



Glenshesk GAC - Newsletter Saturday 25th April 2009

A chairde,

Delighted to bring you a taste of what is happening in Glenshesk. We are now into full swing with plenty of games and coaching for different age groups. I would like to thank everyone associated with Glenshesk for their support. There is a lot of effort and goodwill now going into the Glenshesk set-up. That is good. We are working on how we can make improvements and reference to that is within the newsletter. To all those involved – thank you; to those who may wish to get involved – you will be most welcome. To our young people as players- keep working to improve your skills

Thanking you – Go raibh maith agaibh
Gerry Mc Glynn (Chairman)

Important Events- Ulster Feile 2009 – Saturday 2nd May
Celebration of 125 yrs of the GAA- La Na gClub- Sunday 10th May

Ulster Feile-

Our Under 14 hurlers will travel to Dungannon, Co Tyrone on Saturday 2nd May to hurl in the Ulster Feile. Every day is about how you hurl but this day is also about how you look- how we are turned out! So it is a must to wear full Glenshesk kit- Glenshesk shorts and green socks. An extra pair of shorts and socks is useful for the Parade, particularly if they get wet and dirty during matches.

All sizes of shorts and socks are now in stock and can be purchased from Pauline Mc Bride- 207 63785. (shorts £10, socks £5)

Further details about travel arrangements, supervisors to accompany team etc will be issued through players/ coaches concerned.

This is a great occasion at this stage in their young lives and we would encourage as many adults, parents etc to make the effort to come along!

Matches and training

Hurling for our youth is now almost all year round- whereas at one time it was confined to the summer months. With indoor, astro turf, good pitches there is always activity- something to occupy them. This is great progress and keeps them meaningfully occupied in a healthy pursuit.

This extra activity puts more pressure on coaches, parents and others who transport them here and there; backwards and forwards etc. And a lot of jersey washing! All this activity is a great contribution to the well being and development of our young people. To everyone who does their bit – many thanks.

An idea of what is going on when and where...

Monday – U16 matches

Wednesday – U16 / minor training (Armoy)

Thursday – U 14 training (Carey)

Friday – Minor matches

Saturday- U14 matches (Carey) –4pm.

There has been a change to how games under 12 are being organised – throughout the entire GAA. The emphasis is on participation, development of skills, fun etc and not so much on defining winners by having losers. There will be blitzes etc. Recently we travelled to play Rossa in Belfast – really enjoyable, great game and great hospitality for all our young ones afterwards. They are coming down soon – so we have to return the compliment.

For us as a club it is so important that we get our young ones started off with the correct technique so that they acquire basic skills according to recognised coaching procedures . This requires really good coaches and plenty of them- so if you are a hurler; have been a hurler or are just interested in lending a hand then let someone know. The more on board – the better!

Under 8s/ 10s

Frank Mc Carry is in the process of finalising nights / venues for Under 10 training. If you are a total beginner and wish to join then let someone know. We are delighted to have new recruits.

Congratulations to Cross & Passion 2009 All Ireland Champions

Congratulations to our six Glenshesk players, who were on the panel of CPC's victorious All Ireland O' Keefe Cup squad. Thank –you, on their behalf, to the supporters from Glenshesk, Carey and Armoy, who travelled to Newry and witnessed this fantastic achievement by CPC. The boys are James Black, John Mc Bride, Shane Mc Cambridge, Steven Mc Ginn, Ciaran Mc Erlain, and James Mc Couaig. James Mc Couaig was also awarded an Ulster College's All-Star -a well deserved honour!

Congratulations to James Black who was also awarded a Year 12 Colleges All-Star .

Thanks to all the coaching staff of CPC for their dedication to the preparation of all the teams. Our hope is that all our young players work as hard as they can to develop their own potential-whether this is through PE classes; being part of a panel or part of a team. Let us give everyone the encouragement and confidence to get a sense of self fulfilment out of their sporting activities.

Forrester's Cup

Cross and Passion play in the final of the Forrester's Cup on Friday 24th at Cargin, Toomebridge. We wish the team the best of luck. We hope our club men do themselves proud. We too are very proud of your achievements and personal commitment to fulfilling your potential as players.

Representation on County teams

We are pleased that more of our young players are taking the initiative and are being encouraged to put themselves forward for trials to be in development squads. Hopefully you can tie down places on County teams. It is so important as adults to be supportive of them in what is a very competitive process. So lads when you have the opportunity have 'a go'! Remember time waits for no man!

At present Kevin Murphy and James Mc Couaig are training with the minor squad and this weekend Conor Devlin and Eamon Mc Caughan will play for an Antrim U16 squad against Derry in a tournament in Ballinascreen. As the season progresses other development squads will be formed. So stand up and be counted!

Under 10- Under 12 Coaching at Garron Tower

There is an opportunity for hurlers in the 10-12 age groups to avail of good coaching sessions held at Garron Tower – usually at intervals of 3 weeks during the summer months. This happens on a Saturday morning. There is generally 2 to 3 cars going. The one thing that limits our numbers attending is the lack of cars – or people to drive cars! This is a great opportunity for coaches to pick up tips, drills suitable for this age group. If your child is interested and not already attending **contact Sean Mc Bride 207 68195.**

Big day out in Magherafelt- part of GAA 125 celebrations

How often has it been said ‘that’s nae day for hurlin’- you would nae ask young yins to hurl in weather like that’?

