



# Naomh Olaf GAA Club

## Girls Academy

Sept 2021

New Joiner

Welcome pack



Welcome!!

Thank you for choosing Naomh Ólaf Girls Academy.

You'll become part of a wonderful group of people who want to have fun, make friends, learn new skills and enjoy an active lifestyle with our GAA games in a safe and fun environment.



## FAQs

### **1. At what age can my daughter start in the Academy?**

Girls can start enjoying GAA at 4-7 years old in the Girls Academy.

The Academy is split into three separate Year groupings based on the Players date of birth – we admit Girls born in the following Calendar Years (i) 2014, (ii) 2015 & (iii) 2016/17.

Please note our Year Groups are not based on Academic / School Years.

For Girls older than this, refer to the appropriate [Juvenile Games Contact](#) on our Club website.

### **2. My daughter has no experience of Gaelic Games or played them before – can we join in?**

Yes – no prior experience is necessary, just bring yourself along.

We are open to all newcomers, but you must pre-register with

[Naomholafgirlsacademy@gmail.com](mailto:Naomholafgirlsacademy@gmail.com) in advance.

### **3. What codes do you play in the Girls Academy?**

We play both codes of Gaelic Football and Camogie and lots of games to help our Girls play these sports.

### **4. How do I start and what do I need to do?**

Very easy – just email [naomholafgirlsacademy@gmail.com](mailto:naomholafgirlsacademy@gmail.com) to pre-register and we will outline requirements, which are subject to Covid-19 Government & GAA Guidance applicable at the time, amongst other requirements.

**Always contact us in advance – please do not turn up on the day to avoid disappointment.** See Registration next steps further on.

### **5. How do I know if it's Gaelic football or Camogie for my team this week?**

Teams alternate between Gaelic football and Camogie each week.

You'll be notified through the Weekly Academy Mailshot and Teamer what code will be scheduled for the Sunday Session.



## 6. Can we trial our daughter to see if she likes it? When do we pay membership fees?

New joiners are welcome to try out the Academy for a few Sessions and we would ask you to then commit and provide support for the Girls Academy with an appropriate Membership option that suites you – there are a number of Membership types to cater for all on the club website at this [link](#). The respective options for Academy Groups selection, to ensure you enrol in the correct group is as follows:

**Year of Birth Team**  
2016 & 2017 = **Academy Year 1 Girls**  
2015 = **Academy Year 2 Girls**  
2014 = **Academy Year 3 Girls**

Please contact [membership.naomholaf@gmail.com](mailto:membership.naomholaf@gmail.com) for specific membership queries or issues.

## 7. Who are the Mentors?

Each Year Group has a Lead Mentor/s as key liaison for all the Mentors and other Volunteers who keep the Academy alive.

The Club has a structured training pathway addressing GAA fundamental skills in both codes and Child Safeguarding training/accreditation and supports Mentor development across all years in the Players' Pathway.

As you will see from the Academy, it is all about fun and functional movements.

We'd love to have more of you get involved with all our Girls. Any help, no special skills needed only a will to help the Girls enjoy themselves and support their development – please just say yes!

## 8. Do I stay with my child at the Session?

Yes. Parents / Guardians must stay pitch side and remain available for the duration of Academy Session.

## 9. What sportswear/footwear is required?

No mandatory kit required for the Academy, but we'd love it if you can come out in your Club Jersey and colours.

## 10. What equipment do I need for the Girls Academy?

**Camogie** - Girls are required to have their own hurley & helmet.

Unfortunately, due to Covid-19 restrictions, the Academy can no longer share these as in prior year.

Hurleys/helmets can be bought in most Sports Retailers online and in-store such as Sports Direct, Elverys, Lifestyle Sports, O'Neills amongst other Hurling specialists such as Moran Hurleys, Mycosport plus many more. We also have a Club Store – refer to the [Naomholaf.ie](http://Naomholaf.ie) for opening hours.



Most Academy Players start with hurleys ranging 20 inches, up to 24 inches for the older children, but you should always ‘size the child’ appropriately, as an incorrect length or weight of a hurley can have a detrimental effect on their development – refer to our club guidance at this [link](#).

**Football** – We recommend Girls, particular our older Academy Players, start to wear and get accustomed to Gum Shields, as this will be a requirement once they leave the Academy and play GAA Go-Games.

Football boots are not essential but might be appropriate if we are out on the pitches.

GAA Gloves are not required but bring them if you wish.

All kit, equipment, jerseys etc. should be clearly labelled with names just like school.

### **11. When is the Girls Academy on?**

We are scheduled for Sunday mornings. Times are always subject to email communications each week and we will confirm each weekend’s fixture for clarity, but current schedule is:

<b>2014 Girls</b>	9a.m. - 10am
<b>2015 Girls</b>	10:15am - 11.15a.m.
<b>2016/17 Girls</b>	11:30am – 12:30pm

Please always pre-register before attending for all new joiners.

