

# CUMANN LUTHCHLEAS GAEL

## GAA Games and Coaching Policy

Monivea Abbey GAA Football Club



## CLUB COACHING VALUES

### WHAT ARE OUR GOAL POSTS?

#### **INCLUSIVE:**

Monivea Abbey Football Club provide a place where anyone with an interest can get involved in Gaelic Games. We look for opportunities to proactively include groups and individuals who may experience barriers (real or imagined) to getting involved in our community Club. We welcome anyone who wants to play regardless of ability or previous experience. Every individual Coach and Player is given the opportunity to enjoy a development journey to their full potential. What is available to one member should be available to all, what is available to one group shall be available to all.

#### **COLLABORATIVE:**

Our Club works together, acknowledging that as individuals we serve the collective of the Club and every Club member has something to offer. Every team is the responsibility of the entire Club, and we all work together to support the players in the best way possible.

#### **COMPETITIVE:**

We are a sports Club and sport is competitive. We are ambitious to get our adult teams competing in the highest divisions. This ambition also applies to the provision of the appropriate level of competition for all playing members. Every player should have the opportunity to play competitive sport at a level that suits them. The Club philosophy is to bring as many players as possible through the younger ages to play at an Adult level. Winning at all costs is not the philosophy, albeit it is nice to win, but is it not to be all and end all.

#### **PROGRESSIVE:**

We are a forward-thinking Club, that is not afraid to try new approaches and use the most up to date coaching, sports science and Club development information available for all members.

## REMIT OF THE GAMES AND COACHING DEVELOPMENT COMMITTEE (GCDC)

### What is the role and remit of the Games and Coaching Development Committee?

The Club Executive shall appoint a GCDC annually, In the absence of such a committee the responsibility and all obligations herein shall fall under the remit of the:

1. Club Chairperson
2. Children's Officer(s)
3. Club Vice Chairperson
4. Ladies Committee Chairperson
5. Juvenile Committee Chairperson

The GCDC is formed by the Club Executive to give more support to Club coaches and to the benefit of players. The GCDC shall target their focus on managers, coaches, coaching and games activity.

### What is the structure of the Committee?

The Committee reports to the Club Executive. Each section (Senior, Juvenile, Ladies) in the Club is asked to have a coaching representative on this Committee. This person should have a good understanding of coaching in their section. This person should also communicate all relevant information from the GCDC to their section.

## **What is the purpose of the Games and Coaching Development Committee?**

As directed by the Club Executive the Games and Coaching Development Committee (GCDC) has the following goals:

1. Develop Games and Coaching Development plans for agreement by the Executive.
2. Ensure a positive experience for all players, free from bias, pressure, discrimination.
3. Coaching should be child/player centred no matter age or ability.
4. Uphold the relevant codes and guidance's issues by relevant bodies (e.g., Code of Behaviour)
5. Work on defining, adopting and implementing player pathways with each of the respective sections.
6. Oversee the implementation of a range of coach education and specialist skills courses.
7. Oversee the development of Athletic Development programs (AD) for all ages.
8. Carry out any other relevant functions assigned to it by the Executive.

The GCDC aims to serve each section by managing the following practical elements of supporting Club coaches:

1. Ensuring players are getting a balanced games programme and all players are getting an opportunity to play and participate.
2. Oversee the selections and recruitment of managers, coaches and supporting functions, ensuring alignment with policy and applicable role.
3. Outlining the desired culture of coaching in the Club and providing a coordinated approach to Club Development
4. Ensuring that we are aligned by the GAA Code of Best Practice in Youth Sport / Code of Behaviour and any other relevant GAA Guidelines that must be adopted.
5. Setting best practice culture regarding behaviour for Club coaches, inclusive of communication style, tone and format
6. Providing support in coaching
7. Ensuring that up-to-date sports science and coaching knowledge is being utilised so that all players are being exposed to the correct type of training and coaching for their age group.
8. Developing and supporting the implementation of a transition to adult games pathway and player retention accountability
9. Allocating a yearly budget to spend on coach development activities, including guest coaches and speakers.

## OUR OPERATING POLICY

This section deals with the most common coaching issues.

### COACH AND MENTOR REQUIREMENTS:

Every coach and/or mentor is required to complete the following as a minimum:

- Up to date Garda Vetting (within the last 3 years)
- Up to date GAA Specific Child Protection Course
- Foundation GAA Coaching Course, LGFA equivalent

From U8 onwards at least 1 mentor or coach from each team (in line with player to coach ratio) should aspire to have an Award 1 coaching qualification.

### COACH AND MENTOR EXPECTATIONS:

Every coach and mentor must embody the expectations outlined in the GAA documents listed below.

