

Camán Get Hooked

**Athenry Camogie Club
Orientation Pack**



WELCOME!

Our Vision

Inspire our girls to play, empower them to stay.

Our Mission

Athenry Camogie Club (“ACC”) is a community-based volunteer organisation committed to the development and promotion of our sport Camogie, as an inclusive part of the wider Gaelic Games family. We aim to deliver a positive experience for players of the sport Camogie for the girls and women of our parish. Through welcoming all in our community to take part in our games, administration and culture while also providing structures and resources where girls can achieve their potential in a safe, professional, and enjoyable environment.



Key Values

The key values which we wish to be associated with our Club are:

Community: We want our club to be at the heart of community activity.

Excellence: We believe that striving to achieve higher standards in all aspects of club activities is fundamental to the delivery of the club's vision, including success on the field of play.

Inclusive: We welcome everyone to become involved and to be part of our club.

Respect: We show respect for each other in our varying roles within the club.

Player Welfare: We aim to provide a high-quality environment for all players to enjoy.

Youth Development: We want to provide every opportunity for our youth to participate in and enjoy Gaelic Games.

Identity: We want our members to develop a "sense of belonging" and feel part of our club.



Athenry Camogie Club Coaching Goals

- Provide a safe and engaging environment for all our players where they can participate in training sessions that meets and challenges their ability and potential.
- Deliver the skills through programmes centred around games-based and FUN (Foundation, Understanding, Nurturing) activities, with 100% involvement.
- Enable progression of skills & tactical thinking & ability to compete within their competitions.



- Creating a safe & encouraging learning environment for new coaches, building coaches who are effective & successful in enabling our players/teams to reach their potential.
- Nurture a love and passion for exercise & lifelong participation.
- We develop the player and the person – Player Centred.

We aim to provide all of our girls with a safe and positive environment in which to train and play our games, where they can learn the skills of camogie, play competitive fixtures against teams of a similar standard from other clubs, be challenged to reach the best of their sporting ability, and of course to have fun and make new friends along the way.

All our coaches are Garda vetted and have taken child protection and coaching courses appropriate to their age group.

New players are always welcome at every age group, no matter how inexperienced or accomplished – simply contact the lead coach/mentor at the appropriate age group for the girl.

Club Committee 2024

Position	Name	Contact Number
Chairperson	Eoghan Murtagh	087 9483017
Vice Chairperson	Katharine Duane	087 1172844
Secretary	Sean Cormack	087 9617417
Assistant Secretary	Elaine Mulry	086 3449572
Treasurer	Emma Howley	087 9025939
Vice Treasurer	Mary Ruane-Somers	086 2478107
Child Officer	Sandra Molloy	0871739292
PRO	Sarah Gaughran	087 6712512
County Board Delegate 1	Eoghan Murtagh	087 9483017
County Board Delegate 2	Cathy Dillon	087 8334484
Club Development Officer	Dermot Monaghan	087 9577931



Introduction to our 2024 Juvenile training groups

Our Academy is for girls under the age of 7 (and who generally attend primary school), where they learn the basics of camogie in a friendly non-competitive environment. Underage training groups are generally based on year of birth. Below is a listing of the co-ordinators/managers for each age within the juvenile section of our club, from the age of 12 to Minor (under 18) camogie is played competitively and it is known as the Youth section.

Each age group has a manager & a number of coaches/ mentors. Coaches and mentors are generally a mixture of current/ex-players, people who want to get involved in coaching or parents who have children playing on the team.

Position	Name	Contact
U12 Manager	Fergal Costello	086 8473430
U11 Manager	Sean Cormack	087 9617417
U10 Manager	Kenneth Higgins	087 9791242
U9 Manager	Malachy Conlon	087 6221393
U8 Manager	Katharine Duane	087 1172844
U7 Manager	TBD	
U6 Manager	Rebecca O'Connor	086 8823765

Academy Overview (new joiners under the age of 7)

- Normally runs April to October
- Fun based activity only.
- Sessions are typically 60 minutes in duration.

Please Note: Parents are required to be present at the training sessions/matches for this age group.



