***Camogie Association Camogie Speed League Report 2019 – 2020***

The Camogie Association Camogie Speed League initiative was developed to service a target in the Camogie Association National Development Plan, Our Sport, Our Future 2016-2019.

After initial trial events in 2017 and 2018, the Camogie Speed Leagues were re purposed to mirror the GAA Super Games Centres in 2019. This model promotes a non traditional view of participation emphasising the player as the core and building an offering to support the physical and social needs (Appendix 1).

An application process (Appendix 2) was designed and distributed to all county secretaries as well as club secretaries. Social media was, also, utilised to try and ensure as many members as possible had the opportunity to apply. This application process had three main aspects:

1) Nomination of a Camogie Speed League Coordinator

2) Explanation as to why the Club would benefit from participation in Camogie Speed League

3) A provisional budget based on funding provided by the Camogie Association (€400 per club)

The application was available to all registered clubs of the Camogie Association and garnered a total of 9 fully completed applications. This was a disappointing number but differing factors should be taken into consideration e.g. application released during the busy summer c/ship schedule.

From the 9 applications, 6 clubs were selected to participate in the Camogie Speed Leagues:

|  |  |
| --- | --- |
| **Club** | **County** |
| Erin’s Isle | Dublin |
| Nurney | Kildare |
| Tulla | Clare |
| St Colmans | Galway |
| St Anne’s | Louth |
| St Brenda’s, Ballymacnab | Armagh |

Once the clubs had been notified of their selection, the Camogie Association Participation and Retention Coordinator supplied each club with further, more detailed information primarily concerned with insurance cover and liability. Each club was asked to carefully review this information and agree prior to setting a start date for their respective Camogie Speed League

As well as this, clubs had to agree to the following in order to receive funding:

1. Allow the Camogie Association Participation and Retention coordinator to attend a minimum of 1 Camogie Speed League session to gather feedback.
2. Maintain a register of attendees at each Camogie Speed League Session
3. Store and submit all receipts and/or invoices related to the funding allocated
4. Should the need arise, to accurately complete an Accident Report Form
5. Fill out the Camogie Speed League report template upon completion of all sessions
6. Submit all required forms, registers, receipts and/or invoices to Participation and Retention Coordinator upon competition of all sessions.

Once all 6 clubs listed above had agreed to the terms of funding, the Participation and Retention Coordinator arranged a site visit with each club. The main idea behind this was to guide the selected club and the Camogie Speed League Coordinator through the Camogie Speed League Resource Booklet. As well as this, it was an opportunity to begin building relationships between each club and the Camogie Association.

These visits where scheduled as outlined:

|  |  |
| --- | --- |
| **Club** | **Visit** |
| Erin’s Isle | Aug 16th |
| Nurney | Aug 22nd  |
| Tulla | Aug 19th |
| St Colmans | Unscheduled |
| St Anne’s | Aug 13th  |
| St Brenda’s, Ballymacnab | Unscheduled |

Each club presented at the scheduled meetings with a club executive member and the intended Camogie Speed League Coordinator. The content of the meeting was a detailed look at the Camogie Speed League Resource Booklet, the expectations of the Club from the Camogie Association and vice versa and any questions or queries that the Camogie Speed League Coordinator may have had.

2 Camogie Speed League Clubs were unable, in 2019, to host a meeting due to an unidentified start date for the Camogie Speed League.

Following on from these meetings and further discussions the following Camogie Speed League start dates were provided by the Clubs

|  |  |  |
| --- | --- | --- |
| **Club** | **Start Date**  | **Duration**  |
| Erin’s Isle | Pulled Out  |  |
| Nurney | Nov 5th 2019 | 4 weeks  |
| Tulla | Sept 2nd 2019 | 6 weeks  |
| St Colmans | Dec 2019  | 6 weeks  |
| St Anne’s | Sept 24th 2019 | 5 weeks  |
| St Brenda’s, Ballymacnab | Jan 27th 2020 | 6 weeks  |

***What did the participants have to say?***

At time of writing, 3 clubs had completed the Camogie Speed League Report namely, Tulla, St Annes and Nurney Camogie Clubs.

