

# Naomh Jude (St. Jude's) Academy

## Welcome

Welcome to St. Judes GAA Club. We are delighted that you and your child have taken the first step in becoming part of the greatest Amateur Organisation in the world. As part of our coaching program we would hope that your child will enjoy themselves and at the same time learn the skills of Hurling/Camogie & Football.

## Location

The Academy will be held in the all-weather pitch playing area. Occasionally, we will get to use the hall. Sessions are run by both volunteers (mainly parents of the children involved who volunteered from the side-line) and mentors from within the club. All of our lead mentors are Garda Vetted and complete relevant coaching qualifications as provided for by the GAA. Mentors begin setting up at 9:30.

## Volunteers and Mentors

We are always looking for new volunteers to help the sessions run smoother. There are lots of ways to get involved - setting up equipment, organising name tags, tidying up, mentoring etc. – Please join in as all are welcome and it is much appreciated.

## Time /Duration

**The start time for the Academy is 10:00 am sharp every Saturday morning and the session runs until 11.15am for 2010, 2011 and from 10:00am until 12pm for 2009, 2008.**

Please facilitate the smooth running of the session by ensuring your child is signed in and is ready to start for the 10:00 whistle. Training will commence September 5<sup>th</sup> and run until end of June coinciding with the primary school year. We will break at midterm, Christmas and Bank Holiday Weekends unless told otherwise.

Please note: The assumption is that training is on unless you hear otherwise (by TEXT). In the event of unexpected weather changes the session may be cut short.

## Communications

Each age group within the Academy has its own text alert group. This is how we contact you, re cancellations / upcoming events. Please ensure your contact details are included. You can do this by registering your details with us any Saturday morning.

## What to expect during a session / what your child will learn

The session is usually a mix of games, drills and matches promoting football, hurling and camogie skills. Children are grouped by their year of birth. Children can start in the Academy once they are in primary school, and this year we welcome those born in 2011.

## Age Group Activities

### 4-5 years (2010-2011)

Catching, Throwing, Striking, Fun games using various equipment, short matches between themselves.



### 6 years (2009)

As above with the addition of organised friendly blitz matches with nearby clubs twice or more a year.

### 7 years (2008)

As above with the addition of organised competitive matches, i.e. Go Games, all 4 codes in the New Year.

**Hurling / Camogie:** *Proper Hurling/Camogie Grip, Ground Dribble, Ground Strike, Stopping the Ball correctly, Frontal Block*

**Football:** *Ground Kick, Handling of the Ball, Body Catch, Low Catch, Bounce, Punt Kick, Hand Pass.*

**General:** Agility, Balance, Coordination, Running, Jumping, Kicking, Catching and Throwing. All these will be beneficial for all types of sport and are great for improving general Motor skills. These skills are progressively enhanced as your child moves through each stage of the Academy.

## Equipment / What we recommend

As your child advances through the Academy, we recommend you consider purchasing some items for your child to allow them to get the most out of the games. Hurley's / Balls / Sliotars / Helmets are provided by the Academy at training, we only have a very limited number of spare Hurley's and helmets and that ideally a child will need to bring their clearly labelled with name and year of birth on them. When you purchase the following items it will enable the child to practice while at home and this will lead to a vast improvement in their skills:

**Hurling/ Camogie:** helmet, shin guards, hurley and sliothar.

**Football:** football boots for outdoors (astro all weather runners also good), gloves for wet weather, gum shields for facial protection and shin guards.

On a general note, always bring a water bottle and sun screen if it's a hot day.

## Parents/Guardians Code of Conduct

**In case of early cancellation, player injury, toilet or refreshment breaks children will be sent to their parent or guardian. You must be available for your child at the side line at all times during the sessions.**

As a parent, it is extremely important that you lead by example when involved in sport. We would ask that rather than asking the children if they won, that they are asked 'Well how did you play?, did you play well?,' Did you have Fun?.'

**In the interest of everyone all parents/guardians of Academy members must agree to the following code of conduct:**

- Always encourage and support your child in their sport – attend matches on a regular basis and assisting in the organisation of club activities.
- Be familiar with those mentors who are coaching your child. Show appreciation and support the mentors. Help out when necessary.
- Inform the mentors of any conditions, medical or otherwise, regarding your child.
- Behave responsibly on the side-line. Use appropriate language at all times.
- Respect the rights, dignity and worth of all participants regardless of ability, age, gender, religion, social or ethnic background.



