



ROSCOMMON GAELS

Gaelforce News

January 2021



Ni Neart go
chur
le Cheile

Lotto
Be part of it to WIN!

GAA

LGFA
LADIES GAELIC FOOTBALL



Roscommon Gaels looking to the Future at their Forever Home in Lisnamult

GAA activities have been in Roscommon town since 1889 with Roscommon Gaels GAA club coming into existence in its current form in 1969. From the very beginning the club sought to provide Gaelic Games to all that lived in Roscommon parish and, in their long history, the club has had many homes and gone through many transitions, now finally settling in Lisnamult – their “forever home”.

Unfortunately, due to Covid-19, like all every GAA club Roscommon Gaels are unable to commence any on-field Gaelic Games activities at the moment.

However, Teresa Hession, the club’s current Chairperson, stated that the club has been very busy working away off field and there’s no doubt the glass is always half full even in these Covid-19 times. “While we are in a most difficult time, we are making the best of it by keeping our members occupied as much as possible with exciting initiatives such as on-line athletic and Strength & Conditioning programmes for players as well as being engaged in the Community Assist initiatives during lockdowns.” “Our pitches and facilities may be closed but off field we are busy with online meetings. A lot of time and effort has been put in over the last 12-24 months by our members and our executive to plan for the future. We have had to be innovative to deliver things in a different way in line with restrictions”. For example the club’s lotto draw has gone on line since early December. Again, people are very generous and are supporting the lotto in this new format for which we are very grateful.

Seamus Carthy, Assistant Chairperson also included, “Lisnamult is our home and while we miss all our club activities, we are hopeful that there will be great days there again very soon. One of the important decisions we have taken in recent times is to sell St. Coman’s Park (the Lough Pitch) to Roscommon County Council and this process is at an advanced stage. The pitch is adjoining the beautiful community facility of Loughnanene park and it may be a welcome addition to this wonderful public park that has been so important for our community’s health and wellbeing in these Covid-19 times.”

The infrastructure development of Lisnamult Grounds began in 2002 when it the club purchased 9.5 acres of land and installed a floodlit main pitch. In the years that followed, training pitches were developed and 4 dressing rooms were built (c/w with a sustainable energy water heating system) and

electronic scoreboard installed. A hugely successful fundraiser “Win a Subaru” was run in the Club in 2020. The proceeds of this fundraiser are ring fenced to improve car park and sports wall surface facilities in Lisnamult. Subject to Covid-19 restrictions, the club is hopeful this project will come out of the ground this year. This development will further enhance the existing facilities with our investment to date in excess of €1 million in Lisnamult. Club Secretary, John Donnellan said “This is a phenomenal amount of money raised by the club members to provide our club, our schools and our community with such fine facilities. The development of our grounds in Lisnamult continues apace. So as the saying goes, a lot done but more to do!”

Our progressive club continues to grow and so the 9.5 acres is now not enough to accommodate all the teams we have to cater for. Some of the current pressure on facilities in Lisnamult is relieved by the Hyde Centre and the front training pitch at the Hyde. We are also delighted to see that the Hyde stadium upgrade is being done by Roscommon County Board.

Teresa Hession said “Ultimately however, we recognise that our home is Lisnamult and this is where we want to develop all of our facilities to further enhance and nurture the great club spirit that Roscommon Gaels has fostered. We consider it essential that our club house, all our playing facilities and community services must be in one location to ensure the optimum development of our GAA club”.

Hession went on to say “In preparation for the year ahead we have appointed all the managers of our club adult teams and most of our underage teams have their managements in place also. They are all rearing to get going when it is safe to do so and Covid-19 restrictions are lifted. We are delighted to have club members in all the adult team manager positions which is a testament to the loyalty and drive in Roscommon Gaels that people of such calibre have put themselves forward to take these teams for the 2021 season. Declan Hoare is the senior football manager and he replaces Liam Mc Neill at the helm of this group after his six incredible and dedicated years as senior manager. Decie is assisted by Shane O’Donnell, John Nolan and Kevin Stritch. Pat Clancy remains as senior hurling manager for his second year and he has Liam Casey and David Hoare as his selectors. Mick Byrne and Francie Hoare are the Junior football managers for the coming season and will be aiming to build on the progression of our two junior teams in 2020 in the coming year. Paul Biesty is the Junior Ladies football team manager and will, no doubt, be keen to build on the success of last’s year appearance in the

