



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógaíochta

# CAMÁN 4 FUN



**Resource  
Booklet**

On behalf of the Camogie Association, I would like to thank you for getting involved in this initiative and it is our hope that you and the participants fully enjoy this experience.



This booklet is designed to provide you, as Coordinator, with a tool to aid in the delivery of **Camán 4 Fun**

If you want any further help or guidance please do not hesitate to contact:  
Aideen Howlin, Participation and Retention Coordinator  
Email: [aideen.howlin@camogie.ie](mailto:aideen.howlin@camogie.ie)

For more information on the game of Camogie, check out:

 [facebook.com/officialcamogieassociation](https://facebook.com/officialcamogieassociation)

 [twitter.com/officialcamogie](https://twitter.com/officialcamogie)

 [www.camogie.ie](http://www.camogie.ie)



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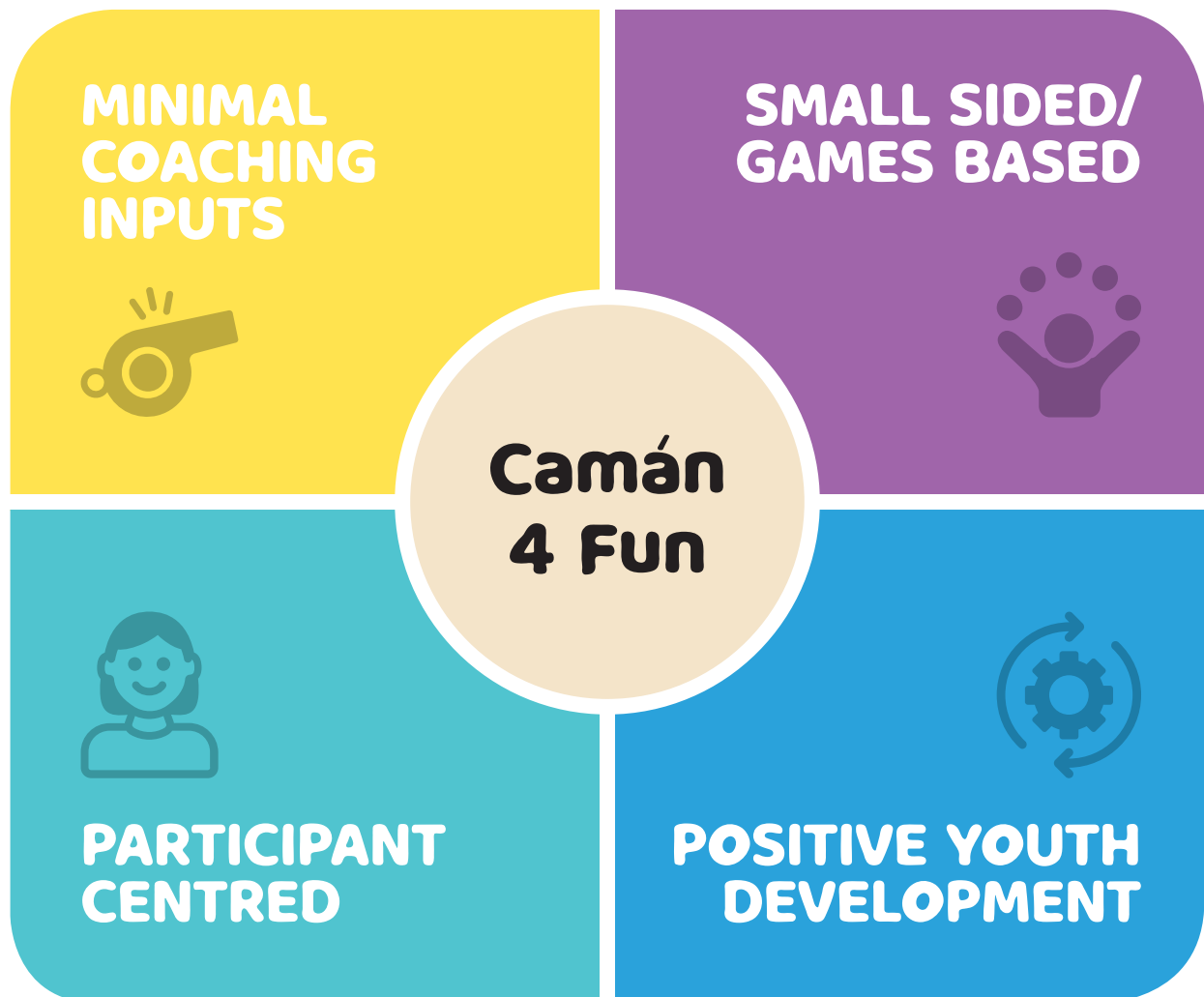
# What is Camán 4 Fun ?