- Ensure your child gets to and from training safely and is on time.
- Encourage your child to learn the rules and play by them and to settle disagreements without resorting to hostility or violence.
- Ensure your child has the proper training/playing gear and water bottle.
- Respect the coaches' decisions / referees' decisions and encourage your children to do the same.
- Be aware and support the club's policy on the use of cameras/camera phones.
- Be aware of the Club Youth Officer procedures and contact details.

#### **Games Promotion Officer**

Ger Mc Tavish is our Games Promotion Officer. Ger is an integral part of the club and heavily involved with the Academy, this includes coaching the mentors / kids, and organising all aspects associated with running a successful Academy, from skills development to administration of the group. She is also involved on a weekly basis with all the National and Secondary schools in the area where she further develops the children's skills in both hurling & football .If your child's school does not play GAA and you think they might like to introduce it then please talk to Ger.

#### **Easter / Summer Camps**

Ger runs a large number of camps during the school holidays; further details on these will be available on club website, at the Academy or via text message. She caters for hurling / football and camogie across all under age groups from 5 years and up. Members pay a reduced fee for some of these camps. Registration is done online for club camps.

#### **Mentor Courses**

If you are a parent and thinking of getting involved, or a parent that is already involved and wants to further their skills, there are coaching sessions available. We run an introductory skills courses towards the end of September, beginning of October, this will give you a taster for what's involved and enough knowledge so you can enjoy and feel confident with what you are explaining on a Saturday morning. We then follow this up with a Foundation Award Course. This shows the key points of the GAA skills, introduces games for improving technical skills and movement skills as well as team play. It is run over 2 evenings and a Saturday. It will make your coaching sessions more fun for the kids and give you more confidence in what you're saying to them. Ask Ger for dates For those of you who have already completed these courses and want to further your skills to keep ahead of the kids you are coaching, more advanced courses are available.

#### **Club & Facilities / Location**

St judes have about 93 teams across the 4 playing codes : Men's Football and Hurling, Ladies Football and Camogie. We also have many players both past and present playing representative for Dublin. Our main club house and main pitches are located at the side entrance to Tymon park. We also have a state of the art All Weather surface, which is located next to the club house, pitches (Academy), and 6 pitch and changing facilities. The club house has meeting rooms, club shop, gym (for full paid up Adult members), changing rooms, reception room, and a bar. <http://www.stjudesgaa.ie/location> - will show you where all these are physically located. Wellington Lane Templeogue Dublin 6W

Phone:+353 1 4905255 | Fax: +353 1 4905299

#### **Shop**

The club shop sells tracksuits in children and adults sizes, replica club jerseys, club shorts and socks in children and adult sizes, club hoodies in children and adults sizes, club winter jackets in adult sizes, club beanie hats and we also sell Hurley's in a variety of sizes. Helmets can be tried on in shop and ordered direct. Most of the stock is held at the clubhouse. All proceeds from club shop go directly to club for club activities and promotion of the game within the club. The main club shop is located on the ground floor of the club house. Email : [www.stjudesgaa.ie](mailto:www.stjudesgaa.ie) ,Pauline Doherty. All are very welcome.

#### **Opening Hours**

The shop is open from 10am until 1pm on Saturday.

They do carry some helmets in stock every week.

Shop Email: [siopanaomhjade@gmail.com](mailto:siopanaomhjade@gmail.com)

#### **Lotto**

The club runs a lotto each week which is a vital source of revenue for the running of the club. All support is hugely appreciated. Visit <http://www.stjudesgaa.ie/home> and click on lotto link to play online, (bottom left of screen)

#### **Further Information**

There is more information about the club as well as player, mentor and general code of conduct at: <http://www.stjudesgaa.ie> . For any queries you may have, please ask ! Most mentors can help or simply talk to the Academy coordinator or the GPO before, during or after a session on Saturday mornings.

#### **Juvenile Chair:**

Mick Nerney : 087 2304120

Email: [micknerney@hotmail.com](mailto:micknerney@hotmail.com)

#### **Children's Officer**

Deridre Seoige : 086 1038514,

Email: [deirdreseoighe7@gmail.com](mailto:deirdreseoighe7@gmail.com)

#### **Academy Co-ordinators**

Ger Mc Tavish (Games Promotion Officer): 087 6833596,

Email: [geraldine.mctavish.gpo.dublin@gaa.ie](mailto:geraldine.mctavish.gpo.dublin@gaa.ie)

#### **St. Jude's GAA**

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