*So it is onwards and upwards for Roscommon
Gaels club as they continue to develop, contribute
to the community of Roscommon Town and provide
the best possible facilities to progress all our teams.
Ni Neart le Cur Le Cheile.*



**This week be in with a chance to
win a jackpot of €XXXX**

<http://roscommongaels.ie/lotto.html>

ROSCOMMON GAELS GAA CLUB

DEVELOPMENT FUND LUCKY NO.'S DRAW

Select four numbers to win or share jackpot

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32

Two or more entries with the winning numbers - prize divided.

If Jackpot is not won there will be four free draws of €30 each.

If there is no Jackpot Winner €150 will be added to Next Weeks Jackpot

QuickPick
Clear

Tickets: One for €2 Three for €5

Name:

Address:

Mobile:

Email:

Plays: ○ Every Week @ x 1 ○ x14 ○ x26 ○ x52

The decision of the Committee is final in all matters relating to this draw.

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9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32

If Jackpot is not won there will be four free draws of €28 each.

If there is no Jackpot Winner €150 will be added to Next Weeks Jackpot

Envelope €2.00 or 3 for €5.00

Tickets: One for @ €2 Three for @ €5

Name:

Address:

Mobile:

Email:

Plays: @ Every Week @x 1 @x14 @x25 @x52

The decision of the Committee is final in all matters relating to this draw.

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The decision of the Committee is final in all matters relating to this draw.

If you wish to amend any information click on “**change details**” tab. To Pay, Click on the button with “**STRIPE**” in it and it will take you to the next page where you enter your payment details securely.



Please review your ticket/s.

Draw: Sunday, 31st January 2021

Line 1: 3 14 30 32

Line 2: 14 23 31 32

Line 3: 1 6 8 15

flemingorla@gmail.com

Ticket 1: Orla Fleming (Roscommon)
Ticket 2: Orla Fleming (Roscommon)
Ticket 3: Orla Fleming (Roscommon)
Mobile: 0868178259

Price: € 5.00

Pay by Stripe by Clicking Below

I would like to :

Change details



Lottoraiser

Roscommon Gaels GAA Club

€5.00

You paying upfront to Roscommon Gaels GAA Club.

Powered by Stripe | Terms | Privacy

Pay with card

Email REQUIRED

Card information

1234 1234 1234 1234

MM / YY CVC

Name on card

Billing address

Ireland

Address line 2

Townland

City

County

Eircode

It's as easy as that folks!!

Each weekly draw has 4 lucky dip winners who each win €30.

We have had a really positive response since we launched our online option and we are reigniting our appeal to all members, ex-members and supporters to play our Roscommon Gaels fundraising lotto. We pay particular thanks to our members who have responded to our call and are supporting the Roscommon Gaels club lotto. We hope that we can all work together to promote the lotto and help get back in touch with your side-line friends from the Club and all friends of the club, who may now be living all over Ireland and the world. We ask that everyone shares the link with ONE other contact

to help us. Your continued support is much appreciated and we wish you good luck in future draws.

Best of Luck,

Roscommon Gaels GAA Club Lotto Committee

Parks Development Committee

The Parks Development Committee are back up and running again, with some new faces joining the team. The team consists of :

Peter Mullen, Tom O'Farrell, Sean Mulry, Philip Mullen, Mick Byrne, Declan Hussey, Adrian Tully, Tom Fitzmaurice, Michael King, Ollie Moran, Hugh Waters and Mick Flahive

