

ON THE BALL


THE OFFICIAL MAGAZINE OF THE CAMOGIE ASSOCIATION
Summer 2018


THIS EDITION FEATURES:


Beth Carton Interview
Body Image Research
Myths & Facts in Coaching




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Welcome: Uachtarán an Cumann Camógaíochta Kathleen Woods

We #GoTogether

Welcome to the latest edition of On the Ball with this being my first contribution to the magazine as Uachtarán.

We have had an action packed season, both on and off the pitch.

The beginning of the year featured the conclusion of the AIB All-Ireland Club Championship Finals for both Senior and Intermediate. Congratulations to both Slaughtneil of Derry (Senior) and Johnstownbridge of Kildare (Intermediate) who claimed the title of All-Ireland Champions.

The Littlewoods Ireland Camogie Leagues witnessed some excellent Camogie despite being played in some trying winter conditions. The Division 3 League trophy will reside in Munster after Kerry impressively defeated Roscommon to claim the Division 3 title for the first time in their history.

Their neighbours Cork took home the Division 2 title after a one-point victory

over an ever-improving Westmeath outfit in a close contest.

As our new President my first duty was to attend Nowlan Park for the Division One League Final between Cork and Kilkenny. Played as a double-header with the Allianz Hurling League Final it was played in front of an almost full house which was true recognition of the skills and sacrifices of our top athletes. Well done Kilkenny on edging out Cork on the day.

Congratulations to Katie Power (Division 1), Sheila McGrath (Division 2) and Niamh Farrell (Division 3) on being named the Player of the League in their respective divisions.

Our annual Volunteer and Media Awards took place once again in February in Croke Park stadium and highlighted the excellent volunteer work being undertaken at club and county level throughout the country. I would like to congratulate all the winners and say thank you for your continued dedication and promotion of our sport.

There were only a few changes made to our rule books following on from our Annual Congress this year. Some of the changes include allowing more time for the half-time interval (15 minutes) and the increase in age for playing adult camogie (17 years old). Many congratulations to Kilkenny County Board for the organisation and delivery of Congress 2018.

We are now into the business end of the Camogie season and we are delighted that Liberty Insurance have extend their partnership of the All-Ireland Camogie Championships and Camogie All-Stars Awards by a further three years.

Liberty Insurance first came on board as sponsors of the All-Ireland Camogie Championships in 2013, and during that time our games have continues to grow with more players and more coverage than ever before.

In partnership with their sponsorship, they have revealed their own campaign, looking at how **'Camogie Made Me Ready for the Real World'**, showcasing how the sport influences the everyday lives of our athletes. After all, it's not just a game. Our stature of female participation in sport continues to grow year-on-year and



we find ourselves in the great position where all knockout matches in this year's All-Ireland Senior Championship were once more broadcast live on RTÉ beginning with the Quarter-Finals that took place on Saturday August 4th.

This year we decided on a new initiative to promote our 2018 Championships, doing a Trophy Tour with the O'Duffy Cup. The tour kicked off at our Hurl with Me event in Abbottstown in July and continued its journey over the coming months. There were a further five stops along the way, with goodie bags and photo opportunities available for children and families with county stars on show.

The aim behind the initiative is to get everyone to **#GoTogether** this September and get behind the players playing in

Croke Park on All-Ireland Final day. We have more people actively involved in Camogie than ever before and with your support and encouragement we can continue to set the scene for our games.

Nothing beats the Championship fever and with more coverage of our games we can showcase them to a wider audience.

It is an exciting time to be involved in female sport so get behind your team this Summer!

I look forward to my first Championship campaign as President and I hope to see you all in Croke Park on September 9th.



BETH CARTON

On The Ball

SHE is laughing at the incongruity of it, speaking of herself as a near veteran of the Waterford panel.

By Daragh Ó Conchúir

Delivered in that unmistakable city accent that has become familiar to a slew of Gaelic Games followers thanks to her De La Salle clubmate John Mullane's dulcet tones on RTÉ Radio, Beth Carton tells you with a chuckle that she is, "pushing on a bit", having hit 20 this year.