Camán 4 Fun is a **Retention** initiative aimed at young adult females allowing them to experience Camogie in a fun way

Promoting a **redesign** of the traditional Camogie participation experience, the games environment is changed through the **rules, playing area** and/or **equipment** in order to make the **Participants** the highest priority.

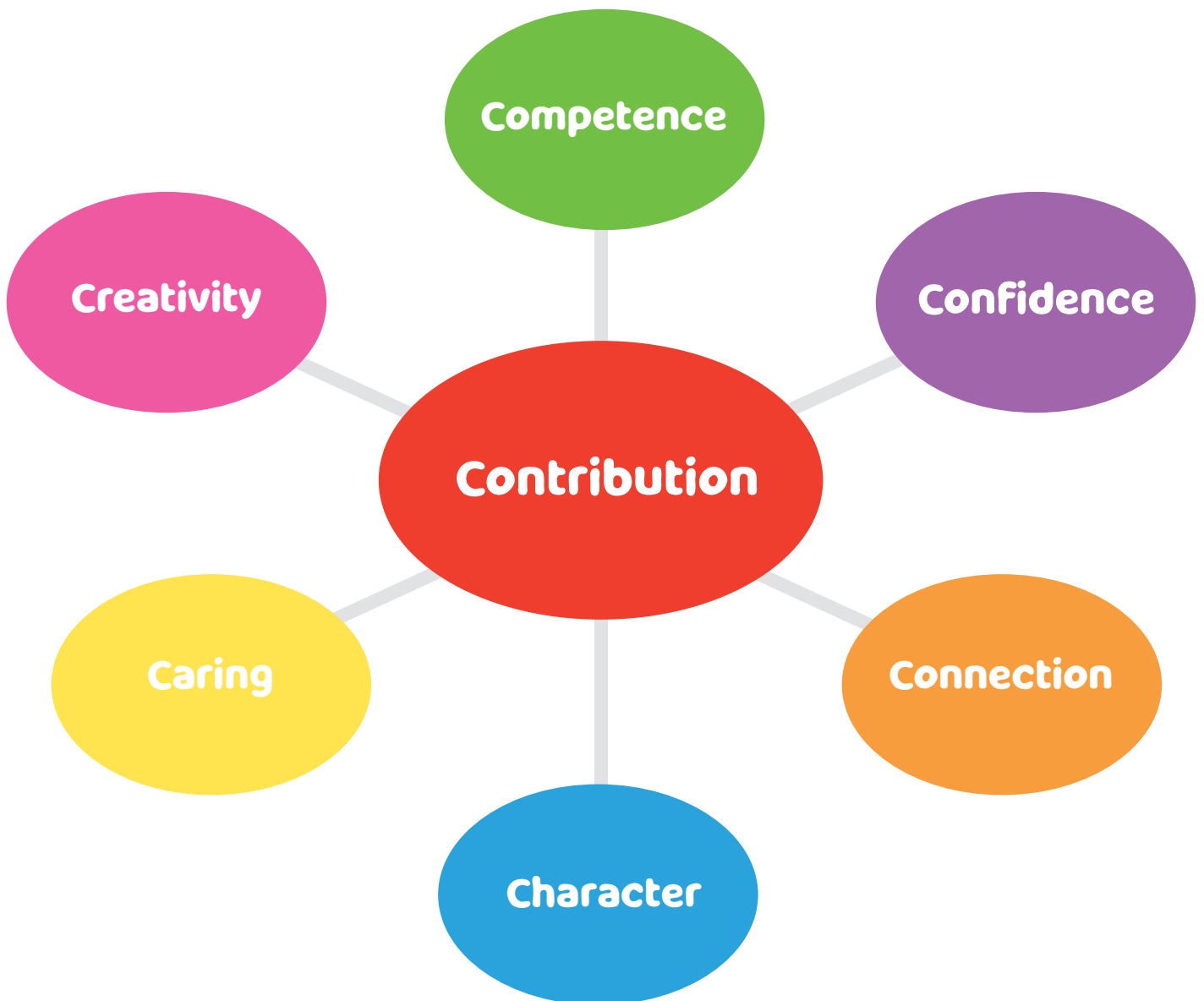


# What's different about Camán 4 Fun?



Provision of a fun, friendly supportive environment where each young person has the opportunity to learn at their own pace in the company of peers and role models.

# Positive Youth Development 7 C's Model



Lerner et al 2005; Haskin 2010

# What does the 7 c's Model mean?

**Competence**

Ability to do things

**Confidence**

Self worth and self efficacy

**Connection**

Positive with people and the environment

**Character**

Respect for rules and a sense of right and wrong "personal responsibility"

**Caring**

For others and oneself "Sympathy and Empathy"

**Creativity**

Ability to find solutions to problems through variety and self learning

# How can we use the 7 c's Model?

	Competence	Confidence	Connection	Character & Caring	Creativity	Contribution
<b>Physical</b>	Use developmentally appropriate content for the session	Show how children are developing physically	Allow children to work with others	Ensure children learn why and how to respect their bodies	Run physical challenges in a problem-solving environment	<b>Outcome</b>
<b>Technical</b>	Use coaching skills appropriate to the developmental stage of the child	Provide good explanations and high percentage of success	Encourage participants to give feedback to each other	Develop participants to be able to practice for extended periods and understand why	Allow room for individual approaches to technical skill development	
<b>Tactical</b>	Develop tactical awareness alongside technical skills	Ensure tactical demands are understood and the necessary skill level is established	Support children's understanding of roles and the importance of others	Help children appreciate how different positions contribute to their overall outcome and accept their role	Support children as they create their own tactical solutions to problems	
<b>Mental</b>	Prompt strong focus on the task at hand	Provide good evaluative feedback and an understanding of failure and learning	Prompt a strong focus on the group task at hand	Allow children to explain and accept code and rules	Set appropriate open tasks that support cognitive development	
<b>Personal and Social</b>	Support the child in identifying his/her/their strength and they can benefit others in a social context	Praise the child's effort and positive interaction with others	Create opportunities for the children to get to know each other	Encourage children to consider each other's well being and emotions	Allow children to develop their own games in small groups	

# Playing Camán 4 Fun



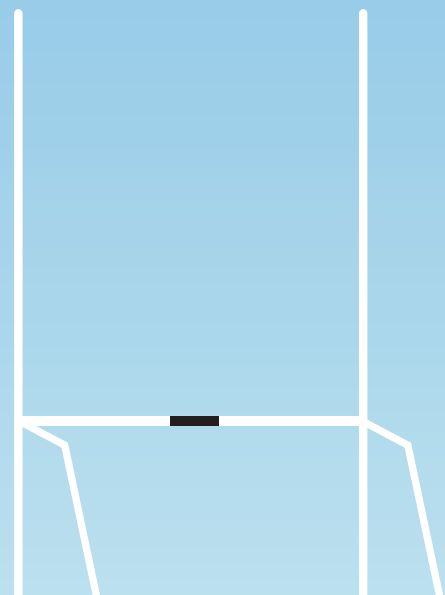
## Key Aim

To enable participants to perform the skills of Camogie in a fun, games-based and developmental environment.



## Game Set Up

- Teams are 7-a-side (min) and should be mixed between participants
- Games should be 15 mins straight through with a min of 3 games per session
- If possible, additional sliotars should be available to keep the game moving
- Players rotate positions between goalkeeper, backs, midfield and forwards
- All players must wear a helmet with full facial protection
- 15 mins should be allocated to social and/or interactive activities