Below shows a summation of the feedback provided from each club including the Camogie Speed League Coordinator and a selection of participants.

1. ***Name***

This initiative was, previously, developed and trialled under the name Camogie Speed League. It was felt that it would be worth continuing using this name to assess clarity and relevance to the activity.

From review of the reports, it was clear that Camogie Speed League was not reflective of the activities and that a name change would be preferred.

Tulla suggested “Fun Thursdays” as this was suited to their needs where as Nurney offered “Camogie 4 U” as an alternative. Tulla, also, noted that the name Speed Leagues created difficulties to recruitment as they had to explain the concept on several occasions to compensate for lack of clarity.

1. ***Motivations***

In the Camogie Speed League report, each club was provided with the following list of reasons as to why they wanted to organise and deliver the project:

|  |  |
| --- | --- |
| **Motivation** | **Feedback** |
| Additional playing opportunities for current members | 1 |
| Offer a non – competitive environment  | 1 |
| Opportunity to retain players who may have or wish to drop out  | 1 |
| Encourage new members into the club  | 3 |
| Opportunity to get young members involved in the club  | 1 |
| Other  | 0 |

1. ***Resource Booklet***

As part of the Camogie Speed League, each club was provided with a Resource Booklet. This highlighted the concept and reasoning behind the Speed League, what a Speed League should look like, the Play to Stay Values and the importance of feedback.

As the Camogie Speed League contained some new concepts e.g. Play to Stay values, each club was asked to meet with the Camogie Association to discuss the Resource Booklet and its contents to ensure clarity and understanding.

From the report, all the Speed League clubs agreed that the information contained in the Resource Booklet was clear and accurate with an average rating of 3.6 in terms of helpfulness.

To add further weight to this, 2 out of the 3 Speed League Clubs felt an information leaflet directed at specific cohorts e.g. parents, young adults would be a useful resource.

All Speed League Clubs were in agreement that no information should be removed from the resource booklet, it was suggested that some practical tips such as the importance of sports participation and basic technical skills could be included.

1. ***Play to Stay Values***

As can be seen from Appendix 1, the GAA Super Games Centres trialled a concept called the Play to Stay Values. This construct puts forward that by creating an environment guided by a particular set of values, this can aid in a reduction in drop out or the intention to drop out.

All three clubs reported using the Play to Stay value through the course of the Camogie Speed League with one using them every week and the other 2 clubs incorporating the values every second week. As well as frequency of use, each club rated the influence of the Play to Stay values as either positive or highly positive.

1. ***Feedback***

Two clubs gathered feedback every week with the remaining club gathering feedback every second week. The average time spent was 10 – 15 mins for 2 clubs with the third club committing up to 5 mins to feedback.

The method of gathering feedback was, also, recorded and rated by each club out of 4 as outlined below :

|  |  |  |  |
| --- | --- | --- | --- |
| Feedback Structure | Club 1 | Club 2 | Club 3 |
| *Formal Verbal:* Set time and structure for feedback  | 2 | 2 | 2 |
| *Formal Written:* Set time and structure for feedback | 4 | 3 | 3 |
| *Informal Verbal:* Chatting with participants, active listening  | 1 | 1 | 1 |
| *Informal Written*:Participants to engage at their own time  | 3 | 4 | 4 |

As can be seen from the above table, engaging with participants in an informal verbal environment proved the most popular method of feedback.

1. ***Advertising/Promotion***

Each Camogie Speed League was provided with a promotional poster and the resource booklet to be used for informational/promotional purposes. Clubs were, also, encouraged to utilise any other form of tool relevant to promoting the Camogie Speed Leagues.

Across all three clubs the use of messaging apps as well as word of mouth proved to be the most popular methods employed by clubs.