- [GAA/CAMOGIE/LGFA CODE OF BEHAVIOUR](#)
- [GAA/CAMOGIE/LGFA MAINTAINING APPROPRIATE LEVELS OF BEHAVIOUR WHEN WORKING WITH YOUNG PEOPLE](#)
- [GAA/CAMOGIE/LGFA CLUB CHILD SAFEGUARDING STATEMENT](#)
- [CHILDREN FIRST - NATIONAL GUIDELINES](#)

### MANAGEMENT TEAM STRUCTURE:

Managing and coaching a team can be time-consuming. The Coaching Team should have multiple people involved so as to ensure:

- A team does not become over reliant on one individual.
- Volunteers have clear roles and can develop skill sets for themselves through course and on the job mentoring.

### HOW IS A MANAGEMENT TEAM DECIDED UPON?

Part of the GCDC role is to ensure that all teams have appropriate management teams in place. Manager selection, and selection criteria including, but not limited to, experience, qualifications, tenure, suitability, etc. shall fall under the responsibility of the GCDC. Where a person has a conflict of interest, they shall not form part of the selection committee but are not precluded from applying for any such role.

The Club Executive must formally ratify the appointment of those that are selected by the GCDC to act as underage mentors, coaches and managers and are subject to annual renewal. These appointments should not take place via election or a vote of the membership but rather by recommendation from the relevant Committee following consideration of suitably qualified individuals.

**IT IS THE RESPONSIBILITY OF THE GCDC TO ENSURE THAT:**

- Minimum standards, behaviours and roles, as outlined in this document, are being met.
- Teams have people with a blend of coaching skills and are not over reliant on one individual.
- Players are receiving the most appropriate level of coaching for their age group, ensuring an environment that is inclusive and encouraging with positive communication.
- Management teams with any difficulties (equipment, coverage, training, pitch allocations, player related issues, welfare, coaching issues, etc.) are receiving support from the Club.
- Coaches are encouraged to upskill and will be supported.

The GCDC has the responsibility to intervene if minimum standards are not being met as outlined within this document, or otherwise, and shall be fully aligned with the Children’s Officer(s). Where there is a query or concern raised by any means to the GCDC, the GCDC shall determine the outcome and the manager & coaches shall implement same.

**ROTATION OF COACHES**

There can be an expectation that once a management team takes a team at u10 they will continue with that group until the team reaches adult level. While this has been the tradition, it should not be automatic. To ensure that our juvenile players receive well rounded coaching the Club will adopt the following policies:

1. We will develop expert coaches in each development bracket. These coaches will act as a sounding board for other coaches in that age bracket. They will support coaches in implementing best practice coaching principles as outlined in the Monivea Abbey GAA Football Club Coaching Handbook.
2. Between u8 and Minor each team will experience a minimum of 2 different lead coaches. Changing the lead coach does not mean that other members of the management team cannot continue involvement with any given team.

These policies are adopted so that:

- Coaches are supported in their desire to deliver quality age-appropriate coaching.
- Teams do not become over reliant on one individual.
- Players are exposed to a variety of coaching styles.
- Coaches are encouraged to gain experience in a variety of roles.

**PLAYING JOURNEY THROUGH THE CLUB**

In the organisation of management teams, the journey from nursery to adult games will be divided up into six periods. During each period all four quadrants of player development will be addressed.

- Technical
- Tactical
- Physical
- Phycological

<b>TECHNICAL</b> Technical Execution First Touch Passing Range Individual Flair Defending in 1v1	<b>TACTICAL</b> Vision Game Intelligence Positional Awareness Impact in the Game
<b>PHYSICAL</b> Speed and Pace Flexibility Athleticism Strength on the Ball Workload	<b>PSYCHOLOGICAL</b> Lifestyle Coachability Character Winning Mentality Social Qualities

### **BOBBY JOE (NURSERY) / U6 – U8 GIRLS / U9 BOYS: EARLY CONNECTION TO THE CLUB**

The primary aim of the nursery is to establish positive connections between Monivea Abbey GAA Football Club and new players and new coaches. New members should get a distinct sense of the ethos of the Club. All children should be welcomed and supported while being exposed to the full breadth of age-appropriate fundamental athletic skills along with the basic skills of Gaelic games. The effort put into developing new players should be equivalent to the effort that is put into getting to know new parents, families and recruiting new coaches and mentors. While on occasion players may move groups within the nursery - all players must move from nursery to the next phase in their own age group. We offer currently U6 mixed Boys and Girls, U7 Boys, U8 Girls, U9 Boys as part of Bobby Joe.

### **U11 – U15 BOYS / U10 – U16 GIRLS: PARTICIPATION AND CONFIDENCE**

Within this age group the primary aim is to maintain participation and build confidence. Each player should be able to see themselves as a GAA Player in the future. To give players this confidence we must build good relationships within the team and ensure no player is feeling left out. They should feel confident and competent on the pitch and not be worried about not being good enough.

