



#clubandcommunity

#hardestworkingladiesintheparish

Key Events:

- U8 Go Games County Blitz 18/19 Sep
- U10 Go Games County Blitz 25/26 Sep
- U12 Semi-Finals 4th Sep
- U12 Final 18th Sep
- U14 B Semi-Finals 11th Sep
- U14 B Final 25th Sep

*all dates subject to change

Spring Reflection

When the dust settled on the 2020 Camogie season the executive remained busy planning various activities for the new season. AGM was held in Jan 2020 and the new executive got off to a productive start.

Running Training commenced but was cut short due to Covid 19 restrictions. We hope to revisit this activity later in the year. Thanks to Donal Deveraux for all his time.



Compiled by PRO Rena Killeen

BRG Thank you

To kick-start our 2021 season our BRG players recorded some messages of thanks to all the frontline workers in our community for their unwavering commitment and efforts in their various roles throughout Covid. The video was viewed over 12,000 times. We are very proud of our BRG contributors. The clip can be viewed here:

<https://www.facebook.com/962385973783481/videos/2834737786800127>



Club Development

Coach Training

The Camogie Association provided a very useful platform for online training opportunities for coaches to continue their coaching journey. The four sessions proved very popular with our coaches and thank you all for volunteering your time to improve your coach development to benefit our young players.



Coach: Me 2020/21
A Coach Support Initiative from The Camogie Association

4x interactive on-line classrooms, 7.30-8.30pm each night:

- Wednesday 18th November 2020 - Physical Fitness
- Wednesday 9th December 2020 - Skill Development
- Wednesday 20th January 2021 - How to Coach Skills
- Wednesday 17th February 2021 - Games

Applications now open for 2021 M.N.A Programme

MON 09TH NOV SARAH STANLEY

2021
M.N.A PROGRAMME
DEVELOPMENT

- M.N.A Programme aims to increase the number of women coaching
- Programme is in partnership with Sport Ireland's Women in Sport Policy
- Applications now open for 100 Clubs to take part in 2021.



MNÁ Programme

Our U10 coach, Ashling O Mahony, volunteered to be BRG's nomination for the MNÁ programme which aimed to increase the number of women coaching in our club. Ashling attended the training provided over a number of weeks then devised a plan to deliver the Tesco #HurlwithMe programme to BRG participants. This happened over a number of weeks in June and July and thanks so much to the Mams and Dads who took part. You are welcome every training session to join in with your daughters' age group to gain more experience.

Banrion Gaels Camogie Club Needs You!
BRG Hurl with me programme

Join our Team

TESCO Hurl with Me

The programme runs for 4 weeks providing parents with the necessary skills to play camogie with their daughter at home. It also provides opportunities for parents to become involved in our Club as a volunteer.

Who: parents/guardians of BRGers
What: hurl with Ashling for 4 weeks
Where: McCann Park
When: Sat 19, 26 June, 3, 10 July
Why: to teach you the drills to assist your daughter at home

During normal Saturday training.
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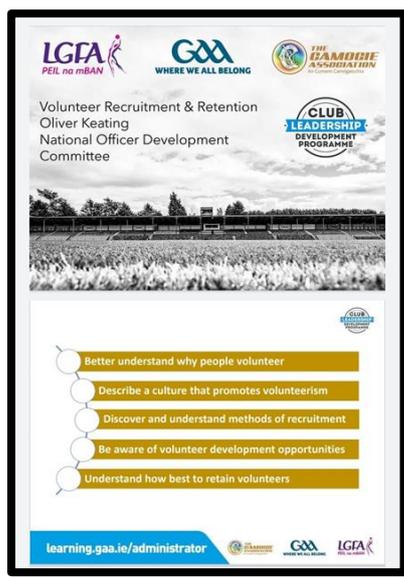
Join our Team

Executive Training

While Covid delayed the return to the pitch our executive members were busy continuing their role development by completing online training connected to the efficient running of our Club. The big change this year was the introduction to Foireann, the online games management system, which executive members and parent/guardians alike had to become familiar with. Thank you to our Club Registrars Margaret and Máiread for all your time into getting BRG operating on the new system.



Other courses and workshops attended by executive member's included a very useful session on both the player and volunteer recruitment and retention.



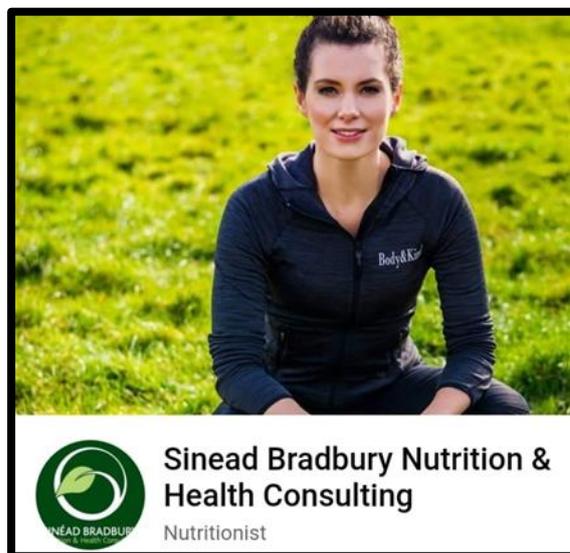
Player Development

Off the pitch our older players kept themselves busy by attending workshops to aid their development as players and to explore their leadership potential.

