



ROSCOMMON GAELS

Gaelforce News

March 2021



Ni Neart go
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le Cheile

Lotto
Be part of it to WIN!





Are you an Annual Lotto Ticket Holder?

The importance of the revenue received from the weekly Lotto is instrumental to the any GAA Club continuing it's existence in a community. Roscommon Gaels is no different to any other club. The continuous work completed on a weekly basis by a number of club members to gain ticket sales from a Monday to a Sunday evening has now become a mammoth task as a result of Covid 19 standing it the way.

This is why we are appealing to **ALL CLUB MEMBERS** to avail of an Annual Club Lotto Subscription. **An annual ticket is available at discounted offer price of €90.** Annual Tickets can be purchased online also, however you will be charged the full price of €104. To avail of the offer price please contact Harry Hoare, Club Treasurer or any of the Club Executive Committee and they will be happy to furnish you with your annual ticket.

Next weeks Jackpot has been increased to **€9,650**, so if you are not in yet, get in the draw now and be in with a chance to winning the big one !!

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

Hurling

Minor Hurlers – February Skills

A hurling skills competition was ran for our minor hurlers in February. Those who entered their striking skills via video, were placed into a draw for a Roscommon Gaels hoodie. While the entry levels were not as high as anticipated, the skills on show for those that did were impressive. In the finish, Eoin Kiernan was the winner and got his brand-new hoodie as his reward.



Hurling Management Updates - 2021

Manager appointments (Follow-Up from Hurling Committee Meeting in January)

- Under 7's – We can confirm that Mike King is taking up the new role of overseeing the U-7's Hurlers. Best of luck Mike for the year ahead.
- U15 – Sean Mulry has confirmed he will take over as manager of the U-15 Hurlers with the assistance of Roisin Satchwell and Niall Geraghty. Best of luck to Seanie and his team for 2021. It was decided that both U-15 and U-17 Hurling Groups will amalgamate for 2021 to make for more enjoyable hurling sessions with greater numbers the key attribute here. David Waldron, Tom Killion and Dean Conlon are in charge of the U-17 hurlers for 2021 and look forward to working with Seanie, Roisin and Niall

Martin Fogarty Hurling & Camogie Workshops – “Managing a Hurling Team” on March the 4th

Another great Hurling Workshop took place on March the 4th by Martin Fogarty our National Hurling Development Manager via Microsoft Teams.

Some key highlights from the Webinar :

There were a number of key points from this impressive workshop. They included the following :

Policies/Values/Ethos	
<ul style="list-style-type: none"> • Win at All Costs • Enjoy the year • Standards- <ul style="list-style-type: none"> • What are they • What is Acceptable • Player Policies <ul style="list-style-type: none"> • Young Players • Older Players • Systems, Shapes, Styles? • Communication <ul style="list-style-type: none"> • Someone speaks to all players weekly • Feedback to players • Respect for Officers / Club 	<ul style="list-style-type: none"> • Empower Players or Instruct them • Overlapping Panels / Teams/Loyalties • Small Numbers / Large Numbers • Burnout – how will you avoid it? • Players living/working away – • Selection Policy <ul style="list-style-type: none"> ▪ Open Door or Closed Shop ▪ Opportunity to impress ▪ Try players in various positions • Team Announcements <ul style="list-style-type: none"> ▪ Dropping policy – what is it? • Acceptance of selections

Not-so-obvious Skills??	
<ul style="list-style-type: none"> •Puck outs •Frees •Line Balls •Tackling •Attacking •Defending •Support play 	<ul style="list-style-type: none"> •Forwards moving •Quality of ball to Forwards •Taking on Backs •Scoring Goals!! •Fast delivery •Two up for same ball?

Clearly Win at All Costs not was a key value for any club. It was emphasised the points of teamwork and player enjoyment are the core attributes of a successful team.

What a Standard 80 mins Adult Training Session should look like:

Standard Training Session 80 Mins?	
Possible Detail	
30 Minutes	40 Minutes
•Skill Development <ul style="list-style-type: none"> • Striking & Handling 10 Min. • Rise (Jab / Roll) 5 Min. • Hand pass 5 Min. • Hook/Block/ Tackle 10 Min. • How many players? • How will you organize it ? • For how long? • Look at Session from Players Perspective 	•Game <ul style="list-style-type: none"> • Small Sided 10 Min. • Possession 10 Min. • Full Sided 20 Min. • Back & Forwards ? • Specific element ?