### **GO GAMES & CHALLENGE GAMES (FROM U6 – U11 BOYS / U6 – U10 GIRLS)**

Many teams will participate in Go Games and in Challenge matches. The purpose of these shall be to allow maximum playing time for all members in a fun and non-competitive environment. As such, score lines in such games should not be recorded and should serve as an education exercise only for the Management & Coaches.

### **INTRODUCTION TO COMPETITION (U12 / U14 GIRLS / U13 BOYS)**

As Go Games & Challenge matches are non-competitive, from U12 Girls & U13 Boys upwards, a healthy perspective on competition within our teams will be developed. We will coach players on the relationship between training and improving. Players will also be encouraged to give their best effort regardless of opposition or outcome. We will encourage and coach players how to adapt when things do not go well. Great sportspeople have the ability to take positives and lessons from defeats and mistakes. We can start embedding this ethos at a young age. Players shall be exposed to all aspects of the game (playing positions, free taking, side-lines, team captaincy, etc.) **It is vital that everything is not focused on winning, but rather participating and playing sport and continuing to improve.**

### **U15 BOYS & U16 GIRLS: LAYING THE GROUNDWORK FOR TRANSITIONING TO ADULT GAMES**

Retention of players and continuous individual development shall be a key priority at this age group. All four quadrants (as outlined above) of the game will be continuously developed for the group at large. From these ages upwards there will be specific focus on the transition to adult games. At U15 Boys and U16 Girls more emphasis should be placed on refining skills that they need for this transition. During these age groups Club

coached should begin to encourage players to take responsibility for their development within the game. We will give them the opportunity to start identifying things they want to improve and support them in doing so.

### **MINOR (U17 BOYS / U18 GIRLS): BEGINNING THE TRANSITION TO ADULT GAMES**

The reality is that many players discontinue their involvement in the Club when they finish secondary school. This year can be very challenging due to the clash with academic targets. Coaches will have to accept that during this year players often won't prioritise Football over academic progress, and we shall support this from the outset.

Coaches should keep in contact with players who fully or partially step away from the Club at this age group. These players should feel there is a welcome waiting should they decide to return to playing for our Club. During this period players should be given a taste of some of the supports and expectations of adult games. Each section should try to provide games for anyone interested in participating. Numbers can be limited so consideration needs to be given to how the number of teams to enter.

### **ADULT PATHWAY: CONTINUOUS DEVELOPMENT AND FINDING YOUR LEVEL**

Once players cross into adult games, individual development must continue. The long-term aim should be to provide Division 1 competition through the first team. At least 1 other team (e.g., Junior) should provide an opportunity to meet both developmental and participation for all players. For Division 1 players (or those aspiring to reach that level) there will be a clear outline of 'the ideal adult player profile' across the 4 quadrants (see above) of the game. This will allow players and coaches to complete a needs analysis and work towards specific areas of individual development.

### **OUR APPROACH TO STREAMING/BLENDING**

Streaming/Blending teams means grouping players in relation to our perception of their ability. Player's abilities changes rapidly as they develop and grow physically, mentally, and maintain a good balance for players. The ability to switch players from team/group/playing position will aid their personal development.

The following are guidelines as to how we approach this process in Monivea Abbey GAA Football Club:

1. It is our responsibility to develop all players in all four quadrants of the game.
2. From U10 and below (both Boys & Girls), teams should be blended – that means a mix of all abilities playing on all teams. These children are just out of nursery and imposing a 'pecking order' or them is entirely inappropriate and can be detrimental to player retention.
3. When teams are asked to self-grade if numbers allow for multiple teams, coaches should aim to have a division 1/2 team along with a division 3/4/5/6 etc., team. This provides a variety in competition level.
4. When teams have to complete a series of grading matches to assess their league division it is appropriate for coaches to organise their teams in such a way that they would achieve an outcome of having a variation in competition options that will suit the development of all players. (Example a Division 1/2 team and a Division 3/4/5/6 team)

### **TEAM SELECTION (FOR ALL JUVENILE TEAMS)**

1. Participate in games and competitions at levels with which they feel comfortable.
2. Be afforded adequate and meaningful playing time to assist in the development of their playing skills within their team.

## **MULTIPLE TEAMS WITHIN AN AGE GRADE**

We are fortunate to have in many age grades 2 or 3+ teams. This level of growth is unprecedented within the Club, and we aim to provide an environment where every member and team gets the same benefits. This can cause a lot of extra work on managers and coaches, and we should strive to ensure we have sufficient capacity to cater for all groups. Where we do have multiple groups, it is imperative that each group gets to train together and mix together. We will facilitate pitch slots, equipment, etc. to maximize the space available to encourage this.

In such cases the players should be divided into appropriate teams, and those teams entered in competitions to suit their collective ability to ensure each player get to play in a competitive environment.

We shall not offer to any team any preferential treatment, nor put any team at any disadvantage by our structures and actions. For example, where a team will go for a trip, then all players within that age group should be offered simultaneously the same opportunity. This creates better bonding and removes any barriers.

