



# Loreto kilkenny future leaders camogie retention project

By Alyson Shortall, Niamh Holohan, Sinead Dowling and Cayetanna Urselay.





## Impact of camogie on young teenage girls

*Besides the obvious physical benefits of sport, camogie also has a huge impact on mental wellbeing and development .*

*The first is it allows students Or workers who may be in a cramped environment to let loose as being in a small space.*

*Not getting out might get to people and will probably make them less happy as they might feel psychologically as well as physically trapped in a cramped space . Although camogie Is not the only place this is offered and not all people work in small environments.*

*The second reason is it allows people to make new friends outside of an academic or working environment and “nobody is an island” and everyone must form human relationships*

*And the friends people make may offer emotional support in the game and outside it*

*The third reason is it can help people leave the stresses they may have . People may have a workload Or exams and it is a good way for people to escape that system and just have fun outside and During games people are generally living in the moment and not being anxious about future*

*Worries which is something many people find difficult*

*The fourth is resilience a team can't win every game just as outside of sport not everyone can Win. Losing can teach teammates that they can't always be perfect and they can only try their best and sport can come with major an minor injuries which also makes people resilient.*

*In Conclusion sport offers an escape for people to be allowed to run around in a open space Or Fresh air to Make new friends and to learn to live in the moment instead of in fear.*

## Mental skills

Sport can also help with certain functions in the brain such as

1. Spacial awareness :spacial awareness is a vital skill for sport player and for people in general sport can really put this into practise as players need to assess where the ball is the ,goal ,the side lines , players on their team and their opponents are in order to be good at game and this skill is important in daily life
2. Strategic play: Sports teams without a doubt have to play strategically as it is just down to skill in many games and teams have to organise their play together and certainly individually . This can help people gain the skill of problem solving and organisation without it being too dull .j

## **Why is keeping on camogie important?**

Doing sports like camogie is very important for everyone but especially us teenagers since we were in a very important time for our development. For young people sports are more important as it helps them grow faster and stronger but also to ensure good health later on.

Some of its many benefits are: it controls obesity, improves sleep and reduces the risk of chronic diseases.

Camogie is also beneficial for teenagers to take time out of studying or the stress that comes along with being a teenager for example issues at home or with friends and also sometimes social media can become toxic for some people and camogie offers an opportunity to get away from social media. Camogie also opens many doors for people for example meeting new people and new friends and also going on trips to see different parts of the country.

Camogie is also beneficial for our mental wellbeing as it releases endorphins serotonin which improves our mood and makes us feel better.

Why do people give up camogie during teenage years?

We believe people give up camogie is because of a few main reasons which we are going to outline. Firstly we believe that people quit camogie is lack of time. Life can get busy when you go into secondary school and suddenly you have to be responsible for yourself and manage your time so many people think the easiest option to save time is to give up sports like camogie when really this has many disadvantages as outlined above. Another reason why people give up camogie is because they feel they aren't good enough and many people have a fear of getting judged by other teammates or spectators at matches. Also people may just want to play camogie for fun however when it gets to the teenage years sport can become serious and very competitive this also may cause people to quit. People also give up camogie as they feel they don't 'fit in'.

## **What can we do to encourage people to stay playing camogie?**

We believe that there are some ways in which we can prevent young teenage girls from quitting camogie.

- Including a team that may not be competitive for people who want to do camogie for fun.

- Include an open night about the club and what it offers and outlining the benefits of playing camogie.
- Bring in Fair play this would mean all players get to play the same amount of time in matches this would increase players confidence.
- Fair coaches - some teams may have family members as the coaches we believe this should not be allowed to aid with the fair play rule.

## **Field research**

We interviewed a variety of people in our year some who play camogie and some people who have quit camogie. As a result of these interviews we have discovered that it is hard for people to keep up camogie however the people who have kept it up see many benefits mentally and physically. This is why we believe it is important to help keep young teenage girls involved in camogie.

## **Conclusion**

In conclusion we are going to try our best to really keep girls involved in camogie both in our school and our clubs by using some of the methods we have mentioned above.

By Alyson Shortall, Sinead Dowling, Ciara Murphy, Niamh Holohan and Cayetanna Urselay