She has always possessed maturity and no-one will forget how well she played as Waterford won the Liberty Insurance All-Ireland Intermediate Final in 2015, just a couple of weeks after starting sixth year in secondary school.

It wasn't long before she became a leader, taking frees, dominating the scoring stakes, attracting two defenders. Now, in her fourth season, she is very comfortable in that role but such is the youth of the squad, she has ended up teaching a number of them – almost literally!

"This year the girls we're after getting in are brilliant" says Carton. "The likes of Kaiesha Tobin and Annie Fitzgerald, they're only 17 and they're flying it at Senior level. That was a big boost to get those girls in.

"There's a great underage system in Waterford. The U14 have three teams so you're getting the numbers in.. Our Minors were unlucky not to make the Semi this year in the A level, which would be massive for Waterford. So there's a lot of work being done at underage level and it's starting to come through.

"It was funny, I had my placement in the Ursuline, St Angela's in Waterford and they have a great Camogie set-up there, winning two All-Irelands this year at Senior B and Junior A" added the trainee teacher at UL, where she has won two Ashbourne Cups.

"There is some great work being done by the teachers there and I loved being there.

"But a load of the girls on the Waterford panel go to school there. Annie Fitzgerald, Katie Lynch, Clodagh Carroll and a couple of more were all on the team that won the Senior B All-Ireland. Annie was telling me she only missed out on the Junior by three days or something!

"I didn't have them in class but it was funny seeing them in school and then seeing them in training. They're doing great."

It is ironic that she is amazed by their ability and success at such an age, given that she was lighting up Croke Park at the same age – and indeed three years earlier, when De La Salle reached the All-Ireland Féile Final. The All-Ireland Intermediate title had been just the latest in a string of successes, the Féile defeat, a rare reverse.

In 2014, she was player of the match in both the Minor B All-Ireland, when she weighed in with a hat-trick of goals, and later on in the U16B decider, in which she scored 2-11 as Waterford also completed a notable double. She has won a National Cup in basketball with Waterford Wildcats too for good measure.

Basketball gave way once it started clashing with Camogie however. For Camogie is so much more than a sport to her. It is a way of life. That comes from her father, and her relationship with him.

Joey is a revered figure in De La Salle and Waterford hurling circles, and is Munster Council games manager.

"It's all we talk about at home. I'd say my mam gets fed up of it. Since I was about three I've been going to the pitch with him to training and I've just never stopped since. We both just love it. He's involved in nearly every team in the club at this stage.

"When I started, I was playing with the boys but he and a few others set up a Camogie team and it's gone on from there."

Waterford have made considerable progress since stepping up to the top tier. They missed out on a place in the League Semi-Finals on score difference.

"When I came on the panel first we won the Intermediate and in a way you'd nearly think you'd be winning every year. Last year we were a bit disappointed with the way the Championship went in the end but this year, it's after being a good start. We missed out on the League Semi on scoring difference to Limerick. We put a lot into it and were disappointed enough.

"We're nearly in a better place than Waterford Camogie ever has been. There's a brilliant set-up and things seem to be going okay at the moment."

Carton was nominated for the Player of the League award.

"It's nice that it's the opposition managers picking it. But I'm just one player out of 28 or 29 on the Waterford panel. It's through the girls' work I got nominated. You just take those things as they come."

She has learned plenty from the days of being instinctive. Senior Camogie will do that.

"I know I'm not ancient yet now, but when you're younger, you just go and play.

There's no pressure. The first year, the older girls knew how hard it was. They lost two (Intermediate) Semis in a row before whereas a lot of us were only on the scene and came up together, so you do feel in a way you're invincible I suppose.

"The last two years have been tough enough but we're happy to be in Senior. It's where we want to be. The Intermediate was brilliant to win but it was a step to get to Senior.

"From playing Senior you do learn so much.

The one thing we noticed the first year is you nearly have to be a bit cuter with little things. It's simple stuff that are just so much more important at Senior level.