## **SUPPORTING THE PLAYERS CODE OF BEHAVIOUR**

The GCDC shall support managers and coaches to educate our players in the Code of Behaviour. We should encourage our players to respect each other, adopt a One Club philosophy, encourage a squad and Club mentality, help educate and improve each other.

It shall be the obligation of the parent /guardian to remain on the premises to supervise their children at all times. We recognise that this may not be always possible or feasible, nevertheless, children are the responsibility of their parents/guardian. Our Managers and Coaches commit their time voluntarily to the club. Where a child is disrupting a training session, they may be asked to step to the side of the session, or to the stand where they can be supervised separately. It is unfair on the coaches and fellow players to have training disrupted due to persons not co-operating with the coaches. Repeated / continuous disruption /misbehaviour by individuals to the coaching sessions shall not be tolerated by the Club.

### **PLAYERS SHOULD ALWAYS:**

1. Play fairly, do their best and enjoy themselves.
2. Respect fellow team members regardless of ability, cultural or ethnic origin, gender, sexual orientation or religion beliefs
3. Support fellow team members regardless of whether they do well or not.
4. Represent their team, their Club, and their family with pride and dignity.
5. Respect all Coaches, Officials, their teammates and their opponents.
6. Behave in a manner that is respectful to those around them. Be gracious in defeat and modest in victory.
7. Shake hands before and after a game as part of the Give Respect Get Respect initiative, irrespective of the result.
8. Inform their Coach/Mentor/Manager in advance if they are unavailable for training and games.
9. Take due care of Club equipment.



10. Know that it is acceptable to talk to the Club Children's Officer with any concerns or questions they may have.
11. Adhere to acceptable standards of behaviour and their Club's Code of Discipline
12. Tell somebody else if they or others have been harmed in any way.

**PLAYERS SHOULD ENGAGE IN GOOD PRACTICE:**

1. Never cheat – always play by the rules.
2. Never shout at or argue with a game's official, with their Coach, their teammates or opponents and should never use violence.
3. Accept the decisions of referees and other officials.
4. Never use unfair or Bullying tactics to gain advantage or isolate other players.
5. Never spread rumours.
6. Never tell lies about adults or other young people.
7. Never play or train if they feel unwell or are injured.
8. Never use unacceptable language or racial and/or sectarian references to an opponent, a fellow player or official by words, deeds or gesture
9. Never consume non-prescribed drugs or performance enhancing supplements
10. Never use social media to discuss teammates, opponents, coaches, match officials or other individuals

**SUPPORTING THE PARENTS CODE OF BEHAVIOUR**

Parents/Guardians have an influential role to play in assisting and encouraging their children to fully participate in Gaelic Games, whether by playing our games or attending training or coaching sessions. Our Club constantly seeks the active participation of all parents and guardians, where the ethos of volunteerism forms the basis of our community led Clubs. In common with Coaches and Club personnel the Parents/Guardians of underage players should act as role models for their children as they participate in Gaelic Games.

**PARENTS/GUARDIANS SHOULD ENCOURAGE THEIR CHILD TO:**

1. Always play by the rules
2. Improve their skills levels.
3. Appreciate everybody on their team, regardless of ability.
4. Maintain a balanced and healthy lifestyle with regard to exercise, food, rest and play. Advice may be sought, if necessary, from Club officials on this issue

**PARENTS/GUARDIANS SHOULD LEAD BY EXAMPLE:**

1. Adopt a positive attitude to their children's participation in our games.
2. Respect officials' decisions and encourage children to do likewise.
3. Do not exert undue pressure on your child.
4. Never admonish your own child or any other child for their standard of play
5. Be realistic in their expectations.
6. Show approval for effort, not just results.

7. Avoid asking a child or young person, 'How much did you score today' or 'What did you win by' or 'What did you lose by.' Ask them 'Did they enjoy themselves.'
8. Never embarrass a child or use sarcastic remarks towards a player.
9. Applaud good play from all teams.
10. Do not criticise playing performances. Identify how improvements may be made.
11. Do not seek to unfairly affect a game or player.
12. Do not enter the field of play unless specifically invited to do so by an official in charge.

