

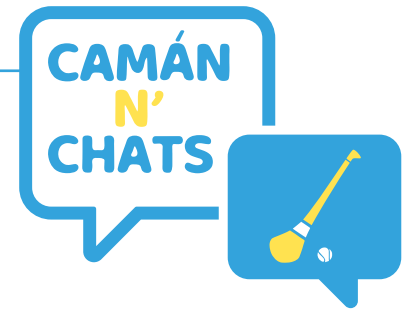


**THE
CAMOGIE
ASSOCIATION**
An Cumann Camógaíochta

CAMÁN N' CHATS



RESOURCE BOOK



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On behalf of the Camogie Association, I would like to thank you for getting involved in this initiative and it is our hope that you fully enjoy this experience

This booklet is designed to provide you with a tool to aid in the organisation and roll out of Camán n' Chats

If you want any further help or guidance please do not hesitate to contact Aideen Howlin in the Camogie Association aideen.howlin@camogie.ie

For more information on the game of Camogie, check out:

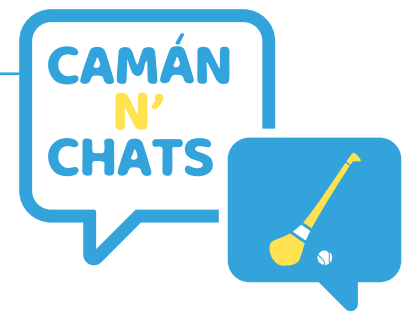
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 www.camogie.ie



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What is a Camán n' Chats?

Camán n' Chats is a **Recreational** initiative encouraging participation in the game of Camogie at any level

Promoting a redesign of the traditional sport participation experience, the games environment is built around **fun**, **socialising** and **physical activity**.

The small sided games are guided by the **participants** with **social time** at the heart of the initiative.





Why take part in Camán n' Chats?

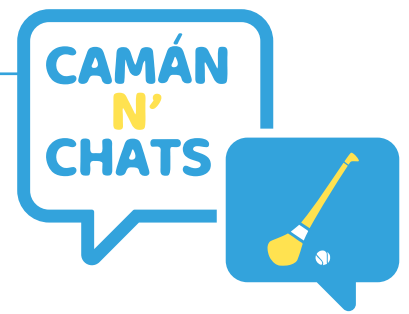
By taking part in Camán n' Chats, you have the opportunity



- to become more physically active
- to create friendships through social activities and events
- to learn some new skills through Camogie



If you have played before or are brand new to Camogie, Camán n' Chats is the ideal way to get involved.



Objectives of Camán n' Chats



1. Introduction to Camogie
2. Participation in Camogie at an appropriate level
3. Learn new or upgrade old skills
4. Role model for daughters, young girls, and women by engaging in physical activity
5. Connect or re-connect with the local Community through social activities and events
6. Novel, outdoor physical activity
7. Build a relationship with a similar cohort of like minded people
8. Opportunity to progress e.g. full playing member, MNA programme, Coach Education, Officer training





Games are non-competitive

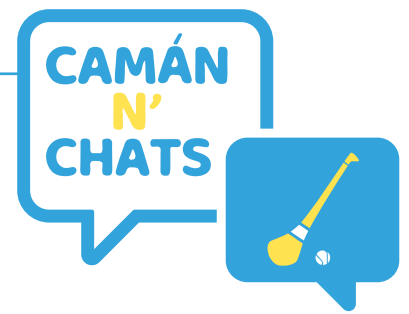
Games are social and recreational by nature and design



Principles for Camán n' Chats

Social activities/time should be catered for at every session

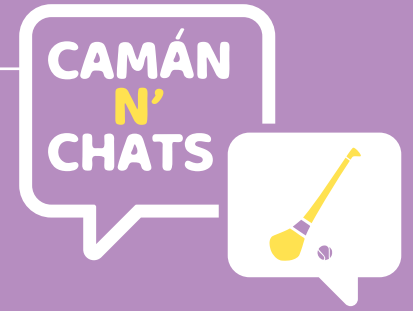
Respect is at the heart of Camán n' Chats



Guidelines for Camán n' Chats

- All participants are afforded the opportunity to play equal amounts of game time
- No team management is required.
 - For brand new participants, team member with previous experience could help with the skills of the game
- Participants are fully aware of the risks of taking part. Any contact is incidental and inherent within the sport of Camogie
- All participants to fall under at least 1 of the following categories:
 - Never played Camogie before
 - Over 25
 - Have not been involved with competitive competition in previous 5 years





