimhne CLG atá agat: Mo chéad seisiún i gCeapach an Churraigh le m’fhoireann Naomh Uinseann

An chéad uair a ndearna tú ionadaíocht ar do chontae: 1ú Nollaig 2012 in aghaidh Lú (Corn Fitzsimons) agus ansin i mí Feabhra sa tsraith in aghaidh Luimnigh i dTulach Mhór.

An t-imreoir is fearr le himirt leat: Peter Cunningham

An t-imreoir is fearr le himirt i do aghaidh: Mattie Donnelly

An cluiche is fearr a d’imir tú riamh: Cluiche Ceannais F21 2015 – Naomh Uinseann in aghaidh Thulach Mhór

Buaicphointe do shaoil imeartha le do chontae go dtí seo: Mo chéad chluiche leis an gcontae (scuad forbartha U13) i bPáirc Tailteann in aghaidh Lú agus na Mí

Buaicphointe do shaoil imeartha le do chlub go dtí seo: Ag imirt le mo dheartháireacha agus mo chol ceathracha

An duine is mó a raibh tionchar aige/aici ar do shaol imeartha go dtí seo: Mo dhaid Aon chomhairle agat d’imreoirí óga?

Bain taitneamh as fad a mhaireann sé agus déan spriocanna agus cuspóirí i gcónaí

Aon chaitheamh aimsire eile? Is breá liom taisteal agus ag dul chuig áiteanna/tíortha nua

Laoch spóirt agat taobh amuigh de CLG? Michael Jordan



By Colin Regan

GAA HEALTHY CLUB CONFERENCE: THE 5 WAYS TO WELLBEING

MORE THAN 450 DELEGATES TUNED IN FOR WHAT TURNED OUT TO BE A FASCINATING VIRTUAL GAA HEALTHY CLUB CONFERENCE ON SATURDAY, OCTOBER 31ST. THEY WERE JOINED BY RENOWNED PSYCHOLOGIST DR. TONY BATES, TYRONE ALL-IRELAND WINNER CONOR MEYLER AND A HOST OF OTHER GAA AMBASSADORS AND HEALTHY CLUBS TO EXPLORE THE CONFERENCE THEME: '5 WAYS TO WELLBEING'.

The GAA's Community & Health department, which organises the popular event, used club case studies and personal testimonies to bring to life the conference theme: 'The 5 Ways to Wellbeing' – Connect, Be Active, Take Notice, Keep Learning and Give. The event also marked the opening of expressions of interest for new clubs to get involved in the Healthy Club Project. A target of 200 new clubs has been set to join the almost 300 clubs already accredited as official 'Healthy Clubs'.

The Healthy Club Project is delivered in partnership with Irish Life (corporate social responsibility partners), Healthy Ireland, the HSE, National Office for Suicide Prevention, and the Tomar Trust. It aims to expand clubs' positive influence as they broaden their remit from sports clubs to becoming hubs for health in their community.

Contributors included Dr. Tony Bates, renowned psychologist, author, and creator of Jigsaw (the National Youth Mental Health Foundation) who highlighted the vital role played by the GAA and its clubs and counties in offering

people meaningful opportunities to come together and feel part of something bigger than themselves.

Other contributors included Tyrone All-Ireland winner and GAA/GPA Player of the Month for September, Conor Meyler; six-time All-Ireland winner Julia White; Cork senior football manager, Keith Ricken and Ulster Wheelchair Camogie Player and Coach, Geraldine McGarrigle.

