



Participation & Growth




PROVINCIAL SUMMER SEVENS:

 **TARGET AUDIENCE:** Available to all clubs in the province running the event(s). Specifically for non-county players. Age grade varies per province e.g., u16, Junior, Senior

 **OBJECTIVE:** Provide an opportunity for non-county playing players in clubs to have additional game time while the intercounty season is in full flow and club championships have not yet commenced. Played at seven a side to encourage all clubs regardless of membership numbers and focus is on participation and social elements of the teams.


 **TARGET NUMBERS:** Varies from year to year based on club championship fixtures


 **SUITABLE FOR:** All clubs within the province running the event(s)

 **LINK:** Contact your relevant Provincial Participation and Growth Coordinator for information



JUNIOR NOVICE SECONDARY SCHOOL GAMES:

 **TARGET AUDIENCE:** Post primary female students and schools who do not compete competitively in their Provincial Post Primary competition structures. Age grade can vary depending on province e.g., Leinster – 1st-4th years


 **OBJECTIVE:** Connect with post primary schools who are yet, or beginning, to develop camogie

Provide a fun focused opportunity to play the game

Played at 7 a side to encourage participation and school growth to numerous teams

Focus on assisting schools to progress over time

 **TARGET NUMBERS:** Varies from year to year based on teacher/school engagement


 **SUITABLE FOR:** All post primary schools within the province running the event(s) who do not currently compete in their Provincial Post Primary competition structure at any level.

 **LINK:** Contact your relevant Provincial Participation and Growth Coordinator for information



ULSTER CAMOGIE COACH ACADEMY:

 **TARGET AUDIENCE:** Coaches committed to working at performance level, i.e., county academy squad, U14 - Minor, U21 or senior level.

 **OBJECTIVE:** To compliment the coaching qualification pathway, the Ulster Ladies Coach Academy, will provide several short workshops/courses to further develop coaching expertise over a period of 12 months.


The key aim is to support and develop coaches' knowledge and application of technical, tactical, physiological, and psychological/lifestyle factors that affect a player's and ultimately a team's performance.


 **TARGET NUMBERS:** 15 participants

 **SUITABLE FOR:** Coaches who have Completed a level 1 ideally (Camogie, Ladies Gaelic) Coaching Qualification.



ULSTER CAMOGIE PLAYER ACADEMY:

 **TARGET AUDIENCE:** Under 16 academy squad players who have shown Elite/high performance qualities for their county

 **OBJECTIVE:** To provide the future stars of our game with the education, coaching and knowledge needed to ensure they are prepared for life as an elite inter county player in the future.

The players are given the chance to improve their knowledge in different key areas such as,


- Player Lifestyle
- Nutrition/ Hydration
- Activate Warm-Ups
- Athlete Mental Health
- Athletic Development

 **TARGET NUMBER:** 45 participants

 **SUITABLE FOR:** Elite players on Under 16 County Academy squads



LEINSTER COACHING ACADEMY:


 **TARGET AUDIENCE:** Coaches within the province who meet all mandatory coach requirements and are looking to increase their coaching knowledge and experience further.


 **OBJECTIVE:** Provide additional learning opportunities for coaches in areas including planning, communication, building team cohesion, motivation, various areas of play and game-based coaching etc.

Provide opportunity for coaches to network together and work in unison in their upskilling

Promote and encourage female coaches to further expand their knowledge and expertise in coaching the game



 **TARGET NUMBERS:** 16 coaches with 50% of these selected as female coaches

 **SUITABLE FOR:** All coaches of all ages within the province with a minimum foundation level certification.

 **LINK:** Contact your relevant Provincial Participation and Growth Coordinator or Provincial Council for further information