**PARENTS/GUARDIANS SHOULD:**

1. Complete and return the annual registration/permission and medical consent forms for their child's participation in the Club.
2. Ensure players are registered within good time, this will avoid follow up communications.
3. Inform the Coaches, and any other relevant Club personnel, of any changes in their child's medical or dietary requirements prior to coaching sessions, games or other activities.
4. Ensure that their child punctually attends training sessions/games or other activities.
5. Provide their child with adequate clothing and equipment as may be required for the playing of our games including for example helmets, shin guards, gum shields etc.
6. Ensure that the nutrition/hydration and hygiene need of their child are met.
7. Never encourage your child(ren) to consume non-prescribed drugs or take performance enhancing supplements.
8. Listen to what their child may have to say.
9. Show approval whether the team wins, loses, or draws a game.
10. Never attempt to meet their own needs and aspirations for success and achievement through their children's participation in games.
11. If a parent has any issues to raise regarding their child's participation or performance in a team, they may raise this with the team coach(es) but should do so in a constructive and non-confrontational manner and not in the company or vicinity of young players or other parents.
12. We value all feedback, both positive and negative. Parents should feel comfortable to raise issues or concerns about the conduct or practice of a manager / coach with that person, or with anyone from the Executive, relevant committee (Senior, Juvenile, Ladies) or the Children's Officer(s). Our Officers are open to constructive dialogue and will work to resolve any matters brought to our attention. We will not tolerate any form of abuse, language, or otherwise towards any manager, coach, or Club Officer.
13. Support your Club by becoming an active member and by participating in Club activities.

**PARENTS/GUARDIANS SHOULD ASSIST THEIR CLUB BY:**

1. Showing appreciation to volunteers, coaches and Club Officials
2. Attending training and games on a regular basis
3. Assisting in the organising of Club activities and events as requested
4. Respecting the rights, dignity and worth of every person and by treating each one equally regardless of age, gender, ability, ethnic origin, cultural background or religion

5. Not entering team dressing rooms unless deemed necessary by the team coach(es) so as to protect the privacy of other underage players.

#### **PARENTS/GUARDIANS HAVE THE RIGHT TO:**

1. Know their child is safe and to make a complaint if they believe that their child's safety is in any way compromised.
2. Be informed of problems/concerns relating to their child.
3. Be informed if their child gets injured or becomes unwell.
4. Complain to the relevant persons if they have concerns about the standard of coaching.
5. Have, as a member, a say in relation to decisions being made within the Club.

### **SUPPORTING THE SUPPORTERS CODE OF BEHAVIOUR**

Young Players are eager to enjoy and benefit from the support they receive from supporter's parents, guardians, friends and other members of the Club who attend our games. Active, loyal and well-behaved supporters are always welcome to attend and support our games but should be aware that their conduct will reflect upon the team, players and Clubs that they support and represent. Fellow supporters have a responsibility to ensure that all spectators conduct themselves in an acceptable and well-behaved manner at all times, when attending our games and competitions. Unacceptable conduct by supporters should be reported to stewards or officials in charge (if appropriate) or at Club level to the Children's Officer. Supporters should realise and consider that Young Players are encouraged to participate in Gaelic Games so that they may enjoy themselves while also improving their skills levels.

#### **SUPPORTERS ADD TO THE ENJOYMENT OF OUR GAMES BY:**

1. Applauding good performance and efforts from your Club's players and from your opponents, regardless of the result
2. Condemning the use of violence in any form, be it by fellow spectators, coaches, officials or players
3. Demonstrating appropriate behaviour by not using foul language or harassing players, opposition supporters, coaches or officials
4. Not entering the field of play, before, during or after a game
5. Respecting the decisions of all officials
6. Never ridiculing or scolding a player for making a mistake during games or competitions
7. Showing respect to your Club's opponents. Without them there would be no games or competitions
8. Upholding the principles of FAIR PLAY and RESPECT for all

### **TRAINING ATTENDANCE**

While many people view the games as the highlights of the year, the reality is that the majority of the work, fun, skills development is done during coaching and training sessions. Without the tremendous work done by our volunteers, we would not get to enjoy the games as much.

Managers are required to keep attendance records for every session, where this is not done, we assume a player has attended every session.

There may be times or events where we need to make decisions related to players, and we want to recognize those players, and their parents, who have transported and attended our sessions most regularly. Therefore, in such circumstances players attendance may impact discussions and further decisions.

## **NOMINATIONS FOR COUNTY OR OTHER SUCH TRIALS / ACTIVITIES**

We are fortunate to have several Club players participating with County teams. We should encourage our players to participate in these endeavours as much as possible.

We will operate in line with guidelines issues by the relevant units.

We will take every opportunity to afford our players the chance to partake in these activities within the guidelines set out.

Managers shall provide a list of candidates and associated reasoning why players shall be put forward to the GCDC.

The GCDC shall make the final recommendations.

## **INDIVIDUAL PLAYER LOADING / BURNOUT / MULTIPLE CODES**

### **INDIVIDUAL PLAYER LOADING/BURNOUT/MULTIPLE CODES**

We are very fortunate to live in a location where our children can participate in a number of sports. It is the responsibility of Coaches to understand the various codes a player may be involved in and ensure not to show discrimination across other codes or discourage same.

A player shall never be placed in the position to have to pick between sports regardless of their age and training days shall remain on allocated days so as not to block children from participating in other sports.

Where a player participates in multiple activities this should be at the front of our coaching, we should ensure we do not burn out our players.