Guidelines for Camán n' Chats

General playing rules of Camogie
apply except



Ball can be lifted into the hand but must
be struck immediately



Solo Not allowed

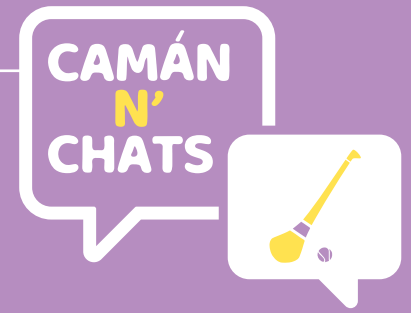


SCORING

Goals only

Ground strike goal – 3 point

From the Hand goal – 1 point



FOULS

Games are self governed through nominated player from each team.

Any resultant free are taken by the player fouled OR nearest player

RESTARTS

Ball to be struck by goalkeeper after a score OR wide

Should the ball cross the end line through contact from a player, the opposite team are awarded a free strike 20m from goal.

Strike should be taken from the ground

Should the ball cross the side line through contact with a player, the opposite team are awarded a sideline which should be taken by the player nearest and must be taken within 10 seconds

Sideline strike must be taken from the ground



HOW TO PLAY

It is recommended to host 1 hour of activity for a minimum of 6 weeks. Within this hour the breakdown of the game could be as follows

OPTION A

Games minimum 5 and maximum 9 a side

3 Games – 15 mins straight through ⌚ 45 mins

Break between games ⌚ 5 mins

Social activity/chats ⌚ 10 mins

OPTION B

Games minimum 5 and maximum 9 a side

2 Games – 10 mins a side ⌚ 40 mins

Break between games, water etc ⌚ 10 mins

Social activity/chats ⌚ 10 mins

OPTION C

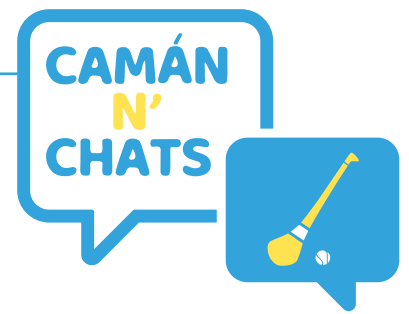
Games minimum 5 and maximum 9 a side

1 Game – 20 mins a side ⌚ 40 mins

Social activity/chats ⌚ 10 mins

What does week one look like?

Social Activities/Chats	Games
Playground games	All players to touch the ball prior to score
Skills Challenges	Penalty Shoot out
News round	Crossbar challenge
Forefits	Power minute - All scores are doubled
Teas/Coffee	Silent Pitch - Have to find a teammate with action



Getting some Feedback ...

It is important to take time each week to ask the participants what they think

It is just as important to record what you think!

Here are some questions you could think about asking at the end of each Speed League



- Did you enjoy Camán n' Chats?
- Did you like having an input into Camán n' Chats?
- Would you like to have more or less social time?
- Was there enough physical activity?
- Would you like to continue playing after Camán n'Chats?
- Was there anything you didn't enjoy about Camán n' Chats?





FAQ'S

1. What do I need to take part in Camán n Chats

The first thing you need is a sense of fun and a willingness to take part!!

Anyone wishing to participate in Camán n Chats is advised to wear adequate sports gear for the environment e.g. indoor or outdoor

As a requirement participants **MUST** wear suitable head and face protection i.e. helmet



2. Can anyone participate in Camán n'Chats?

Yes.

Individuals can take part and irrespective if that person is a member or not, they should be signing a Participation Waiver confirming that they are taking part in this activity at their own risk. All individual participants should be advised to have the necessary personal medical cover in place should they sustain an injury.

Any **Club** interested in organising Camán n Chats must check with their own insurance provider if personal accident cover is available.

Any **Club** interested in undertaking Camán n'Chats **MUST** submit their request to aideen.howlin@camogie.ie **AT LEAST** 6 weeks prior to beginning

3. Can I have women from outside traditional club catchment?

Yes. You are more than welcome to invite all women within in your area and beyond. However, it is important to remember that this is a participation initiative NOT a club v club. Teams should be a mixture of all women who attend.

Notes

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