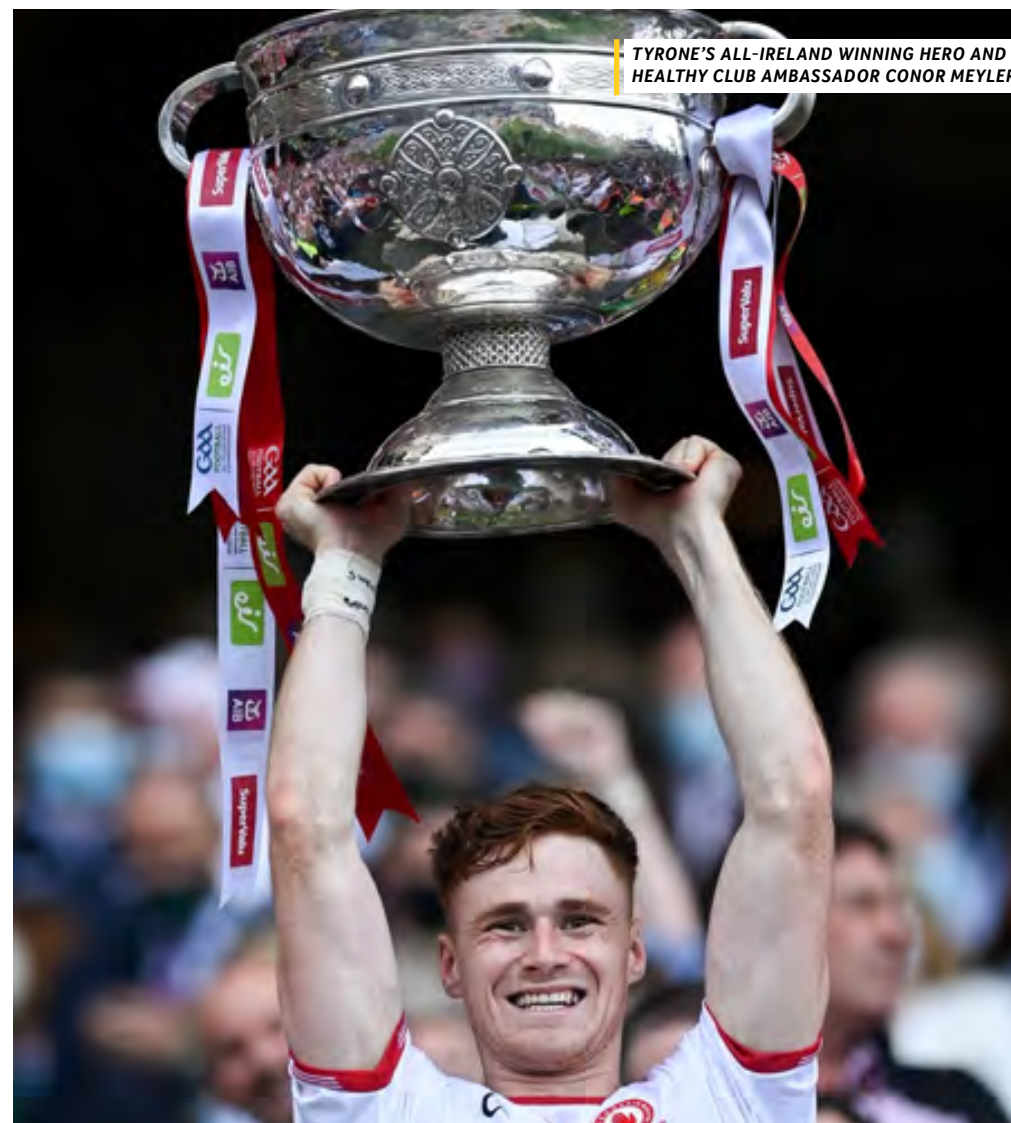
Topics covered included All Stars Programme for children with additional needs; Dads & Lads social football and hurling team; the new Green Clubs environmental programme; youth leadership initiatives and opportunities; and the value of volunteering.