The Hyde Lounge is Reborn

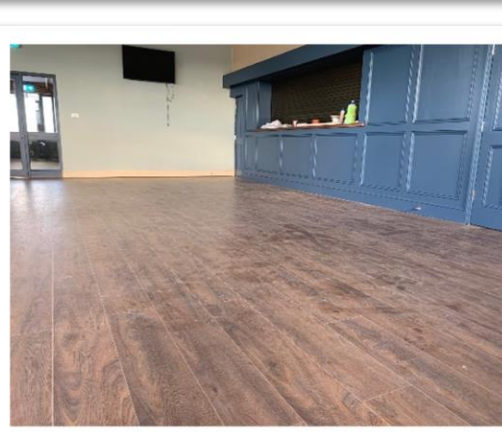
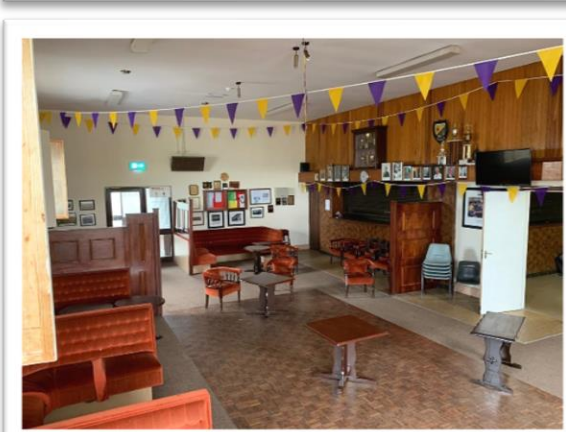
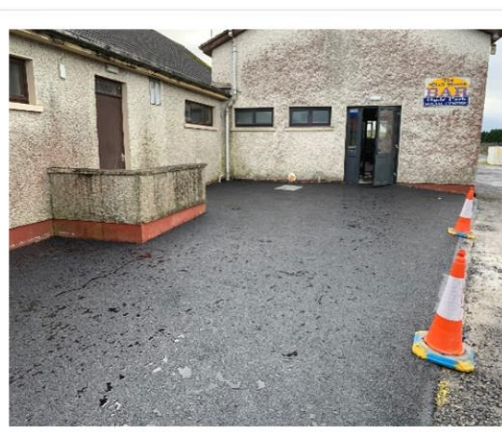
In the latter half of 2020 the club was successful in a grant application to Roscommon County Council to perform vital upgrade works to the Hyde Centre. The lounge area of the Hyde Centre has undergone a complete transformation with new windows and doors being installed, painting and decorating, a decorative face lift to the bar, a new wooden floor, a new sound system and even some TV's. Also included was a new disabled toilet which adds a vital new facility to the building. Overall, this space has been completely rejuvenated and will be a great asset to our club for many years to come.

The Parks & Development Committee would like to thank the main Contractor John Gaynor, Sean Doyle & Sons, David Clogher Plumbing, Mark Kelly Electrical and all other contractors and club members who helped or donated items during this renovation. Once the final seating and items are installed, we will showcase the overall project. Here is a glimpse of what is in store. Hopefully sometime this year we can have the official opening!

Before



After



Lisnamult Development Update

The last twelve months in the Parks Committee has been very productive from a Club Development perspective. A few more valuable members helping out in the Parks Committee are Pat Connolly, Declan Hunt, Pat Clancy and Kevin King.

Some of the highlights:-

- Last year Lisnamult grounds took a step forward with the knocking of the old house to free up extra space which was vital during those busy evenings.
- We submitted successful planning applications which were successfully granted for lights on the training pitch, a carpark with two entrances and an Astro pitch in the carpark area.
- Ground works completed for the installation of three new training pitch lights once restrictions allow. This will provide more valuable training time for the 2021 season.
- New nets were installed for the training pitch
- Lighting provisions completed for the carpark lighting.
- Two storage containers were installed to provide necessary storage of equipment.



Lastly but no least, an update on the carpark and Astro/Car Park Development?

The Astro/Car Park Development in Lisnamult cannot proceed at the moment due to restrictions on non-essential construction. The Club Executive has decided to use this time wisely to consider a wider view of how we progress infrastructure projects in Lisnamult. The Parks & Development Committee are tasked with devising and considering strategic upgrade works for the

club. We are heading into a quite extensive level of Club Development and it is the club's ambition to maximise the facilities for generations to come.

We recognise the gravity of these works, the level of investment that will be required and what it means to our club, our members and our community as a whole. We are conscious people fundraised last year, and we need to deliver a project correctly. Therefore, we are taking the time to completely review the overall development plan, for the grounds, for carparking, access to the facility, Health & Safety, Astro Pitch, playing pitches etc. The current Covid restrictions have allowed us to complete this extensive exercise that we believe will serve us very well as we progress with the overall Development Objectives of Roscommon Gaels.