"You're being told to get out in front since you're young but if you don't do it at Senior level, there's not a hope you're gonna get the ball because it won't get through like it might at Intermediate or underage.

"When you're playing at such an intense level you definitely improve. I think we all have a learned a lot over the last two years." With improvement in skills and results, comes loftier targets.

With Carton and co in situ, it seems only a matter of time.



Camán to Croker 2018

The Camogie Association's annual Camán to Croker took place on Sunday 8th April 2018 at Croke Park with 64 clubs from all provinces of Ireland in attendance. 1150 girls took to the famous Croke Park to enjoy this game-based blitz event for U12 club teams.

This annual event gave the girl's the opportunity to make memories that will last a lifetime. Working in tandem with our tagline '*Inspire to play, Empower to stay*', we are working towards encouraging these young stars to continue playing long into the future. Huge congratulations to all clubs, mentors, parents and supporters for their participation on this memorable day. Our mission was to provide 1150 girls with the opportunity to play the game of Camogie. We gave their parents, mentors and coaches the opportunity to have this unique experience on the pitch.

'My daughter has had a brilliant day at Croke Park, being able to play with her pals and scoring the winning point is something she will remember forever'

'It's a very proud moment seeing my daughter play alongside her clubmates today, even the Irish weather couldn't dampen their spirits'

'The atmosphere in Croke Park today was infectious, such enthusiasm and energy!'

Parents Comments

'Camán to Croker has always been one of those special days in the Camogie Association's calendar. The energy, enthusiasm and buzz! It's the perfect setting for creating a lifetime of memories for our young girls'

Camogie Development Staff

Camán to Leinster: 763 girls light up "Camán to Leinster"!

The Camán to Leinster event was held on Saturday May 19th in the GAA Games Development Centre at the National Sports Campus in Dublin. 48 teams with a total of 763 girls participated in the Camogie Association's annual U12 participation blitz. All who attended enjoyed a great day of Camogie meeting other clubs from all over the province. Well done to all on your performances throughout the day, everyone did their club proud.

A massive thank you to all who ensured the event ran smoothly including the club officer, mentors and young referees. It was fantastic to see so many young club players demonstrating their Camogie skills and with the sun glaring down, it proved a most enjoyable day for all – players, parents and mentors alike.

*Participation and Growth Officer:
Sabrina Larkin*

Camán to Ulster

The Camán to Ulster event was held on Saturday June 16th in the GAA Garvaghey GAA Centre in Co. Tyrone.

28 teams with a total of 426 girls participated in the Camogie Association's annual U12 participation blitz. There were excellent Camogie skills on show and everyone who attended had a fantastic day! You did your club and Ulster proud!

A huge thank you to all club officers, team mentors and referees. Without this support it wouldn't have been such a success.

*Camogie Association Development Staff:
Joanne McGlanaghy*

Camán to Connacht

The Camán to Connacht event 2018 was a hugely successful day with 40 clubs from all over Connacht participating. Over 650 girls took part on the day, this makes it the biggest Camán event ever held in Connacht and one of the biggest in the country. Each girl had an opportunity to play in Pearse Stadium, everyone embraced this momentous day!

It was truly a memorable day in the stadium and with 650 smiling faces heading out the gates after their day of Camogie it makes it all worthwhile.