### **BURNOUT CAN CAUSE:**

1. Physical Burnout - Due to intense demands of training and competition
2. Sport devaluation - Stop caring about the sport and own performance.
3. Reduced achievement in sport - Unable to meet goals / lack of improvement.

Burnout can occur where people who have previously been highly committed to a sport, lose interest and motivation. Typically, it will occur in hard working, hard training, hard driven people, who become emotionally, psychologically, or physically exhausted.

This can occur where a player:

1. Finds it difficult to say 'no' to additional commitments or responsibilities.
2. Has been under intense and sustained pressure for some time.
3. Is trying to achieve too much Often it will express itself in a reduction in motivation, volume and quality of performance.
4. Shows dissatisfaction with or departure from the sport altogether.
5. Pressure from parents/guardians/peers/self to maintain engagement.

### **MENTAL BURNOUT CAN SHOW AS (BUT NOT LIMITED TO):**

1. Feeling of lack of control over commitments
2. An incorrect belief that you are accomplishing less.
3. A growing tendency to think negatively.
4. Loss of a sense of purpose and energy
5. Increasing detachment from relationships that causes conflict and stress, adding to burnout.

### **AVOIDING BURNOUT**

As a coach / manager it is important to give due consideration to players loading. A player may partake in multiple sports in addition to sports during school / college etc and with the best will, may also want to participate in Club Training / Matches. Whilst we encourage players to train along with their teammates it is equally important to recognize that a player's physical wellbeing should be at the forefront and take due care and attention to avoid overload. This can also be achieved by assigning a lighter session, avoiding heavy running or physical contact. The last thing we would want is an injury due to over work, tight muscles etc.

### **PREVENTATIVE ACTIONS**

If a player feels that you are in danger of burning out, or are not enjoying your sport, the following points can help them correct the situation:

1. Gain an understanding of the players workload.
2. Evaluate the demands placed on them and see how they fit in with your goals.
3. Identify their ability to comfortably meet these demands.
4. Reduce the commitments that are excessive.
5. Ask the player to skip a training session / take a reduced effort in training.
6. Ensuring we allocate a sufficient portion of the session to cool down and stretching.

The World Health organisation states that children should experience a minimum of 60 minutes of moderate to vigorous activity per day, this includes activities that may occur in school/elsewhere.

### **MULTIPLE GAMES IN A DAY**

Ideally a player should not be asked to play 2 games in a single day, this includes schools matches and as a coach it is our responsibility to not over-burden our players. If this is necessary, the player should not play for the full duration of both games but rather a maximum of 90 mins total game time.

## **USE OF EQUIPMENT AND CLUB FACILITIES**

### **ALL COACHES ARE EXPECTED TO RESPECT THESE REQUESTS:**

- Avoid undertaking heavy physical training activities on pitches and avoid goalmouths where possible.
- For use of the Club gym, please refer to our Club Gym policy online.

- For go games try and avoid large groups of spectators on side-lines that are in the middle of actual full pitches
- Goals should not be dragged – they should be carried or wheeled by at least 2 people. Children should not be permitted to move the goal posts or to swing from any goal posts.
- Pitches are allocated based on knowledge of the full programme of events in the Club. Teams allocated a pitch slot cannot change pitch unless it is agreed with the Pitch Coordinator beforehand. Teams cannot take what looks like a free slot, because it may have a provisional booking not yet uploaded.
- Dressing rooms should be cleaned after use. They must be secured during game time. You are responsible for dressing rooms used by your visiting team.
- A number of locks are used for containers and gates – if you are a Club key holder it is your responsibility to ensure you lock up accordingly.
- Ensure rubbish is collected after matches.
- Dogs are not permitted on the pitch under any circumstances, visiting teams should be told.
- Training times allocated are fixed by the coordinator and are visible to everyone online. Teams should finish 5-10 mins before end time and starting teams must not enter until their allocated start time.
- All Lights – dressing rooms and pitches must be turned off after use.
- Light on the top pitch should be used when necessary.
- Containers should be kept tidy and organised.

Training Equipment (balls, bibs, bags, cones etc.) is supplied by the Club and is therefore owned by the Club. Equipment or jerseys are shared or passed to other teams as requested by an appropriate committee. It is the responsibility of the manager to have sufficient equipment (balls, bibs etc.) if supplies are needed, then please reach out to the relevant Chairperson.

It is the responsibility of the Managers & coaches to have a med bag with them at all events. It should include basic items like plasters, bandages, tape, ice packs and cooling spray. Where there is a need to restock or provide one in the first instance, manager should reach out to the relevant section Chairperson.

## PLAYING MEMBERSHIP

Monivea Abbey GAA Football Club operate a **no pay no play policy**.

Coaches cannot play any player who is not registered. Reasons include, but are not limited to, insurance, team sheets, GAA membership, Club rules.

All managers and Coaches are also required to have the relevant membership dues paid before engaging in activities with teams.