A total of 129 clubs recently completed phase 4 of the Healthy Club Project following an 18-month journey – see some of what they achieved here: <https://www.youtube.com/watch?v=FoYVYaRJ1io>

The event was broadcast live on the GAA Youtube channel where it generated great engagement and discussion. Expressions of interest for clubs to get involved in the next phase of the GAA Healthy Club Project will remain open until Friday, December 3rd. You can apply here:

<https://healthyclubs.gaa.ie/>

For more information regarding the Healthy Club Project please visit <https://www.gaa.ie/my-gaa/community-and-health/>



TYRONE'S ALL-IRELAND WINNING HERO AND HEALTHY CLUB AMBASSADOR CONOR MEYLER

By Cormac Hargaden

CAMOGIE COMEBACK IN CLONTARF

THE FIRST ADULT CAMOGIE TEAM IN OVER 20 YEARS IN CLONTARF EXEMPLIFIES THE GRASSROOTS GROWTH IN FEMALE PARTICIPATION IN GAAELIC GAMES –

2021 saw Clontarf GAA enter an adult camogie team in competition for the first time in over two decades.

The revival of the game in the Clontarf area was the culmination of years of patient work by club officials, mentors and players: developing a sustainable structure from nursery up to adult level which now gives all genders a choice to play both GAA codes at every age group.

Clontarf club stalwart Anne O'Mahony said: "We are a GAA club. Football and hurling/camogie – they are the two main sports. And if we are a true GAA club, we should be offering those to boys and girls."

The fruits of all the club's efforts are evident to see in participation levels.

Clontarf GAA now boasts over 800 female players. This story of success demonstrates how the influence of positive role models can make a real difference at parish level.

As Clontarf player Gráinne McDaid said: "The younger girls coming up – when they walk by training – they see us and they say "Oh I could be them one day".

Her teammate Ciara Mangan agrees:

"When we were younger there was no camogie team in Clontarf. Now there's

young girls who have the chance to aspire to goals that I couldn't even dream of"

Eoghan Hannigan, the Adult and Minor teams' coach says: "The whole point of the 20x20 campaign: was If You Cant See it, You Can't Be it. Now girls can see it straight in front of them in the park."

While a core group of girls who were Under 9's and Under 10's a decade ago now comprise the majority of the senior panel, there has also been newcomers who have been tempted to take up the sport – like their long time mentor Máire Harding O'Brien; who made her debut on the field of play in 2021.

The news of an adult team has also tempted others to return to a game that they played in childhood, like Galway native Tara Darcy. "I hadn't played competitively since I was nineteen years of age. I really enjoyed it. I loved being back, playing with a team."

A short video has been put together to capture this story and is available to publish on social channels or platforms with a credit to Clontarf GAA.

Downloadable links here:

SHORT (2') VERSION:

<https://vimeo.com/584941244>

Password:
CLONTARF



Gráinne McDaid
Clontarf Camogie Player



CLONTARF GAA

SUSPECTED HEAD INJURY

- Concussion is a brain injury that can be caused by an impact to a player's Head or Body.
- Over 90% of Concussions occur without a loss of consciousness therefore recognition of other signs and symptoms is crucial.

“IT’S NOT ALWAYS A KNOCK-OUT”

Observation

Initial Signs:

The Nature of the Impact:

- The speed of the impact / collision
- Was the player braced for impact? (Did they see the impact coming)
- Was there any rotational (twisting) motion of the head / neck caused by the impact?

Indicators:

The Player's reaction:

- Did they lie motionless for any period of time?
- Were they unsteady on their feet?
- Did they clutch their head?

