

Loreto Kilkenny Future Leaders Camogie Retention Project

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Introduction

Our idea is to encourage young girls to keep up or start camogie. Many young people have found that their friends or people they know in secondary school have started to stop coming to camogie training or come less often than before. This can sometimes be because they simply lost interest in the sport, because of study and exams or because they now have other things to do that they may think are more important, for example, hanging out with friends more often. Studies show that dropping a sport such as camogie can have a negative impact on your mental health. For example, if a third year coming up to the Junior Cert decides to stop training to make more time for studying they feel major stress and frustration, leading to negative emotions such as anger and sadness. If this person was to keep going to camogie whilst making time to study then their thoughts and emotions would be more balanced as physical movement releases serotonin which is a happy hormone in the brain.

❖ *What does retention\ dropping out mean to a teenager in camogie?*

Retention is when a person keeps attending camogie and dropping out is when a person completely stops attending camogie because of personal reasons or loss of interest.

❖ *How can the Camogie Association better support the players and volunteers?*

The Camogie Association can better support the players and volunteers by helping them see the benefits of participating in this physical activity and make it engaging and enjoyable to players and volunteers alike.

Methods we can use to put our idea into practice

1. Encourage girls to start playing camogie at a younger age for example if a child starts camogie in U6s they will more likely keep it on then if they start later on in their life. We can do this by getting a camogie coach to visit the primary schools once a week and teach the girls skills and drills in camogie.
2. Start up more camogie clubs near primary schools where children that are classmates will join together and will enjoy camogie more if they know other girls when they start.
3. Show girls how they will make more friends if they join a club like camogie. They will meet new people from their area and strengthen their friendships with the girls they might have already known.
4. The clubs can host a night for the volunteers to show appreciation and show that they are wanted in the community.
5. Coaches must be currently playing camogie or have previously played to be allowed to train the girls. They must also be approved by parents and the players themselves because in our survey it was shown that a large number of girls quit camogie for reasons surrounding their coaches.

Results/ Recommendations- What we hope to achieve with our idea

We hope to get more people involved with camogie to better their mental and physical health as well as help them develop team skills and communication skills that can be used in all areas in life in the future.

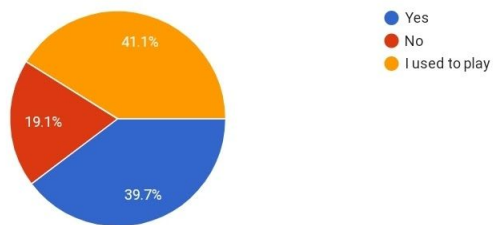
We also aim to help people skills that they are not aware of and help them develop them to their full potential.

We hope to encourage young camogie players to not quit the sport and to keep playing because it's a really good sport that you can make friends, play with people in your local area, getting out and getting exercise, learn new skills and a lot of players do enjoy playing camogie.

We sent a survey in regards to Camogie to 1st, 2nd, 3rd and 4th years. The results of 141 responses are as follows:

Do you play camogie?

141 responses



As you can see most girls played Camogie at one point in their life but:

If you stopped playing why?

54 responses

I didn't have time

lost interest

I don't really like sports

I was the youngest in my class in primary school and I kept getting pushed back an age group in my GAA club every other year.

Didn't like it

Didn't like it, time

I had too many after school clubs

I didn't enjoy it

Didn't enjoy it

When asked why they stopped playing Camogie, the most popular answers were loss of interest and they just didn't like it.

Why do you like playing camogie if you still play?

60 responses

activeness

The team and I've grown up playing

It's fun and I get exercise

It's fun to see friends

maybe

its fun, i like being on a team and the game itself is very enjoyable

It's good to have an hour or two during the week where you have to attend training to get outside, get fresh air and keep fit.

For the fun and enjoyment of the game

Because it's fun and u meet new friends

Most people who said they still play camogie said they like the sport because of the social and physical aspects .They like getting out for a few hours of fitness a week and socializing with peers.

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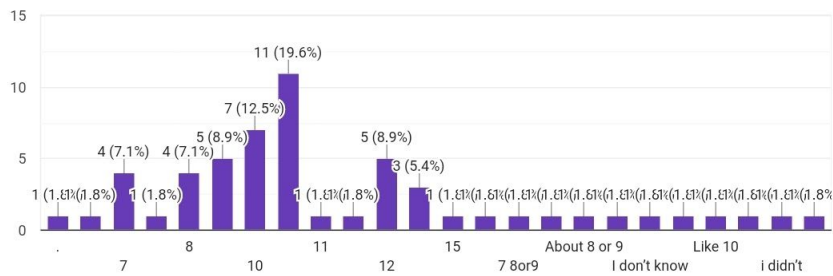
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I didn't enjoy it

Didn't enjoy it

At What age did you quit camogie?

56 responses



The most common age for people to quit Camogie was 11 (20%)

We think a lot of girls quit at around 11 because in u12s there is more pressure to be good and is taken more seriously in comparison to lower age groups.

Conclusion

Overall we think that camogie is an excellent sport that we recommend anyone to start up. You can make lots of new friends, learn new skills and keep physically active.