Membership is a vital part of ensuring the Club's continued success and development. Whether you are a player, coach, supporter, parent of a player or member of the wider community, we welcome all new members. The monies received is funnelled towards the maintenance of facilities, playing equipment, affiliation fees, insurance, utility bills, team preparation and other administrative costs.

## AWAY TRIPS

The Club encourages team building, positive team dynamics and positive experiences for players. Each coaching team should attempt to organise one day trip each year, where possible.

Approval and guidance from the relevant Club section Chairperson or Treasurer should be sought **in advance** of organizing any such trip. The Club will decide an appropriate contribution for each event and shall not exceed this.

### POINT TO NOTE:

- Providing a bill to the Club for any non-sanctioned or approved events shall not be the liability of the Club and shall become the responsibility of the organizer.
- It should also be noted that the costs should factor a number of potential dropouts.
- Funds should be gathered in advance of the day itself.
- Buses shall be paid on the day by the organizer and then seek reimbursement from the Treasurer.

All away trips will be conducted in line with the guidelines in:

### GAA/CAMOGIE/LGFA CODE OF BEHAVIOUR

#### SOME KEY POINTS TO REMEMBER IS THAT FOR CHILDREN U18:

- Any relevant medical information that a parent provides should be given to the coach who will be supervising that child.
- Guardians should be given a detailed itinerary for the day along with a contact number.
- Minimum supervision coach: child ratios are 1:8 for children under 12 and 1:10 for children over 12.
- Minimum of 2 adults of each gender should be with mixed groups.

## CLUB GEAR

We are proud to see our teams lined out in Club colours whilst on the pitch, and while off the pitch we have designed a selection of Leisurewear that may carry the Club Crest.

Club Leisurewear may be updated periodically, at the discretion of the Club Executive, and is subject to slight changes due to manufacturing processes by O'Neills or other producer(s) from time to time.

The Club Colours shall be Red & Sky Blue for Jerseys and all jerseys shall require approval by the Executive before purchase to ensure we remain consistent.

Teams may design and purchase items that are nonstandard Club Leisurewear, all such non-standard Leisurewear is subject to prior approval by the Executive of the Club to ensure quality and consistency.

The Club Crest is not to be modified in any way.

Our preferred supplier is O'Neills.

## COMMUNICATION

All communication with teams we will be in line with:

### GAA/CAMOGIE/LGFA CODE OF BEHAVIOUR

**SEE THE FOLLOWING INTRODUCTION FROM THE ABOVE DOCUMENT:**

*"COMMUNICATIONS IN RELATION TO UNDERAGE TEAM ACTIVITIES"*

*All coaches should make it known that our Associations' preferred option of communicating team information for underage teams is via the parental/guardian mobile phone of each players and not via the mobile phone of the child.*

*If requested by a parent to send messages regarding games or training via the mobile phone of the child, the coach/Club should enquire as to the rationale of such requests and if in agreement must receive any such request in writing. Upon any agreement any messages sent to the child can only be as part of the team group text that will also go to their parents and to all other members of that group text.*

*Coaches are not permitted to communicate individually via social media/text, etc. with underage players.*

*Our Associations do not approve of Clubs or coaches engaging in or facilitating messaging apps in which players and coaches participate nor do we approve of the creation of Club messaging forums for underage players. Many such social media platforms have been shown to be most insecure, lack controls and are poorly managed and monitored in some instances. Such insecure usage should give cause for concern and by their nature may be susceptible to accessing or misuse by unscrupulous individuals quite often outside of our control. Experience has also shown that uncontrolled messaging apps, unfortunately have a greater chance of being used as a forum of exchanging inappropriate messages and images between children. Any form of individual social media communication by a coach with an underage player shall be deemed a serious breach of the Code of Behaviour (Underage)."*

We understand the need to communicate with parent the details of training, Club news/notes, match schedules etc. and suggest the use of text/WhatsApp as a primary contact utility. Only parents/guardians, managers, coaches and other Club personnel should be included. If any parent / guardian wishes to be excluded from such communications, or vice versa, they should discuss that with the relevant manager.

### **Children or U18 players are expressly prohibited.**

Discussions or comments unrelated to the above shall be avoided.

