



#bettercoachesmakebetterplayers

#hardestworkingladiesintheparish

New mentors and coaches always welcome,
contact banriongaels@gmail.com

Key Events List Jan – March 2020:

- Strength & Conditioning, Port GAA Gym, Wed 8th Jan for six weeks, 7-8pm
- Laois U16 trials 9th Jan four weeks
- Level 2 Coaching “Solo to Success”
- Naomh Eoin School visit 24th Jan
- Turas Coach workshop 30th Jan
- Presentation Primary & Rath NS School visit 31 Jan
- Centra Main St collection 31 Jan & 01 Feb
- Churchgate Collection TBC
- Return to training 29 Feb 2020
- Registration Day March 2020

BRG 2020 Executive

Chairperson – Nicola Turley

Vice Chairperson – James Holden

Secretary – Angie Barrett

Asst Secretary – Geraldine Hibbitts

PRO & Communications Officer – Rena Killeen

Treasurer – Elaine Mullally

Vice Treasurer – Karen Allen

Development – Shay McCourt & Aine McNamara

Children’s Officer – Rena Killeen

Asst Children’s Officer – Julie Ann Cunnane

Banríon Gaels

Camogie Club

January 2020

Registrar – Mairead Slevin & Margaret Garry

Language & Cultural Officer – Karen McCourt

Fixtures Committee member – Ray Brady

Rena Killeen was appointed to the Laois County Executive for 2020.

Winter Reflection

When the dust settled on the 2019 Camogie season the executive remained busy planning various activities for the Winter months. A strategy was put in place to use the off season to concentrate on coach development within BRG.



GAA Youth Forum

Alongside coach development we are very aware of the contribution all our players make so in order to empower our young ladies to remain playing sport we sent four of our oldest players to the GAA Youth Forum held in Croke Park on 26th October. The forum was very informative with a mix of interactive exhibitions, workshops, a youth congress, high profile speakers and a Q&A session.

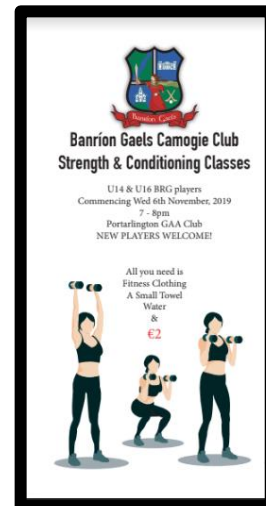


Workshops were designed for three specific age groups (12/13, 14/15, 16-21) our players who attended learned invaluable tips and tools that will help them develop as players and as individuals. We thank our four ladies who are fantastic ambassadors for our club. We will be engaging in these types of events in the coming season and more of our players will get an opportunity to represent our Club.



Winter Training

Our 12-week block of Winter Training commenced in November and was very well supported by players from our U14 & U16 panels. It was great to welcome some new players and welcome back previous club players.



Average attendance per night over the sessions to date is 32 so thank you all for your commitment. Thanks to Ed Gallagher for providing excellent training in a fun environment.

TURAS Seminars

In November Leinster GAA hosted a Child Seminar and Youth Seminar in the National Sports centre in Abbottstown. The programme was devised for coaches to help ensure a coherent approach to player development across clubs, schools and talent academies. Turas – the Irish word for journey – was chosen to reflect the journey taken by both coaches and players up through the various grades. Five BRG mentors attended the Child & Youth Seminars, including Natasha, one of our County players.





TURAS is based on five key principles that, when applied, will positively improve coach and player performance:

1. **T**esting and Challenging: all players should be challenged to improve at their level
2. **U**nderstands the player is at the centre of the game and provides individualised development (player centred)
3. **R**esembles the game (game based)
4. **A**ll players involved, all the time – lots of touches, lots of decisions
5. **S**hould be an enjoyable, appropriate and holistic GAA experience

Thanks to Áine McNamara (BRG Camán to Camogie programme) for giving such a thorough presentation on both days where her experiences with BRG featured!

Thank you to Rena, Ray, Chris and Natasha R for attending.

Áine will be conducting TURAS training with BRG coaches and mentors and those who wish to be involved for the coming season, in late Jan 2020.