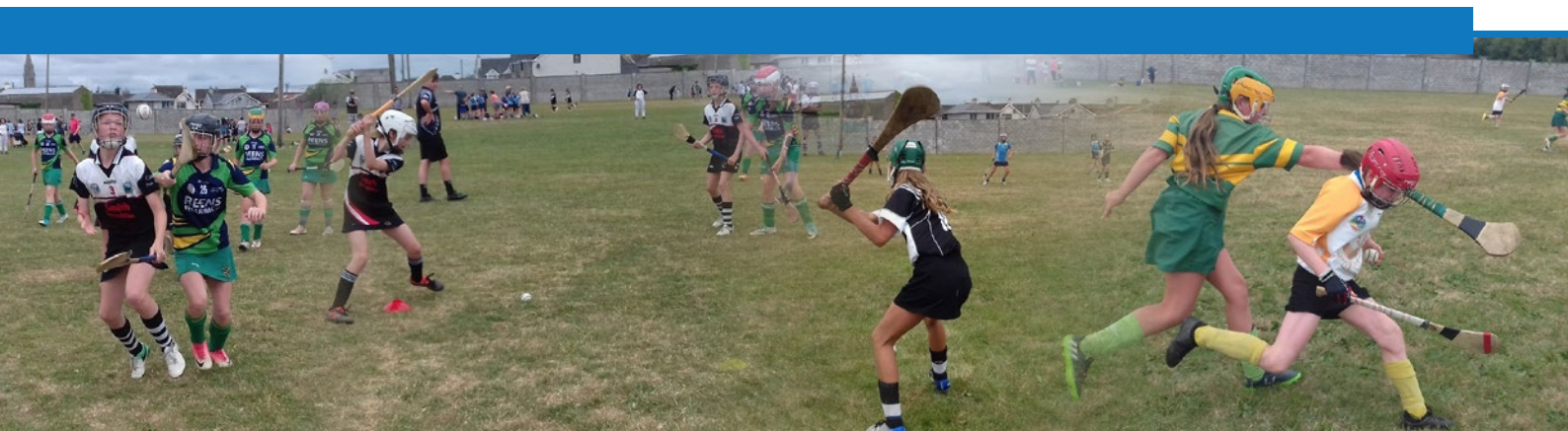
Participation and Growth Officer: John Mullins

Camán to Munster

48 teams from all six counties were invited to the Limerick GAA Centre of Excellence. Games were played under the 12-a-side Go Games format, no scores kept and maximum fun! Most of them were playing games against teams from other counties for the first time ever.

Teams were treated to the O'Duffy Cup trophy tour and had the opportunity to purchase Camogie t-shirts as a memento. Massive thank you to all the volunteers from Kerry, Tipperary, Munster Camogie and the Limerick Sports Partnership VIP programme. Also, a special mention to all the mentors, players, parents and helpers who came on the day! A big thank you to Limerick GAA for organising the venue and the tuck shop – the ice cream went down a storm in the heat!

*Participation and Growth Officer:
Stuart Reid*





Uachtaran Kathleen Woods with Littlewoods Ireland Camogie Leagues Division 1 Player of the League award Nominees Joan Gaule on behalf of Kilkenny's Denise Gaule, Beth Carton of Waterford, Niamh Mulcahy of Limerick, Angela Downey on behalf of Kilkenny's Anne Dalton and winner Ann Downey on behalf of Kilkenny's Katie Power.

2018 Littlewoods Ireland Player of the League Awards

Kilkenny's Katie Power scooped the Camogie Association Division 1 Player of the League Award for the 2018 Littlewoods Ireland Camogie Leagues at the second annual awards event held in Croke Park on Friday, May 4th.

Power's consistently high performances for the Cats caught the eye of her opposition managers to see her top the nominations list ahead of a strong field made up of her teammates, Kilkenny duo Anne Dalton and Denise Gaule, Limerick star Niamh Mulcahy and the 2017 winner, Beth Carton of Waterford. The award marked a great campaign for the Cats star who collected a third league title in-a-row when they defeated Cork in the Division 1 Final last month.

Sheila McGrath was selected as the Division 2 winner following Westmeath's run to the Division 2 Final where they were edged out by Cork on the day. The rising Westmeath star was instrumental in leading her side in an impressive campaign which saw them build on their 2017 All-Ireland Premier Junior title success.

She was selected from a list of nominees that included Cork duo Keeva and Maeve McCarthy, Armagh's Ciara Donnelly and Derry star Gráinne McNicholl.

Finally, Roscommon's Niamh Farrell was chosen as the winner for Division 3, capping a promising start to 2018 for her in which her side finished as runners-up in Division 3 in April. She was selected for this award from a list of nominees that included Kerry's Niamh Leen and her teammate Rachel Fitzmaurice.

