**Name of school:** Millstreet Community School

**Entrants:** Katie Morley, Cara Brophy, Amy Hickey

**Title:** ‘our investigation into the reasoning behind why teenage girls give up camogie’.

**Date submitted:**10 /12/20

**Teacher:** Eileen Lyons

**Introduction** **of** **idea**:

As players in our local camogie club for many years, we have experienced without fail that at least one player will give up the sport every year. We understand the pressure and how time-consuming camogie and indeed the broad variety of sports available to us are.

Many of our friends have made the decision to stop playing camogie. We wanted to investigate the reasons for this choice and if this could have been prevented.

We think one of the main reasons why people drop out is the lack of game time some players receive. Depending on ability, they may or may not be chosen to play having spent time travelling to matches and attending as many training sessions as possible, but are still left sitting on the sidelines.

Another reason is favouritism within a club. This is an issue in a lot of clubs and is another huge factor in the consideration of giving up the sport. In our opinion this takes the most confidence out of young girls as it causes them to start believing they aren't good enough. They start to doubt themselves and wonder if the team is better off without them. They are putting in so much effort to attend matches and training but end up getting nothing back in return.

Sometimes training can be the issue because it mightn't be enjoyable. Some girls we know have said the reasoning behind giving up this sport is because trainings feel more like something, they have to do rather than something they desire to do.

**Methods that could be used to put your idea into practice:**

In order for us to put our first idea (how time-consuming training is) into practice, we believe more games should be timetabled throughout the year. Understandably championship and league are not a suitable time for trainers to try players out in different areas of the pitch in order to find the position that best suits each individual and can lead to our first reason which is lack of game time. We believe that if more challenge matches or competitions were added this would be useful as an opportunity to give each girl their time on the pitch. This would not only give players game time, but would also allow players to gain more confidence and improve their skills.

Favourtism is something that is hard to solve. One idea that we would propose is that it should become necessary in each club for a modification to be made within the management of each age group every few years. We do realize that especially in small rural towns the availability of trainers, selectors and the various other roles within a team may not be very large but if at all possible, we believe this would be the most satisfactory approach. One way of combatting this is to maybe even just rearrange the trainers of different age groups in the club.

When training pops into our head, the first thing we think about is meeting up with the girls and having a bit of fun. However, this is not the case in some clubs and for some players. Trainings should be kept enjoyable however sometimes trainers can get carried away with wanting to get the most out of the one or two sessions they have in the week and therefore this can lead to it being monotonous. It is always hard to find days that suit everyone on the team to schedule trainings but one thing that we have found from our own experience is that our sessions are usually on a Tuesday and Friday and more often than not, there is a greater number of players attending on a Tuesday rather than a Friday. The reasoning for this is simple, there is a less likely chance of you going out on a Tuesday night than a Friday night. Many girls take a great deal of time to get ready resulting in the need to miss training. If girls feel like it’s a necessity to miss training more often than when they can attend, it may encourage them to give it up. So, we believe that by setting trainings on week days only would suit better than at weekends.

**Results and Recommendations:**

We approached a number of girls throughout the different age groups in our club who made the decision to give up Camogie and we presented the ideas and methods of achieving our goals. The majority of them agreed that the reasons we put forward accounted for at least one or all of the proposed ideas we had of them giving up.

This gave us the confidence to approach our club with the recommendations, so as a team and management we would be hopeful that looking forward to the next season we will see an evident decrease in the drop out numbers.

We personally approached our trainers at the end of this season with our ideas and the response we got was very positive. It came as an eye opener to all people in management, especially the ones who have been training certain age groups for long periods of time. Sometimes newcomers become pushed to the side and are not given the chance to prove themselves on a team when a successful one has already been established. Certain trainers said that they have found themselves blaming players for not putting in enough effort when every night they have an excuse to not attend a training or not bothering to show up. In some cases, it may not be the player, but the problem could lie where the trainings are concerned.

The most rewarding outcome to have evolved from our proposal is, from now on our club has agreed to hold an A.G.M with not alone management but also players attending. This will ensure everybody is happy with what goes on within the team and if there are any changes or recommendations, we would like to experiment with.