1. ***Additional Comments***

Each Camogie Speed League club was asked highlight any changes or improvements to particular areas of the Speed League. The following comments were made when discussing the organisation of the Speed League

*“As this was a pilot scheme the support & advice was great from Croke Park. This should probably be done at co board level or within cluster parishes to mix the girls & possibly get larger numbers attending”*

*“More leaflets that explain the concept of the speed leagues that can be given out”*

Upon asking for changes/improvements for the delivery of the Camogie Speed League, the following comments were recorded:

*“More funding would be great to offer to wider parishes. Our numbers were small but the girls still really loved the fun side of it they could chat & mix with girls who they don't always get to chat with at school”*

*“Change the name”*

As a final statement, each Camogie Speed League was asked to give the a rating of their experience. 2 out of 3 Clubs rated the experience Highly Positive with the remaining club offering positive as a rating.

*Recommendations*

1. ***Name***

From the written report and verbal feedback, it is clear that the current name Camogie Speed League is not suitable.

Camogie Speed League does not accurately reflect the activities or the ethos of the initiative.

For 2020, it is recommended that the name be reviewed and re worked to provide clarity and promotional opportunities

1. ***Motivations***

Motivations are the main drivers in completing an action. With new initiatives, such as the Camogie Speed Leagues, it is important explore the reasons as to why a unit would undertake it. As can be seen from the results, there were a number of motivators with “encourage new members” proving most popular. Although the sample pool is small, it could be surmised that clubs would prefer initiatives that encourage new members to join.

Due to this, a secondary assumption, that expanding the participation pool will add future numbers, could be made. However, unless structures and environments are created to encourage young adults to remain as members, this assumption may not come to fruition.

It is recommended that units be encouraged to take a longer term look at club structures and environments. Research would suggest that supporting members to remain in any capacity is beneficial to sustainability. This can be achieved through maintaining coaching standards, equal opportunities for all members, sense of community/belonging amongst many localised factors as well as the continued recruitment of new members.

1. ***Resource Booklet***

The Camogie Speed League Resource Booklet was produced to guide Coordinators through the initiative with as much information as possible. As noted above, the reaction to the booklet was positive, however, each Coordinator had the opportunity to be guided through the resource booklet by the Camogie Association and this process may have influenced their response.

The strength of the resource booklet, without guidance, was not tested and this may be something worth exploring going forward.

It is, also, recommended that the information provided be broken down into stakeholder groups e.g. info for participants, parents, club executives

1. ***Play to Stay Values***

As noted above the Play to Stay values were a construct designed in line with research carried out by the GAA investigating intention to drop out. This research was proven to be relatively successful and was worth trialling with a similar age group within the female population. The feedback provided by the Camogie Speed League coordinators indicted consistent use of the Play to Stay values. However, site visits and verbal feedback would suggest that the values did not have a huge influence and were even a hindrance at times. It was noted that participants were happy to have an opportunity to have a social discussion more so than a focused one on values.

The Play to Stay values were intended to act as guide for modifications to small sided games. As an example, if the Play to Stay Value of focus was positive feedback then the rules of the game may have had adaptions such as an extra point to the team being supportive of other players.

As reported it is clear that the Play to Stay values were well received in theory but, based on verbal feedback, implementation was more difficult in that participants were happy to be playing the game in a relaxed and flexible environment.

Going forward, it would be recommended to review the Play to Stay values and their place within the Camogie Speed Leagues. It is important that the Camogie Association continue to recognise different platforms to attract and retain young members.

However, it is, also, worth noting that the majority of the Camogie Speed League Coordinators recognised and used the Play to Stay Values unconsciously in their sessions. Therefore it could be suggested that the Play to Stay values take on the role of guiding principles and are re aligned to the Camogie Association values.

1. ***Feedback***

The inclusion of the participant’s voice in decision making has become increasingly important when organising events. This has been supported by research which indicates that youth sports members are more likely to achieve developmental outcomes if their communication with the coach has positive and valuable feedback.

