

Carrigaline

GAA

Carraig

Óg

Method

Statement



carrigalinegaa.com



Carrigaline GAA Club runs the Carraig Òg section for boys aged between 5 & 10 years of age

Hurling - Sunday 11-12pm

Football - Wednesday 6.45-7.45pm



Carraig Òg welcomes new children every single week, new faces are always welcomed and shown respect like life-long members.

Any child who is between the ages of 5 & 10 are welcome to join us and to join in on the FUN.

Within Carraig Òg, the children are in a friendly, safe and fun environment where they are showered with the skills of Gaelic Football & Hurling. Every session there are different skills and exercises for the children to enjoy and learn.

Carraig Òg intends to give boys a strong base of Fundamental Movement Skills and a solid foundation in the core skills of Gaelic Football & Hurling, where encouragement and support is offered to the children by qualified mentors and coaches.

Structure of Carraig Òg

- Fun Warm Up Game (chasing based game, working on acceleration, deceleration, lateral movement, linear movement, agility, evasion skills and most of all FUN)
- Football Stations
 - Drill based stations to work on skills & technique
 - Fun games stations
 - ABC /RTJ stations to work on FUNdamental movements
 - Match stations to work on skills learned in a game environment
- Hurling Stations
 - Drill based stations to work on skills & technique
 - Fun games stations
 - ABC/RTJ stations to work on FUNdamental movements
 - Match stations to work on skills learned in a game environment



Children will get an equal opportunity to play both sports/codes each week.

Objectives of Carraig Òg

To encourage boys to participate in playing football and hurling in a structured and fun environment by:

- Introducing the child to the skills of hurling and football
- Preparing the child to participate at competitive or recreational level as a player
- Producing players who have a basic command of all fundamental playing skills
- Developing the agility, balance, co-ordination and footwork of all players



Ethos of Carraig Òg

The ethos of the Carraig Òg section is **"skills with fun"**.

In order to ensure that this ethos becomes a reality the following guidelines are applied to the hurling and football sessions:

- Parents are always more than welcome to help out at the various exercises and are made feel apart of everything, as Carrigaline GAA Club prides itself on being a friendly club and club is family. There is always a need for additional mentors & help, if anybody would like to volunteer, please make yourself known to Bernie O'Mahony (Under Age Chairman) or Brendan O'Driscoll (Club Coaching Officer), there is always a job to be done regardless of the qualification.
- The club also runs coaching courses & workshops for parents to become more aware of the skills of GAA and the Fundamental Movement Skills, planning session, etc.

Children and parents meet new people and make friends for life. Carraig Òg helps develop childrens' physical development and their social skills.



Annual Membership/Registration

Adult Membership is paid annually in advance in February & March for the calendar year. Registration covers insurance costs & playing gear. Children are not insured to participate unless their registration is fully paid. The club is managed and operated on a voluntary basis by the members. Monies received are utilised to fund the following:

- Lighting costs and general maintenance of the pitches
- Development of new pitches & all-weather area and club facilities
- The purchasing of various types of equipment needed to run a GAA club including footballs, sliotars, hurleys, helmets, cones, portable goals, bibs, first aid kits. Equipment is also provided to children for the duration of a training session if required.
- Referees fees

As mentioned above part of the funding is used for the development of the club. Recently, the club has undergone major development with 1 new playing field being developed, 2 playing fields upgraded, the all weather pitch resurfaced with further upgrades to existing facilities to be completed in the coming years. Brand new Floodlights were erected in 2012 to allow for games and training to be held all year round.

The explosive population growth in Carrigaline make these developments an immediate priority. As Michael O Muirheartaigh stated "the essence of progress is that it never ceases and in hindsight additional sporting facilities are always seen as an extraordinary beneficial investment in youth".



Benefits of Membership/Registration

- The opportunity for your child to train and play Gaelic Football & Hurling in a very friendly and safe environment
- Access to the Clubhouse & Gym and other playing facilities
- Use of the club hall for birthday parties and other special occasions (at a reduced price)
- The opportunity to get involved in operations of the club and have a vote at club AGM
- All players covered by insurance



Training Times:

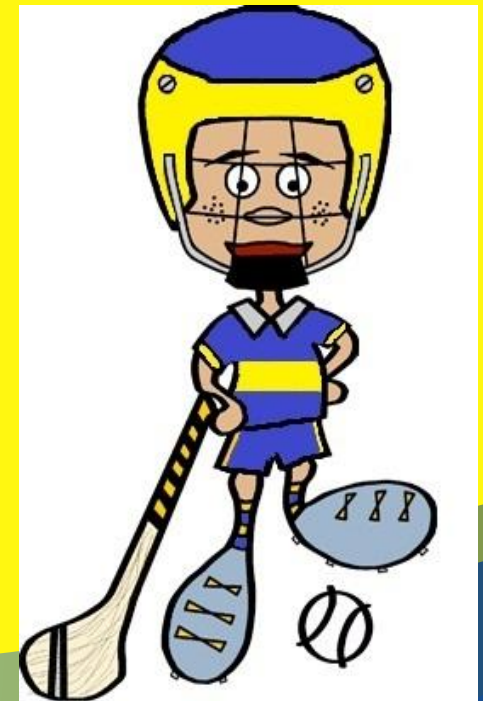
Wednesday Night 6.45-7.45 (Football)

Sunday Morning 11-12 (Hurling)



Club Shop:

The Club Shop is open during the training times above



For more Information Contact:

Bernie O'Mahony
(Under Age Chairman)
0866866519

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(Coaching Officer)
0851182551



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Carrigaline Gaa Coaching



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