



ROSCOMMON GAELS

Gaelforce News

WEEKENDING MARCH 15th, 2020



Registration
now
Due for 2020

WIN

a **SUBARU**.ie

3RD MAY 2020



LGFA
LADIES GAELIC FOOTBALL





One Lucky Winner will win 17 Free Entries to Win A Subaru Draw on May 3rd, 2020. Keep an eye on Social Media for updates in next day or so.

There has been a super response from club members near and far supporting Win A Subaru. We still have some more work to complete before May 3rd.

We do acknowledge that due to the current situation we now find in, our task has been made somewhat more challenging. But, the Win A Subaru team are still committed to keeping the show on the road and driving this fundraiser as best we can. All we need is your support.

All families who registered with the Club on Registration Night in the Hyde Centre on February 14th, received a book of tickets to sell. There are a number of locations (Listed Below) that ticket stubs along with all funds received may be returned to. Please ensure to have all in a SEALED Envelope with your name clearly printed on it. The WIN A SUBARU Committee (Listed Below) is also happy to take envelopes if preferred.

There are 8 weeks remaining before May 3rd approaches and the winner of the 201 D Subaru Impreza will be announced. There will be more updates down the line. We thank you all for your continued support and look forward to seeing you out on the Fundraising Campaign.

Don't forget, if you haven't purchased your entries yet log onto www.winasubaru.ie and purchase 1 for €20, 3 for €50, 7 for €100. Follow the fundraising campaign on Facebook, Twitter and Instagram and remember to #spreadtheword! **Win A Subaru Committee:** Gareth Carroll, Cahal Mahon, Tommy Mulry, Oliver Moran, Aisling Neilan, Nicola Nerney, Orla Fleming, Declan Molloy. **Drop Off Locations for Stubs:** McNeills Store, Fleming's SuperValu (Mark for Attn. of Orla), Molloy's of Abbey (Mark for Attn. of Declan)

Registration

Please Note that all Players (Adult and Child) MUST be registered with the Club prior to Season commencement. Registration Forms are available from Peter Mullen, Registrar or any Coaches or you can download from the www.roscommongaels.ie Please return forms fully completed with necessary funds to either Peter Mullen or Coaches.

Lotto

Jackpot last week was €7,250. There were no winners. The €30 Winners were:

John Igoe, Abbey Street
Gary and Pake c/o P Menton
Conor Coyle, Four Roads
Michael McGreevy, Ard Aoibhinn

The Weekly Lotto Draw will be postponed until further notice. Please note that anyone who purchased an Annual Lotto Ticket this will not loose out on any draws. Your year will be extended by the number of weeks the lotto is missed.

Enquiries to Harry Hoare, Club Treasurer.

Cards

Card Games on a Monday night has to be put on hold for the moment due to the "C" Word. We will let you all know when it's back up and running.

Executive Committee Members Who are they?

Chairperson:	Teresa Hession
Vice Chairperson:	Seamus Carthy
Secretary:	John Donnellan
Treasurer:	Harry Hoare
P.R.O.:	Orla Fleming
Registrar:	Peter Mullen
Officer for Irish:	

Language and Culture	Rosealeen Greene
Children's Officer	Maire Allen
Players' Rep, Men's	Anthony Clogher
Players' Rep, Ladies	Niamh Madden
Development Officer	Ollie Moran
Executive Coaching Officer	Seamus O'Neill
Football Board Chairperson	Seamus Carthy
Ladies Board Chairperson	Declan Walsh
Hurling Board Chairperson	David Waldron
Camogie Board Chairperson	Patricia Torpey
Pitch Co-Ordinator	Philip Mullen
Health & Wellbeing Officer	Mary Tarpey
Assistance Secretary	Cahal Mahon
Assist Treasurer	Tom Fitzmaurice

Tips for Keeping Kids busy while Home from School

Are you at home with your kids now because of school closures. Here's some tips to keep them occupied:

Use what had been your child's routine on a normal school-day. *(push it forward an hour if you want to have a little bit of a lie in....lets face it..... this is a time to slow things up a little!!)*

- Set a time for everyday Mon-Fri to begin. When are they used to having breakfast? Breaktime? Lunch?
- Break the day into small chunks much like school does with subjects.

Websites to go on to get some academic work for children to complete: www.twinkl.com

Use Code **IRLTWINKLHELPS** for free membership at the moment while schools are closed. www.mangahigh.ie is also another website they could use for Maths. If they like drawing, try "Art for Kids Hub" on You Tube. Follow Will Sliney on YouTube either, he is an Irish artist who has started doing live drawing sessions on You Tube daily. Tomorrow (Thursday), Don Conroy will be working with him.

Dedicate time for play and activities

Once you've mapped out times for things like food and school work/projects, you're ready to fill in the rest of the day,

Activities: 200 Touches Challenge (Football)



Hurling Challenges for Underage

Jab Lift: How many Jab Lifts can you do in 30 seconds?

Repeat and try to beat your score!

https://learning.gaa.ie/Hurling_TheJabLift

Roll Lift: How many Roll Lifts can you do in 30 Seconds. Repeat and try to beat your score!

https://learning.gaa.ie/Hurling_TheRollLift

Strike from the hand

(your good side AND your weak side)

https://learning.gaa.ie/Hurling_StrikeFromTheHand

Free Puck https://learning.gaa.ie/Hurling_FreePuck

Send in pics/videos to

pro.roscommongaels.roscommon@gaa.ie to let us know who you are getting on. We would love to see your progress.