Roscommon Gaels has enjoyed great growth in our members in recent years, the club is getting bigger every year and we need to develop our facilities in-line with our growth. It is our aim to have this planning exercise completed in the coming weeks so we can proceed with the first phase of works.



Coaching & Games Update

In accordance with the law, GAA and Roscommon Gaels policy, any volunteer in the GAA intending to work with children, **must have completed the following courses.**

1. Garda Vetting
2. GAA Child Safeguarding 1
3. The GAA Foundation Award at minimum

Garda Vetting must be completed every five years. In the GAA any person who carries out a role of responsibility such as coaching, managing or training underage teams or indeed adult teams that contain any player under 18 years of age must be vetted.

Please see the links below to begin the Garda Vetting Process.

<https://www.gaa.ie/api/pdfs/image/upload/uc9zbv4tfutt2mikzh2a.pdf> Online GAA Garda Vetting Application Form.

The Clubs Children's Officer is Maire Allen. All correspondence and queries regarding Garda Vetting and proof of identity should be forwarded to allenmaire@gmail.com or contact Maire on (086-8171698).

GAA Child Safeguarding 1

Any coach that requires Child Safeguarding 1, Roscommon Gaels have organised one online course to take place on **Monday, 15th March 2021 @ 8pm.**

To book your place on the course, please contact Seamus O'Neill at seamusoneill37@gmail.com or Finbarr O'Reilly at finbarlukey@gmail.com

If you have already completed Child Safeguarding within the last 3 years, there is a refresher course available online. This is an interactive e-learning course and it is available from learning.GAA.ie

GAA Foundation Award Football & Hurling/Camogie

Coaches that require the above course, please contact the coaching officers for the respective codes:

Seamus O'Neill
(Football) seamusoneill37@gmail.com

Tom Killion (Hurling)
tom.killion1@gmail.com

Imelda Quinn
(Camogie) imeldamquinn@gmail.com

Declan Walsh
(Ladies Football) declan.walsh32@gmail.com

Roscommon Gaels Camogie



After a few weeks of touch and go, a new Roscommon Camogie County Board is to be formed. All camogie clubs must be affiliated to the Camogie Association through their own county board in order to operate. Thankfully, some dedicated people from around the county are stepping up to take on roles at county board level so that all our young girls and women will be able to play camogie in 2021. Roscommon Gaels Camogie Club will have two representatives on the county board - Patricia Torpey will take on the role of Vice-Chair while Tom O'Farrell will take on the role of Connaught Delegate.

Of course, restrictions around Covid-19 will dictate when and if we will be able to take to the field at all this year. Our camogie coaches have been getting a well-deserved rest after all the hard work they put in in 2020 between Covid-19 health questionnaires, sanitising equipment, keeping records of attendance for contact tracing, organising training sessions, organising matches, communicating with parents and players. It was hell for leather for a time during our much condensed 2020 season. Luckily, each age group (U8, U10, U12, U14, U16, U18, Junior) had a great team of coaches, assistants and Covid-19 supervisors, who generously gave of their time to the club. Now a small stretch is being noticed in the evenings and our coaches minds are already turning to the season ahead. We will have to wait until restrictions are lifted of course but hopefully you will all encourage your girls to get out to puck a ball against a wall, practice their skills, go for a jog, do some stretches, etc., so that when the season begins our teams can be out of the blocks fast.

All coaches must meet three essential requirements under Child Protection/ Safeguarding rules, i.e. garda vetting, safeguarding course, foundation coaching course. In 2020, all our coaches were garda vetted and had completed a safeguarding course. Most but not all coaches had previously completed foundation coaching courses and some coaches had completed Award 1 and

Award 2 coaching courses. Unfortunately, foundation coaching courses were suspended in 2020 due to Covid-19 restrictions. This year we are delighted to welcome a small number of new volunteer coaches. **For anyone who has not completed a Child Protection/Safeguarding course, a 2-hour course will be available on-line on 15th March.** Coaching sounds like a lot of work in an already busy life. However, it is a great way to be involved in your child's and other children's sporting lives, a great way to make new friends and to have fun, exercise and craic. Let's face it we could all do with a bit more of that.