For winter training, when pitches are not playable, we may relocate to local All-Weather pitches and will advise of times.

### **12. Where do I go?**

We confirm locations for each Year Group on the Academy Mailshot, but our home is the Naomh Olaf club pitches.

You must always Register attendance – our registration desk is in the Club Car Park. Do not walk onto the pitch and just join a group as we must record all kids in various Pods.

For winter training, we may relocate to local All-Weather pitches and will advise of times/venues.

### **13. What is this famous Girls Academy Mailshot you keep referring to**

We enrol all our Academy contact emails into the weekly Academy Mailshot, which confirms Sunday Session details, any important updates or news we need to share – if you are not on it, you will not receive important information.



If you wish to unsubscribe at any time, please just email us with “Unsubscribe” in the Subject Header.

**14. What is the Academy calendar?**

We typically follow the school academic year i.e. the academy is on when school is on & we also take a break for any Mid-terms / school holidays / Bank Holiday weekends.  
We will clearly communicate this in our Academy mailshot.

**15. What happens if the weather makes it unplayable?**

We can only train outdoors under current Covid-19 Guidance, so all Sessions are subject to weather conditions and we know what that means in Ireland!

We'll be very clear if we've cancelled with notices via email & Teamer.

**16. Is there Covid-19 stuff I need to do?**

Yes – we need your support to comply with applicable Covid-19 Guidance, please refer to the Registration next steps.

**17. I'd like to keep informed about all the Club's news and developments – what is there?**

We have a regular Club Newsletter which we encourage everyone to enrol upon at [naomholaf.ie/mailling-list.41.html](http://naomholaf.ie/mailling-list.41.html)

**18. That's a lot to take in but you haven't answered my question – who can help me?**

Just drop us an email with your query at [naomholafgirlsacademy@gmail.com](mailto:naomholafgirlsacademy@gmail.com)



## Next steps - How do I register and get started?

### 1. Contact the Girls Academy inbox

Please email us at [naomholafgirlsacademy@gmail.com](mailto:naomholafgirlsacademy@gmail.com) with the following information to register your daughter:

Academy Player					
First Name	Surname	Parent/Guardian	Email	Phone contact	Date of Birth
??	??	??	??	??	??

Advise us of any special requirements or if she has friends who are already in the Academy.

### 2. Join the respective Year Group 'Teamer' account

<u>Year of birth</u>	<u>Lead Mentor/s</u>	<u>Teamer links</u>
2016/17	Darren Plant / Brian O'Gorman	<a href="https://tinyurl.com/yhwjfmob">https://tinyurl.com/yhwjfmob</a>
2015	David Slattery	<a href="https://tinyurl.com/y36tfuys">https://tinyurl.com/y36tfuys</a>
2014	Keith Fitzsimons	<a href="https://tinyurl.com/yyn6f9or">https://tinyurl.com/yyn6f9or</a>

Currently we use 'Teamer' to manage invites & plan attendance for our Year Groups.

We ask you to please respond to these Invite Push Notices when you get them to confirm/decline attendance. If you don't confirm, we will not plan to include the Player in the Pods, so to avoid any disappointment, we'd be grateful if you can respond promptly.

### 3. Covid-19 Government & GAA Guidance

We must adhere to applicable Guidance and appreciate your cooperation, on behalf of your child. There are plenty of resources and the GAA 'Return to Play' Guidelines online. Please refer to [learning.gaa.ie/covid19](https://learning.gaa.ie/covid19). There are two items all Parents/Guardians must complete:

- a. **'Return to Play' E-Learning Course** - All Parents/Guardians and Mentors must log on, complete and keep a record of the 20 minute GAA Online Educational Course on behalf of their child. A Completion Certificate is generated once you've finished. Go to <https://courses.gaa.ie/Covid19ClubEd/#/>  
All new Parents/Guardians should be mindful to complete this – it is a prerequisite from the GAA. We will request these.  
Existing Parents - if you completed it previously, should note there is a 12 month



expiry period so you might need to renew.

- b. Health Questionnaire** – Every week, each Parent must complete a Health Questionnaire separately for their child, before returning to training. It is compulsory. Go to [returntoplay.gaa.ie](http://returntoplay.gaa.ie)

This online Health questionnaire needs to be refreshed for **each** session – we ask you do this please and advise us at registration. The online refresh is very quick & handy.

#### **4. Attendance sign-in**

The club car park is closed to cars on Sunday mornings for Academy and we hold Registration in the car park.

If you have confirmed attendance, you'll be allocated to a Pod and advised by the Registrar what Pod and Pitch your team is on.