Academy Goals

The driving philosophy of this stage

- Learning to love the game
- Learning the basic foundational skills
- Learning the fundamental movement skills

The Essential Skills of Camogie

1. We need Skills to play the Game - Learn the Skills!
2. We need Drills to develop Skills - Practice the Skills!
3. Skill - Get it Right - Get it Fast - Get it Fast under pressure!

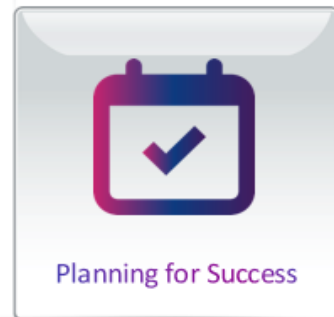
1. MOVEMENT	5. FIRST TOUCH
2. STRIKING	6. HANDPASSING
3. CATCHING	7. BLOCKING
4. RISING	8. HOOKING

Just like learning an instrument, practicing skills at home is key to your child's development. We want to encourage outdoor play and what better to way to get your children away from the TV, games console or smart device by spending some time everyday playing their favourite sport. Movement and ball manipulation skills are best developed in the early years of physical development.



Positive Transferrable Life Skills

Camogie provides more than just the skills and knowledge of the game; it also provides valuable life skills and life-long friendships.





Locations & Facilities

As we do not yet have grounds and a clubhouse of our own, we train and play at various locations across our community.

Pitch Locations:

- Raheen Pitch (H65 N125)
- Carnaun Pitch (H65 EP46)
- Caheroyan Pitch (known as the old Pres Pitch) (H65 XE93)
- Newcastle Pitch (H65T680)
- Lisheenkyle Pitch (H91 YR20)

Equipment Requirements

For children attending for the first time and looking to try out camogie, we have a limited supply of hurls and helmets to get them started for the first few sessions

What does a player need:

Club Colours: Maroon and White

- Hurl (add their name and an indicative marker R/L to confirm which hand the child writes with)
- Helmet (Name written in large letters on a sticker at the front of helmet to help coaches to identify players)
- Football Boots for Grass / Runners for Astro pitch



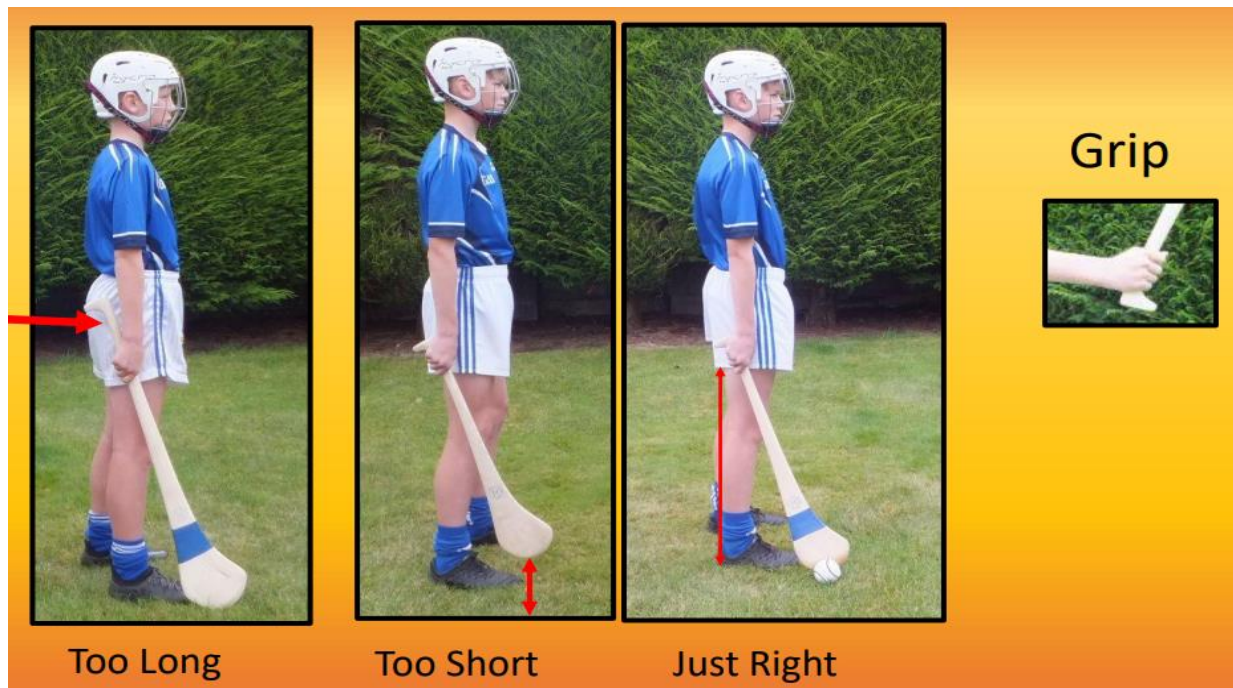
- Guard friendly water bottle – (suggestion to have a long straw to avoid the need to remove the helmet during the session and add their name on it)
- Sliotar/tennis ball (for practicing at home)

