



June 2009

Cumann Peil Gael Na mBan Tir Eoghain Development Newsletter



Theresa Kelly & Paddy Donnelly Honoured

An event was held recently to honour former County Executive Officers Theresa Kelly & Paddy Donnelly. Many tributes were made to both Theresa and Paddy from former and current players, officials and administrators.

Although both are no longer involved with the County Board they both still work tirelessly for the continued promotion of Ladies Gaelic Football. Paddy is currently Assistant Secretary with the Ulster Council while Theresa is the Tyrone Ulster Council and Central Council Delegate.

Earlier in the year Theresa received the Presidents Award from outgoing President Nicky Brennan for her contribution to the GAA.



Strategic Development

Ladies Football in Tyrone became affiliated to Cumann Peil na mBan in 1992 and is currently experiencing unprecedented levels of interest both at Club and County level. In order for this interest to be maintained and increased the County Board must keep changing and moving forward.

To help do that the Executive Committee is putting in place a Strategic Development Plan for the five year period 2010-2015 to plan for the future development of Ladies Gaelic in Tyrone.

This strategic plan is a tool which will be used to help the County Board do a better job by focusing efforts, to ensure that members work toward common goals and to assess and adjust the County's direction in response to a changing environment. The process involves setting goals and developing an approach to achieving these goals.

New Referees

A number of new referees are now ready for action after completing the two-day Referee Development Programme. They include: Kevin Bogle - Urney, Elena Harvey - Drumquin, Laura Poyntz - Drumquin, Gerard Mc Cloughan - Fintona, Paula Mc Aleer - Dro-more, Maggie Skelton - Drumquin, Ms. Blee—Clann na nGael & Ms. O'Kane—Clann na nGael.

The planning process will follow this basic template:

- 1) Where have we come from?
- 2) Where are we at now?
- 3) Where do we want to go?
- 4) How will we get there?

The approach for the plan will be based on the Ladies GAA national and provincial strategy documents as a way to shape and guide the future direction of the County. The plan will look at the following issues:

- Governance
- Games Development
- Facilities & Infrastructure
- Culture & Heritage
- Integration

There will be a period of further consultation over the next three months with the plan ready to be launched before the end of the year.

Level 1 Raising the Bar Coaching

Day 2 of the Level 1—Raising the Bar Coaching Course was held recently. The tutors, Eilish Gormley and Nicola Canavan conducted the interactive course which combines theory with practice and challenges coaches to "think outside the box".

The course included:

- Fitness testing
- Nutrition
- Theoretical sessions
- Practical sessions

2009 Minor Roll of Honour

Grade 1 League
An Charraig Mhor
Championship
Cill Iseal

Grade 2 League
Clann Na nGael
Championship

Grade 3 League
Fr. Rocks v Mna Na Deirge
Championship
TBD

Grade 4 League
Edendork
Championship
Edendork



There were participants from Sigersons-Martin Conway, Mickey Joe Friel, Raymond Hoynes & Conor McCool; Drumragh-Niamh Woods; Dro-more-Sinead McHugh & Melissa McKenna; Badoney-Donna-Marie Keenan; Omagh-Cathy Richardson and Stewartstown-Mark Doran.



www.tyroneladiesgaa.com





Heartstart

Would you know what to do in a life-threatening emergency?

Comhairle Uladh officers Aileen Tohill and Maura Kelly recently delivered a very successful "HEARTSTART" course at Strabane Sigersons with twenty-one club players, coaches and administrators in attendance

The course teaches teach members of the public what to do in a life-threatening emergency. These simple emergency life support skills are a set of actions needed to keep someone alive until professional help arrives. They include performing cardiopulmonary resuscitation (CPR), dealing with choking, serious bleeding and helping someone that may be having a heart attack.

The most important factor determining survival after a cardiac arrest is the time from collapse of the casualty to defibrillation - **performing CPR buys time and more than doubles the chances of survival.**

The course lasts approximately 2 ½ hours and all the attendees get the opportunity to learn and practise the skills required to help keep the casualty alive until professional help arrives.

Through "HEARTSTART" Comhairle Uladh aims to strengthen the chain of survival by promoting and supporting

emergency life support skills training in the community.

For further information on "HEARTSTART" contact Aileen Tohill on 07920528791



ULSTER U16 Elite Camp

Several Tyrone girls will be among thirty Ladies GAA stars of the future who will descend on the University of Ulster's Jordanstown campus in July for an elite summer training camp aimed at developing their talent.

Tori McLaughlin (Sigersons), Shannon Skelton (Drumquin), Teri McCusker (Cappagh), Alice McNally (Kildress), and Faoltiarana Keenan (Kildress) will avail of the world-class facilities at UU for a three-day residential camp run by the Ulster

Elite Camp (cont)

The players will benefit from a full-programme of coaching including a fitness regime, strength and conditioning course, skills coaching and health and nutrition advice. It will also feature a performance video analysis for each of the footballers by the Sports Institute of Northern Ireland.

Provincial development officer Sheena Tally said: "The development of the programme is designed to give Ulster's young talent the opportunity to develop their skills so that when they reach minor level they have already worked out their weakness and developed into a much better all-round sports person."

PROGRAMMES AVAILABLE Gaelic4Mothers Ready Steady Play!!

Contact: Martin Conway
strabane1@hotmail.com



Coaching Tips by Phillip Kerr

From Technique to Teamplay

One of the more difficult things to coach to young players is the need to modify their individual styles for the good of the team. If you have spent time ensuring that players are comfortable on the ball, it means you have worked on kicking, catching, lifting, blocking, tackling, shooting, evasion skills and solo running.

The most attractive of these skills to a young player is very often 'solo running'. The feeling the player gets when he/she can run while making a ball spin from toe to hand is tremendous. Many players want to use this technique as often as possible. So, when you step in to coach team play and take players to another level, some see it as a denial of the right to try out this great skill of solo running.

However, it has to be done. There are no easy answers, but if you explain that you recognise their position and, at the same time, remind them that your job is to take them to higher and higher levels of play [i.e. adding more skills to their repertoire] you may find it easier to introduce.

Conditions, limits, modifications....whatever you choose to call them, must be set for players to experience the beauty of good teamwork and to learn how passing, support running and shooting can bring as good a feeling as individual solo running.

Remember.....you may only have to limit a few players at a time, rather than impose a blanket ban on all solo running. One trick is to take a team aside [e.g. in a 9v9 game] and choose two of the players from one team who must play the ball immediately. Only inform their team-mates [not the opposition] and let them respond to this for a five or ten minute spell. The roles may be rotated among the team to let all practise. This lets you see how well two players can change their games to benefit teamplay and how quickly their team-mates learn to make themselves available for passes from them.

Try it out - soon!

For more information on any of the programmes or if you have an item of interest that you would like included in this Newsletter contact Martin Conway, Tyrone Ladies GAA Development Officer on 078 098 64869 or email strabane1@hotmail.com