Red Flags – urgent medical attention:

- Possible neck or spinal Injury – player should not be moved
- Prolonged Loss of consciousness
- Deteriorating conscious state
- Convulsions / Seizures
- Vomiting
- Double Vision
- Disorientation/Confusion
- Severe or increasing headache
- Abnormalities of balance or coordination
- Slurred or incoherent speech
- Weakness or tingling/burning in arms or legs

A simple two-step process should be applied:

1.RECOGNISE – the Signs and Symptoms

2.REMOVE – the player from the field of play

Remember, if there is any suspicion of Concussion, the player should be removed from the field of play:

“IF IN DOUBT, SIT THEM OUT”

GAA LAUNCH 'YOUR GAME, YOUR BRAIN' CAMPAIGN

'YOUR GAME, YOUR BRAIN' IS A NEW CAMPAIGN DESIGNED TO INCREASE AWARENESS AMONGST ATHLETES OF THE IMPACT OF ALCOHOL ON A STILL DEVELOPING ADOLESCENT BRAIN. IT IS DRIVEN BY THE GAA'S COMMUNITY & HEALTH DEPARTMENT AS PART OF THE ASSOCIATION'S LONG-STANDING WORK IN THE FIELD OF HEALTH PROMOTION THROUGH SPORT. THE CAMPAIGN IS FUNDED BY THE TOMAR TRUST AND SUPPORTED BY THE HSE'S ASKABOUTALCOHOL.IE INFORMATION WEBSITE.

Research shows that the adolescent brain continues to develop, on average, until 25 years-of-age, during which time it has a greater sensitivity to alcohol. 'Your Game, Your Brain' seeks to increase young athletes' awareness of the effects of alcohol both on sporting performance and brain health/development. Using social and digital media, the campaign seeks to tap into young athletes' love of sport and their desire to be the best they can be. The campaign message is delivered via a simulation of the notorious fitness 'Beep Test' to translate what could be a complex concept into something more relatable to the sporting audience. Other campaign assets utilise an action shot of a player that is buffering, implying a slower than optimal connection to a generation for whom connectivity is currency.



During the crucial developmental period up to the age of 25-years, the brain is undergoing some of the most important changes of our lifetime. It is building the mechanics that support more sophisticated thinking skills like planning, judgement, decision making, goal setting and sustained attention – all of which underpin sporting performance and achievement.

The GAA has since 2006 delivered throughout its club and county network resources and information regarding drug and alcohol awareness. The ASAP (Alcohol and Substance Abuse Prevention) Programme delivered in collaboration with the HSE has resulted in approximately 900

GAA clubs implementing a Club Substance Use policy. All clubs participating in the GAA Healthy Clubs Project must, amongst other activities, adopt such a policy to achieve Healthy Club accreditation. A significant number of GAA clubs have also become Smoke and Vape-free campuses as part of their Healthy Club journey. Almost 300 clubs are currently engaged in the Healthy Club project, which is supported by Healthy Ireland, the National Office for Suicide Prevention, the Tomar Trust, and Irish Life as CSR partners. There are plans to recruit an additional 200 clubs into the project in 2022.

As part of the 'Your Game, Your Brain' campaign all units within the Gaelic

Games family are encouraged to ensure that they have an up-to-date Substance Use policy in place – see here for more details: <https://www.gaa.ie/my-gaa/community-and-health/substance-use-gambling-awareness/substance-use>

A steering group including representation from the Local and Regional Drug & Alcohol Task Forces network, Alcohol Forum Ireland, and Planet Youth Ireland project advised the GAA's Community & Health department throughout the development of the 'Your Game, Your Brain' campaign. The campaign has been funded by The Tomar Trust, a philanthropic trust that seeks to support the development of resilient young people

and address some of the big issues facing Ireland today by investing in solutions to solve them.

The target audiences for 'Your Game, Your Brain' are: 1) young athletes with still developing brains; 2) sports coaches; 3) parents of young athletes

For more information on 'Your Game, Your Brain' or to access the campaign assets for your club go to: www.gaa.ie/community

For further information on how alcohol affects your health and wellbeing visit: www.askaboutalcohol.ie

THINK YOU'RE *FAST* ENOUGH?

GAA GENERATIONS SEEKS 12-21 YEAR-OLDS TO HELP IN ORAL RESEARCH PROJECT

WE ARE OUR STORIES, AND WE TELL THEM WHILE STANDING ON THE SHOULDERS OF THOSE WHO CAME BEFORE US.