If anyone has any interesting, quirky, fun photos showing your camogie skill, activity, interest, event, we'd be grateful if you would forward to our PRO below who will get it included in the club newsletter.

Some initiatives the camogie club is hoping to progress in 2021, restrictions permitting, involve short (6-10 week) programmes aimed at goalkeeping for younger girls and strength and conditioning for players from U16 upwards. These plans are on hold for now but depending on what will lie ahead of us from March or so, we may get to run these programmes at that stage.

If anyone reading this would like to volunteer for camogie this year, please get in touch with any of the officers below and they will point you in the right direction.

Our camogie officers for 2021 are as follows:

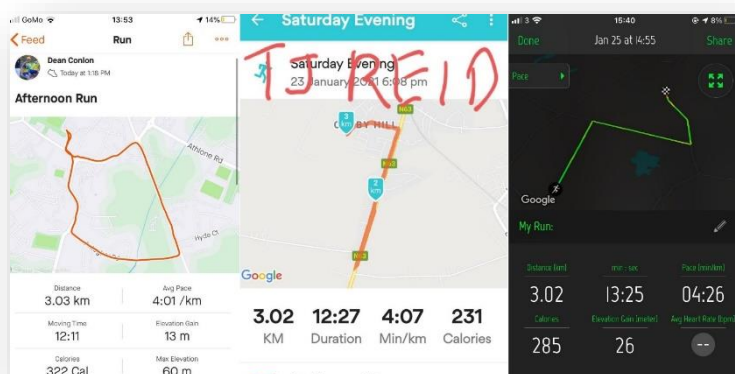
Patricia Torpey – Chair ([086-3466565](tel:086-3466565))
 Fiona Ní Chuinn – Secretary ([087-2029879](tel:087-2029879))
 Imelda Quinn – Coaching officer ([087-6311185](tel:087-6311185))
 Shauna Mulry – Coaching officer ([086-2392530](tel:086-2392530))
 Úna Ní Chuinn – Camogie PRO ([087-9196692](tel:087-9196692))

Hurling

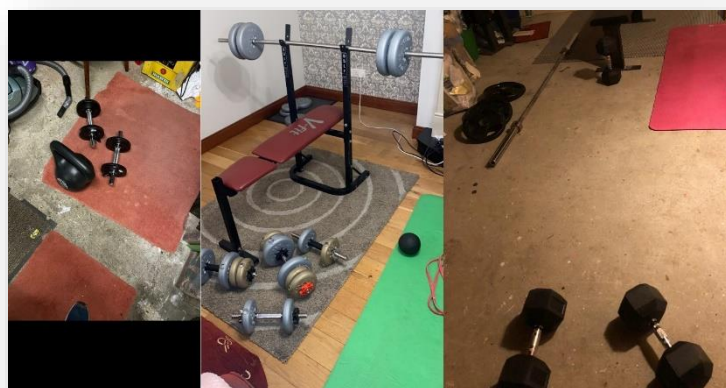
A number of the U-16 and U-18 hurlers are currently working on a Strength and Conditioning programme that has been setup by Seamus Carty and Decie Hoare with the underage footballers. This is a fantastic initiative and will give invaluable experience for all underage players in the S&C field.

Davy Hoare, the Senior Hurling fitness Coach is currently rolling out Phase 2 of the Fitness Test initiative. This entails regular home S&C along with 3KM runs timed vi Fitbit, MapMyRun etc. The results from some of the players are very impressive, with the talented and ambitious Dean Conlon leading last week's charge with an impressive 3KM run in 12mins 11 secs. David Waldron ran a good 3KM aswell, and is due in any day now! Pa Clancy said he is very proud of the progress he is making.

Dean "Bonner" Conlon - Fintan Doyle (Aka Chuck Norris or TJ Reid on his day) - Kenny "The Rock" Doolin



Tom "Holsten" Mullen - Seanie "There are no more weights" Tully - Diarmuid "Bolt" Mulry



Age-group from 2021

It has been confirmed that Roscommon GAA codes are moving to odd age-groups from 2021.

