



# Kilcoole Ladies Gaelic Football

## Christmas Newsletter



### December 2021

What a year for the club and for Ladies Gaelic Football!

#### ONE GOOD CLUB

Starting 2021 in lockdown, it was hard to see how the year would progress but we hit the ground running by taking part in Lidl Ireland's One Good Club initiative run in conjunction with Jigsaw Ireland. The aim of the project was to create a positive hub for youth mental health awareness. Following online training from the LGFA, we joined 25 clubs nationwide and set about the task of promoting mental health awareness and coping techniques. In March we embarked on a 10 week programme using our social media platforms to encourage our members and the wider community to participate with us through a 5 step programme to:

*Connect*

*Be Active*

*Take Notice*

*Give*

*Keep Learning*

Each fortnight we took a theme and ran an event/project/activity that coincided with the theme. It was a great success and the feedback from the members was hugely positive. We'd like to thank St. Catherine's Special School, Newcastle, Karen in Freedom Fitness, Lulu and everyone at Greystones Rugby Club, Jigsaw Bray, and Bomar Aromatherapy for their help with working with us on the different themes. The programme was a lovely lead into the official return to football to begin training for the 2021 season.

#### GAELIC 4 TEENS

The club took part in the Gaelic 4 Teens programme, the LGFA's coaching initiative introducing new coaching practises that focus on the needs and interests of 13-17 year old girls playing football.. The programme moved online because of the pandemic which meant coaches took part in webinars and completed some self-paced learning during the year... At the end of September there was a hugely enjoyable visit with the G4Ts' Ambassadors to see how players and coaches adapted to the programme and how much we improved our coaching approach.

We are extremely happy to see a 28% increase in female membership in the club, and we expect that number to rise in 2022.

#### CLUB GEAR - CENTRA

The new club gear launched in October 2021 and the online shop from Bodibro has been a huge success. We are delighted that Centra Kilcoole subsidised all the club members' tops and we really appreciate their ongoing support and generosity.

## PLAYER & TEAM ACHIEVEMENTS

- It was so encouraging to see 7 of our U18 players qualify as Go Games and Youth Referees, with many of the girls having the opportunity to ref during the season. We hope to continue with this in 2022 and show there's more to the game than just playing.
- We're always looking for new volunteers and it was great to have some new faces come on board with 6 new coaches/volunteers completing the LFGA's Fundamentals coaching courses.
- 3 of our U16 players are participating in the GAA's Dermot Early Youth Leadership initiative run by Eire Óg, Greystones, which empowers young people to enhance their leadership capabilities and have a positive impact on the world around them.
- The U8 and U10 girls were so excited to be back after such a long lockdown and they had fantastic blitzes in Roundwood, Blessington and Bray, great days out with lots of lovely memories for the girls.
- The U12s had an excellent season with a fantastic group of girls that worked well together and were the embodiment of fun and respect. There were fantastic performances from all the girls, a credit to themselves and their club.
- Great enthusiasm was shown by this year's U14s, training twice a week and a lot of emphasis was put into skills development and general fitness. There was never a drop off in numbers training and they gained valuable experience in preparation for next year.
- Féile for the U15s was held in Ballinakill in August and we were delighted to be involved with other teams from around the county. It was a great day out that all the players and their parents enjoyed.
- The U16s had a terrific year, with evenly matched games in the league and a fantastic Championship resulting in winning the C Shield after a great game against our neighbours, Newtown. The players showed great attitude and spirit throughout the year and they should be very proud of themselves.
- For the first time in over ten years we fielded an adult team. We made a strong start in the league and continued that run throughout the season, winning all of our matches and topping the group. A league win first season out is something we are immensely proud of. The Junior B Championship also started well with two very solid wins. We got a bye into the semi-final which ended with sudden death kicks. A cruel way to lose the semi but unfortunately it wasn't our day. A super season for our Ladies Team with lots of laughs along the way.

The pandemic didn't stop us in our tracks and we're sure 2022 will be just as exciting. Many thanks to all our members-the players, coaches, and volunteers for their constant hard work and dedication, also to all the parents for their continued support.

**We wish you all a very Merry Christmas & a safe, healthy and Happy New Year, see you all in 2022!**

