Investigating why secondary school students quit camogie

Introduction

For our GAA project we interviewed three students. We asked them about their experience playing camogie. We wanted to know why students who quit camogie did and what the girls who play love about it. The first student interviewed played camogie for many years when she was younger and gave it up last year. She said she always enjoyed it but ran out of interest last year. The second student we interviewed started camogie at a young age and still plays today. She still enjoys it and is encouraging teenagers to start camogie or pick it pick up. We asked them several questions about their experience with camogie, why they started/why they quit etc. We recorded both their interviews to compare to each other and other interviews. They gave us honest answers about why they quit or why they are still playing. We believe that a good mental health can make teenagers want to exercise and be more active but being active may also improve one's mental health and wellbeing.

methods we can use

Some methods that we can use to get more students involved in camogie is to make training more fun. If teenagers find training more Interesting it might encourage them to go more often, invite more friends to come along with them or start up if they don't play with the same parish. Getting teenagers to join in bunches can make it more fun for them . As someone who plays camogie , I myself feel like going to training is sometimes more of a chore instead of being fun and enjoyable. If coaches talked to the players more about the drills they wanted to do, what they enjoyed and what drills they thought helped them improve their skills the most , i think more players would go to training and maybe more people would also start playing camogie. Once you move up to the older age groups in camogie especially minor upwards training becomes very straining and intense. I think if training was less intense and the coaches played more training games instead of so much running that more players would keep the sport up. If training was done in a way that one night a week there would be one very physical running and other intense workouts , and it was optional on top of the other normal training that players wouldn’t feel so under pressure to make time for training especially during exam years . If the players couldn’t go to that training a certain week or if they just didn’t have free time to go that evening they could do the running and the other exercises in their own time. That way no one would miss out on anything but everyone would still be doing the same amount of fitness for the week. We also think camogie should be more about the people and the friendships and not just solely the sport , people shouldn’t have to be competing every time they come to training they should be having fun and enjoying it.

Results and recommendations

Organizing children into sports teams is nothing new. The practice goes back to the early 20th century when teachers wanted to keep children busy and out of trouble. What Ois new is the intense training schedules, pressure to win and be the best and painful injuries. Given all these factors, it’s not surprising that some athletes simply burn out on their sport. By bringing social awareness to the rising problem, addressing the importance of safety precautions and allowing the child to determine their athletic future, kids will be in a safer environment that allows them to better succeed. Striving to be the best is fine, that is what builds champions on and off the athletic field, but everyone needs to recognize that success can come with a price that just isn’t worth paying some times. After doing our interviews and questionnaires, our conclusion is that young boys and girls love the social aspect of sports but unfortunately at the teenage years they think it's becoming more of a chore to them because they lose interest very quickly. Although sport is very good for these teenagers, they find that they would benefit more if they gave it up. Personally I think giving up sports determines your group of friends and your club. If the club one individual played for was a very big club and it was very competitive not everyone would want that so they feel that it would be better to quit. The reason some teenage kids are saying NO! to organized sport is because of **coaches, officials, referees, administrators, sporting parents** some kids dont get along with the above list and theyd rather not have anything to do with them anymore. Some teenagers have a lot of school work, could possibly have a part-time job. Possibly have a girlfriend/boyfriend , and could be learning how to drive and theory could have to quit sports because they simply dont have enough time on their hands. **Sports** in a way are a great source of knowledge of what life is. We develop skills like Leadership, Teamwork, Patience, Competitiveness and Determination of Success. These are some of the good and must qualities that a person must have in his/her own life. **Sports** are generally played for fitness, passion and success this is why its important for teenagers not too quit sports.Therefore aldults should encourage kids to keep playing sports for as long as possible.