The awards, which were selected by opposition managers highlighted the outstanding performances of all of the nominees through the 2018 Littlewoods Ireland Camogie Leagues.

Speaking at the event Camogie Association President Kathleen Woods said:

"This is the second year of the Camogie Association Player of the Leagues Awards which highlight and acknowledge the top performers from this year's Littlewoods Ireland Camogie Leagues.

All of the nominees here this evening have been selected by managers from opposing teams who they have faced this year. The managers have identified their outstanding performances against them this year and this unique insight is a true recognition of how impressive they have been to earn the praise and recognition of their opponents."

Camogie Association Player of the League Award – Littlewoods Ireland Camogie Leagues Division 1
Katie Power (Kilkenny)

Camogie Association Player of the League Award – Littlewoods Ireland Camogie Leagues Division 2
Sheila McGrath (Westmeath)

Camogie Association Player of the League Award – Littlewoods Ireland Camogie Leagues Division 3
Niamh Farrell (Roscommon)



Body Image Research

In a recent survey of adult Camogie players, over half (55.3%) of the players surveyed felt that there was a need to have supports in Camogie clubs for dealing with eating disorders. Eating disorders are complex disorders which are characterised by severe disturbances in eating behaviour. They can lead to psychological and physical complications some of which are life threatening (Royal College of Psychiatrists, 2014). They are increasingly common amongst a generation of young people under pressure at school, at home, in the workplace and possibly also on the sports field.

Being involved in a sports team or partaking in sporting activities generally helps young people to foster positive self-esteem and a healthy body image. However sometimes the focus on body image brought about by sportswear, fitness tests or attention to nutrition can lead vulnerable individuals to become more likely to develop an eating disorder.

Teammates and sports coaches may be able to detect possible eating problems

at an early stage and therefore prevent them from progressing into eating disorders. Coaches may also be in a position to assist in the prevention of these problems developing by modifying their coaching habits.

Research indicates that negative body image and low self-esteem are significant risk factors for the development of an eating disorder. Research amongst young people in Ireland tells us that body image is a key issue affecting youth mental health. A study of 2,500 young people last year indicated that 72% cited body image concerns as a source of difficulty in their lives (Reach Out, 2017). Negative body image is also linked to higher levels of depression, anxiety, alcohol and substance misuse, self-harm and suicide.

In light of the growing concern in this area, the Camogie association have teamed up with Bodywhys to develop a new online resource to promote positive body image and self-esteem in our players. This easy to use resource includes a range of videos and group and individual exercises which can be

delivered by coaches over two or three hourly sessions with their team.

Bodywhys will be running training workshops for coaches nationwide on the following dates:

- 3rd October: Galway: 7-8.30pm
- 10th October: Dublin: 7-8.30pm
- 17th October: Cork: 7-8.30pm
- 24th October: Monaghan: 7-8.30pm

Workshops will cover the following:

- Understanding eating disorders
- Signs & Symptoms of an eating disorder
- Treatment Options
- What to do if worried about a team member
- Body image & young people
- Coaching tips to promote positive body image
- Training on using the Bodywhys #MoreThanASelfie Resources

For more information or to sign up for training please contact Paul O'Donovan: paul.odonovan@camogie.ie



The Interprovincial Cup Trophy presented by Patrick Martin to captain Sarah Dervan.

Connacht bag Senior Interprovincial Cup

By Daragh Ó Conchúir

THE Cathal Murray era got off to a perfect start as he and his coaching staff guided a Connacht squad made up entirely of Galway players to victory in the Senior Interprovincial Competition at Naomh Mearnóg, Dublin.

Murray took over the reins as Galway manager after Tony O'Donovan and his fellow mentors stepped down following the Tribeswomen's progression to the National League Semi-Finals.

The players' familiarity with one another was evident in their greater cohesion as they created numerous goal chances and got the better of Leinster 6-6 to 0-6 in the Final.

It wasn't all plain sailing however as the westerners had their backs to the wall early

on after losing their opener to Munster by 3-9 to 2-8.