As can be seen from the results, the Camogie Speed League Coordinators found that cultivating an informal environment where participants could chat openly before, during and after the session was most effective for gathering feedback.

Allowing the participant time and space to have a voice in the organisation of an activity can aid their intrinsic motivation to stay involved.

It is recommended that each Camogie Speed League Coordinator take a minimum of 5 mins at every session to encourage feedback from participants. This can be done in a number of ways with active questioning and listening, flip charts and markers, simple emojis/stickers etc. It is important to recognise that the method used to gather feedback should be relevant to the participants and Coordinators and be used consistently.

1. ***Advertising and Promotion***

Although each Camogie Speed League Coordinator was provided with a promotional poster and the Resource Booklet, the most effective way to promote the initiative was through messaging apps and word of mouth as reported by the Coordinators. Again, through conversation with the Coordinators, it was discovered that they employed differing methods of promotion suited to their needs. As an example, one of the Clubs rolled out a Bring a Buddy system where participants were encouraged to bring a peer to a session to be entered into a draw for a small prize such as phone credit or a food voucher. Another focussed on spreading the word continuously through the local schools and, again, encouraging those participating to bring along a school friend.

As the Camogie Speed Leagues are a step away from the traditional Camogie offering, it is no easy task to advertise and promote a new way to participation. It must be noted hat each Camogie Speed League were innovative in attracting participants and should be commended as such.

It is suggested that by continually spreading the initiative the core value and principles of participation will be easier advertised. On a practical level, it was suggested that a informational leaflet/handout be prepared for distribution to differing stakeholders e.g. clubs, schools, young adults etc which could be beneficial to promoting and advertising the initiative.

***Further Actions***

Upon completion of the report the following actions are recommended to take place:

1. Development of a workshop to be delivered to all participants to attempt to re name the Camogie Speed League
2. Revise the Camogie Speed league resource booklet both content and design
3. Revise promotional and informational materials to be more specific to the relevant stakeholders
4. Engage with GAA Youth Committee members to gain their insight and feedback on the initiative
5. Develop and pilot an updated version of the Camogie Speed Leagues

**Appendix 1**

***GAA Super Games Centre***

The GAA Super Games Centre model promotes a redesign of traditional sport

participation experiences, involves a process of modifying the games environment by changing the sport structure, rules, facilities and equipment in order to make the participant the highest priority.

An environment whereby the value of effort, personal improvement and skill development are emphasized successfully predicted sport continuation. Research has also explored the link between autonomy support (players given options and choices) and basic psychological need satisfaction (i.e. autonomy, competence and relatedness), soccer enjoyment, and intentions to drop out of soccer in the next season. It was found that an increase in autonomy, satisfied the needs of the participation and saw a reduction in the intension to drop out.

In line with the Camogie Association’s mission, Inspire to Play, Empower to Stay, the GAA Play to Stay values may be used to develop and lead a games based, player centered participation opportunity for players in the 14 – 18 years age group.

***Belonging***

Every player feels connected.

***Positive Feedback***

All communication is positive and promotes growth

***Empowerment***

Participants shape and own the games experiences

***Effort***

Effort and physical fitness is promoted

***Respect***

Everyone has due regard for each other’s rights and feelings

***Enjoyment***

 Players have fun

*GAA Play to Stay Values*

**Under the guidance of the Super Games Centre, what might a Camogie Speed League Look like?**

*Empower to play, inspire to stay*

|  |  |
| --- | --- |
| Length of League/series  | 4 min and 6 max weeks  |
| Duration | 90 mins –7 mins warm up; 7 mins games modification; 60 mins game time (3 x 15 min games, 15 mins change over, water etc) 7 mins cool down; 7 mins feedback  |
| Play to Stay Values  | 1 per session. Player led games modifications, minimal coaching  |
| Game Structure  | Small sided pitch. Number a side dependent on participants  |
| Facilities  | Astro floodlit pitch/indoor hall/changing area  |
| Equipment  | Hurl, helmet, appropriate sportswear  |
| Environment  | Social; non competitive  |