# What have I volunteered for?



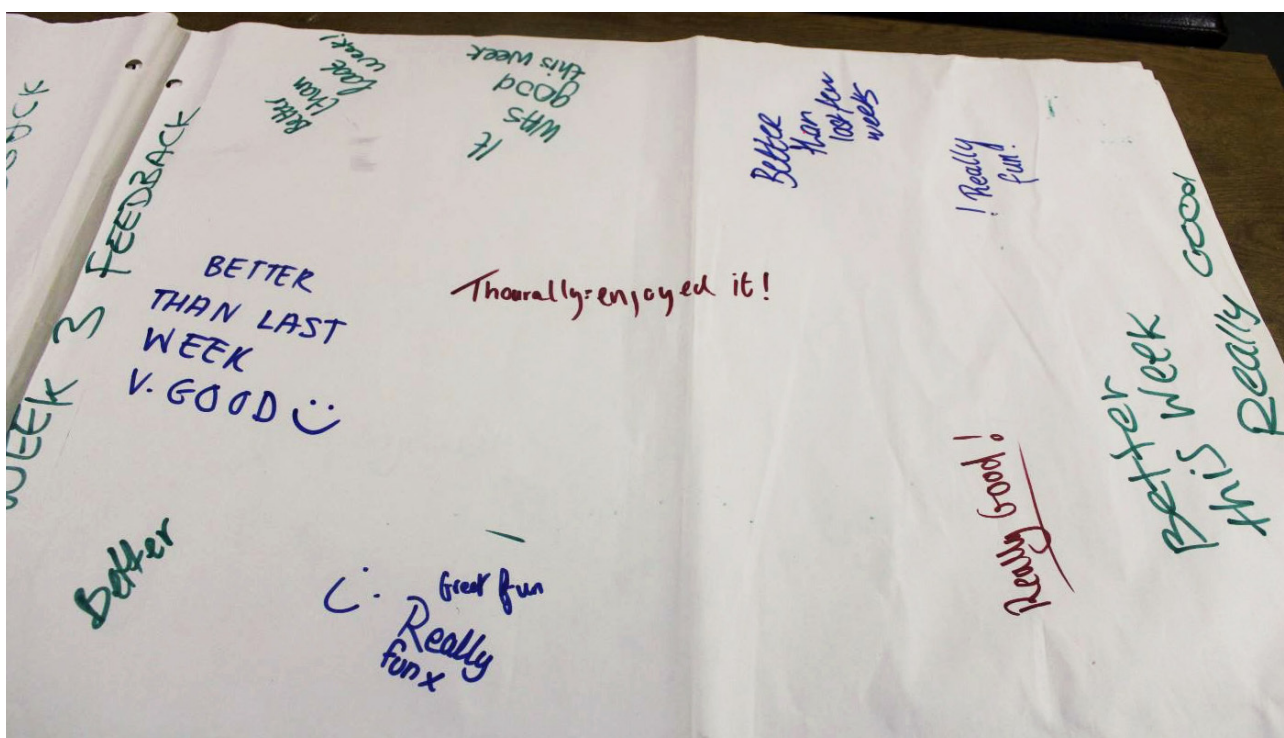
<b>Duration</b>	4 weeks minimum to 6 weeks maximum
<b>Length per session</b>	80 mins 5 mins warm up 60 mins game time (3x15 min games; 5 mins change over; water break etc) 5 mins cool down 15 mins social activity/feedback
<b>7 C's model</b>	Chat with participants
<b>Game Structure</b>	Small sided games (dependent on numbers and facilities))
<b>Facilities</b>	Astro floodlit pitch/outdoor field/indoor hall/changing area. Ensure size is appropriate to number of participants
<b>Equipment</b>	Cones; bibs; hurls; helmets
<b>Environment</b>	FUN; Social; non-competitive; participation
<b>Admin</b>	Registration; waivers; Feedback
<b>Promotion</b>	Local area; schools; social media; traditional media

## What does Camán 4 Fun look like?

Time	Action	Equipment	Audience
5 mins	Warm Up (dynamic movements; stretching)	Player Welfare Booklet	Participants; Coordinator
60 mins	Small sided Games (3 x 15 min games plus 5 mins for changeover; water etc)	Resource Book	Participants
5 mins	Cool Down (slow paced dynamic movements; stretching)	Player Welfare Booklet	Participants; Coordinator
15 mins	Social/Feedback (participant centred and driven)	Notebook; Flipchart; Post Its	Participants

# Getting some Feedback ...

It is important to take time each week to ask the participants what they think



**IT IS JUST AS IMPORTANT TO RECORD WHAT YOU THINK!**

Here are some questions you could think about asking at the end of each **Cáman 4 Fun** session:

- Did you enjoy Camán 4 Fun?
- Did you like having an input into Camán 4 Fun?
- How is Camán 4 Fun different?
- Was there anything you didn't enjoy about Camán 4 Fun?





# Having the chats....



It is important to take time each week to encourage participants to interact with each other in a social environment.

Try to create a space in which participants are comfortable to contribute.

## Things to think about

- Are the participants indoor or outdoor? -
- Is there dominant characters in the group?
- Is your group restricted to a time limit (indoor hall/pitch
- Do they participants need some prompts for discussion?



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## **Does the volunteer coordinator have to collect feedback?**

It is highly recommended that coordinators gather feedback after each session. This will allow the participants to engage and contribute to each session. As well as this, continuous feedback should provide the coordinator with information to ensure each session meets the needs of the participants. Feedback can be gathered in whatever method is suitable to the coordinator and the participants e.g. verbal, written

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## **Can anyone participate in Camán 4 Fun?**

Yes. As a member of the Camogie Association, it is important to double check that your club insurance policy cover this activity. As a NON member of the Camogie Association, each participant aged 18 OR if aged under 18 a participant's parent or guardian must sign a Participation Waiver. Any non members must ensure they have relevant personal accident insurance. This means each participant takes responsibility for their personal safety.

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## **Can I have other club members come to Camán 4 Fun in my club?**

Yes. You are more than welcome to invite other clubs in your area. However, it is important to remember that this is a participation initiative NOT a club v club. Teams should be a mixture of all girls who attend.