Not-So-Obvious Skills??	
<ul style="list-style-type: none"> •Fitness •Shooting •Reaction •Not Fouling •Picking up breaks •Work Rate 	<ul style="list-style-type: none"> •Positional play •Holding your ground •Killing the ball •Reading the game •When NOT to Pull •Snigging / flicking

Online Foundation Hurling Course

With Level 5 restrictions still in place, the Foundation Hurling Course (Part 1) is now available online. The Roscommon Gaels Hurling Committee highly encourage ALL Coaches to complete this course while it remains online.

<https://learning.gaa.ie/lms/course/view.php?id=9449>

Enrolment key = ConnachtHurling21

We strongly encourage all Hurling Coaches, especially new Hurling Coaches coming through the underage structures to complete this course. It will give a very good understanding of what is involved in Coaching Hurling and the key attributes that make a good Coaching Session.

For any Hurling Coaches that have been involved in Coaching for a number of years, and don't have this complete, now is a great opportunity to do so. In fact, it is a mandatory requirement for all Coaches in the GAA that the Foundation Course is complete.

Now is as good a time as any to complete this. The practical side of this will be complete outdoors at a later stage in the year.

Additional Hurling/Camogie Workshops by Martin Fogarty

We are nearing the end of our Winter/Spring series of Hurling & Camogie Workshops. Due to demand, we are repeating the following three workshops on the dates indicated. If you wish to register, please complete the form below.

The Club Coach- Thursday March 25th. 8.00p.m.

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 -Monday March 29th. 8.00p.m.

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 sessions will be discussed as will various challenges that the coach may encounter.

Coaching Youths -Adults Wednesday March 31st. 8.00p.m.

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.

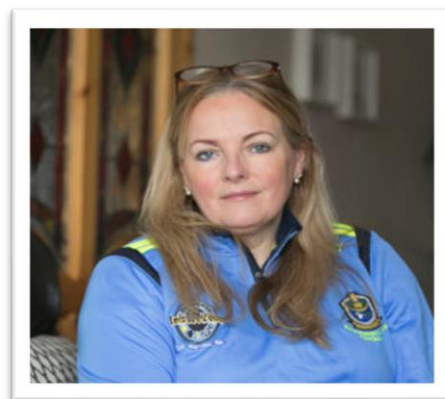
Registration Form

https://forms.office.com/Pages/ResponsePage.aspx?id=hxrFrNSvpUKfwz6H4bd_zt7yIXMZmCpLhPGC25Elp9ZUNFNZWk1aVzM2T0tBUEZXWjIWWFJIMI1Uy4u

Ladies Football

Learn to Lead

Roscommon Gaels Ladies Secretary Michelle Hughes-Walsh is one of 24 participants that is taking part in the “Learn to Lead” Female Leadership programme.



Learn to Lead was devised to develop the next generation of female leaders within Ladies Gaelic Football. Twenty graduates from the inaugural programme were honoured in February 2020.

The 2021/2022 course will be delivered, once again, by experts in the fields of coaching, officiating, administration and PR/Media. A key area in the LGFA’s Strategic Roadmap 2017-2022 is to “define a model to promote female leadership across the Association.”

Following the establishment of a Female Leadership Workgroup, the Learn to Lead programme came into being, as part of the overall Female Leadership strategy.

Best of Luck to Michelle with this venture. The programme will run until May 2022.

Ladies Football Level Playing Field Club Fundraiser



We are over half way there. It is within our reach if we keep collecting stamps, but have only a

couple of weeks to go! If any Roscommon Gaels club members/supporters shop at Lidl we'd be delighted if you could support by helping our ladies get to 50 stamps for a full set of club jerseys. If you haven't already done so, download the Lidl Plus App - nominate Roscommon Gaels as your club to support and scan at till every time you complete a transaction at the checkout. All stamps registered go to our club who will earn a set of jerseys and maybe a cash prize!

All support appreciated! Thank you.

Sunrise Walk – TY Students Roscommon Convent

The TY's at the Convent of Mercy challenged and encouraged students to take part in a "St. Patrick's Day Sunrise Walk" at 6:30am. Pictured are some of our Gaels U16's Bronagh Donohue, Anna Kiernan, Siofra Hession and Megan Donohue who were up bright and early and completed a 12km walk for their efforts. Well done girls!



Roscommon LGFA Virtual 5K

Roscommon LGFA have launched their virtual 5K for Roscommon LGFA. The 5K for Roscommon LGFA is for everyone at every age. The entry fee is €5 for U18's, €10 for over 18's and €25 per family taking part the weekend of the 2nd of April to the 5th of April. Roscommon LGFA would be delighted for Roscommon Gaels Club to get involved and complete the Virtual 5K in your club colours. Include your full name when registering as there will be spot prizes at

the end. There is also a prize of training gear to go to a club for the best photo/short video submitted of you warming up/stretching beforehand again in your club colours! Thank you to all for all your support to date it is greatly appreciated.

Roscommon Gaels Get Active for Ladies Football and Camogie



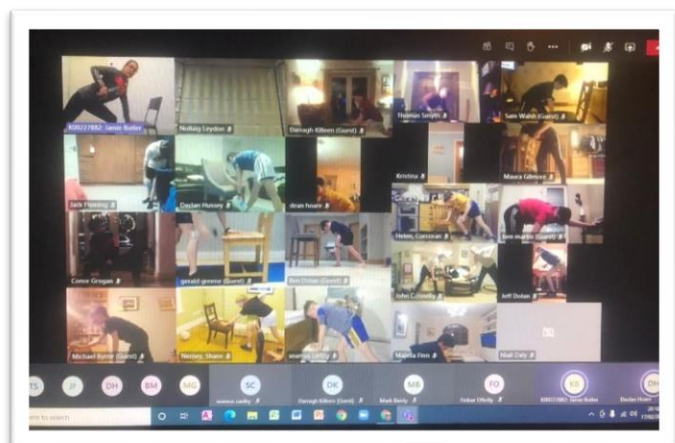
The Roscommon Gaels Ladies Footballers and Camogie players have been taking part in a Get Active programme that was launched on Feb 13th <https://youtu.be/w58aU7fSG7Y>

Physiotherapist and Coaching/Development Officer Lauren Naughton is putting the ladies through their paces with fitness and strength work while Sean Mulry has been advising everyone on nutrition and the importance of same. The next phase will see the girls come together via Zoom for a weekly high intensity training class with Lauren. There has been a great response in relation to the Get Active programme. We hope that everyone is enjoying it and it's great to see the girls out running and walking within their 5k. Coaches are delighted with the uptake and we thank Lauren and Sean for their hard work pulling of this together. Fingers crossed we will be back out on the pitch training together soon.

Football

Under 13's

Our u13 boys football are taking part in a 7 week development programme concentrating on developing their flexibility and core strength. This will stand to the lads in future years to help prevent injuries and continue competing in and enjoying their sport.



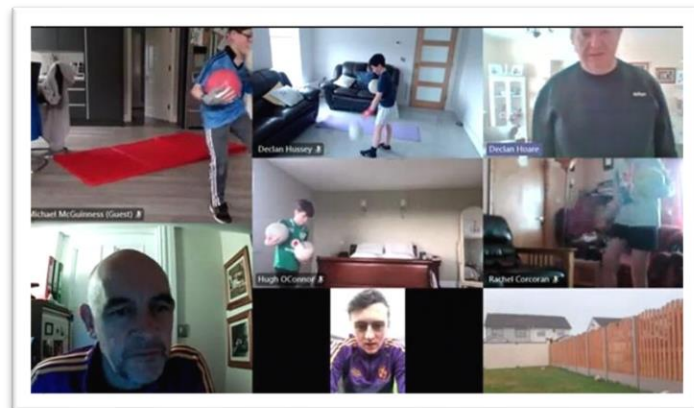
Under 15 Running Programme

This programme has proved very successful over it's duration for all of the boys involved. It has provided them all with direction and given them an on their fitness regime from week to week. It will be coming to an end in the next two weeks or so and we would hope to see the lads continuing on implementing what they have learning over the course.

We would highly recommend other codes in the club to avail of this programme. If any coaches would like any information or guidance on it, please do not hesitate to contact either Seamus Carthy or Finbar O'Reilly and they will be happy to advise.

Goalkeeping Sessions

This bunch of young men have taken the reigns again and (via Teams) have commenced their Goal Keeping sessions under the guidance of Declan Hoare, Stephen Kennedy and John Connolly. Well Done to all involved.



Under 17's Core Pathway Strength & Conditioning

There are two groups in this age working away the whole time at their weekly individual sessions and then a Microsoft Teams session on a Friday evening. We look forward to seeing the results of all this hard work when we race onto the field hopefully in the coming months.