Ireland boasts a rich tradition of passing our stories from one generation to the next. To honour that, and to capture a better understanding of what the GAA means to its members, we have launched 'GAA Generations' oral research project.

What is GAA Generations?

The idea is simple – we are inviting young GAA, LGFA and Camogie Association members aged 12-21 to record on their mobile phone a conversation with 'One Good Adult'; someone who they look up to and admire in the 55+ age bracket. It could be, for example, a parent/grandparent, a coach, or a teacher, past or present, that saw and nurtured your potential.

Older participants will also be given the opportunity to quiz their young interviewees on their GAA experiences and how it may have impacted their understanding of who they are.

What's the purpose of the project?

GAA Generations aims to recruit between 500-1,000 young GAA, LGFA and Camogie Association members (aged 12-21 years-old) who will receive online training in conducting an interview with a person of influence in their life aged 55+. The conversations with their selected 'One Good Adult', recorded on a smart phone along with a photo of the participants, will be stored on the GAA's eLearning platform and published as part of the GAA archive. For taking part, you will receive a UNESCO



Chairs/GAA Youth Researcher Certificate of Participation.

How can I get involved?

If you are a young GAA, LGFA and Camogie Association member aged 12-21 years (inclusive) and would like to participate in this research project please complete the **expression of interest form**.

For further information contact

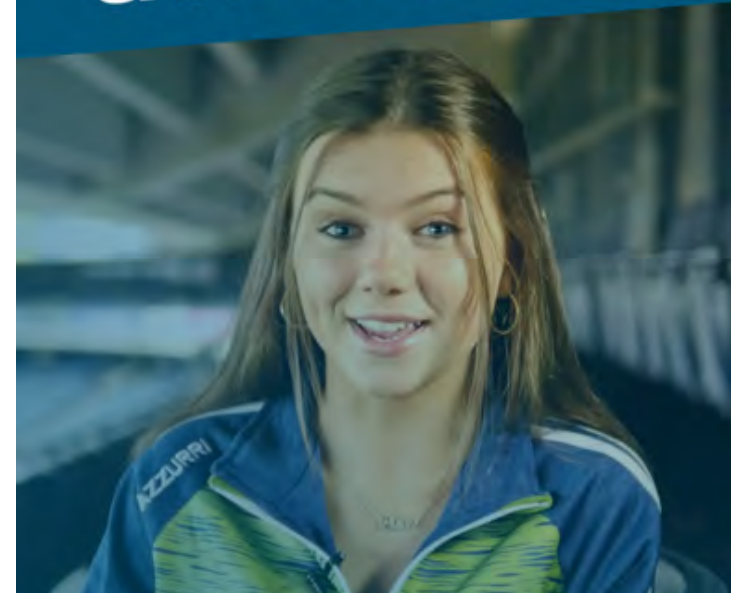
gaagenerations@gaa.ie or Blánaid Carney at +353 (0) 1 819 2387

You can also learn more via the following video link: **<https://youtu.be/2PvvVjl-Hbc>**

GAA Generations has benefitted from funding from the HSE Mental Health division via the National Office for Suicide Prevention. Depending on the volume of applications received, it may not be possible to facilitate everyone due to the analysis of the data required.



GAA Generations



SOCIAL MEDIA GUIDE

SOCIAL MEDIA IS SUCH A MAJOR PART OF MODERN LIFE AND MODERN COMMUNICATIONS THAT GAA CLUB AND COUNTY COMMUNICATIONS HAVE LONG SINCE EMBRACED THEM AS A VITAL TOOL IN TELLING OUR STORY AND STAYING CONNECTED WITH OUR MEMBERS AND SUPPORTERS AND KEEPING THEM INFORMED.

Like everything else in life, knowing what is best practice is also key.

The GAA has a set of updated social media guidelines.

It's available [here](#)

Social Media Policy & Guidelines





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.