There was a new format to the tournament this year, where instead of two Semi-Final pairings, the teams played each other in a round-robin series of 30-minute games to determine the composition of the Cup and Shield deciders.

Certainly, that was a relief for Connacht after their early loss and they availed of the second chance by thumping Leinster 2-10 to 0-2 and then getting the better of Connacht 2-12 to 1-5.

After their brilliant start, Munster fell away and Ulster secured a famous win in a tight second-round encounter, 0-7 to 0-6.

They still had a chance of making the Cup Final if they could beat Leinster but were never in contention, the eastern contingent winning by 3-5 to 0-3.

Munster did gain a measure of revenge on Ulster in the Shield Final, triumphing on a 0-13 to 0-8 scoreline.

In the Cup Final, it was all about Connacht, All-Star Aoife Donohue inflicting the greatest damage with a hat-trick of goals. Carrie Dolan, Ailish O'Reilly and Niamh Kilkenny also raised green flags, while Dolan (two frees), Donohue, O'Reilly, Orlaith McGrath and Niamh Hanniffy added points.

Former Camogie Association President Catherine Neary in attendance with former GAA president Aogán O'Feaghail and LGFA President Marie Hickey at the announcement of the Memorandum of Understanding with the GAA.



Memorandum of Understanding

The Camogie Association and the GAA signed a draft Memorandum of Understanding in February 2018, following over six months of discussions. The proposed Memorandum seeks to establish stronger links between our organisations.

The Memorandum reflects the shared vision of both organisations for a new overall organisational model within which the games, ideals and aspiration of our Associations are equally developed and promoted.

The Memorandum recognises areas of common interest and the Camogie Association will have representation on GAA national committees, and vice versa. While the proposals in the Memorandum aim to strengthen the links within the family of Gaelic Games at national level only, it also commits us to explore a framework for further integration at Provincial, County and Club level.

Camogie would contribute to this united effort from a position of strength. A more united effort brings greater focus to making Camogie an integral part of Gaelic Games activities and programmes.

A more united effort more favorably reflects the community and family focus

of Gaelic Games. A more united effort brings the values of mutual respect, inclusion and equality to the fore in Gaelic Games.

The position of women in sport in society is changing. There is growing recognition and respect for the talent, contributions and achievements of sportswomen. It is important to acknowledge that that change includes the greater inclusion and recognition by the GAA of women in Gaelic Games.

The Joint Memorandum is a statement on the future of Gaelic Games and a statement about the future of young people in Gaelic Games.

Implementing the Memorandum through building a united entity for our mutual benefit, in a way acceptable to both, is an idea whose time has come and is a sensible next step to strengthen the experience, profile and wellbeing of our game, and Gaelic Games overall.

The announcement was made in February of this year, with then Camogie President Catherine Neary stating:

"Strengthening relationship between the Camogie Association and the GAA is one of the headline targets in the Camogie Association's National Development Plan Our Sport, Our Future 2016-2019 and I am therefore very pleased and excited with today's announcement which marks a significant milestone in this process.

"The Camogie Association enjoys a long and historical relationship of co-operation and collaboration with the GAA and this Memorandum of Understanding provides the basis to further strengthen and formalise this relationship."



Camogie Association Announcement of New Liberty Insurance Sponsorship of All-Ireland Camogie Championships

Liberty Insurance sponsorship

Camogie Association announce new Liberty Insurance sponsorship of All-Ireland Camogie Championships for three years

The Camogie Association are delighted that Liberty Insurance has agreed a new sponsorship deal to extend their partnership of the All-Ireland Camogie Championships and Camogie All-Stars Awards by a further three years.

Liberty Insurance first came on board as sponsors of the All-Ireland Camogie Championships in 2013, during which time the competition has experienced huge growth in popularity with both attendances and media coverage growing significantly.

Camogie Association President Kathleen Woods said that the continued growth of attendances and television audiences of the All-Ireland Championships underlined the strength of the game and the continued growing appeal of Camogie on the national stage.