Choosing the Correct Hurl Size

Hurl size 18 - 24 is typical size for the academy age group

A larger hurl will inhibit the players from mastering the hurl, it is therefore very important to measure correctly.

See guidance below for choosing correct hurl size.





Communication & Registration

An Foireann

Membership applications are processed using the GAA platform an Foireann: <http://www.foireann.ie>.

The following are the 2024 membership options available:

- Family membership €170 (2 Adults non-playing + up to 5 juvenile players)
- 1 Adult player & 1 Social member for €110
- 1 Juvenile player & 1 Social member for €110
- Adult player €80
- Juvenile player €80
- Coach/Referee/Admin/Executive committee member €30
- Social membership €30

Please contact Kieran Joyce 0868065254 or Sean Cormack 0879617417 if you have any queries of issues.

Face -To-Face

- Any coach any time

Spond App

- You need to download this app [Spond](#)
- Used to Accept/Decline availability for training and games (Push Notifications/SMS)
- Club info & activities - updates from club social media
- Changes to training or games, directions to games



Safeguarding Our Players and Volunteers

Athenry Camogie Club is committed to creating and maintaining the safest possible environment for all who wish to participate in the club. We will take practicable steps to protect them from discernable forms of abuse – from harm, discrimination or degrading treatment and shall respect their rights, wishes and feelings.

- [Children First](#)
- [Safeguarding](#)
- [Vetting](#)
- [Code of Behaviour](#)

What's expected of Everyone

Players & Parents should:

- Show **Respect**
- Be **Fair**
- Be **Kind** to others
- Be a Role **Model and Encourage**
- Have **Fun and Laugh**
- Focus on Development of **Skills over Winning**
- Always be **Approachable**
- Turn up On Time and prepared for training and games

Coaches and Mentors will:

- Show every child **Respect**
- Be **Fair**
- Be **Kind**



- Be a **Role Model and Encourage**
- Have **Fun and Laugh**
- Always be **Approachable**
- Focus on **Development of Skills over Winning**

For more information on our policies and procedures relating to the above, please visit our website athenrycamogieclub.com



Recruitment & Involvement

There are lots of opportunities to get involved with the club in both big and small ways. It all counts.

Who can get involved?

Everyone.....

What type of person does the club want?

Enthusiastic

What can I do?

There are lots of opportunities to get involved with the club in both big and small ways. It all counts.

Volunteering - Organising Events, Team Admin, Manage Attendance, Team photographer, Help with drills, Fundraising, Water carrier, First Aid, Wash Bibs/Jerseys, Training set up, Help at team/fundraising events etc.

Coaching - is a great way to get to meet other club members. Mentor your child and their peers to achieve their potential. Support and training provided. All levels welcome.

How do I get involved?

For more information, please visit our website athenrycamogieclub.com or contact your Talk to your child's coach about getting involved.

.... Bígí Linn/ Join Us



PLEASE SEE athenrycamogieclub.com FOR MORE INFORMATION

Available on the website

CODE OF BEHAVIOUR

PLAYER PATHWAY

RESULTS

COACHING

MEMBERS UPDATES

CLUB DEVELOPMENT PLAN

FIXTURES

CLUB POLICIES

RESOURCES GAA/CAMOGIE/GUIDELINES

PLAYER WELFARE



“The most important thing is to try and inspire people so that they can be great in whatever they want to do.”