Manager Appointments

- Academy: To be Confirmed
- Under 7's: To be Confirmed
- Under 9's: Ronan Clogher
- Under 11's: Shane Nerney
- Under 13's: Adrian Tully. Adrian to look for additional coaches to support.

- Under 15's: To be Confirmed
- Under 17's: David Waldron & Tom Killion
- Under 19's: This is not a sanctioned age-group with David W advising of a proposal from Four Roads to the Sr. Board for an U19 competition in 2021.
- Seniors: Pat Clancy with his management team including Liam Casey, Davy Hoare and Keith Gately

Martin Fogarty Hurling & Camogie Workshops

Another great Hurling Workshop took place on Jan the 25th by Martin Fogarty (National Hurling Development Manager) and Damien Coleman (Connacht Hurling Development Manager) via Teams.

Some key highlights from the Webinar :

- The 3 most important words for any Club Coach is **Enthusiasm**, **Enthusiasm**, **Enthusiasm**. It's infectious and kids pick up on it.
- Watch out for kids not having the Hand Lock Grip on the hurl i.e. The 2 hands must be touching each other when holding the hurl and striking.

Community of Practice: Arrange a meeting once a month from the Coaching Officer on Top 5 points that the Hurling Coaches can focus on i.e. Where areas can be improved upon.
<https://learning.gaa.ie/AccreditedAnalysts>

Player Pathway: <https://learning.gaa.ie/playerpathway>

Bio Banding is vitally important i.e. having players of the same ability playing with and against each other. In other words, don't regress quality players by putting them marking players they're more physically and skilfully superior to. It does not develop either player.

<https://trainingground.guru/articles/biobanding-myths-and-realities>

The next Hurling Workshop is Wednesday the 17th of Feb on the topic of Coaching Youths/Adults1. In order to register for the upcoming Hurling Workshops by Martin and Damien, please register via the Microsoft Forms link below :

[Spring Hurling Workshops Registration Form](#)

Martin Fogarty Hurling & Camogie Webinars - 2021

The Club Coach

This workshop is a general introduction to coaching and is ideal for new or intended coaches. It might also encourage those who have been coaching for a while to reflect on their practices. The workshop will look at the various challenges that a coach will encounter and will offer advice on how to meet these challenges. The ever-important question on "what exactly to coach" will be addressed as will various organizational approaches.

Coaching Children

This is a practical based workshop using videos, advising on what exactly to coach when you go to the pitch. Organization and planning of a season & individual session will be discussed as will various challenges that the coach may encounter.

Coaching Youths-Adults

Similar to "Coaching Children" and again using videos to replace the practical element, this workshop will explore a little deeper into what a coach might consider bringing to the pitch in order to give his/her players and team the best opportunity to play to their potential. The focus will be on Skills, Games and Elements of the game.

Managing a Hurling Team

Managing a team can be a very broad and varied role. The workshop looks at the key areas of management giving advice and recommendations on how to approach the position in a structured manner. Responsibilities, Planning, Values and Manager Attributes are all discussed together with a suggested "Road Map" on how to get started. The workshop is based on managing an adult team but can be tailored back to suit underage teams. The basic values are the same, regardless of the team you might be working with. This workshop is best taken in conjunction with one of the above – Coaching Children or Coaching Youths/Adults

Improving your Team

This workshop takes an “Eagle Eye” approach to looking at your team and players with view to eradicating common errors and shortcomings that ultimately result in games being lost that could possibly have been won. The approach is quite simple and basic and really just involves opening our eyes as coaches and seeing what is in front of them. Video will be used to complement some of the observations made.

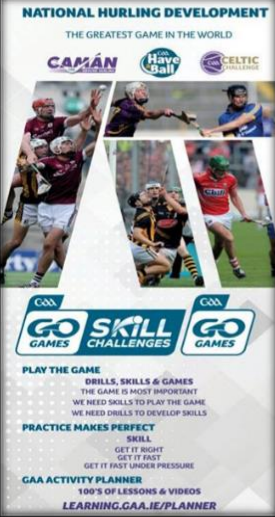
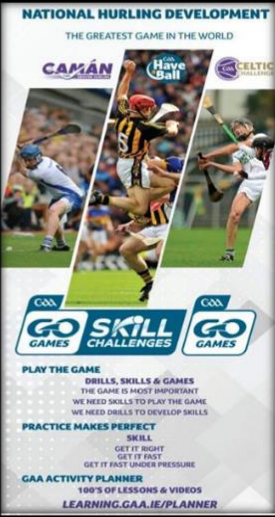
Hurling & Camogie in the Primary School

