



Banríon Gaels Camogie Club August 2020

#ProudtobeBRG

#hardestworkingladiesintheparish

Key Events:

- Registration Day
- Covid-19
- Community Initiatives
- Strategic Plan
- U16 Team

Spring Reflection

Return to training on 29th Feb was hampered by the arrival of Storm Jorge so our #hardestworkingladiesintheparish returned to play on the 7th March with 75 young players.

Registration Day was very successful with over 100 players registering. Thanks to the Registration Team for all their hard work in making it an easy process for our members. Thanks also to Dr Cathal Berry TD who dropped by to hear about our Club and meet some volunteers.



The **Laois U16** trials were ongoing during the start of the year and we had four players attend trails. Two were successful in making the panel and Anna B and Aoibhe McM lined out in their first game on 08th March. It is hoped these county fixtures will be finished later this year.



Covid 19 arrives after just one BRG training session, and halts all camogie activities. During the sabbatical, our coaches attended online webinars in order to upskill. Coaches also set tasks for their relevant age groups to complete certain skills and drills.

#CamánagainstCorona

Camogie Homework for the #hardestworkingladiesintheparish

200 touches camogie challenge:

All you need is a wall, rebound net or a parent/grown up

- 25 jab lifts
- 25 Roll lifts
- 25 overhead catch
- 25 strikes left side
- 25 strikes right side
- 50 ball hops
- 25 short sprints

U18s and U10s can adjust the amount to suit ability.

U12s, U14, U16 should do the challenge minimum 4 times a week.

A steady 2km/3km jog should be completed twice a week until we are back on the pitch.

Please send any video or photos via Whattappt to 0876453946

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Webinars attended included: XXXXXX

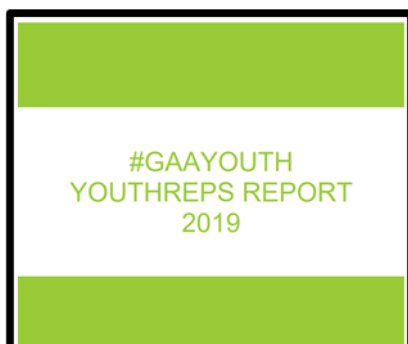


PRO-ÓG

The Camogie Association introduced a new initiative called PRO-Óg, to involve our older (juvenile) players in the running of their Club. Delighted to have two of our #hardestworkingladiesintheparish Hannah and Natasha involved in helping to promote our Club and sport.



Findings published from GAA Youth Forum on Player Retention



Late last year we sent four players to the GAA Youth Forum and the findings on player retention was one of their main focus groups.

Take a look at what our Youth Members have to say on dropout, substance misuse and other

topics!

<https://camogie.ie/?s=youth+forum&submit=>

It is hoped that our BRGers who attended will present the findings on player retention to the Club and Community in the near future when increased numbers can attend indoor events.

Club and Community Initiatives



The story of Dan Donaher resonated with people near and far and BRGers wanted to play their part in the #DoitforDan fundraiser. The Club devised an idea to "Do a drill for Dan" where players from U6 to U16 would film an age appropriate camogie drill which was published on the Club's social media pages. We had a fantastic response from all players, coaches and great support from families. Over €1500 was raised for the fund and we wish the Donaher family well.



While Covid stopped play BRGers wished to thank all the front-line services at work in our community so it was decided to hold a virtual #BRGBakeOff. Our players baked and donated their cakes and buns to a person of their choice in the community to say thank you for

continuing to work through Covid. BRG executive member Julie Ann Behan had the unenviable task of choosing a winner from photos sent into her. The response was warming, and it is hoped to continue this initiative on a yearly basis.



Banríon Gaels Strategic Plan



With no camogie being played due to Covid a casual chat between coaches yielded the idea to use the time off the pitch to cultivate a strategic plan for Banríon Gaels, which turns seven in September 2020. An executive zoom meeting supported the idea, so we got to work. Ray and Rena attended a Club Planning Webinar and prepared the foundations on which the plan will be based. A survey was launched in early August, from which the Steering

Group will glean information and data to drive the Club forward. Due to restrictions on meetings focus groups could not be facilitated at the time of going to print. Feedback was sought from many stakeholders within and outside the Club. It is hoped the Strategic Plan will create a vision for Banríon Gaels from 2021 to 2023.

Upcoming Club Officer Webinar

TOPIC	AUDIENCE	SPEAKER	DATE & TIME
Club Strategic Planning	All Club Officers	<ul style="list-style-type: none"> Jack McCarney (GAA Club Administration Coordinator) Colm Cummins (Offaly County Development Officer) David Denieffe (Club Planning Facilitator) 	29 April, 6 p.m.

learning.gaa.ie/administrator

Back on the pitch

The word we were all waiting for, a lifting of restrictions, saw us back on the field on 4th July. The juvenile fixtures for the shortened season were cut back with U8/U10/U12 clubs in Laois divided into geographical pods to allow 4-5 challenge games in lieu of the normal blitzes. U14 and U16 would play the normal championship games. These fixtures were under way with some promising performances from BRG teams. Covid again interrupted play with a suspension of all contact sports in Laois in early August. At the time of going to print, it is hoped games will return after 23rd August.

History Made!

Late last year U14 coach, James, stated his intention to field at U16 in 2020 and began a recruitment drive to encourage former and new players back to the BRG jersey. The response was very positive. A phone call with Clonad Raheen Gaels U14 coach, Fint, saw club history being made. With neither BRG or CRG having sufficient

numbers to field comfortably including substitutes etc, it was proposed that U16 players at both clubs would play on a combined team for 2020. This was a successful outcome for the players as they get to play camogie and on 22 July 2020 the “Gaels” played their inaugural fixture.



First BRGers to line out at U16. C'mon the Gaels. Back row: Sophie W, Emelie T, Hannah O M, Aoibhin K, Sinead S, Ali H. Front row: Aoibhe Mc, Aoife C, Roisin L, Anna B, Lucy L, Amy G. Missing due to injury, Natasha R.



This is a hugely significant milestone for us, the youngest club in Laois, not yet seven years old. It was a vision of the club founders in the early days and the ethos of the club was very firmly set on the principles of fun, fitness and friendship.

Anybody interested in becoming a player, mentor, coach or admin assistant with BRG please get in touch banriongaels@gmail.com

Compiled by Rena Killeen, PRO & Communications Officer

Contact us:

#hardestworkingladiesintheparish



Banrion Gaels Camogie Club



@banriongaels



Banrion_gaels_camogie_club



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#ProudtobeBRG

Promoting fun, fitness & friendship