Nutrition Workshop

As part of our preparation for return to play (training), the committee asked Sinead Bradbury Nutrition & Health Consulting to deliver a presentation specifically tailored to our Girls from U14/16/18.

The aim of this talk was to educate the girls on how to take care of their bodies, learn to listen to their bodies, what their bodies can do not what they look like. The focus was on how to fuel and nourish the body so they can enjoy their sport/life and reach their potential in whatever it is they wish to do. It also delved into wellness, eating for sport, the female athlete, the menstrual cycle and the effects of over training.

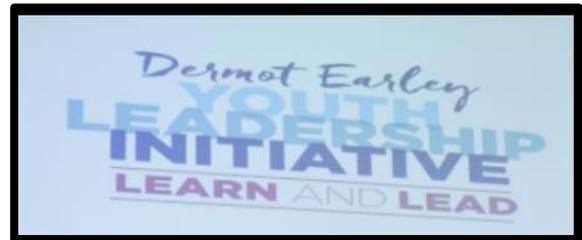


Girls Get Active Hackathon

This initiative was aimed at our current U14 group. The hackathon aimed to increase and retain young girls in sport. Three of our players attended zoom sessions over a weekend and submitted a written plan on how they'd aim to retain teen girls in sport. They were highly commended for their submission which is impressive as over 100s clubs were represented. Well done!



Dermot Earley Youth Leadership Initiative



The DEYLI is a yearlong programme for young GAA members (aged 15-18) and on completion of various tasks assigned to them by their Facilitator, they achieve a FETAC level six third level qualification from NUIG, in Youth Leadership and Community Action for their efforts. We are very proud that Lucy, Roisin, Anna and Hannah have engaged with this initiative and are certainly confident that BRG will benefit from their leadership on and off the pitch in the future.

Youth Leader Certificate Award

This one day course, conducted by Laois Sports Partnership, was attended by eight of our players from U14 and U16. Well done for stepping up.



Meet our Teams

2021 is certainly a bumper season for BRG with 187 members registered, our highest number since our inception a few short years ago. We field teams from U6 to Minor. The future is very bright!

U6 & U8

Our U6 and U8 gang are certainly the noisiest at training and obviously have lots of fun. We had our first ever U6 team to play in a blitz this year which is an accomplishment we are very proud of. New coaches and mentors joined this age group in abundance this season and the

executive are very grateful for you volunteering your time for the benefit of our young players and Club. A very warm welcome to the large Emo contingent this year too. Our Club caters for players from Emo, Killenard and Port as displayed in our jersey colours so it's great to have representation from all areas of the parish! Keep up the great work for the #hardestworkingladiesintheparish



Special mention of thanks to Valeo Foods and Odlums who kindly sponsored a new set of jerseys for this age group in 2021.

U10

Our tenacious group of warriors at U10 level have shown great improvements this year and get better each week. In each blitz so far this Summer they have entered two teams with at least 20 players attending each game. These are the "selfie" queens and never pass the opportunity for a quirky photo! Again thank you to the coaches and admin group who make the development of our players so seamless. We really appreciate your time.



U12

At the time of writing this team are unbeaten this Summer which is the best spell of results in the history of BRG! They are ferocious in their efforts and never stop until the final whistle. Regardless of the results we are very proud of your efforts and keep up the good work. Coaches and admin with this gang have been around BRG for a few years now and we

continue to be thankful for your time and efforts. Your depth of knowledge in each of these players and their individual strengths is impressive.



U14

These players have grown up with BRG, they were the 5year olds who took up a hurl for the first time and indeed lined out for BRG in our very first match! The resilience in this group knows no bounds and when the going is tough, watch them get going. This bunch have a five-star attitude which is frequently commented on by opposing mentors and we could not be more proud of the young players they are becoming. Keep up the great work players, coaches and admins.



U16

Last year saw the creation, albeit temporary, of “The Gaels”, which was the coming together of players at U16 from BRG and CRG with the sole purpose to keep girls playing camogie. Both clubs could provide a joint panel of 16 which negated the requirement of much younger

players subbing up to an age group where there’d be a disadvantage physically. The relationship worked very well for both clubs and the same arrangement will be in place for 2021. Thanks to CRG and to Laois County Executive for the pragmatic approach to the proposal.

Minor

As with the arrangement for U16, both BRG and CRG again came together in order to field a team at minor level in 2020. The Gaels are in the Laois Plate Final for 2020 and are looking forward to fulfilling fixtures in the second half of 2021.

Laois Teams 2021

Another first for BRG with a total of 14 players putting on the Laois jersey at U14/U15/U16 and Minor development squads and panels.



Anybody interested in becoming a mentor or coach with BRG please get in touch banriongaels@gmail.com

BRG Shop

Thanks to the huge effort from Mairead to get the BRG shop up and operating earlier this season and thanks to all those who assisted on the order day. Intosport will host the BRG shop again in the coming weeks so orders can be made for later in the year.

Items that will be available before the end of the season include a very popular Noggin Hats

and BRG snoods. Wear the BRG colours with pride this winter. All details will be posted soon on our Social media pages.



Upcoming Events:

All dates to be announced when fixtures are settled. All details posted to Social Media.

- End of season Club Day
- K2K Fundraising cycle
- Mentors on the Mountain
- Players V Mentors Game
- Club Shop open

Contact us:

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#ProudtobeBRG

Promoting fun, fitness & friendship