This workshop is basically a **“crash course on hurling/camogie”** aimed particularly at Teachers who may never have even picked up a hurl in their lives. It aims to demystify the coaching of hurling/camogie and will look at introducing and working on the basics of the game in an enjoyably and friendly environment. The workshop will use video to give participants practical examples of what to do with their children at various levels, from total beginner to “expert” in the school hall, yard or field so that they can enjoy this wonderful game with their Teacher and friends.

Age	Link / Ctrl+Click	Note
Nursery	GAA Learning Planner	100's Fun Games, Activities, Skills & Videos
	Connacht GAA Activities	30+ Skills & Physical Literacy Videos
	Leinster GAA Cúl Camp Activities	50+ Excellent Activities
	Nursery Hurling Values & Guidelines 1	Webinar
	Nursery Hurling Values & Guidelines 2	Webinar
	Leinster GAA Hurling Resources	Advice, Games & Skills Cards
	Leinster GAA Primary Schools Activities	Advice, Games & Skills Cards
	Munster GAA Coaching Activities	Games & Fundamental Movement
Age	Link / Ctrl+Click	Note
	Ulster GAA Coaching Activities	75 Pages of non-contact Activities for U-6 to Adult players
	Camogie Association Coaching Manual	Foundation Level Practical Summer Camp Sample
Youth - Adult	Skills, Drills & Games	100+ Page - Coaching & Games Manual
	Coaching & Managing a Hurling Team 1	30+ Videos to use in your sessions
	Coaching & Managing a Hurling Team 2	Webinar
	The Goalie- No.1 on Every Team	Webinar
	Leinster GAA Hurling Resources	Webinar –Advice for all Players & Coaches

“Hurling - From the Cradle to Croker”

Menu of resources to assist Hurling & Camogie Coaches working with players from Nursery to Inter-County Adult level

Ladies Gaelic Football



Roscommon Gaels Ladies Football Committee for 2021 is:

Chairperson: Declan Walsh

Vice Chairperson: Leo Mc Guinness.

Secretary: Michelle Hughes Walsh.

PRO: Yvonne Donohue.

The LGFA are running some really good webinars. Here are next weeks line up if anyone is interested. Please note you have to pre-register

Next week's LGFA Webinars and Registration links!

Tuesday: Umpire Training:
<http://bit.ly/3p8OrHf> - 7pm

Tuesday: Leadership as a Chairperson:
<http://bit.ly/362J84m> - 7.30pm

Please note that this webinar is for County/Provincial officers ONLY.

Wednesday: Role of Club Treasurer:
<http://bit.ly/360lkky> - 7pm

Thursday: Role of Club PRO:
<http://bit.ly/3bW9JUK> - 7pm

Thursday: Give and Get Support for Referees:
<http://bit.ly/3a0ps2C> - 7pm

Football



Running Programme and Strength & Conditioning Zooming Along

Under our Health and Well being initiatives, the running programme for our U.14 Lads and the Strength & Conditioning programme for our U.16 lads and older are now zooming along via

online sessions. The running programme is carried out fortnightly on Tuesday and Thursdays with the S & C sessions every Friday night. In total there are 70 underage players involved in these initiatives. These programmes are overseen by Conor & Clive from Martin Mc Intyre SISM Sports are proving to be extremely beneficial with the response from all involved - extremely positive!