This group of players which make up two teams (Div 1 and Div 4) still have 2020's championship competitions to play for. While the Div 1 team topped the table, they were drawn to play a semi-final against Michael Glavys/Eire Og. This fixture will be played once the GAA allow competitions to resume. The winners of the semi final will play Boyle in the County Final. The Division 4 Team won five out of six of their matches which has progressed them to a County Final also against St. Dominics, again when restrictions are lifted and permitted to play.

So well done to all for your commitment over the past number of months. Keep up the good work.

County Recognition of Ros Gaels Player

It was great to see one of our lads, Ryan Conlon, receive recognition at County level by starting at centre half forward on the Roscommon Minor team in the 2020 Connacht Championship. Ryan played a pivotal role in Roscommon's outstanding displays on their way to winning the Connacht title.



Roscommon Gaels Lucky First Goal Fundraiser

Have you picked up your scratch card yet for the Lucky First Goal fundraiser? April 25th will see one lucky ticket holder win €1,000!! Tickets cost €5 and can be purchased from any of the Senior Football panel and management, or contact Declan Hoare on 085 8723068.



Above: Div 1 & 4 Teams

Left: Ryan Conlon

The Jackpot will be paid to the holder of the ticket with the correct time of the first goal scored according to the committee's decision.

Goal times are in minutes and seconds. If the first goal is secured in injury time of the 1st half, the winner will be 44.56 – 45.00 minutes. If the first goal is secured in injury time of the 2nd half the winner will be 89.56 - 90.00 minutes.

If no goal is scored, ticket marked "No Goal" is deemed the winner.

Winning tickets must be presented within 30 days to claim the prize. Torn or mutilated tickets will not be accepted.

The holder of the ticket with the correct score time can claim their prize by contacting 085 8723068.

The winning time will be posted on Roscommon Gaels Facebook page. Committee's decision will be final on all matters.

Camogie



The Camogie Association has been working in recent years to improve awareness of coaching as an option for women. The M.N.A. Programme, which is 'women' as Gaeilge, stands for Motivate, Nurture and Aspire, and is designed to increase the number of women coaching Camogie.

Joan Moore, representing Roscommon Gaels has signed up for the MNA programme and is working away during lockdown gaining all the knowledge she will need to put into play when a return to games commences. Joan explained that "aspects of the programme will provide us with a variety of skills, not just in coaching, but in communication, mentoring and volunteer development". She also explained what the objectives of the programme are

(1) To positively enhance perceptions about females in sport.

(2) Increase the number of female coaches through recruitment, development and retention of female coaches.

(3) Identify and develop female mentors at grassroots level to help with the development and support of female coaches along their coaching pathway.

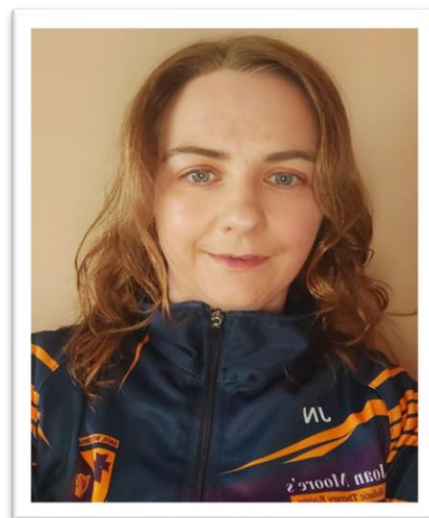
(4) Create and deliver a model directed at local level which can be engaged by all clubs to enhance the development of female coaches where the greatest impact will be felt and seen.

(5) Provide a sustainable model.

(6) To increase opportunities for women to engage, enjoy and excel in all aspects of sport at a level of their choice.

"I am delighted to be involved in the M.N.A. (Motivate-Nurture-Aspire) programme for the club. I aim to recruit as many parents as possible from our underage groups as we will learn the skills/drills our kids do in a fun/social environment. It will help provide role models/leaders to our young players at grass roots level. Tesco will also be providing our club with cone, bibs and sliotars also".

Well done Joan, we look forward to catching up on your progress.