Roscommon Gaels Community Assistance

We're Here to Help

A Group of Roscommon Gaels Volunteers have come together and set up a Volunteer Service for anyone in our community who is alone and feels isolated.

We are aware of the potential hardship the recent situation regarding covid-19 may bring to elderly or vulnerable people in the area. We are in the process of setting up a facility whereby people can call us if they require assistance, whether it be groceries, prescriptions, fuel or other necessities.

If there are people living outside the area concerned for people within the area, then please do not hesitate to contact us here on this medium and we will do our best to check on your family.

We have a group of volunteers who will assist with travel requests to shops etc and make sure nobody in the area is left isolated during the next few weeks.

If you need us or can assist us please contact us by direct messaging on our facebook/instagram/twitter pages, or, contact 086-8178259 / 087-8222963 and we will do our best to assist in the safest way possible.

Guess the Player?

20 Questions Segment

Thanks to all who sent in emails this week guessing who our Player was. Some were right and a lot were wrong !! This weeks winner was **Fergal O'Gara** who was the



first to respond. Well Done Fergal. The Player of the Week last week, was none other that Peter Gillooly. Thanks Peter for taking our questions.

Now who can this weeks player be? See the Answers below and send you answers in again to pro.roscommongaels.roscommon@gaa or answer on Facebook when posted.

1. Age : *22 years young* Height: *6ft 2"*
2. Nickname *Roof* Position: *Wing Back*
3. Honours: *Connacht Senior A Schools Title*
4. GAA Idol Growing Up: *Scott Oates (very old)*
5. Best Memory in Underage: *Tormenting Managers like Anthony McCormack & Johnny Walker*
6. Best Memory in Adult Level: *Tracking Kiernan Kilcline's Man*
7. One bit of Advice to Underage Players: *Don't be afraid to play it on the floor from time to time*
8. Hopes for Roscommon Gaels for the future: *Achieve Regular Division 1 success in underage*
9. Best thing about RG Club: *The Old Dressing Rooms!*
10. Most scored in one game: *1-2*
11. Favourite present Roscommon Gaels player excluding yourself: *James Fetherstone*
12. Quickest player in Roscommon Gaels: *Paul Gleeson*
13. Fittest and most skilful players in Roscommon Gaels: *Cian Connolly*
14. Best Looking Roscommon Gaels Player: *John Nolan*
15. Vainest of the Team: *Kevin O'Gara*
16. Joker of the Team: *James O'Gara*
17. Mouldies or Studs & Socks Up or Down: *Mouldies & Socks Up*
18. If you could transfer a player to your team who would it be: *Conor Shanagher (from retirement)*
19. Salt & Vinegar or Cheese & Onion: *Salt & Vinegar*
20. Favourite thing to do to chill out: *Skype Cian Connolly*

Updates on GAA Activities Nationwide

Below is correspondence from Ard Stiúrthóir, Tomás O’Riain relating to fixtures planned for the coming season.....

A Chairde,

As part of our collective efforts in dealing with the Covid-19 outbreak, it is our intention to communicate with our units on a regular basis and keep you informed of developments as they happen.

The GAA can today confirm that a number of coaching and games initiatives will not proceed in light of the prevailing circumstances.

These include the 2020 Féile competitions, the Celtic Challenge and activity involving Academy Squads.

It has also been confirmed that the Connacht Senior Football Championship meeting between New York and Galway, scheduled to take place in Gaelic Park, New York on May 3rd, has been postponed

The future for this fixture will be considered at a later date and in the context of the anticipated overall re-drawing of the national fixtures calendar for 2020 as necessitated by the ongoing disruption to the GAA games programme.

We will add to this list as further cancellations arise.

The Association would like to reassure our members that when games activity re-commences we will provide an adequate games schedule for our players at all ages and grades.

In the meantime, we are working on a unified approach for all of our units on the issue of Games Development and Administration personnel and will be liaising with our Provincial Councils and County Committees in the coming days.

Thank you for your combined efforts to date.

These efforts have the potential to make a massive difference and it is in this vein that we ask you to continue to mobilise the GAA network and our wider membership in the interests of public health and the greater good.

Please continue to exercise caution relating to social distancing and coughing and sneezing etiquette and continue to refer to HSE.ie for more detailed advice.

Tomás Ó
Riain
Ard
Stiúrthóir

Tom Ryan
Director General

Le meas,

GAA Communications Dept.

Rannóg Cumarsáide CLG / GAA Communications Dept.

Gutháin / Tel : +353 (01) 865 8659

CLG, Páirc an Chrócaigh, Baile Átha Cliath 3 /

GAA, Croke Park, Dublin

Covid-19

The HSE has asked that we communicate to as many people as possible a change in the way the public is being asked to make contact. If someone suspects they have symptoms, they are requested to visit [hse.ie](https://www.hse.ie) or phone HSE Live 1850 24 1850.

All GAA units are encouraged only to follow advice from trusted points of information, such as the following, which will be updated regularly:

@HSELive
@CMOIreland
@publichealthni

The following websites are the primary sources in Ireland for public health information regarding Covid 19:

See here for

HSE: <https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

See here for

PHA: <https://www.publichealth.hscni.net/news/covid-19-coronavirus#situation-in-northern-ireland>