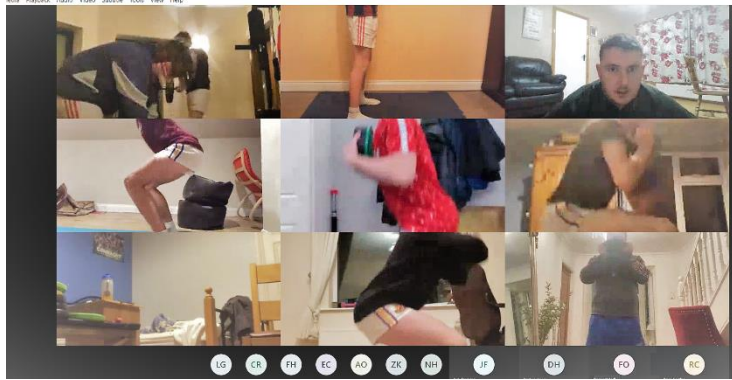
These are pilot programmes and we will be urging all codes within our club to come on board with these initiatives going forward. We have learned a lot from these pilot programmes.

The running programme is nearing its end with the current bunch of lads and we would now open it up to other codes to take the next running programme. Please contact Seamus Carthy or Finbar O'Reilly who will be delighted to guide and offer advice in this regard. The S & C has a further 11 weeks and we are just hopeful that some of this programme can be finished off in a team environment in the Gym.

To all the lads involved, the one common view that has come back from Martin Mc Intyre and his team, Conor, Clive, Eamonn etc., is that our lads are very progressive and extremely mannerly. Finally, myself and Finbar on behalf of our minor football board would like to thank Declan Hoare whom is chief organiser and co-ordinates everything with SISM and is ensuring the programme's success via clear lines of communication (not easy when you're dealing with 70 plus underage as well as all the senior Lads). We would also like to thank Seamie O'Neill, Coaching Officer for our club and Garreth Carroll, our U.14 Manager of last year and who has also committed to Manager our U.15 team in 2021.

Not least, we want to thank all the parents for encouraging your lads to partake and we have no doubt that will get the benefit of these programmes in the years ahead. Great days ahead.

Pictured above is one of the typical Teams/Zoom Session instructed by Clive on top right hand side of screen.



Athlone Laboratories Sponsor Jerseys

Athlone Laboratories, Ballymurray, Roscommon have teamed up with Roscommon Gaels sponsoring a set of Football Jerseys for the seasons ahead. Seamus Carthy, Roscommon Gaels football minor board chairperson accepted this very generous sponsorship on behalf of the club and commented that Athlone Laboratories are a leading developer and manufacturer of a broad range of oral dose beta-lactam products, established in 1974 and based locally at Ballymurray.

The company is an accredited supplier to local and many blue-chip customers across Europe, Asia-Pacific, Canada, Israel, Iraq, Brazil and others. We are very honoured that Athlone Laboratories have very generously sponsored these beautiful jerseys and on behalf of Roscommon Gaels and in particular John Donnellan, Manager of our Boys u 16 team, we are very grateful. These Jerseys will be worn with pride and we just hope we can be as successful on the field as Athlone Laboratories have been in their business since their establishment in 1974 commented Seamus Carthy.

L-R Seamus Carthy (Minor Football Chairperson) Cian Regan (u.16 Player), Shekhar Gupta (Head of Athlone Manufacturing Plant, Athlone Laboratories), James Connolly (U.16 Player), Declan Hoare (Operations Manager, Athlone Laboratories & Roscommon Gaels Senior Manager)



Managers host Kahoot! Quiz with Under 15 Boys

Last week the management of last years U14 football team arranged to have a little bit of fun with their team by hosting a Kahoot Quiz through Zoom and some of their families. Garreth Carroll, Ollie McGuinness and Derek Dolan got their heads around the organisation and workings of the “Kahoot App” and hosted the quiz with up to 22 families taking part at the one time. Feedback from a number of participants was that it was great to be able to “do something different”..... “it was a good fun”.....“great seeing all the lads”.

Well done all for creating a social interaction between all the boys. Something our young members are missing greatly at the moment.

If any other managers would be interested in doing the same and touching base with their teams see the link below on how to set it up.

<https://youtu.be/SUjdqlwsCyg>



Snowtime

January not only brought more Lockdown but it brought the snow too. We have some lovely photographs sent into us from Roscommon Gaels folk (and from our neighbouring Club Oran !!) Well done all. It was great to see the joy that one fall of snow could bring to all the children in the locality.

Pictured are the Carthy-Finneran Family, second picture is from the Hussey Family and third is from the Dwyer Family. Thanks all for the photos.



Image from Family Day 2019
We Will Return to this! – Stay
Safe Everyone