### **ADDITIONALLY:**

1. Discussions unrelated to training times, match time, locations, "Yes/No" type replies shall be avoided.
2. There will exist a general manager's & coach's group which is for Club related matters for the benefit of the Club.
3. For Team Groups/Communications, related to players aged below 18, the current Children Officer(s) shall also be added & included.
4. For more information on Guidelines for photographic/Recorded images / Social Media Sites / Mobile Phones see, [GAA/CAMOGIE/LGFA CODE OF BEHAVIOUR](#)



## SIDELINE STANDARDS

*Prelude: Caught up in the excitement and emotion of a game, many parents and coaches feel that they are really helping and supporting their children whilst watching by shouting technical or tactical instruction. Whilst this may on occasions in the **short term** prove successful there are **major** long-term implications of this for the player*

1. *It reduces problem solving skills.*
2. *It decreases decision making skills.*
3. *It reduces creativity in young players.*
4. *It reduces the child's enjoyment.*
5. *It increases the pressure on the child.*
6. *It increases anxiety in the child.*
7. *It prevents children from mastering life skills.*
8. *It decreases the ability of the child to cope independently (particularly if the parent and the coach are not around)*

### ON THE SIDELINES:

1. We do not use abusive / foul language/ lude gestures towards ANYONE.
2. In the event of any person, other than a player, behaving in an unsporting manner or using foul language it is recommended that:
  - a) The matter is brought to the attention of their Club representative.
  - b) The representative reminds the person concerned of his/her responsibilities.
  - c) Where unacceptable behaviour continues, the person may be requested to leave the grounds.
3. We do our very best to give as many players as much game time as we can so that they get an opportunity to develop their skills and to play their sport.
4. Every player in the squad shall have equal status, what is offered and made available to one player, the other players shall be afforded the same opportunity and experience.
5. We allow players make decisions for themselves on the pitch and do not try to coach them through every play, coaches should not continuously be shouting instructions to players.
6. Coaches should give clear instructions to players with no mixed messages.
7. Players entering the field of play should be aware of their position & coach's expectations.
8. Instructions should be conveyed in a clear manner, so players understand the request.
9. Shouting at a player continuously, or words of disappointment shall not occur.
10. Every player goes out to do their best and it shall be our responsibility to ensure that they enjoy themselves and test their abilities.
11. Every player is deemed equal and shall be afforded equal rights within the team.
12. We shall not proactively discriminate towards certain players or discriminate against other for their participation in all aspects of play.
13. All players shall be afforded every available opportunity to enhance their skills and demonstrate those skills on the pitch.

14. Team jerseys shall be washed and prepared in advance of the match, we encourage that this duty is rotated amongst the coaching staff and the parents (where reasonable)

#### **IN TRAINING SESSIONS:**

1. We prepare our training sessions to the best of our ability to be enjoyable and age appropriate.
2. We strive to address all four quadrants of the demands of our games in each session.
3. We do not let a team become over reliant on one person. During the season all coaches are involved in training sessions. Lead coaches will delegate so all coaches get to coach.
4. Coaches shall prepare in advance a training plan and shall share the plan to others within the coaching group. This allows everyone to be on the same page, ensure preparation and readiness for the session.

#### **MATCH OFFICIALS:**

- Give Respect, Get Respect
- Do not question the referee's integrity or allow him/her to be subjected to unsporting language or behaviour by players, other coaches or spectators.
- Refrain from yelling at the ref during the game.
- Instil an ethos in the players to respect and never yell at the referee during the game.

#### **OFF THE PITCH:**

1. Be accountable for your own safeguarding / coaching training and vetting in line with coach education and child protection courses.
2. We uphold the Club facilities and equipment guidelines.
3. We value the knowledge and experience of other coaches and are open to collaboration between different teams.
4. We organise our management teams in a specific manner so that one team is not over reliant on a single individual and more people get an opportunity to develop coaching and managing skills.
5. We encourage our teams and their families to get involved in Monivea Abbey GAA Football Club activities outside of our team activities.
6. We recognise that team fundraising is done through the structures of a fundraising committee rather than everyone doing their own thing every year. Any non-centrally managed fundraising shall receive prior approval from the Finance Committee to ensure good practice.

All teams may be asked to contribute to Fundraising, we are 'one Club' where funds raised are for the benefit of all.

## WHAT HAPPENS WHEN WE LET STANDARDS SLIP?

It is under the remit of the Games and Coaching Development Committee (GCDC) to ensure that coaching standards in Monivea/Abbey GAA Football Club are upheld. If a coach needs support in any area, fellow coaches should be the first people to offer support. It is the role of the GCDC to provide guidance, support and potential solutions to uphold the Club's standards.

Where standards are not upheld, it shall be the responsibility of ALL within the Club structures to notify the GCDC who will aim to resolve such matters. Any slip in standard does not require a written report, being made aware of an issue shall warrant grounds for investigation. Failure to reach a successful resolution may warrant disciplinary actions, up to and including suspension from management or coaching activities.

Any breaches to the GAA/Camogie/LGFA Code of Behaviour will be dealt with in accordance with the following guidelines:

### GAA/CAMOGIE/LGFA DEALING WITH ALLEGED BREACHES OF THE CODE OF BEHAVIOUR

## FINALLY

We are proud of our Club, proud to be associated with it, proud of its structures, members, facilities and most important we take immense pride in our players. We want to be at the forefront of all positive experiences and continue to grow a culture where members want to play for the coach(s), the Club, and the parish.



**COACH**



**CLUB**



**PARISH**