**What is the intended outcome of Camogie Speed Leagues?**

* Increase in participation opportunities
* Non-traditional games offering
* Increase in the number of females experiencing camogie
* Pathway into non-competitive adult playing streams
* Combat potential drop out factors
* Provide encouragement and motivation to those players considering drop out

**What would the games modifications look like under Super Games Centres?**

|  |  |
| --- | --- |
| *Play to Stay Value* | *Games Modification Suggestions* |
| *Positive Feedback –*All communication is positive and promotes growth | 1. After a breakdown in play, a team can be awarded an additional point for using positive feedback towards other team members
2. Upon completion of a 15 min game, teams nominate a member of the opposite team as a Feedback Leader. Nominations can be tallied as a best and fairest to be announced at the end of the blitz/series
 |
|  |  |
| *Empowerment* –Players shape and own their games experience | 1. Teams are randomly formed and must decide amongst themselves the formation of the team based on the environment e.g. space, no of players.
2. Each team decide on one rule change e.g. 3 passes for a score, silent pitch, hula hoops for scoring. Each team gets 5 mins per rule
 |
|  |  |
| *Belonging –*Every player feels connected  | 1. Each player must say the name of a team member prior to making the pass. 3 completed passes plus 3 clear use of a name will an extra score
2. Each player can choose a warm up activity/stretch under the guidance of the session coordinator
 |
|  |  |
| *Effort –* Greater effort and physical fitness is promoted  | 1. Using 4 scoring zones, 1 on each corner, teams will be awarded scores for running into the score zone requiring greater effort than standard goals
2. A player will be awarded an extra point for a successful hook or block
 |
|  |  |
| *Respect –* Everyone has due regard for each other’s feelings and rights  | 1. The team leader is the communicator between team and official. Teams may lose a point if they speak abruptly or negatively.
2. Each player shall receive a turn at being a team leader e.g. choosing bib colours, communicating preferred rule changes
 |
|  |  |
| *Enjoyment –* Players have fun  | 1. Power minute – Each score achieved in an allocated minute will count as double
2. Under Pressure – Prior to the game beginning, each team will answer a Camogie question. If they get it right, they can choose a rule of the game to modify using STEPR. If they get it wrong, the other team will get this opportunity
 |

***Appendix 2***



***Camogie Association Speed Leagues***

***Application to Participate – Clubs/Schools***

**\*Please refer to the Guidelines for Participation PRIOR to completing and submitting this application\***

Club/School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

County:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact E mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have a volunteer coordinator available? Yes No

Name of Coordinator:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact E mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is the Volunteer Coordinator over 18? Yes No

Is the Volunteer Coordinator Garda Vetted\* Yes No

Has the volunteer completed a GAA Safeguarding 1 course Yes No

Does the Volunteer Coordinator hold a Camogie/GAA Foundation Level Coaching Qualification\* Yes No

In no more than 500 words, please outline why you believe your club/school would benefit from being taking part in a Camogie Association Speed League?

Has your club/school, previously or currently tried any ideas/strategies to encourage members to stay involved?

YES NO

If YES please outline:

An allocation of €400 will be provided to aid in the delivery of the Camogie Association Speed Leagues, please indicate below how this allocation would be used.

Please include resources that the club/school will contribute to aid in the delivery of the Camogie Association Speed Leagues.

|  |  |  |
| --- | --- | --- |
| Resourcee.g. venue hire | Coste.g. €300 | Cost Breakdown6 nights x €50 |
|  |  |  |
|  |  |  |
|  |  |  |

**By signing and submitting this application, it is agreed between the Camogie Association and the participating Club/School that the Camogie Speed Leagues will be organised and delivered with the participants and their continued involvement at its core.**

Signature of Club/School/Community Contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Volunteer Organiser:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reviewed By:

Camogie Association:

Date: