



# ROSCOMMON GAELS

Men's Football | Ladies Football | Hurling | Camogie | All Stars | Scór



## WELCOME

- Are you new to the GAA?
- Do you have a child who is interested in playing sport?
- Are you new to Roscommon Town or surrounding area?

Then read on .....

### What is GAA?

The Gaelic Athletic Association (GAA) is Ireland's largest sporting organisation. It is celebrated as one of the great amateur sporting associations in the world. It is part of the Irish consciousness and plays an influential role in Irish society that extends far beyond the basic aim of promoting Gaelic games. The GAA has a number of core values that are stitched into the fabric of everything we do:

- **Community:** The community is at the heart of the GAA, everything we do helps to enrich the communities we serve
- **Amateur Status:** The GAA is a volunteer-led organisation, with all our members engaging in our games as amateurs. Games programmes are provided at all levels to meet the needs of all our players
- **Inclusiveness:** The GAA welcomes everybody to be part of our Association, we are anti-sectarian and anti-racist
- **Respect:** We respect each other on and off the playing fields, we operate with integrity at all levels, we listen and respect the views of all
- **Player Welfare:** We provide the best playing experience for all our players, we structure our games to allow players of all abilities to reach their potential
- **Teamwork:** Effective teamwork on and off the field is the cornerstone of our Association

### Is GAA for me or my kid(s)?

Many of you may have played GAA in school or College, have friends or colleagues that play it, or, you may have relocated to Roscommon from another country. So, if you would:

- Would like to make **new friends**, have **fun**, **learn** and share new **skills**?
- Would like to **spend time** with your children in a team environment?
- Would like access to **free** training and resources, increase your knowledge and improve your skills?
- Would like to take **on new challenges** and expand your personal experiences?
- Would like to like to **set a good example** for your kids and other kids in the area?
- Would like to like to **become part of a community** and/or be a part of a club?
- Would like to **maintain fitness** through your involvement?
- Would like to **re-live childhood sporting memories**?
- Would you like to **play for Roscommon**?

If the answers to any of the above questions is 'Yes', then why not **'Come Join Us'**!

## How do I or my kid(s) start?

To get started simply:

- Logging onto [www.foireann.ie](http://www.foireann.ie) which is the online registration portal for registering you and your child with the club. Here you will see the costs associated with joining the club and details of your children and you will be obtained for administrative, contact and team organisation purposes, or
- Contacting any of the team coaches and they will advise you. All details are available overleaf or,
- Contacting our Club Secretary / Club Registrar / Club PRO. All details available overleaf

## Who are my kid(s) Team?

If your child is starting at an early age between 5 and 6 years of age (usually school starters), they will attend our **Academy** Sessions. These begin at the end of May and run for the summer months only. These are fun based sessions with open play (general movement) with all children playing, exploring movement through new fun and experience, introducing fundamental ABC Skills : **A**gility, **B**alance, **C**o-Ordination, Running & Jumping.

<https://learning.gaa.ie/abc> They are introduced to the different GAA codes played within the club; Football (Boys & Girls), Hurling and Camogie.

If your child is over the age of 6 years and wishes to join the Gaels, he will be introduced to the coach responsible for that age group and join with the team for training sessions. Age Groups are as follows:

Under 8,  
Under 10  
Under 12  
Under 14  
Under 16  
Under 18 (Minor)

GAA Season begins January to December, but not for all age groups.

- For the first few training sessions, you will be assigned a **buddy** and provided with **additional coaching** to help you get up to speed
- The coach will advise you of **training times** and match schedule
- The emphasis at a juvenile level is always on **fun, participation, and enjoyment**

### **Advice on membership, gear, team communication, and events;**

- The coaches will advise you the array of membership and payment options. Membership is gained, as previously outlined, on an online portal [www.foireann.ie](http://www.foireann.ie). You will need to create/register an account and from there join the club. Fees are attached to this document for 2023.
- Policies & Procedures: Code of conduct drawn up for Coaches Mentors & Trainers, Players and Parents
- You will be added to the Team communication group.

Each squad is managed by a team of 6 to 8 voluntary mentors. The mentor/coach for your child's age group is your principal point of contact with the club and the details for the contact mentors for each group are available overleaf.

It is not necessary to have played Gaelic football, hurling or camogie to become involved. Many of our mentors come from other sports and additional help is always welcome. Training on coaching skills, child protection, and first aid are organised regularly by the club and at County level.

Most squads train in football once a week and hurling/camogie once a week for an hour each time. This is managed and can be adjusted by relevant team managers.

**The Club is always looking for new volunteers to help out with different matters within the club, whether it is helping run a team of players or assisting with different events or tasks involved in the running of a club. This could be your opportunity to get involved. There are huge positives, not only for the kids when joining a new club, but for the adults too.**

**If you would like to become a member of Roscommon Gaels GAA Club, we would love to have you and your family join. If you have any further questions, please contact the numbers below or contact us through our Social Media Channels.**

Chairperson:	Mr. Philip Mullen	085-8016162	
Registrar:	Ms. Niamh Kilmartin	086-3818389	<a href="mailto:kilmartinniamh@gmail.com">kilmartinniamh@gmail.com</a>
PRO:	Ms. Orla Fleming	086-8178259	



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