Joan Moore

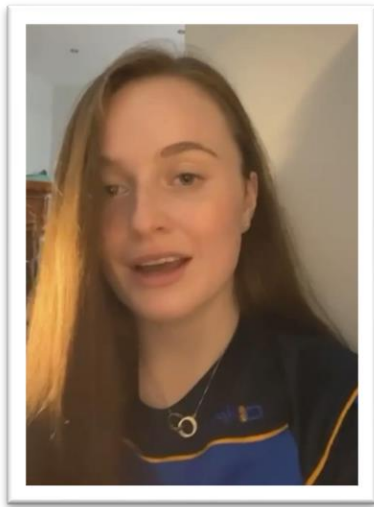
Camogie Player Profile

Who is Niamh Madden

She has been a member of the Roscommon Gaels club since she was 7 years of age. Niamh is a dual player, and plays both camogie and football but here she recalls her camogie achievements. On a camogie team she plays in the back line. Now at 21 she is the Camogie Players Representative in the Club and a member of the Camogie Executive.

She controversially did a Cúl Camp in a neighbouring club when she was 6 years old with two other girls and 'all the lads'. She then joined Roscommon Gaels where she insisted on holding the hurl the 'wrong' way. But her trainers soon sorted that out for her and she overcame this to become one of Roscommon Gaels best camogie players.

Our Camogie PRO Una, spoke with Niamh recently to give us a little more insight into her love for Camogie.



What are your Achievements?

I captained the 2019 Junior Roscommon Gaels Camogie team that won the County Final beating Four Roads on a terrible day in Lisnamult. This was our first win as a young adult team and it felt like such an achievement. The whole team worked hard and we were a very close group. That's why the win was so important. We were playing together since we were very young and that made a difference.

Niamh was named Camogie Player of the year in 2019 the same night her sister Nessa Madden was awarded footballer of the year. 'A great night' Niamh said.

What is your best Camogie memory?

Club wise, it was the 2019 Roscommon Gaels Club Dinner Dance because I felt so proud to represent camogie that night. If I never played club camogie then I'd never have had the opportunity to play School Camogie or County Camogie, both which I thoroughly enjoyed. Club camogie gave me the basics.

Who is your Idol?

John Mullane. He has been playing for years and still has that determination. He is passionate and light hearted about his game.

Do you play camogie in College?

I am studying in St. Pat's in Dublin and although there was not much camogie last year I did play

with the County team. Last year the County training got you ready for the club matches which I found very beneficial.

What is one of your great match memories?

A schools Connaught Final in the freezing cold. The match ended in a draw after full time so extra time was called. We wanted to head home and have a replay at another time. Teresa Hession said 'No' we are here now we finish the game, ye can win this. We headed out for the extra time and we did win. A great school win and a great day with my school mates.

- **What is the one thing you always do after a good performance?**

If you feel happy with something you have done. make sure no one is left out of that feeling. Bring all your players with you. Make sure everyone knows they have played their part. Make everyone feel included.

- **What do you do to calm your butterflies while you compete?**

I get awful nerves. If you can get out a good bit before the game. Puck the ball around before the game, get into a rhythm, this helps calm me down.

- **If you could play another sport what would it be?**

Gaelic Football. Wouldn't be any good at soccer.

- **Other Hobbies or interests outside camogie?**

I like the outdoors, and to keep active outside. I try to get out for walks and go to Mote Park for fresh air. I like music. Once you are interested in sport, your other hobbies are to benefit your sport. While I am doing that I listen to music.

['Camán A Walk With Us' from April 1st](#)

The Roscommon County Camogie Board are hosting a fundraiser to raise money for the 2021 county teams called 'Camán A Walk With Us' from 1st April to 1st May.

This is a fundraiser for our Club to get involved in and compete with other Clubs in the County to see who can walk the most kilometres.

If you would like to participate, please donate a minimum of €10 to our GoFundMe page and please ensure you mention your name and your club in order to be fully registered.

Once you have made your donation, please get in contact with your club and download MapMyWalk from the AppStore or PlayStore on your phone. This app will track the kilometres you walk/jog/run through your smartphone or smartwatch where you will be placed on your club leader board. **The more kilometres you gather, the higher your club will be on the leader board! Also, all the money affiliated to a club will count towards their overall kilometres (€1=1KM)**

The eight clubs will battle it out to come top of the leader board on 1st May, the club that tops the leader board will receive 25% of the money they raise!

So join up and send in your photos throughout the month to the Roscommon Camogie Facebook page to show how you are getting on!

Click on the Link to donate:
<http://gf.me/u/znasb4>

Easter Art Competition - Roscommon Camogie

Don't forget that there is also an Easter Art Competition for anyone who wants to send in some colourful pictures to the Co. Camogie Facebook page. WE have had some entries already sent in from the Club.