We all can picture those sort of days. Well Magherafelt has found the answer. A specialist sports centre – with a roof and it is the size of a pitch. Indeed it is the largest indoor sports arena of its kind in Europe. Two of our under 10 teams were there last Sunday to show off their talents and skills. They had a great day. Each team played 5 matches and went home satisfied.

Conor Mc Bride’s claim to fame was that he scored 5 great goals – all from sideline cuts! (and 3 other ordinary ones). So Conor now everybody knows about it! Well done!!

Someone else thought it would be a quare building to lamb sheep in!

Each player got a little memento – badge type thing with 125 GAA logo on it. Maybe there will be a few of those still knocking around in 2109- collectors items?

Panel: Liam O’Hara, Callum Mc Kendry, Emmett O’Hara, Timothy Burns, Tarlach Mc Bride, Ciaran Mc Kenna, Darren Mc Gowan, Conor Mc Bride, Aaron Mc Bride, Patrick Gillan, Finvola Mc Veigh, Tiernan Mc Glynn, Eoin Mc Carry, Daniel Martin.
Thanks to mentors – Frank Mc Carry, Gerry Mc Glynn, Julian Gillan , Donal Martin, Sean Mc Bride.

Coaching & Development Workshop

The first Coaching & Development workshop took place in Armoy recently. This is an initiative organised through North Antrim Coaching and Development Committee. The aim is to improve the coaching structure and standard of coaching in all North Antrim clubs. Why? So that some day in hurling we can compete against the traditionally strong counties. The help for this is coming through an arrangement with coaches in Munster. Tom Mc Clean from Dunloy is our mentor and he will help us to help ourselves to become better.

The first meeting was very well attended. We were trying to establish where we are at- what we do well and what we can do better.

Even since that meeting changes have been made and are being made e.g it was being left to maybe one or two coaches to coach/manage 20+ young ones for an hour and a half. Now at U16 / minor level there is an additional 3 adults there to assist the principal coaches Collie Smyth/ Joe Brogan.. We are enthusiastic about this opportunity – to bring in changes that ultimately is for the benefit of our young folk.

You are welcome to attend and get involved in these open meetings- about what we are doing, how we are doing it etc.

North Antrim U14 Feile B final

We are nearly sure , almost sure that we will be playing the North Antrim U14 Feile final most probably against Glenarm in Carey on Saturday 9th May. Stephen Mc Bride and Vincent Butler are the coaches who are trying their best to get the best out of this squad. It would be great for the team if we had plenty of folk there to support and encourage them. Games against Glenarm are never easy! A special appeal to senior hurlers to come along and morally support those who in 3-4 years may be playing alongside you (or taking your place!).

The U14 panel is:-Joseph Mc Bride, Sean Mc Bride, Daniel Hill, Shane Devlin, Patrick Mc Bride , Thomas Burns, Shane Mc Bride, Fiachra Mc Veigh, Eoin Hill, Conor O’Kane, Martin Jamison, Conleth Mc Veigh, Ronan Mc Guckian, Jonathan Mc Erlain, Conor Mc Fetridge, James Gallagher, Peadar Mc Veigh, Johnny Black, Caolan Cassley, Conleth Burns, Shea Hunter.

S O S Message – Save Old Sticks!

Those that buy new hurling sticks will know what price they are- from £15 to £25 per stick. There is no guarantee that a new stick may have a long life! However, a lot can be done with broken sticks either to repair them or use parts to create a new one. There are probably some old sticks lying around that children may have grown out of- well these could also be useful for other young ones. Similarly older, lesser sticks do to practice skills such as blocking, tackling etc- where the chances of breakages are higher. Many of our players are getting sticks repaired and this is great. Some are even doing it for themselves and for others. If you have old, unused sticks lying about then we would be delighted to have the chance to get these. It is a case of reduce, re-use and recycle or waste not-want not! Unused, abandoned senior sticks would be gratefully accepted. Contact Gerry Burns about this SOS message. Tel 207 51032.

Membership

Still some membership to be paid! Please **contact Secretary Pauline Mc Bride** or any Committee member!

Sponsorship

We are very grateful to those who have sponsored various aspects of club activity over the years. And also to those who have made donations. If anyone would like to sponsor the club in any way – then this would be most appreciated. We hope people feel that what we are doing is worthy of support. Publicity can be discussed /arranged to satisfaction of sponsors.

La Na g Club – Sunday 10th May

This is the day set aside by the GAA to celebrate 125 years since the founding of the GAA. Our members will be involved with their parent clubs Carey and Armoy on that day.

There is a suggestion that in the evening certain energetic folk might like to climb Knocklayde! One group going up from the Armoy side and one from the Carey side. That’s two groups going up and one group going down the other side into Ballycastle!

Not sure who came up with this idea but it might be good craic? A special way to mark a special day! If the children were interested then we presume they could get the adults interested? Isn’t that how things normally work? Yes! No? Maybe!

See you all at 1695 feet at the Cairn (Carn na Truagh) on Knocklayde on Sunday evening 10th May 2009 – for a big team photo!

The Committee for Glenshesk GAC 2009 is:-

Chairman - Gerry Mc Glynn

Vice chair- Sean Mc Bride

Secretary- Pauline Mc Bride

Ass. Sec/PRO- Gerry Burns

Treasurer- Jim Boylan

Asst- Martin Mc Fetridge

Club Dev. Officer- Mary Kane

Committee- Brendan Butler, Finvola Mc Veigh, Brian Mc Caughan, Vincent Butler, Joe Brogan, Aidan Mc Erlain, Roisin Mc Bride, Donal Martin.

Contact number Secretary Pauline Mc Bride 207 63785