“Liberty Insurance have been a great partner of the Camogie Association over the past five years and I am delighted that we are extending this partnership for the next three years. Camogie has

achieved huge growth over the last number of years, with more people watching and playing than ever before.

“I am also very pleased to see the continued support for our game”.

Commenting on the new sponsorship, Deirdre Ashe, Director of Customer & Markets at Liberty Insurance, said: “Liberty Insurance is delighted to be sponsoring the All-Ireland Camogie Championships and Camogie All-Stars Awards and extending our partnership with the Camogie Association. 2018 has been another important year for women in sport and we’re proud to be taking our partnership to a new level.

“We are passionate advocates for greater involvement and awareness of Camogie and more broadly, all women in sport in Ireland. Through our collaboration with Camogie players and the Camogie Association, we know that the sport brings new skills and experience to girls and women in cities, towns and villages across the country. Our new ‘Camogie Made Me Ready for the Real World’

campaign demonstrates this belief, showcasing how players can and do apply these skills to their professional lives.

“We’re looking forward to working with the Camogie Association to build new initiatives that help Camogie players of all levels and abilities, to realise their potential.”

All knockout matches in this year’s All-Ireland Senior Championship broadcast live on RTÉ beginning with the Quarter-Finals on Saturday August 4th.

Liberty Insurance added to the excitement by running an innovative summer campaign – ‘Camogie Made Me Ready for the Real World’ which will focus on a number of key Camogie players and how their dedication to the sport has helped them throughout every aspect of their lives.

Myths & Facts in Coaching

By Paul O'Brien

Gaelic Games Development Officer at Dublin City University | Master of Science (MSc), Sports and Exercise Psychology



Galway manager Cathal Murray during the Liberty Insurance All-Ireland Senior Camogie Championship Quarter Final in Páirc Uí Chaoimh

There are a lot of myths out there that are able to gain traction and quickly be taken as fact in the world of coaching and management. Believing everything you hear and not questioning it is a vital component in gaining a better understanding of the game and how to find improvements. My take on some of these and my logic and potential learning from these are to follow;

Myth :

1

MORE EQUALS BETTER.

Many coaches believe that increasing the length of training or the volume of training will lead to improvement. This is completely false as quality training leads to increased performance. This could well mean less training, but it is more specific and targeted at improvement. Do not fall into the trap of putting on extra sessions for the sake of them or training for an extra few minutes here and there. Taper down on volume but increase on purpose.

Myth :

2

FOCUSING ON ONE SPORT LEADS TO GREATER DEVELOPMENT.

This is true down the line but when dealing with young players getting a greater game sense and appreciation of different sports and the skills & movements involved in them can lead to assisting down the line in your priority sport. A girl playing Camogie, can benefit massively from playing the like of Ladies Football, Handball and Tennis to name a few, as they develop many of fundamental movement skills and increases understanding. This in time will assist in creating a more physically and emotionally complete Camogie player.

Myth :

3

THE COUNTY TEAM DO IT, SO IT MUST BE GOOD.

The exercise they are doing or the tactic they employ might be great, but it is great for them and it may not be transferable to your team. What works for one team, may not be transferable to another. It is very important that you utilise exercises, ideas and plans that are the best fit for the group of girls you have.

Myth :

4

OTHER TEAMS ARE DOING X, Y & Z.

Do not believe it, they are likely hearing stories that you are doing X, Y & Z and they are giving out about you. It might be morning training, trips away or using some new technology. Don't spend time and energy focusing on things that are outside your range of control. Focus your time and energy on making strides and improvements with your group of girls and getting them to maximise their potential.

Myth :

5

NEW IS BETTER.

New technology or the new fad just released will lead to improvement in your team. It could well be the case that old is good and new is good. It is the case of pulling together knowledge from different areas and using it with your team and making tweaks as required at different stages. New could well be better but only if new is implemented and tailored in the right manner.

Myth :

6

BIGGER IS BETTER.

The correct size hurl is critical as it allows girls to develop the skills of the game at the appropriate stage and within their sphere of control. The smaller & lighter hurl allows for greater mastery of the stick. It also allows for the development of 'wristy' hurlers as they are often called by those in the media. It allows for a quicker execution of the skills in terms of the speed of strike and assists in the evasion of a tackle opportunity from an opponent. Do not listen to those who say or try and convince you that a bigger hurl will lead to greater power or striking ability, it is just not true and that is science.

Myth :

7

THEY WON THE GAME BECAUSE THEY WERE BETTER AT...

Camogie is such a high energy and unpredictable game that saying a team won a game because of one particular facet of their play or another team lost the game because of one particular facet of theirs is wrong. It is a collection of multiple things and many unseen things that dictate the outcome of the game and us as coaches fixating on one particular aspect at the detriment of the overall can be a dangerous road to go down.

Myth :

8

THE REFEREE WAS TERRIBLE.

Coaches are people who make mistakes in their communication and decisions. Players are people who make mistakes in their decision making and skill execution. And equally referees are people who make miss things and interpret things differently to you. Give people a chance to make mistakes and accept that it happens, doing so will allow a lot of stress and uncontrollable stuff out of your mind space.

Fact, as a nation we are extremely lucky that we have the opportunity to provide the chance for our children to play both Camogie and Hurling, we should encourage it at all stages as they are wonderful games that bring great joy to both the individual and the group. The performance of skills and the opportunity for social engagement are truly great and we as coaches and mentors should be pushing for advancement in both areas.

O'Duffy Cup goes on Tour!

For the first time the Senior All-Ireland Championship trophy, the O'Duffy Cup, has gone on tour around Ireland throughout the 2018 Liberty Insurance All-Ireland Championship campaign.

For the first time the Senior All-Ireland Championship trophy, the O'Duffy Cup, has gone on tour around Ireland throughout the 2018 Liberty Insurance All-Ireland Championship campaign. T-Shirts, water bottles, badges, match tickets and photo opportunities with county players were just some of the initiatives on offer for visitors at the tour stops.

The tour kicked off on Sunday July 1st as the Camogie Association held its annual Hurl With Me national event in the National Games Development Centre in Abbottstown, Dublin.

Kids and parents were given the opportunity to take pictures with coveted trophy while also enjoying a meet and greet with Dublin Camogie Stars, Miriam Twomey, Emma Flanagan, Orla Beagan and Faye McCarthy.

The event saw over 1,000 adults and kids from over 32 clubs from around the country compete against each other in a series of matches, providing an excellent platform for the first stop on the trophy tour.

The 14th of July marked the next destination on the O'Duffy Cup Tour 2018.

The second stop started at the Camán to Munster event in the Limerick Centre of Excellence, Rathkeale. The event saw Under 12 teams from all over Munster flock to Mick Neville Park to compete in a series of matches.

Parents and players had the opportunity to take photos and hold the prestigious Cup, while people were also given the opportunity to win cool prizes on the day such as water bottles, t-shirts and tickets to the Liberty Insurance All-Ireland Championships Finals in Croke Park on Sunday September 9th.

The following day, 15th of July saw the tour stop at their third destination, this time something a bit different! The City Square Shopping Centre hosted the O'Duffy Cup Tour, with crowds gathering in huge numbers to have their chance to win a prize and take their photo with the famous cup.

The shopping centre was the first time the tour went to a venue that was away from the sports field, adding another dimension to the excitement of the tour and reaching a wider audience.

The trophy tour headed west to Galway for the fourth stop on the route. Air Square Shopping Centre was the destination on Sunday, 22nd of July, with engagement being high. People of all ages were recipients of prizes, while children had fun getting their picture with the trophy.

The trophy returned to Leinster and visited Gorey Shopping centre in Wexford before making it's way North for the final stop.

In total, numerous prizes and match tickets were given out, while many people got their pictures with O'Duffy Cup! While the final stop was based in the north, many will feel that the last stop is unknown right now until after the Senior Championship Final on the 9th September.





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