Dublin Camogie

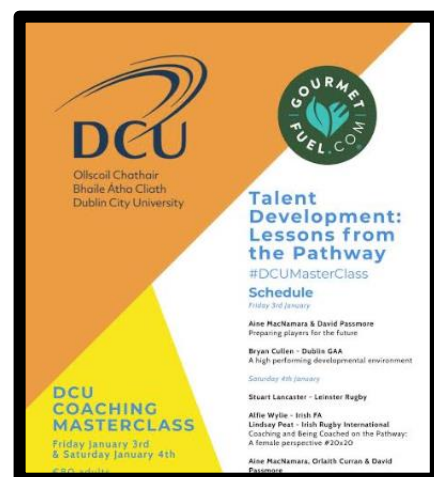
BRG mentors were delighted to be invited by manager of the Dublin senior Camogie team, Willie Braine, to an indoor training session with

the current senior panel, in Abbottstown in November. It was a great experience to observe the set-up, the drills and games at this level. Valuable information was taken away and we hope to visit an outdoor training session in the near future. Thank you to Rena, Shay, James, Ray and Chris for attending.



DCU Masterclass

In early January Dublin City University conducted a Coaching Masterclass - "Talent Development: Lessons from the Pathway"



According to the organisers, developing talent within club, school & representative pathways has become a hot topic so DCU brought together some top sporting names to share their experiences. These included amongst others:

- Stuart Lancaster (Leinster Rugby former England Coach).

- Br Colm O'Connell, coach to numerous Olympic & world middle distance medalists.
- Bryan Cullen (Dublin GAA High Performance Manager and S&C)
- Dr Aine McNamara (Sports Psychologist and author/specialist in talent development. Associate Professor in Elite Performance, Dublin City University)

The masterclasses covered some of the key lessons learned from developing and maximising talent from various perspectives and drawing from a variety of sports and settings. There was a keen focus on Youth Coaching for development.



BRG feature in this slide!

Thanks to Shay, Ashling and Karen M for attending and to Áine for facilitating.

GAA Games Development Conference

The 2020 GAA Games Development Conference took place in Croke Park on Jan 10th and 11th.



This years' theme was 'Values, Behaviours & Culture - the Key to Sustaining Success'. The conference focussed on issues related to

players across the playing pathway (Child, Youth and Adult players).



The Friday session featured a Player Development forum that provided best practice examples of activities from clubs and schools around the country. Speakers presented on a number of range of initiatives that have been developed, including how to complement the formal games programme, how to organise the development of coaches within your club, and specific issues related to child and teenage players. The Saturday session provided an opportunity for delegates to attend sessions from well-known speakers covering topics relevant to the player, the coach, the game and the environment.



Thank you to James, Ray and Chris for attending.

Level 2 Coaching

BRG are delighted to secure a place on the upcoming Level 2 Coaching Course for U12 coach and development officer, Shay McCourt.

The Award 2 Coach Education course is the third award on the coaching pathway of Gaelic Games. The course is aimed at experienced coaches that have progressed through the Foundation and Award 1 programmes.



The Award 2 course has been developed to take account of the different playing capacities that exist between children (up to 12 years), youths (age 13 – 18) and adults (age 19+) and the competencies that a coach is required to display when working with each of the playing populations. This allows coaches to further their knowledge, experience and capabilities when working with the various playing populations.



The course is 27 hours duration and run over many weekends so thank you Shay for forfeiting his free time so BRG can benefit.

Get in touch

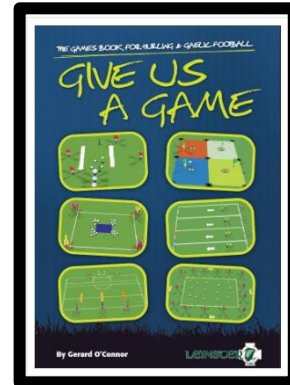
Anybody interested in becoming a mentor or coach with BRG please get in touch banriongaels@gmail.com

You will not be left alone. You will be mentored and supported by an existing coach. A variety of training courses will be made available to you. You will be a valued member of a player focused club.

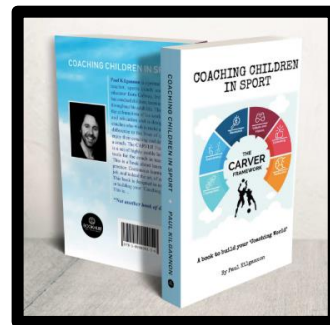
Some support material available to BRG coaches:



The Coaching Bubble - Podcast



Give us a game



Coaching Children in Sport

Contact us:



#ProudtobeBRG

Promoting fun, fitness & friendship

Compiled by Rena Killeen

PRO & Communications Officer